

AUTUMN / WINTER 2021/2022

Sea, clearly

CORNISH COASTAL WELLNESS

wake up to the ocean

TRY CORNWALL IT'S GOOD FOR YOU

We are creatures of habit – with days, diets and relationships following familiar patterns, which is why there's something truly beneficial about being away. The resort experience is built around the belief that Cornwall – at its heart – is good for you. During time spent here at St Michaels, or in our brand new Beach Residences, there are so many opportunities to try new things and just perhaps to develop new habits that promote wellbeing. Our coastal spa hydrothermal spaces allows mind and body to unwind, but that's just the tempting tip of the iceberg: we invite you to discover revitalising activities waiting in the Health Club, or perhaps towards Gylly Beach and the South West coastpath, mere seconds away and ready

for swimmers, paddlers and explorers alike. As you feed the soul, the body needn't be neglected: Cornwall's natural larder provides us with scintillating seasonal food and drink, drawn from farm, field and seas into our restaurants and others across Falmouth's febrile foodie scene.

Don't be daunted by the choice - there's so much to do, but time spent doing nothing is just about the best habit we can adopt!

The St Michaels crew

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NEW BEACH RESIDENCES

FORGET MOVIE DREAMS,
WAKE UP TO THE OCEAN

It's a Hollywood staple we've all viewed with envy - the glamorous lead awakes, stretches and lazily gazes out on the shimmering ocean outside their achingly-glamorous sea-facing Californian bedroom. Hit pause, put the screen away, it's time to discover our brand-new collection of beach residences, and you won't need to board a transatlantic flight or trek to the cinema to experience these beauties!



Continued on page 6



Beach Residence 9

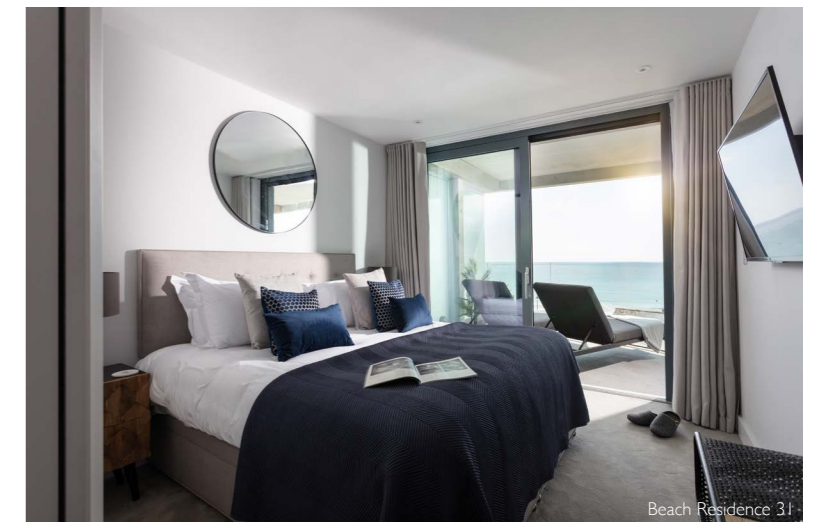
1-3 bedroom apartments, managed by St Michaels, are available for 7-night breaks in peak season and shorter stays for the rest of the year. Dog-friendly options also available. Visit stmichaelsresort.com/ocean for more ■



Beach Residence 9



Beach Residence 21



Beach Residence 31

Sit back in your beach residence, drink in the all-season natural glamour of the Cornish coastline, relax into chic modern interiors and if you need to pop out, the luxury resort experiences of St Michaels are a minute's walk away; that's if you make it beyond the beguiling sand and splendour of Gylly Beach.

As you settle into these brand new spaces your inner movie-star begins to stir: spacious

3-bed full-ocean-frontage spaces with deep wrap-around balconies are perfect for families and groups, while more intimate 1 and 2-bed apartments are tastefully styled with flourishes of Cornwall, overlooking gardens or beach, and readymade for couples and small-family getaways. Forget lights, put down the camera and embrace inaction in your Cornish beach residence.

