

Spring Clean Your Mind & Body: Coastal Wellness Inspiration from England's Coast



L-R: Aurora Borealis and night skies at Kettleness (Credit: Brinton Darnell); Hunky Dory Fitness, Broadstairs; The Salt Water Sauna (Credit: Bill Measom).

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As the long, wet winter finally nears its end and the first shoots of spring start to appear, it's the ideal time to emerge from hibernation and rejuvenate our mind and body for the brighter months to come. Wellness and mindful escapes across the English coastline offer unparalleled settings to do just so - from beachfront saunas and seaside yoga to coastal runs, wildlife walks and stargazing.

England's Coast, the coastal booking and inspiration tool, has put together a feast of [springtime wellness ideas](#) for peaceful coastal reflection and active outdoor adventures, inviting visitors to embrace longer days, sea air and nature's restorative power along the shoreline. Visit englandscoast.com to build your dream spring wellness itinerary:

Beachfront Saunas

Combining heat therapy, cold immersion, and awe-inspiring sea views, [coastal saunas](#) offer deep relaxation and stress reduction.

- [Folkestone Harbour](#) will be host to the UK's largest beach spa opening in March 2026: the Sea Scrub Sauna will feature two wood-fired saunas, a hot tub with Jacuzzi, cold plunge pools and a wellness cafe, directly on the beach for gorgeous coastal views while you relax
- [Saltwater Sauna](#), Dorset, now operates three locations: Avon Beach (Christchurch), Sandbanks, and Lulworth Cove, with a new flagship community sauna opening this spring at Boscombe, Bournemouth. Designed to host 30+ guests, it promises warmth, conversation and restoration overlooking the sea. Other locations feature Nordic saunas, shower and cold sea plunges and guided sauna rituals.
- In Kent's White Cliffs Country, Steam Punk Sauna is a new venture set in [Betteshanger Park](#), near [Deal](#), seating up to eight people with a cold plunge pool. The sauna and cold plunge at Whitemills Wake & Aqua Park near [Sandwich](#) offer open water sessions if sea conditions become too wild.
- In Thanet, a barrel sauna, electric sauna and cold-water plunge barrel feature at [Sea Scrub Sauna on Margate Main Sands](#), while further along in Walpole Bay, a free-to-use community sauna is located just a few steps from Walpole Bay Tidal Pool - believed to be the biggest in the UK at four acres - for cold plunges in between sauna sessions

Pilates, Yoga, and Beach Fitness

For those preferring dry land, beachfront yoga and Pilates offer a perfect seaside reset.

- [Broadstairs](#)' Balanced Body Wellness and Hunky Dory Fitness provides stunning sea views to perfect sun salutations.
- Happy Seal Yoga, East Yorkshire, delivers classes across Filey, Caton Bay, Sandsend, Whitby, and Scarborough, with Stand Up Paddleboard Yoga for an adventurous twist.
- On the South East coast, head to the Seapoint Canoe Centre in [Hythe](#) for calm canal paddling on canoes and SUPs.

Spa Breaks

For full indulgence, England's seaside spas provide panoramic coastal views paired with luxurious treatments.

- For a traditional spa break soaked in heritage, where else to go than Britain's first seaside spa town - [Scarborough](#)! Scarborough boasts the Aqua Spa at the Crown Spa Hotel, with deluxe treatment rooms, mud rasuls, ice rooms, saunas, and steam baths. Or try the Wellness Spa at Alpamare waterpark, offering Turkish baths, hot stone massages and steam baths with panoramic views across Scarborough's North Bay
- For a luxurious spa break, the 5* [Seaham Hall Hotel & Spa](#) is a secluded sanctuary on Durham's Heritage Coast offering a variety of spa days and multi-night stays making use of its award-winning Serenity Spa. Facilities include a 20m pool with massage stations, hammam with snail showers and Jacuzzi, herbal sauna and salt sauna, eucalyptus steam room, outdoor hot tubs, ice fountain and plunge pools, roof terrace and Zen Garden for relaxation.

Coastal Runs & Community Fitness Events

These events offer opportunities for both casual and serious runners, fostering community, health, and charity support.

- Vitality Bay Run, Bournemouth & Poole Coast, 22 March 2026: with multiple distances including half marathon, 10K, 5K and a 1K kids' race - a big community event focused on enjoyment, wellbeing, and local charity support.
- Jurassic Coast Challenge, Dorset, 27–29 March 2026: A multi-day running/walking challenge (27–29 March 2026) along the stunning Jurassic Coast Path. This less-formal-than-your-average-race running challenge brings people together for endurance and camaraderie.
- Folkestone Coastal 10K, 31 May 2026: this popular 10 km race along the Folkestone seafront attracts community runners and local clubs alike.

