

# Natural BEAUTY

Take care of yourself and the environment by booking an eco spa break, says **SARAH MARSHALL**



Blend into the landscape at the Scarlet hotel

## TITANIC SPA, WEST YORKSHIRE

The UK's first self-proclaimed eco spa opened in 2006 to great fanfare, and four years later it's still going strong.

Set within a renovated textile mill on the edge of the Pennines, the location alone lends itself to rejuvenation.

In combination with an impressive treatment list – using Decleor, Elemis and Carita products – and some purse-friendly weekend packages, it's a fantastic well-being escape.

The Titanic, near Huddersfield, has invested £1.5 million to create a carbon neutral building, which includes solar panels, a chlorine-free, salt regulated swimming pool and pure Yorkshire water supplied by the hotel's 100m bore hole.

All spa treatments are tempting, but couples should try the mud chamber session where you'll be given three different types of clay to smother over each other as the room fills with steam. It's more raucous than raunchy, but leaves you feeling fabulous.

Guests can stay overnight in one or two bedroom apartments, which sleep up to four, and can combine trips with brisk walks in the surrounding countryside. Now, you can't get more 'green' than that.

**Packages start at £139 per person, including overnight stay, full board and spa treatments. Restrictions apply. See [www.titanicspa.com](http://www.titanicspa.com) for further details.**



## THE SCARLET, CORNWALL

Whether it's the wood-fired hot tubs overlooking the beach, the cocoon-like relaxation pods suspended in the spa or the delicious locally sourced menu, there are lots of reasons to visit The Scarlet.

Perched on a rugged Cornish cliff top, this eco-friendly project was conceived by three sisters as a labour of love.

Green initiatives include solar panels, biomass boilers and rainwater harvesting, but the 'all natural' approach also extends to the design.

The airy multi-level building has flat roofs covered with rocks to resemble the surrounding cliffs, while an outdoor infinity pool, which uses a living reed bed as a filtration system, also appears to reach the sea.

The Ayurvedic spa features a series of tented treatment rooms where guests are encouraged to embark on 'journeys' rather than follow a treatment menu.

Standard journeys last four hours and start with a lifestyle consultation followed by a scrub or bath, a meditation session, and a 90-minute massage. Products used include Irish organic seaweed brand Voya, Ayurvedic range Tri Doshha and Scarlet's own collection, based on Cornish clay, sea salt and local herbs.

Therapists believe in generating beauty from within and aim to make guests feel fantastic.

It's a formula that works well and explains why so many people keep going back.

**Doubles are available from £180. Book through [www.mrandmrsmith.com](http://www.mrandmrsmith.com)**



Reduce your carbon footprint at the Rafayel

## RAFAYEL ON THE WEST BANK, LONDON

As one of the UK's most polluted cities, London is crying out for eco-friendly hotels.

Surprisingly, though, there are very few dedicated green retreats in the capital.

Rafayel, situated in Battersea on the south bank of the Thames, claims to be one of the first.

The owners have taken a gamble setting up a five-star hotel in a largely residential postcode, but such forward-thinking initiatives account for this 'alternative' hotel's success.

By using low LED lighting, efficient air conditioning and a system for harvesting rain water, Rafayel cuts the carbon footprint of an average London visitor by 20 per cent.

The hotel's River Wellbeing Spa offers both beauty and well-being treatments, with some based on ancient Chinese medicine.

After treatments, guests can relax with a pot of white tea and elderflower or undo all the good work with a meal at the well-priced, riverside Banyan Tree restaurant, smug that they've chosen the 'alternative' option.

**Spa packages are available from £159 per person including treatment, overnight stay and 50 per cent reduction at the restaurant. See [www.rafayel.com](http://www.rafayel.com) for more details.**