WELLNESS BREAKS

Take the plunge



Salim from Swimlab, who leads St Michaels Wild Swimming Retreats, shares a few key benefits of sea swimming.

We probably all know someone who swears by their dips in the sea in all conditions. Come to Falmouth on any given day and you'll see a procession of bold women and men of all ages swimming the sheltered (and bracing) waters off Gylly Beach, which lies at the foot of St Michaels Resort gardens.

The benefits of regular sea dips have been talked, written, sung and shouted about for ever. But you don't have to be a hardy, uber-resilient person to join in. Sea swimming offers incredible benefits to mind and body. I could reel off 100 good reasons why sea swimming is the best thing you'll try this year, but let's start with 10.



10 BENEFITS

EXERCISE + MOOD

1. Swimming in itself works all the major muscle groups of the body. Now add a gentle sea current or two and you have an enhanced workout without realising.
2. It's outside. There are the endorphin and dopamine rushes to start with. Just being outside exaggerates the normal mood benefits to exercise.

FLYING HIGH, AND SO IS YOUR SKIN

3. The Sense of flight - One thing I have always talked about in my coaching, is the value of connecting with water. Water is, after all, the most natural source of life on the planet. So immersing yourself in it and learning to be comfortable is one of the most wonderful feelings in the world. Swimming can be the closest sensation to flight that a human can experience. Remember, water is not much more than thicker air! The sea with its vastness and currents can accentuate that sensation.

4. The salt water is good for the skin. Just check out how extensively salt water figures in the St Michaels Spa experiences and treatments, with salt scrubs, salt-water steam and seasalt minerals a huge part of the options available.

SWIM GOOD, FEEL GOOD

5. Sea water gives you buoyancy. So by harnessing this, you can arguably swim better.
6. Sea water is associated with negatively charged ions. Which are known to be mood enhancers.

VITAMIN SEA

7. Vitamin D - another huge benefit of being outside, whatever the weather.
8. Circulation and heart - The water does not have to be arctic to bestow benefits by being immersed and moving in it. Swimming rhythmically (as opposed to just having a dip) works wonders for your circulation and heart.

STEEL THE MIND

9. The combination of many of the above factors have been proven in recent studies to be highly instrumental in managing depression.
10. Being outdoors, the cooler temperature, the need for slightly more controlled breathing, have all been proven to help in the treatment and prevention of dementia.

2022 WELLNESS BREAK HIGHLIGHTS

COASTAL YOGA RETREAT

Jan-Nov, from £655pp

Explore flexibility and inner wellbeing in the generous surroundings of St Michaels, with the beach a few footsteps away, the award-winning spa available for deep relaxation and our yoga experts ready to guide you on a tailored retreat.

- 3-night stay in Classic room (based on two sharing)
- Full Cornish breakfast
- Daily guided yoga and meditation sessions
- Dinner in Brasserie on the Bay
- 3-hour Hydrothermal Experience
- Swim & gym Health Club access
- 60-minute Spa wellness treatment
- Beach picnic lunch
- Vegan-inspired High Tea

WILD SWIM RETREAT

May-Nov, from £685pp

Invigorate the senses, improve technique and become immersed in the mental and physical benefits of cold water swimming during an unforgettable wild swim retreat at St Michaels.

- 3-night stay in Classic room (based on two sharing)
- Full Cornish breakfast
- Expert sea swim tuition
- Dinner in Brasserie on the Bay
- Yoga sessions
- Paddleboarding experience or St Michaels Spa Hydrothermal experience
- Swim & gym Health Club access

For more info on dates, prices, and to book your Wellness Retreat at St Michaels, visit www.stmichaelsresort.com/wellness



SUMMER 2022

FLEXIBLE JUN-SEP SUMMER BREAKS AT THE RESORT
AND IN OUR BRAND-NEW BEACH RESIDENCES.

