



SWINTON
COUNTRY
CLUB & SPA

A close-up photograph of tall reeds with dark, elongated seed pods against a warm, golden background. The reeds are silhouetted against a bright, hazy light, creating a serene and natural atmosphere. The seed pods are dark and elongated, hanging from the reeds. The background is a soft, warm glow, suggesting a sunrise or sunset. The overall mood is peaceful and calming.

Space to breath,
relax and revitalise

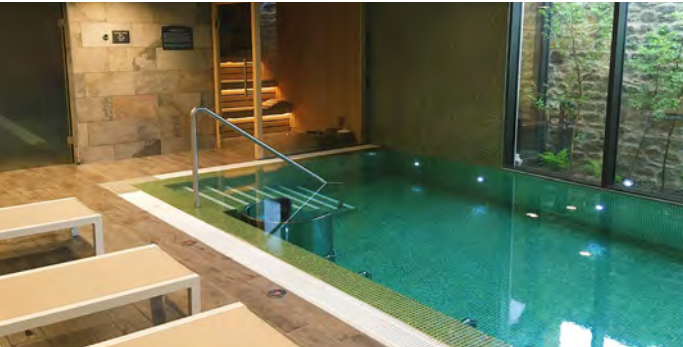


Rediscovering Wellness

Swinton Country Club & Spa is one of the leading spa destinations in the UK, that combines contemporary design with a natural aesthetic.

Situated at the heart of the 20,000 acre Swinton Estate, it draws on the natural elements of light, water and air and the landscape of the surrounding Yorkshire Dales.

It is the combination of relaxation spaces, extensive pool and thermal facilities, outdoor activities, nutritious food and the best fitness and spa treatments that provides every guest with their personal definition of wellbeing. From one day to the next we can all set ourselves different goals, and everyone who visits us can enjoy their time here in their own way - be it fitness, relaxation, celebration or some old fashioned 'me time'.





Spa Bathing

Soak up the tradition of spa bathing and choose from one of our four immersion experiences, all of which are heated by our eco-friendly and carbon neutral biomass boilers.

The glass fronted and expansive 18m lap pool overlooks the gardens and terrace. This is the best place to start to exercise and re-energise.

The hydrotherapy pool is the warmest of the pools, and provides therapeutic relaxation with a choice of massage jets to personalise your experience and soothe the all too familiar aches and pains.

For a wild swimming experience, the 10m outdoor natural pool is like no other. Bathe in bio-filtered and oxygenated chemical free water, ideal for anyone who suffers from

sensitive skin, leaving skin feeling refreshed and soft. Solar heat warms the water during the summer months, and in winter is maintained as a refreshing plunge pool.

Staying out on the terrace, you can enjoy the bubbles outdoors in the cedar hot tub - enjoy all the elements of nature, even under the stars!

In between bathing, you can relax on our loungers and enjoy a poolside snack from our butler service, or simply enjoy the view or catch up on some down time. There are three relaxation zones, including one on the natural pool terrace where you can embrace the elements in comfort all year round, lying on a sheepskin rug under the cover of a wool duvet and blankets with hand knitted slippers and a hot water bottle.





Thermal Suite

The thermal suite provides a spa journey that begins and ends with the therapeutic foot spas. This is a journey to take at your own speed and to suit your own particular requirements and preferences. There are showers available throughout to regulate your temperature and improve blood circulation.

The suite features an Aroma Steam Bath with seasonal natural fragrance. The intensive warmth allows the muscles to relax, and limb and joint pain is noticeably reduced. It allows for positive moisturising of the skin and helps to regulate blood flow and flush out toxins.

The warmth of the Salt Steam Room allows for muscles to relax and toxins to be flushed out. Salt

inhalation is also known to have health benefits that include relaxation and rejuvenation. The salt therapy can also help with breathing, sleep and allergies.

The Finnish Sauna, the hottest of our heat experiences, provides dry heat in a fragrant wood cabin that eases muscle tension and improves the immune system.

Our intimate alfresco spa garden has the Herbal Sauna at a gentler heat, with the added benefits of the aroma from the herbs as they infuse in the bowl. From here you can relax around the fire pit, snuggle up under blankets on the sheepskins, and freshen up under the alfresco rain shower.



Gym & Fitness

The gym combines static machines with functional fitness for maximum results, with a high level of individual support. The group exercise studio, with a programme including high energy spin and circuits, features the latest and most up to date workshops including yoga and Pilates.

Our bodywork room is perfect for one-to-one mindful movement practice, fitness support with motivational and personal exercise prescription. Personal training is also available for additional fitness support.

The gym extends out into the Estate, making use of the beautiful surroundings. We run a series of parkland programmes with boot-camps, mindfulness walks, running and hiking.





Health & Wellbeing

Our team of spa treatment, fitness and wellbeing experts includes visiting practitioners who deliver workshops and personal appointments.

