



# 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.



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*Whether visitors are looking to soak in a wooden tub under the stars, unwind in a treetop spa, practice sun salutations on a city rooftop or experience the latest in luxury wellness on a farm retreat, there are plenty of ways to relax in Britain.*

## 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 sessions](#) among its luscious tropical greenery, alongside a backdrop of the London skyline.

## 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 West Sussex, [South Lodge](#) offers luxury stays with a [Nature Immersion Spa Experience](#) focussing 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.

For a 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.

## 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.