Book in your transferable dates now with a small deposit, then sit back knowing your Cornish summer break is sorted.

NOW BOOKING

3-night summer spa breaks from £385

5-night beach stays from £675

7-night beach residence self-catering packages from £200 per night

Visit stmichaelsresort.com to flexi-book or call 01326 312707 to discuss your dates

Although there's still uncertainty about events, there are many permanent fixtures locally which are always worth a look.

LIVE LIKE A LOCAL

HALL FOR CORNWALL

A short hop up the road (or train line), Truro's Hall For Cornwall is the recently-transformed cultural heart of the county, with a 3,000 seat venue, permanent art collection and a busy calendar of arts, music and cultural events. www.hallforcornwall.co.uk



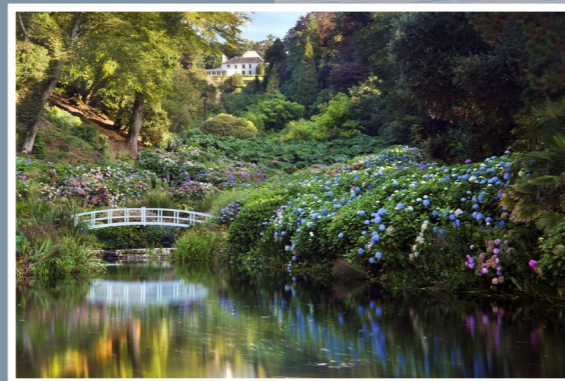
TREBAH GARDENS

Among the finest of Cornwall's landmark subtropical gardens, set within it's own valley where giant Acers, Rhododendrons and ferns provide a verdant and often-colourful canopy, opening out onto a private beach. www.trebahgarden.co.uk



TRELISSICK

Set at the mouth of Truro river lies the historic house and grounds of Trelissick, with both gentle and epic walks, formal (and rambling) gardens, architectural splendour, a pretty café and even a top-sy-turvey second-hand bookshop vying for visitor affections. www.nationaltrust.org.uk/trelissick



FALMOUTH

St Michaels is perched on the edge of Cornwall's most vibrant town, with it's bustling harbour, train links, busy dining scene and variety of independent boutiques, shops and galleries. www.falmouth.co.uk/



HELFORD RIVER PASSAGE

A good striking-out point to explore the tranquil beauty of the Helford River, where woodlands border quiet creeks spilling into the main river, where the Ferryboat Inn lies, serving near-legendary Sunday Roasts, Afternoon Teas and local beers to famished wanderers. www.ferryboatcornwall.co.uk/



HIDDEN HUT

Cornwall's kill-for-a-ticket Hidden Hut Feast Nights are a fittingly-ramshackle affair, with bring-your-own dishes/drinks and an all-weather al fresco setup as long tables laden with local seafood, veg and meats look out across the ocean on the Roseland Peninsula. The Hidden Hut is also open daily for much of the year for hot drinks and hearty soups. www.hiddenhut.co.uk



NATIONAL MARITIME MUSEUM CORNWALL

Falmouth's go-to wet-weather activity is a fascinating and comprehensive tour of maritime activity past and present, for sea fans and families alike, with an elevated harbour look-out. www.nmmc.co.uk



DOG BREAKS

BRING-THE-DOG RESORT STAYS

A variety of dog-friendly bedrooms are available across the resort, with designated space in restaurant and bar areas too.

Canine guests checking into beach residences or resort bedrooms will each enjoy snacks, blanket, dog bed and bowl.

SELF-CATERING DOG BREAKS

Many of the 1, 2 and 3 bed beach residences managed by St Michaels are available for pet stays, with deep balconies and lots of floorspace for a lazy evening stretch to follow a day of sniffing out beaches and coast paths!