Holistic Therapy aims to treat the body as a whole, with the therapist looking for an underlying cause. The therapy restores the body's natural balance, leading to a more sustained and rewarding quality of life. Holistic Therapy plays an important role in maintaining good health and overall wellbeing.

The Holistic Therapies at Swinton Country Club & Spa are on a one-on-one basis, usually in the Wellness Studio. This allows for a more personalised treatment that suits the individual. These can be enjoyed as treatments or as part of a wellness programme during a Day of Wellness or overnight Wellness Retreat, which are tailored to our three core themes:

Detox, De-Stress and Recovery.



Treatments & Relaxation

Situated on the first-floor of Swinton Country Club & Spa, your treatment experience starts in the dedicated treatment reception where you can consult with your therapist and consider your choice of treatment and product.

The choice available includes deeply relaxing massages, transformative facials and body treatments that leave you invigorated from top to toe. Our spa partnerships create amazing and memorable treatments which reflects the care and attention of our ethos, and our commitment to ethically sourced natural ingredients.

The experience continues after your treatment, with three Relaxation Rooms where you can relax and chat on a chaise longue, slumber and snooze in a starlit pod or switch off completely in the Sleep Room on one of the heated water beds.







A Day at the Spa

Are you needing a day all to yourself? To refocus and re-energise?

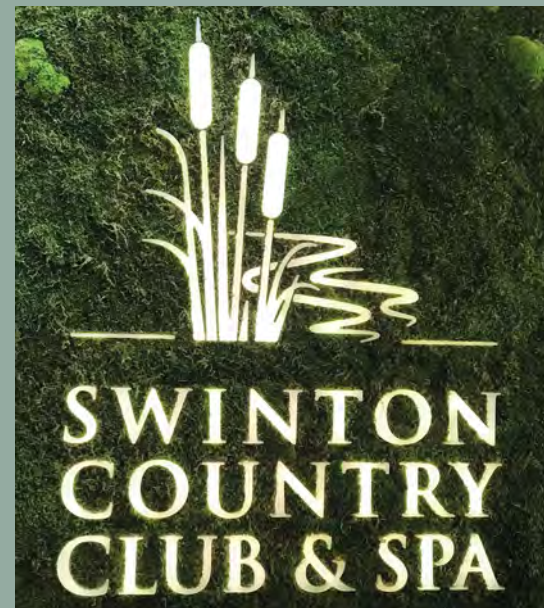
Or do you need to catch up with some friends with some quality time together?

Maybe you are celebrating? A significant birthday or event to share with your nearest and dearest?

A spa day at Swinton can be tailored to suit any of these needs, and many others besides. Some experiences focus on the treatment, others the spa bathing and thermal suite, on your wellness, or on the dining experience. From the moment you wrap yourself up in our fluffy robes or sink onto our treatment bed, you will be taken care of and in the capable hands of our team of pool hosts and therapists.

Feel refreshed, calm and fulfilled after some well-deserved me time.

Spa days can vary in length, from a short but sweet twilight experience to an entire day. They usually include full spa access, and often a choice of treatment or two. Meals are either served poolside in the Atrium, or at the beginning or end of your spa time in The Terrace.







Spa Dining

The light and airy Atrium is where robed poolside dining is served, for those who are in the spa for the whole day. The focus of the menu is on nutritious wholesome food, defined by the fruit, herbs and vegetables grown within the neighbouring four acre walled garden

Throughout the day our pool hosts are available to serve snacks, afternoon tea and hot and cold drinks, and these can be served poolside and on the natural pool terrace.

If your spa day starts or ends with lunch, afternoon tea or dinner, this is served in the award winning Terrace Restaurant which is adjacent to the spa but not a robed area. The Terrace menu combines popular brasserie favourites with Northern European and Middle Eastern inspired sharing dishes. This is served in the modern conservatory overlooking the terraced garden and water feature. There is a private dining room available for larger groups. Afternoon tea is served in the bar or outside in the garden, a beautiful spot that soaks up the afternoon sun.

The Atrium



The Terrace Bar & Restaurant



Estate Shop

Located at the entrance to Swinton Country Club & Spa, remember that for a little retail therapy you can visit the Estate Shop, where you can browse our range of spa, home and garden gifts. Showcasing local business and the Estate, there are products available from our Spa partners as well as a selection of books, kitchenware, food, clothing and gifts.

A gift to suit everyone (or to treat yourself), where you can take a little bit of Swinton home with you.



The Beauty Cottage

A cosy and discreet suite of rooms where you can pop in at any time for a luxurious manicure or pedicure, waxing, tanning or hair styling. This is the go-to place for any last minute preparations, the routine and regular treatments or just as a pick me up.

If there's a celebration to be had, don't forget this is also the place for a get together and friendship over a glass of bubbles!



