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Hotel Review: The Mews At Sop Hertfordshire

BY CYNTHIA LAWRENCE ON 28TH DECEMBER 2019

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The festive season can often be a hectic fanfare. So escaping the hustle and bustle for a lux retreat.

Sopwell House is synonymous with relaxation, and the good thing is it doesn't take an enti commute from central London, and a short drive from St Albans City station, this hidden § Hertfordshire countryside.

Since owner Abraham Bejerano acquired Sopwell House in 1986, this 18th century, Georgi developed over the years. Whilst appearing modest from the outset, it boasts a generous 12 and four restaurants including the Cocktail Lounge and Conservatory Bar. The grounds fee bridge overlooking the country views.

As I step inside the warm lobby, I receive an equally warm reception by welcoming staff. For the glittering Christmas trees to the delightful, Gingerbread Bavarian Village model that taken with wood decor and autumnal tones, keeping to its country house style. The glass atrium making the space feel bright and airy. Plush velveteen armchairs and sofas surround open Making it all the more cosy and inviting — exactly what I needed to escape the winter child roasted chestnuts on the open fire!

The Mews Suites



The hotel is nestled in 12 acres of Hertfordshire countryside in St Alb

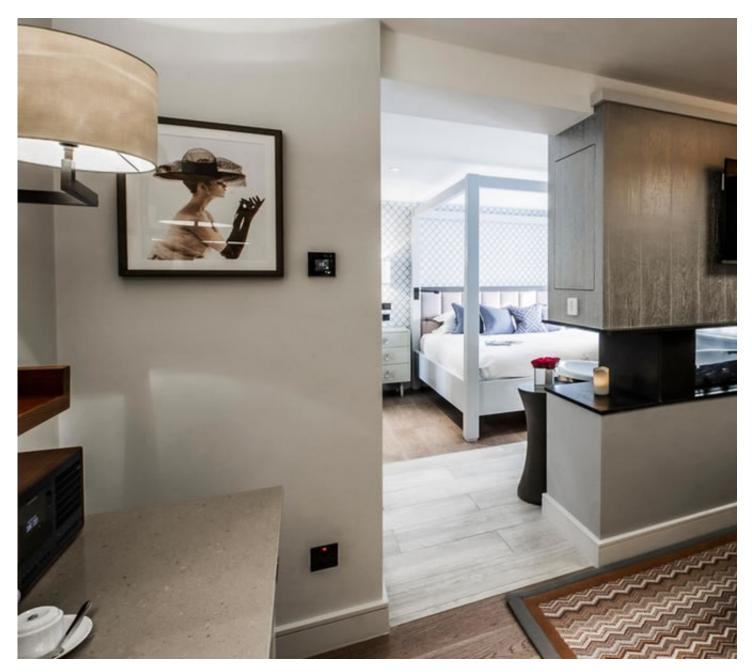
If you are after complete seclusion, Mews Suites is a peaceful hideaway. Just a stones-thro private gates are 16 bespoke suites. Once traditional farmhouse cottages and stables, each luxury in mind. Ranging from sophisticated studio suites with in-room baths, one-bedroor to cosy duplexes with high-spec kitchenettes.

The gates open to reveal a secret garden (literally) and I'm escorted through beautiful, con Powell, a gold-award winner at RHS Chelsea Flower Show. Passing a contemporary water we finally arrive at my new abode. I was pleasantly surprised to enter through my own woo

the post box on the wall.

The Heather Suite is a 'homely' duplex split over two levels. And as I enter the cosy living r chaise lounge sofa or inviting leather armchair.

The interiors are quintessential country-chic. Combining earthy colours and plaid textures touches. My favourite was the modern glass fireplace that you can control at just a press of lounge/dining area includes a well-stocked kitchenette, complete with integrated cooking coffee machine and kettle.



The hotel boasts 128 rooms and suites including 16 individually designed stylis

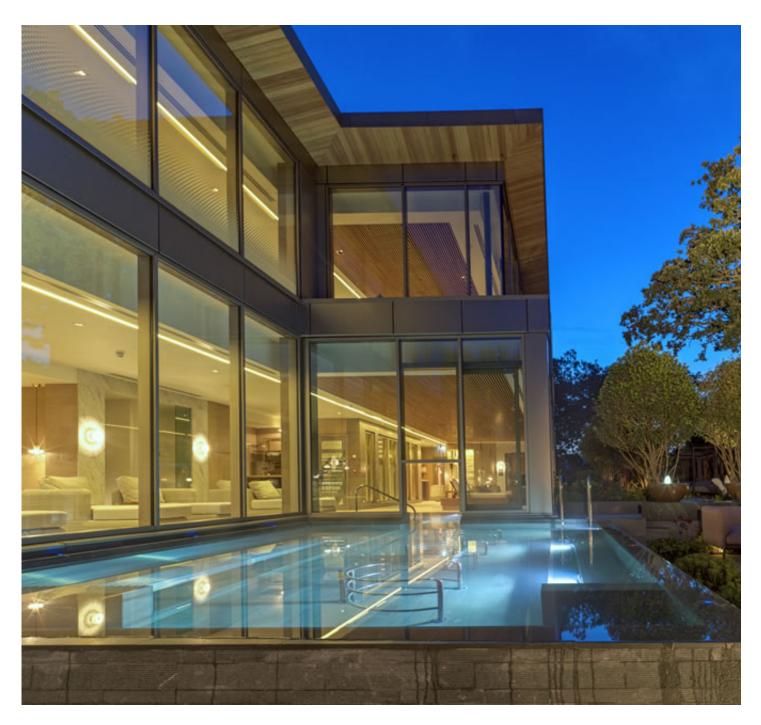
The pine stairs leads up to a cosy bedroom, with a spa-style, en-suite bathroom. There's als

and slippers, and indulgent ELEMIS toiletries. The views from my bedroom window overleand Hydro Pool.

It comes with all the mod-cons you'd expect from a premium hotel – a wall-mounted flat-s the mood lighting, and a REVO sound system that is blue-toothed enabled so you can sync

Reminiscent of the festive romantic movie, 'The Holiday', I felt I had my very own country looking forward to curling up in front of the flickering fireplace with a glass of wine.

Cottonmill Spa and The Club



Home to the UK's first private members' spa, Cottonmill is a vibrant haven featuring cutting

Relaxation and wellness take priority, and Cottonmill and The Club certainly exceeds expe in the UK, and thanks to a £14 million refurbishment, The Club is equipped with state-of-t

Fresh aromas of lavender and eucalyptus fill the air, and soothing music sets the ambiance around or lounge on either one of the many relaxing beds or cosy swinging seat suspended

Spread over three floors, you'll discover a slice of paradise behind each door. Whether it's hydrotherapy pools, or the soothing deep relaxation rooms, there is something for everybound

I was shown around four rooms in the 'thermal suite'; including an organic sauna seasonal with countryside views, a therapeutic salt steam room, and botanical steam room.



Cottonmill facilities includes use of the indoor pool, two vitality pools, and a state of the art gym featuring t

But the treatments are the most popular, with an extensive list that reads more like a resta opted for the ESPA Quartz Poultice Massage – based on sand therapy to sooth and heal mitightly packed with aromatic herbs.

After selecting my ESPA revitalising massage oil and 'chilled music' playlist, I rested on a r Bed. Wrapped in a towel, I was cocooned by the warm crystals that were moulded into my and the poultice. The treatment incorporates the use of singing bowls placed on the body v slightly odd at times, but was the most relaxing treatment I'd ever experienced.



