



Sopwell House

26. Sopwell House, Hertfordshire

The England team hang out at this Georgian mansion set in 12 bucolic acres before Wembley fixtures — but even if you have no sporting ambition, you will feel the benefit from its indoor pool, steam room, sauna and its fabulous indoor/outdoor hydrotherapy pool, which leads to a garden with hot tubs and fire pits. The standout treatment is Sound & Sand, unique to the spa, during which you lie on warm sand made from crushed amber on a quartz crystal bed while you listen to singing bowls and have a scalp massage.

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