Nightly supplement applies for pet stays, see stmichaelsresort.com/dog for more details ■

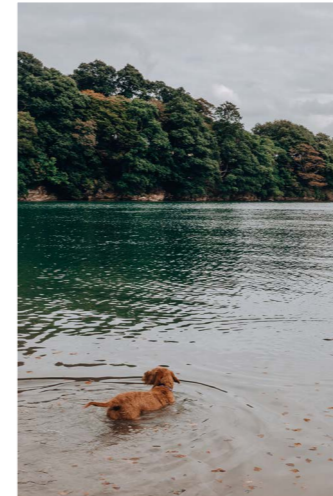
“Yes, we are dog-friendly!” has become a bit of a catchphrase for the friendly Resort reservations crew, and with good reason: so many pet owners are desperate to experience a comfortable break on the majestic Cornish coast with their four-legged friends in tow. Time and time again, visitors have fallen for our dog-friendly welcome, with St Michaels proving the perfect launchpad for relaxing (and occasionally epic) adventures together across beaches, coast paths, woodlands and gardens of south Cornwall.

DOG-FRIENDLY BEACHES

Recent changes to Cornwall beach restrictions for pets have made daily walks a breeze too, with high season walks on popular beaches (including our beloved Gylly Beach) permitted before 10am and after 6pm, and no restrictions in place Oct-Apr. This is a marked relaxation and standardisation of dog rules which recognises



One of our favourite poochy pals, Working Cocker Spaniel Moose, loving life in a beach residence.



just how much dogs and owners love a clatter across the sands together.

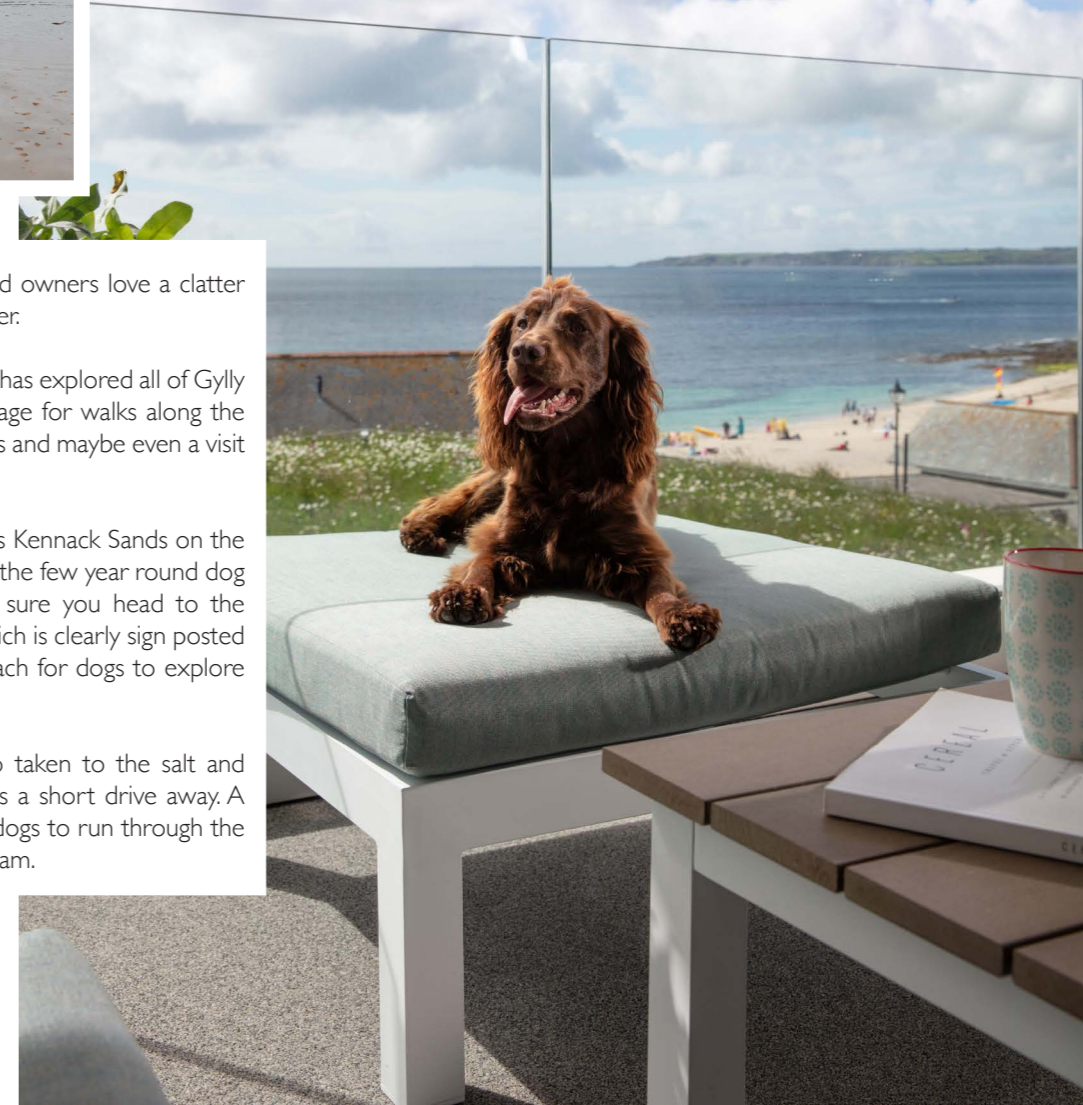
When your furry friend has explored all of Gylly Beach, try Helford Passage for walks along the river's beaches and fields and maybe even a visit to Trebah gardens.

