



# Recharge with autumnal wellness experiences

As the leaves turn golden and a crisp breeze fills the air, autumn in Britain offers an idyllic backdrop for a wellness retreat that combines natural beauty with rejuvenating relaxation.

Relaxation and wellbeing

England

London

Northern Ireland

Scotland

Wales

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*Whether it's soaking in a wood-fired tub under the stars at Tre-Ysgawen Hall on Anglesey or unwinding in the spa garden of 15th-century manor Ellenborough Park in the Cotswolds, the season lends itself to slowing down in style. From single-day wellness experiences for time-strapped travellers to full retreats in historic estates, these locations offer atmospheric stays and treatments shaped by their surroundings.*

## Take a plunge – wild swimming

This autumn, experience the invigorating practice of wild swimming in Britain's serene lakes and rivers. Visitors can plunge into the cool waters of the Lake District or the Scottish Highlands and enjoy the restorative power of cold-water swimming in tranquil surroundings. [The Wild Swimming Co.](#) offers lifeguard and swim coach-led wild swimming retreats in various parts of Britain, including Dorset, the Lake District and Snowdonia (Eryri). Suitable for beginners and hardy all-year cold-water swimmers, the stays include accommodation, meals and activities. Nestled in the rural setting of Manor Farm in Somerset, [Somerset Swim Retreat](#) boasts a natural swimming pond, wood-fired sauna and easy access to the Jurassic Coast. Guests can also take part in guided sea swims, coastal walks and woodland trail adventures. [Ullswater Swim Place](#) offer

coaching and guided swims in Endless Pools and open water in the idyllic surroundings of the Lake District. Based at [Another Place The Lake Hotel](#) in the Ullswater Valley, visitors can also book a [three-day wild swim camp](#) which includes a two-night stay at the boutique hotel. Visitors who prefer to plan their own wild swimming adventures can find more information on where to swim and what to look out for on [The River Trust website](#).

### **Relax among the treetops – treetop spas**

For those looking to elevate their wellness experience, guests can stay at a treetop spa while soaking in a hot tub under a canopy of colourful autumn leaves. The [Treehouse Spa at Chewton Glen](#), on the edge of the New Forest in the Hampshire countryside, provides treehouses featuring spacious hot tubs for guests. The spa itself offers a range of wellness treatments, yoga, meditation classes and even access to a personal trainer. Nestled in a secluded 12-acre woodland in Devon, [Wolf Wood Treehouses](#) also offer a wellness retreat high in the tree canopy. Guests can unwind in the outdoor bathtub on a private deck, enjoy the serene views, or relax in a woodland sauna. The eco-friendly treehouses are built using sustainably sourced wood, ensuring a minimal environmental footprint. Alternatively, the [Treetop Spa at the Old Inn](#) in Bangor, Northern Ireland, is a newly revamped addition to the historic hotel, offering a spa experience amid the peaceful setting of Crawfordsburn Country Park. The spa offers a hydrotherapy pool, steam room, sauna, and hot tubs, in addition to captivating forest views.

### **Yoga with a view - rooftop yoga**

For those who find peace in movement, rooftop yoga sessions provide a unique way to enjoy the crisp autumn air and stunning cityscapes. Offering an escape from the hustle and bustle of the city below, [Sky Garden](#) is a free-to-visit garden on the 43rd floor of the Walkie Talkie building in London. It hosts regular [Rooftop Yoga session](#) among its luscious tropical greenery, alongside a backdrop of the London skyline. For those craving deeper immersion in nature, [Mountain Yoga Breaks](#) offers half-day yoga and wellness retreats in a converted stone barn in the Cambrian Mountains, Wales. Based near Machynlleth, these experiences combine vinyasa yoga, yoga nidra and restorative yin with wellness treatments such as hot and cold therapy. It's a chance to stretch and unwind while immersed in nature.

### **Escape to the country – rural wellness retreats**

Britain boasts a diverse array of unusual spas and retreats that cater to those seeking unique wellness experiences. For a taste of rural luxury, guests can retreat to a country estate to unwind with bespoke spa treatments, guided forest walks, and cosy evenings by the fire.

In Somerset, [The Newt](#) is a working country estate with an emphasis on horticulture, heritage and wellbeing. Set in landscaped grounds, it includes walled gardens, woodland walks, and orchards growing more than 70 varieties of apple. Visitors can dine in the glass-walled Garden Café, which overlooks the garden and serves seasonal, vegetable-led dishes. The estate's [spa](#) offers treatments using products made with British-grown herbs, alongside facilities including a herbal steam room, halotherapy suite and indoor-outdoor pool. Guests can book overnight stays, but day visitors are also welcome with options for standalone spa days, making it accessible to those exploring the region on shorter trips.

In West Sussex, [South Lodge](#) offers luxury stays with a [Nature Immersion Spa Experience](#) focusing on wellbeing and re-connecting with nature. Located in the South Downs and part of the [Exclusive Collection](#), the 4,000 square metre facility boasts an indoor infinity pool, outdoor hydrotherapy pool, and a wild swimming pool. The retreat also offers Shinrin-yoku, or forest

bathing. Dining includes healthy, sustainable options at the on-site Botanica restaurant.

Nestled in the Marshwood Vale in west Dorset, [Louma](#), farm and retreat offers a serene escape blending wellness, nature and sustainability. The estate encompasses 100 acres of farmland and a 30-acre vineyard, designed with a farm-to-fork ethos. Guests can enjoy various accommodation, from timber stables to shepherd huts, and participate in activities including organic farming, vineyard tours, and wellness sessions.