Wildlife, Sunsets, and Spring Walks

Spring on the coast brings dramatic skies and opportunities for wildlife discovery, and coastal exploration:

- Lincolnshire: Watch grey seals at Donna Nook, explore mudflats at Gibraltar Point, or stroll unspoiled sands at Anderby Creek. You'll find beachside lodges, cabins and boutique inns near Saltfleet or [Chapel St Leonards](#) on the vast Lincolnshire coast, ideal for wide-open skies, wildlife and coastal walks. Head over to [Donna Nook](#) to spot grey seals, a host of wading birds and amazing starling murmurations. Or stroll along the sweeping, unspoiled sands of [Anderby Creek](#). Spend another day walking the dunes and quiet paths of [Gibraltar Point Nature Reserve](#) and explore the shoreline around Huttoft. With its mudflats, salt and freshwater marshes, the Nature Reserve draws thousands of migrant and over-wintering birds.

- Cumbria: Cumbria's coast has countless places to enjoy a great sunset, including [Whitehaven](#) and St Bees, best known as the start of the Coast to Coast Walk. St Bees boasts miles of stunning beach with glorious sands to wander when the tide is out, and nearby Hartley's café for a warming hot chocolate.
- Cleveland Way National Trail: Witness breeding curlew, gannets at Bempton Cliffs, and vast moorland landscapes. With the rolling moorland as your backdrop, spring is perfect for lacing up your walking boots and exploring the unforgettable [Cleveland Way National Trail](#). Along the way you'll pass ancient abbeys, old smugglers' hideouts and wide moorland landscapes where curlew, golden plover and lapwings return to breed. Goshawks soar over the forests, while on the coast at [Bempton Cliffs](#) you may catch sight of [gannets and puffins](#).

Stargazing

- Several locations across the North York Moors National Park - including [Sutton Bank](#), Danby and the [Dalby Observatories](#) - are Milky Way-class Dark Sky Discovery Sites where, on a clear night, you may even glimpse our neighbouring Andromeda Galaxy with the naked eye. For a more traditional observatory experience, the Bruce Observatory in Whitby hosts regular stargazing sessions with the local Astronomical Society.

Wellness Retreat Breaks

- The Wild Swimming Co., Dorset - Spring Retreat, 8–10 April 2026: Coastal yoga, open-water swims, saunas, storytelling, nature walks, and wellness meals beneath iconic chalk cliffs.
- Yoga, Field & Sea, South Devon Coast, 9-16 May 2026: The SW Coast Path Wellness Walk offers a seven-night all-inclusive adventure along 100 km of coastline from Plymouth to Brixham, featuring yoga, sauna, hot tub, massage, and guided walks.
- [New Adventures](#) on the North East Coast offer a whole range of coastal wellness activities and day retreats, from an Ice Dip Social and Morning Meditation sessions at Cullercoats Bay to coastal and countryside foraging in Northumberland.

Learn more about what's happening across the English coastline and plan your perfect 2026 coastal itinerary at englandscoast.com/en.

Press information: For more information, high-res images or to discuss interview opportunities, please contact: Lizzie Cooper (lcoopertavelpr@gmail.com).

For more information on England's Coast visit www.englandscoast.com/en or contact Sheron Crossman, National Coastal Tourism Academy Marketing & Communications: Sheron.crossman@coastaltourismacademy.co.uk.

Notes to editors: The England's Coast project is delivered by the National Coastal Tourism Academy whose partners include: Visit Dorset, Visit White Cliffs Country, Visit Redcar & Cleveland, Visit Essex, Visit East Yorkshire, Visit Portsmouth, Tees Valley, Visit Plymouth, Southampton Forward, Visit Isle of Wight, Visit North Yorkshire, Visit Thanet, North York Moors National Park, Visit Durham, Visit Lancashire, Visit Lincolnshire, Visit Brighton, Hornsea Village, East Yorkshire, The Millstream Hotel, West Sussex, Bournemouth Christchurch & Poole: The Marsham Court Hotel, Coastal Cruises Poole, Adventure Attractions, Poole Museum, Russell Cotes Art Gallery & Museum, Highcliffe Castle.

[The NCTA](#) was established in 2013 to help job creation and economic growth in the tourism economy of coastal towns. It is a not-for-profit organisation, working with industry, coastal destination partners, government, academia and national coastal organisations. It is the recognised voice of coastal tourism.