Slightly further afield lies Kennack Sands on the Lizard Peninsula, one of the few year round dog friendly beaches. Make sure you head to the second beach along, which is clearly sign posted and a perfect sandy beach for dogs to explore off the lead.

For pups that aren't so taken to the salt and sand, Trewardreva Mill is a short drive away. A small valley perfect for dogs to run through the trees and along the stream.

Paws

FOR THOUGHT



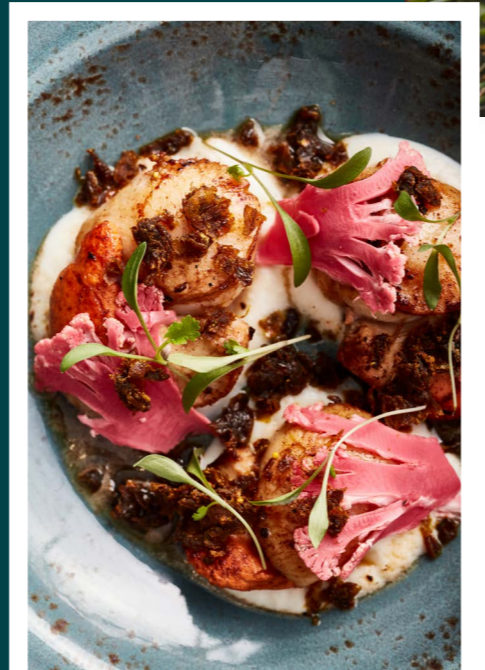
FARM, FIELD AND SEAS

Meet the local boy who's quiet food revolution is making

waves



Darren, left with his Head Chef Ady



There's something fresh happening on Falmouth's burgeoning food scene, where local boy and Executive Head Chef Darren Millgate has used lockdown to transform the St Michaels dining experience into a laid-back tour of Cornish farms, field and seas.



