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Why Spa at The Marsh? Our professional, full service spa is part of a comprehensive wellness facility featuring a medically-based fitness center, lap swimming and warm water therapy pools, group exercise and Pilates studios, an award-winning restaurant, designer boutique, six overnight guest rooms and several unique meditative spaces. A spa is a location where mineral-rich spring water (and sometimes seawater) is used to give medicinal baths. Spa towns or spa resorts (including hot springs resorts) typically offer various health treatments, which are also known as balneotherapy. Visit Lake Vyrnwy Hotel and Spa in Wales for award-winning accommodation, a luxury spa and much more. Heritage and luxury effortlessly combine to create a quintessential home away from home. Retreat to Lucknam Park, which offers unspoilt country house living at its very best.