

From midnight swims to post-dinner meditation, after-dark wellness is the latest trend to help boost your sex life



Unique Homestays

The best places for after-dark wellness



Sienna by Unique Homestays Unique Homestays

Amp up your state of awe with a stay in this romantic and remote self-catering cottage by Unique Homestays in the southwest of Ireland. Framed by mountains and sea, this two-bedroom property has stylish interiors and eco-features, but the outside deck is where you'll want to be. Overlooking one of only three gold-tier Dark Sky Reserves on earth, head out when night falls for an evening beneath glimmering stars. Thanks to low-level light pollution, a clear night might reveal the Milky Way, satellites, the International Space Station and shooting stars. Dark sky tourism has soared over the past couple of years as travellers seek refuge and better sleep from light-polluted city life, where night-time electrical lighting can disrupt our circadian rhythms. Stargazing, meanwhile, can lead to feelings of awe, which increase our happy hormones and feelings of kindness and generosity – ideal if you're looking to turn up the heat in your relationship. Oh, and did we mention the deck has a hot tub too?

Website: uniquehomestays.com