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# Spa Spy: The Varsity, Cambridge













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Malta caters for all tastes, from its world-class dining to

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Cambridge.

Our sleuth investigates the curative claims of wellbeing retreats worldwide. This week the boutique delights of The Varsity,

The Spa Located in the heart of Cambridge, overlooking the river Cam and just yards from St. John's College, The Varsity Hotel's spa underwent a

### major renovation last year.

Housed in a beautiful Eighteenth Century glass warehouse, with high timber trussed ceilings and original brickwork, guests can choose a range of different Elemis treatments, including body massages,

manicures, pedicures and a number of facials. The Symptoms Tired of London and fearing this must mean she is therefore, tired of

### life, Spy hopes a restful weekend in a more sleepy city may rejuvenated her enthusiasm for the hustle and bustle. It is hoped the gentle

environs of Cambridge with a plethora of spring walks against medieval vistas, will soothe her well worn nerves. While not keen to languish long in the Spa the whole time, Spy hopes that the nicely proximate Glassworks Health Works and Elemis Spa (literally next door) will successfully set her up with a starter for 10. In

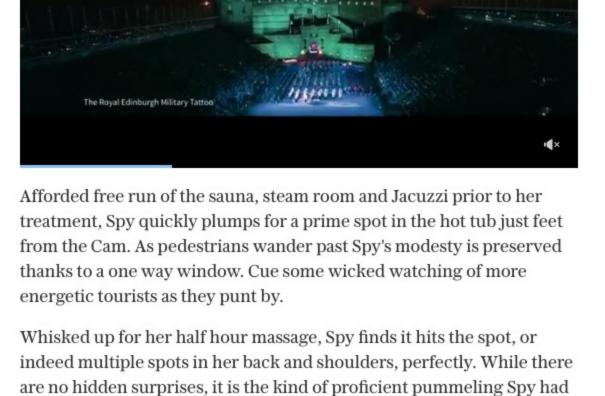
dire need of attention are her neck, back and shoulders which currently seem to be so frozen they twist from the waist only. A brisk massage should ensure maximum enjoyment of Spy's gentle Cambridge strolls.



checking into the Spa. The dark walls of the brick building are charmingly lined with rowing memorabilia and photographs, which

Pimms in hand. Learn more

give the atmosphere an appropriately sporting feel - but in a way that communicates that it is perfectly fine to simply sit back and spectate,



Later, finding herself still energised enough to bound up the six floors of stairs, rather than take the hotel lift, to the Six Panoramic Bar and Restaurant, Spy sees in the Cambridge sunset, aperitif in hand. A heart gladdening meal - starter of beetroot, goats cheese and hazelnuts, followed by a thickly beautiful tuna steak and a cracking creme brulee enjoyed with a night city skyline, remind her the attractions of metropolitan dinning are not restricted purely to the capital.

been in hope of and she leaves invigorated. Neck, shoulder and back

are happily liberated from their sheath and ready to explore the

medieval streets and college chapel spires.

# The Verdict

The view from the Six Panoramic bar

If this is city life then Spy is moving in. Having resisted the night charms of the buzzing Quayside area in favour of an early night, Spy is considering signing up for an MA, or perhaps a PhD. But then comforts herself that Cambridge is less than an hour away from London by train. Although she slept in, Spy was impressed by the newly refurbished

gym and the offer of Sunday morning yoga. However, on this occasion was more enthusiastic about her breakfast of sourdough, mashed avocado and poached eggs.

Spy is most taken by The Varsity's sense of place and history all delivered with impeccable charm and a modern boutique sensibility; think Colefax and Fowler and Farrow and Ball. Special mention must be made for the attentive waiting staff over dinner who allowed Spy to dither happily over the menu for an unusual amount of time, and were

consummately charming. The Varsity's Spa while small, is perfectly formed and more than

adequately answered Spy's need for some city break relaxation.

# The Details

from £35.

Prices at The Varsity start at £155 and prices of spa treatments start

www.thevarsityhotel.co.uk