Garden Kitchen pizzas, plates and salads

HONEST FOOD

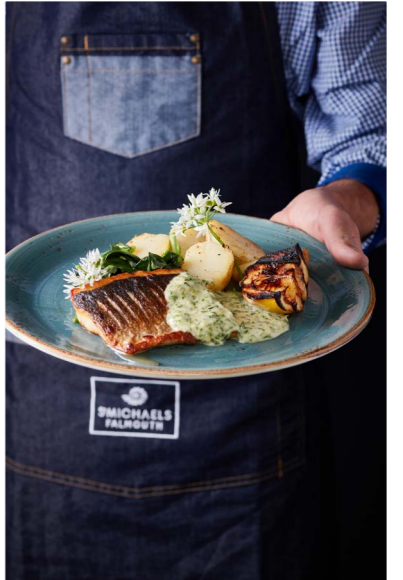
Darren leans out of the smoke to swig his beer, frowning at the artisan-beverage label "well that's an interesting one". And then it's back into the riot of sizzle and steam on his alfresco grill. We're under a canopy of swaying palms in the subtropical gardens that surround the resort, facing a shimmering Falmouth Bay on a breezy day.

This direct attitude lies at the heart of Darren's food philosophy, with his menus at St Michaels, including home-cured lamb bacon paired with oozy labneh and seasonal leaves, or uber-fresh Cornish mackerel with a smoked-almond sauce. It's honest Cornish food, with a quiet twist of complexity which befits a local chef who trained under Michelin-starred Ben Tunncliffe before moving to work in the south of France for a period.

Back on home turf, Darren brings it back to his passion, Cornwall's abundant natural larder

"One of my earliest memories was going out with my dad on our boat at Portholland to pull up the net and see what we had for dinner. Sometimes it was mackerel, or fiddly spider crabs, occasionally bass, the excitement of not knowing what would be in the net, that still guides me today. It's far more important than the flamboyance (and waste) of a fine-dining operation." Darren wolfs down his own helping of steaming grilled fish and looks out to sea,

"Whatever time you visit us, our local food heroes (and their produce) will be firmly in the spotlight, and you can be sure that even if there isn't space to say it on the menu, pretty-well everything on your plate comes with a local story."



“One of my earliest memories was going out on our boat to see what we could find for dinner.”

Brasserie on the Bay and Garden Kitchen restaurants at St Michaels Resort are open daily to guests and non-residents. Advance booking essential ■

STIR IT UP

As Britain's gin-madness blends into a rum frenzy, the St Michaels cocktail menu has been rebuilt from the top shelf down, with a chilled glass of something seriously sipable for everyone.

Drop into a comfortable spot in the lounge, indulge in a little horizon-watching and listen to the unmistakable jingle-jangle of ice-on-shaker as you cast an eye over our tidy little list of mixes - you're in relax-mode after all, which means afternoon drinks and cocktails are a firm possibility as soon as the sun creeps beyond the yard-arm (an imprecise time, always open to debate).

The lockdown of 2021 enabled our bar crew to team up with a local cocktail expert (he'd definitely be a mixologist in other parts of the country, but that word still doesn't mean much here in Cornwall!) to hone, develop and deliver a spangly new cocktail menu, replete with old staples, seasonal specials and a few cracking newbies that major on Cornwall's burgeoning juice, gin and rum producers.

Whether you're all about sharp fresh flavours (gin martinis and negronis are enjoying a bit of a moment), something fruity and elegant (try the French Martini, or fancy dipping into a more complex highball, this cocktail collection was built to be explored. Sip, chill and refill (and of course, always drink responsibly, and maybe pencil-in a sea swim the next morning to shake off any post-cocktail cobwebs).

See a video mix of our take on a French Martini, plus full menu and prices at stmichaelsresort.com/sip ■



Espresso Martini



Bramble

MIX-IT-YOURSELF

The Bramble

A gorgeous glass of autumn heaven which we like to garnish with a plump fresh coastal hedge-row berry (at home a frozen one left on the kitchen counter for 10 mins works fine but shh that's our little secret)

- 50ml Cornish Gin
- 25ml Lemon Juice
- 10ml Sugar Syrup
- Crushed Ice
- 10ml Crème De Cassis

Shake up the first 4 ingredients (really give them a good mix – perhaps while singing the first two verses of 'Happy Birthday').