Set against the backdrop of the Cotswold hills, [Ellenborough Park](#) offers five-star luxury in a restored 15th-century manor near Cheltenham, Gloucestershire. Alongside a heated outdoor pool and a spa garden with private sauna and hot tub, visitors can expect treatments inspired by British botanical traditions. After a day of walking or unwinding, guests staying in one of its 61 rooms and suites can dine at the hotel's restaurant, where wood-panelling, stained glass windows and views of the grounds set the tone for a menu focused on seasonal, locally sourced ingredients. From afternoon tea to elegant evening meals, Ellenborough Park blends heritage and hospitality, coupled with views of Cheltenham Racecourse. A private track provides easy access to the course on race days too.

For another luxury spa retreat in Gloucestershire, surrounded by glistening lakes and 850 acres of Cotswolds woodland, visitors should head for [The Lakes by Yoo](#). Situated just 90 minutes from London, guests can stay at one of the estate's design-led properties –including cabins, apartments and houses – with each boasting views over the lakes. Facilities include a 20-metre indoor pool, sauna, steam room, fitness suites and spa garden, while a variety of high-end treatments, including those from COSMOSS by Kate Moss and facials by Dr Barbara Sturm, are also on offer.

Opened in 2024, [Estelle Manor](#) in Oxfordshire features a Grade II-listed, early-20th-century country house, within 85 acres of parkland and terraced gardens. The 108-room hotel brings a blend of traditional and contemporary design across a mix of manor bedrooms, woodland cabins, and private houses. At its heart lies Eynsham Baths, a 3,000 square-metre Roman-inspired spa featuring sculpted marble columns, five thermal pools – ranging from icy frigidarium dips to a hay sauna – and ten treatment suites, including couples' cabins. Dining options include four on-site restaurants, including The Billiards Room – a traditional Chinese restaurant – and The Armoury, serving a menu of sashimi, tempura, maki and robata classics alongside Japanese tea, cocktails and sake.

In Scotland, [Cameron House](#) sits on the southern shores of Loch Lomond, offering expansive views of Loch Lomond and the Trossachs National Park. The restored baronial mansion features a rooftop infinity pool and thermal spa with hydrotherapy experiences, steam rooms and saunas. Guests can book a [champagne cruise](#) or explore nearby trails along the loch. Dining options include [LOMA](#), where chef Graeme Cheevers – holder of a Michelin star – oversees a menu inspired by seasonal Scottish produce, served in a contemporary brasserie setting. The resort also features a golf course, leisure club and marina.

Following a multi-million-pound refurbishment, the [Mar Hall Golf and Spa Resort](#) has reopened in Renfrewshire, Scotland. Set within a 240-acre woodland estate overlooking the River Clyde, the 19th-century Baronial mansion has been refreshed with updated interiors and enhanced wellness facilities. The spa now includes expanded treatment rooms and a redesigned thermal suite, alongside a new members' lounge and private dining room. Guests can also enjoy the estate's championship golf course, a key draw for the resort. From autumn 2025, 30 new luxury woodland lodges will offer a peaceful stay surrounded by nature – all just 15 minutes from Glasgow International Airport by car.

Alternatively, visitors can head to Wales, where [Tre-Ysgawen Hall](#) on Anglesey provides country house comfort with a seaside twist. Originally built in 1882, the mansion now houses a hotel and spa with modern wellness facilities, including a thermal suite and indoor pool. The spa's Anglesey Sea Salt inhalation room references the island's well-known salt production, while the treatment menu includes hot stone therapies and skincare from brands such as Elemis. Dining takes place in its signature restaurant, Romanas, which serves an innovative menu packed with locally sourced produce.

Tucked into the rolling hills of Powys, lies [The Dreaming](#). Founded in 2023 by Welsh singer and TV presenter Charlotte Church, the retreat specialises in wellness grounded in nature, creativity and play. Guests are invited to reconnect with themselves and the earth through forest bathing, wild swimming, sound healing, and hands-on creative practices. These immersive getaways are shaped by the seasons and the Celtic calendar – featuring elemental rituals, storytelling by firelight, herbal medicine making, and even dancing barefoot in moonlit fields.

### **The best of both worlds – city spas and wellness cultural hubs**

For those seeking to combine wellness with retail therapy or sightseeing, Britain boasts a wide range of city spa hotels and wellness retreats situated a short car or train ride from historic towns and bustling cities.

The UNESCO World Heritage City of Bath and its surrounding area offers a blend of wellness, heritage and culture. Renowned for its ancient Roman baths, visitors can soak in the city's mineral-rich waters at the [Thermae Bath Spa](#) after a day of *Bridgerton* film location spotting. For a touch of rustic charm, barrel soaking and outdoor hot tubs are available at country spa hotel [The Pig](#), just outside of Bath. Guests can enjoy the serenity of the countryside while indulging in traditional, nature-inspired treatments followed by farm-to-table dining.

Based in the heart of North Yorkshire, the Victorian spa town of Harrogate is another option for a memorable autumnal wellness getaway. After exploring the town's elegant Valley Gardens, chic boutiques and charming tea rooms, visitors can retreat to [Rudding Park Spa](#). Set in lush grounds just a short drive from the town centre, the luxury retreat features a rooftop spa and garden with hydrotherapy pools, panoramic saunas and a herbal steam room.

For modern luxury in a city environment, London's flagship [Six Senses hotel and spa](#) is due to open its doors in 2025. Housed in a restored art deco emporium – part of The Whiteley development in Bayswater, West London – the high-end spa will offer cutting-edge wellness technology and a range of holistic therapies. In Fitzrovia, [The Newman](#) (opening summer 2025) offers a stylish urban retreat blending sleek modern design with natural materials and spacious, light-filled interiors. Spa facilities include a hydrotherapy pool, hot and cold experience cabins, a salt therapy room, and a comprehensive treatment menu for relaxation after a day pounding the pavements.