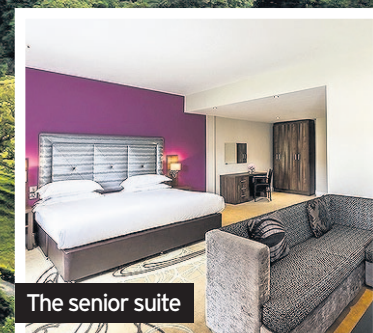


GETAWAY

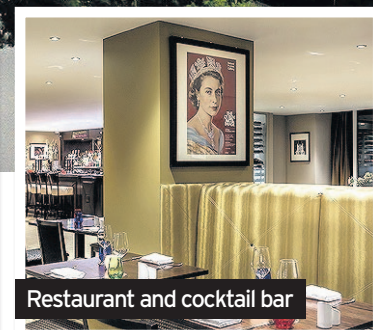
The Daffodil Hotel and Spa



The senior suite



Afternoon tea



Restaurant and cocktail bar

Stunning views and otherworldly calm...

KAREN CONNOLLY visits The Daffodil Hotel and Spa

THE Daffodil is located on the lake in Grasmere, land of Wordsworth, stunning vistas and picture book houses.

There has been a hotel on this site since 1855 and, despite the current building being a mere five years old, it certainly doesn't look like it thanks to its imposing slate-clad exterior.

It's a popular venue for weddings, what with the lake views and stunning picture opportunities, but I'd turned up to visit its spa with its thermal pool, rasul bath, sauna and incredible choice of luxury treatments.

The spa had only recently re-opened and once we'd been shown to our room - we were staying the night and dining there too - with its floor to ceiling double patio doors overlooking the lake, we made our way down to the basement level spa to don the usual fluffy robes and slippers and try out the facilities.

The whole spa area gives off a zen

vibe. And I don't mean constant plinky plonky piano music on tap which, let's be honest, can drive you a bit mad after a while.

No, this offered up a feeling of complete relaxation and other worldliness. A space where you could forget all about the stresses of modern life and, while helping yourself to the refreshing lemon-infused water and bowls of fruit dotted around, just let your mind wander with no kids or husband to ask where their socks are.

While waiting for your chosen treatment, and there is a wonderful array to choose from - trust me, it might take you some time to decide - you are shown to the trepidarium.

Now, here's a place for the misanthropic if ever there was one. A relaxation room where you can

pull a curtain around your day bed, put your feet up and let the warm air and heated floors lull you into a land here nobody else exits. Apart from fluffy bunnies and Johnny Depp of course.

About half an hour later - or was it a few days? I was so blissed out I didn't know, or care - a lovely smiley lady arrived to take me for my treatment.

I'd chosen to have a botanical facial and I can honestly say, hand on robe, it was perhaps one of the best treatments I have ever had.

Yes, it was so relaxing I was practically catatonic. But, blimey, my skin looked and felt incredible afterwards. I was plumped up and glowing.

My smiley lady showed me to the relaxation room where she wrapped me up in a cocoon of warm blankets and told me to relax for as long as I liked.

An hour later and I was still swaddled and slumbering like a newborn when someone brought me a glass of water and told me to



The trepidarium

carry on sleeping if I wanted to.

Yes, honestly.

But I decided to up the ante a bit and do something a little more energetic.

So a few minutes later I was submerged in the thermal pool with a mini waterfall raining down on my head. Bliss.

But it's not just the spa that makes The Daffodil so special. The food there is incredible.

Salmon fillet, the freshest vegetables and potatoes, tender

steaks and the most incredible deserts known to man - all completely delicious and served by the most wonderful and friendly staff.

And I must mention the cheese board which will send you into a fromage frenzied stupor along with a superb wine list to boot.

Back in our room, with spectacular views across the lake, it was easy to see why The Daffodil should be high on your list of spa hotels to visit...

NEED TO KNOW

■ The Daffodil Hotel and Spa, Keswick Road, Grasmere, Cumbria LA22 9PR 015394 63550 www.daffodilhotel.co.uk