Pour, drizzle a sharp slick of Cassis through the middle, watch the infusion and enjoy.



French Martini



FAMILY FIRST



As the weekend peaks we head straight back to our roots (and root vegetables), paying homage to the deeply satisfying-and not-at-all humble-Sunday Roast. Head Chef **Ady Foulkes** explains the Sunday setup.

Sunday

Everyone remembers the setup: family gathered round the table, platters laden with local produce, sizzling roasties, a rich slick of gravy, the happy scrape of cutlery, followed by a decadent pud that no one has room for (but everyone devours).

Our take on Sunday Roast brings it back to family – with a relaxed atmosphere and food served to the middle of the table, ready for the fastest fork or a touch of 'I'll be Mum', and all in the company of our smiley crew and delicious ocean views.

For us back in the St Michaels kitchen the family emphasis is all about our local suppliers, who deliver the best hand-picked locally-reared meats and seasonal Cornish veg straight into our kitchen door. Our favourites include Keith Wickett, whose famous chickens arrive direct from the farm in Bude, and choice cuts of

Westcountry beef, pork and lamb from Brian Etherington in nearby Wheal Rose. These supplier relationships are the backbone of our restaurant offering – seasonal food, ethically grown and reared by passionate producers with minimal food miles attached. And sure, perhaps none of that matters as you drift into a digestive haze as post-roast chat turns to the possibility of a brief beach walk, but we have a firm belief that a commitment to local, seasonal and fresh food delivers the tastiest and most-satisfying Sunday Roast around. Take some time and join our happy roast family this weekend and give it a try. And if you find yourselves fighting over the last roastie, tell the waiting staff Ady says we've got one or two spares going in the kitchen – no one should be missing out!

Sunday Roast is served in Brasserie on the Bay from 12.30pm throughout the year. It's always popular, so worth booking in advance ■



SPECTACULAR SMALL WEDDINGS

Some think big is better - we reckon a small Cornish wedding done right is just about the perfect fit.

NEW BIJOUX WEDDING PACKAGES

Prepare to gather your dearest folks to tie the knot in the light-filled splendour of the Garden Kitchen at St Michaels. The beach is right there, the gardens are a spectacular subtropical backdrop and our chefs have crafted great menus which gather the best of Cornwall's fields, farms and seas on the plate. And did we mention the spa? The stage is set for an unforgettable day of joy – dare you say I do?



ST MICHAELS WEDDINGS



- Garden Kitchen: the perfect ceremony and reception venue.
- Subtropical garden, ocean views, private balcony.
- Tailored food and drink: from sharing platters to canapes, steak and shellfish.
- Tasting session
- Free anniversary stay
- Relax in the spa

Wedding packages for groups 20 to 40. For more information please email an enquiry to events@stmichaelsresort.com with proposed dates and we'll be in touch ■

GYM SPIN YOGA SWIM



St Michaels Health Club Manager and yoga instructor Bex Rowe doesn't prescribe hitting the gym hard - a healthy approach to your fitness journey is all about building towards a rewarding habit.



We know what to do to make ourselves feel good but how do we cope when the motivation isn't there? For me, fitness is multi-faceted: it is a great idea to work on resistance, to build lean muscle and prevent loss of bone density; cardio to keep our heart and lungs healthy; balance, core stability and flexibility, to keep us mobile and supple. At St Michaels Health Club, this varied approach to physical activity is a breeze – but I would say that! Whether you have access to a facility like our health club or not, keeping it varied is always going to work well, and you don't always need fancy kit to get going.

BUDDY-UP

It's a much easier and healthier process to sweat it out alongside others. At St Michaels that might mean dropping in and sampling our vast range of classes (available to members and resort guests, though a small supplement may apply), or finding a friend to exercise with, which is a great way to keep accountable. Many of our members have met training buddies in classes here, and we love that community aspect to our setup. Whatever your setup, hit a class or two – there are bound to be likeminded folk there.

