

# The Cottonmill Spa, Sopwell House, St Albans



Hasselblad H6D

You can reach Sopwell House in about an hour from London by car, and even faster if you take the train. The Cottonmill Spa has recently had a glow-up, while the members-only addition The Club has an indoor/outdoor hydrotherapy pool, a spa garden with cabanas and hot tubs, saunas, a salt steam room and more. In the main Cottonmill Spa you can enjoy Elemis and Aromatherapy Associates treatments, two vitality pools, an indoor pool, sauna and steam rooms. The private Mews Suites – set within their own landscaped gardens with access to the hydro pool – are a great home from home for families staying overnight. Dining options include the new Omboo restaurant, which offers sushi and Asian-inspired sharing dishes, or just relax in your robe in The Pantry. A perfect weekend escape.

*Treatments from £60, [Sopwell.co.uk](http://Sopwell.co.uk)*