

Feel Great on the Somerset and Exmoor Coast

Nine Luxurious Wellness Escapes: Indulge Your Body and Mind

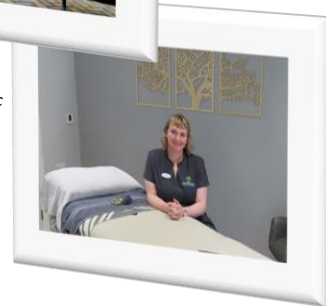
This is the third in our series, featuring more than fifty ways to enhance your life, this one focusing on health, wellbeing and ultimate relaxation

1. Start your day with a two hour [“Rise and Shine”](#)* package at [Cripps River Spa](#)

Tucked away at Cripps Farm Holidays is a cosy little spa, perfect for those wanting to relax surrounded by nature. This hidden gem offers exclusive use (for up to four people) of the sauna and outdoor hot tub. Sit back, relax, listen to the birds and soak up the stunning views of the Somerset Levels, enjoying a breakfast platter of freshly baked croissants, pancakes and waffles, what could be better? Well, add in a treatment by onsite therapist [Tamara](#) such as a [“Lava Shell Relaxing Back Massage”](#)*. Lava shells are the world’s first self-heating massage tool which are completely environmentally friendly. The shells warm and relax muscles, ease stress and stiffness and deliver an intense and powerful massage treatment, bliss.



Photos credit:
Aura Photographic



2. Private ice plunge or cold/warm water swimming in the walled garden of [West House Farm](#)



Photos credit:
West House Farm



The farm is located on a small ridge just above the coast and hosts a handful of artisan businesses and many furry and feathered friends - pygmy goats, alpacas, donkeys, pigs, lambs, chickens and even a very friendly red deer. It is also home to a small pool heated between 26-30 degrees in the summer and used for [cold water swimming](#) in the autumn/winter. Close by is a hot tub and a quirky, cosy, Finnish style barrel sauna (both for six people). [Order a choice of tasty snacks directly](#) from the onsite J’s Bistro to enjoy on the terrace. The whole area can be [booked for sole use or book a non-exclusive one hour slot](#)*.

3. Pamper yourself with a luxurious, personalised beauty treatment using only the best, natural, ethical products

Nestled peacefully in the foothills of the Quantocks you will find [Fay Venner Beauty](#). Fay has been working in the industry for over 25 years and offers a complete top to toe beauty experience. She tells us that she wants every single one of her clients to leave feeling fabulous and, as one of them, would whole heartedly agree. Time slows as soon as you step through the door and whatever treatment you choose a [facial, massage, body polish and more](#), by the end relaxation is complete.



Photo credit:
Fay Venner



Photo credit:
Nell Barrington

4. Brand new boutique spa and wellness retreat in Kilve



Escape and indulge yourself with a [spa day](#) or even better a [signature three-day retreat](#), the ultimate way to experience everything Old Rectory House has to offer. Relax by the pool and hot tub or enjoy a therapeutic sauna ritual in the woodland sanctuary. Unwind with a luxury Bramley treatment and savour nourishing, delicious food.

The dedicated team also host a wide variety of wellness activities including yoga, sound therapy, meditation and

Textile crafting. Want to stay a little longer and enjoy your own private hot tub with spectacular view over the Somerset Coast, why not add a night or two in one of their award [winning shepherd huts](#).



Photos credit: Old Rectory House

5. Take time-out to relax, re-align and enjoy a Sound Bath on the Coast



Join Alexandra, [Sound-Well](#), and let the gongs bring you into a state of bliss and deep calm. Sound healing is one of the oldest and most ancient forms of healing and can help relieve anxiety, depression, physical pain, insomnia and stress to help you feel beautifully relaxed. [Group or private Gong Bath experiences available at various locations along the coast - Holford, Dunster, Minehead or Porlock*](#); weekend retreats too.



Photos credit: Sound Well

6. Bespoke beauty treatments at a new salon in the historic heart of Dunster

The old stables at the [Luttrell Arms](#) have been lovingly restored and refurbished to create [the Mews](#). Facials, massages, manicures and pedicures are all available or why not treat yourself or a friend to a day or half day package, or stay over. Offers include [the Mews Classic Package](#) - A head to toe experience including a 30 Minute Back, Neck and Shoulder Massage and Elemis Biotec Facial plus a pamper manicure or pedicure. They use only the best products and have a great aim which is to restore and revive your skin, body and soul. There is also a lovely secret garden and cosy bar in the hotel to complete your treat with a [cream tea](#).



Luttrell Arms

7. Harmonise your mind, body and soul with a holistic Thai Yoga Massage/Wellbeing Treatments in Minehead



Photo credit: Nell Barrington



Photo credit: Venetia Moore

[Thai Yoga Massage](#) is an element of traditional Thai medicine that is both preventive and therapeutic. This treatment incorporates acupressure, massage, and yoga like stretches and offers so many health benefits - improvements to flexibility and posture, a boost in energy levels, strengthening of the nervous system, reduction in stress. It is also very relaxing; the end result, deep sense of calm and peace. [Venetia](#), a multi award winning experienced Holistic Wellbeing Practitioner of 33 years offers many other holistic health

and wellbeing treatments, hypnotherapy sessions and Somerset retreats. The Wellness Clinic is in Minehead tucked away above [Toucan Wholefoods](#), a friendly café specialising in delicious vegetarian and vegan food.

8. Create dynamic improvements in your life with [Craniosacral Therapy](#), at [Exmoor Wellbeing Centre](#)

This type of bodywork can release tensions deep in the body, relieve pain and improves whole body health and performance. The light touch techniques allow the entire body to relax and self-correct. Follow the long private drive up to the Wellbeing Centre which is set in an absolutely stunning location, high on the hill looking out over the Minehead coast, surrounded by woodlands. They offer a range of other therapies including massage, reflexology and acupuncture as well as weekly drop in yoga/pilates flow classes and retreats and have a shepherds hut for two with its own hot tub with fabulous sea views.



Photos credit: Exmoor Wellbeing Centre

9. Relax and Recharge in a brand new private sauna at award winning [Bossington Hall](#), bookable by the hour

Indulge in ultimate relaxation in their exclusive sauna, available by appointment from midday to 8pm. Customise your experience with your own music and a choice of scents. For an even deeper state of relaxation, book a session with one of their expert therapists. Choose from a variety of massage techniques including Reiki, hot stones and Indian head massages, all offered in their serene onsite treatment room.



Photos credit: Bossington Hall

* **Online booking available**

Visit our friendly, knowledgeable, local experts, to find out more about the Somerset and Exmoor coast and the unique experiences on offer

- [Burnham Information Centre and Rescue Support](#)
- [Watchet Visitor Centre](#)
- [Dunster National Park Centre](#)
- [Minehead Information Centre](#)
- [Porlock Information Centre](#)