Activities on The Estate

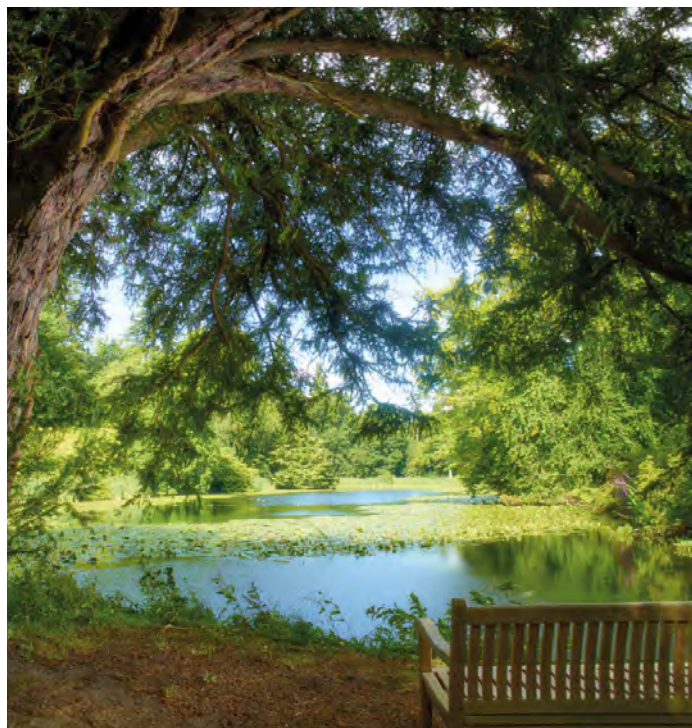
There is much more to Swinton than the Country Club & Spa. Swinton Estate is one of the largest rural estates in England, situated in North Yorkshire and stretching from the River Ure in Wensleydale up onto the moorland Dales.

The wide range of active pursuits includes falconry, fishing, walking and mountain biking. There are also experiences to last a lifetime, such as creating a culinary masterpiece in the Cookery School or learning how to meditate and "bathe" in the forest.



Walking & The Parkland

Walking in the 200 acres of gardens, woodland and lakes within the surrounding parkland, and on the public footpaths further afield. The landscape that surrounds the Country Club & Spa also offers so much opportunity for exercise, relaxation and mindfulness. Take a stroll in the cutting garden, enjoy a picnic on the island at Top Lake or follow the running trail around the breathtaking Quarry Gill. Beyond the parkland, there are footpaths throughout the 20,000 acre Swinton Estate stretching from wooded rivers to the hill farming countryside and the open expanse of the moors.



Cookery School

The Swinton Cookery School is a relaxed and open demonstration kitchen, traditionally furnished with state of the art equipment. It is located in the converted Georgian stables a short distance from the spa, and is an excellent venue for the preparation and skilful handling of great food and fine wine.

Produce is seasonal, with a focus on ingredients sourced from the surrounding Swinton Estate and the fruit, herbs and vegetables grown in the kitchen garden.

Courses run all year and range from half day to residential, covering a wide range of themes from Street Food to French Brasserie. Children's courses are run during the holidays, and packages are available combining cookery courses with spa experiences.





Biking

Swinton Estate provides a wonderful base for a road cycling and mountain biking trip, whether for a day, weekend or a short break. It offers a variety of inclines and terrain, from steep moorland tracks to winding country lanes, all with incredible views across the rolling Dales countryside. There is a dedicated off-road track in the Druids Woodland at Swinton Bivouac.



Falconry

A number of falconry experiences for families, groups and individuals are on offer at the aviary and surrounding parkland at Swinton Estate. The Bird of Prey Centre offers educational and fun experiences and we provide as much hands-on interaction as possible, enabling you to enjoy the personalities and behaviour of our large variety of friendly owls, hawks and falcons display.



Fishing

Swinton Estate has fishing for wild brown trout, grayling and salmon along its 4 miles of single bank River Ure, and the River Burn has over 6 miles of double bank. Leighton Reservoir, also on the Estate, is stocked with rainbow trout. For those taking tuition, the Orvis Rod Room at Swinton Park is well equipped with fly rods.



Staying on The Estate



Situated in one of the most beautiful settings on the edge of the moors in the Yorkshire Dales, the Swinton Bivouac glamping site is home to six rustic hand crafted wooden Tree Lodges, seven Meadow Yurts, The Snug & The Loft and licensed Bistro Café, open for breakfast, lunches and evening meals. This is luxury camping where you can unwind, switch off and get back to nature, but at the same time enjoy all the luxuries of an award winning spa only a short drive or bike ride away!

SWINTON COTTAGES

Our range of two and three bedroom Cottages are perfect for a small gathering of friends or family. Located within close proximity to the Country Club & Spa, they offer guests the chance to experience all the benefits of the Country Club & Spa from the privacy and intimacy of their own self-catering accommodation.



Staying at our AA 4 Red Star luxury castle hotel is a truly memorable experience. All thirty two rooms are beautifully appointed with double or twin beds, beautiful views over the surrounding parkland and spacious en-suite bathrooms. There is a choice of fine dining in Samuel's Restaurant, or the more contemporary cuisine and relaxed service at The Terrace.







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