

Wellbeing Room Package Recommendation List

Gardens & Tranquil Green Spaces:

The Birmingham Botanical Gardens

A beautifully landscaped 15-acre garden with glasshouses, themed areas, and wildlife – ideal for a peaceful stroll and some quiet time among plants and flowers.

Birmingham Botanical Gardens frequently hosts yoga sessions and other wellbeing experiences, especially during the spring and summer months, so it's a great spot if you're interested in outdoor wellness activities in a beautiful garden setting.

Winterbourne House & Garden

A historic Edwardian garden with elegant planting, green lawns and a lovely setting for an outdoor wander or tea on a sunny day.

Parks for Walks, Picnics & Relaxation:

These parks are great for walking paths, picnicking, birdwatching, cycling or just relaxing in a green space:

- **Cannon Hill Park** – Large, scenic park with paths, woodlands, and a boating lake – one of Birmingham's best classic outdoor spaces.
- **Highbury Park** – Peaceful park with open lawns and mature trees perfect for a relaxed stroll.
- **Woodgate Valley Country Park** – Far-reaching countryside feel with meadows, woodlands and easy walking trails.
- **Kings Heath Park** – Lovely local park with ornamental gardens, open areas and gentle paths.
- **Calthorpe Park** – Smaller but peaceful neighbourhood park good for a short walk or a relaxed picnic.

Nearby Massage & Relaxation Spots:

Edgbaston / Five Ways area:

- **My Thaim Massage & Spa By Siri** – Highly rated local massage therapist in Edgbaston with a reputation for relaxing treatments and good reviews.
- **Restore Harmony** – Fantastic therapists offering relaxing, prenatal, remedial and acupressure massages just a short walk away.
- **Chamomile and Massage** – Boutique massage service with excellent reviews; great for calming, deep-tissue or relaxation sessions.
- **MetroSpa - Aesthetics** – Spa and wellness centre in Edgbaston offering massages plus aesthetics services.