The avenue that pays the most dividends is, of course, personal training: there really is no substitute for getting down with the experts and allowing yourself to be guided through the session with a qualified fitness instructor. It's a great way to get a tailored routine that gets the most out of your time (plus, if you've booked and paid for a session, it's a good extra motivator to get started!).



GET THE BALL ROLLING

If you are just starting out, we recommend signing up for a gym induction – every gym will offer something in this area and they're very often free. Talk through your goals and get some guidance on where to start out. Keep your workouts bitesize at first. Just 20-30 minutes is an excellent way to wake up your muscles and get the heart pumping.



RELAX, YOU'VE GOT THIS

I completely understand that the gym can be a daunting prospect. The team and I here work hard to create a welcoming and supportive space in which people of different abilities and goals can train alongside each other, but wherever you are training, I hope some of the tips will help you ease into your routine.



GO OUTDOORS

What's on your doorstep? We are lucky enough to have lots of beautiful outdoor spaces surrounding us. It's wonderful to start the day on the beach with yoga and breathwork to the sound of the sea; practising balance in the subtropical gardens; or even taking a guided run around the sea front.

The bottom line is to try and build a routine that really works for you, which sounds obvious, but far too many of us set lofty goals or a plan that just isn't sustainable. Keep it realistic, and don't beat yourself up if you miss a session or two. Eat well. Sleep. Breathe.



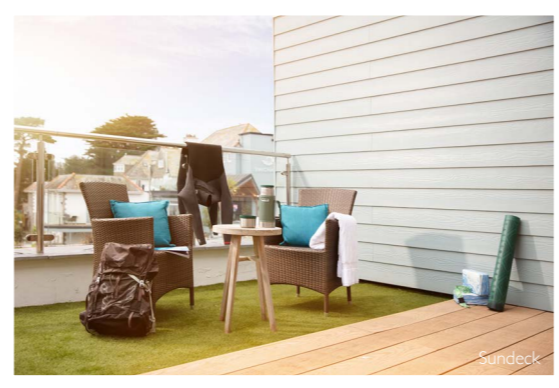
Captains Room

SPACE TO FEEL GOOD

With rooms ranging from our perfect-for-one cabin singles to the splendour of Large Luxury King rooms in Beach House and Captain's House, it's the calming maritime ocean hues, accents of Cornish craftsmanship and a pinch of coastal chic seamlessly blended across our 92 resort bedrooms.

Following the 2018 opening of the Beach House and 2020 transformation of Captain's House, the lockdowns of 2021 allowed our busy interiors team to refresh 52 bedrooms in the resort.

Whichever door opens for you, expect a calming Cornish coastal experience with space to relax and feel good again.



Sundeck



Classic Room



Luxury King Room with Sundeck

YOUR CREW

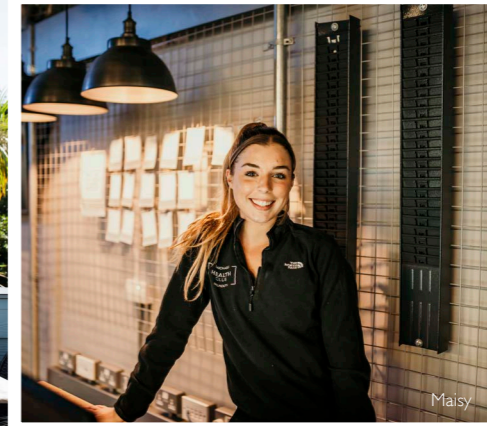
From James Brown's soul band to the Japanese bullet train – every slick operation has a tight crew behind the scenes. Here at St Michaels, the breadth of the resort experience means on any given day, yoga specialists, pastry chefs and housekeepers are rubbing shoulders with personal trainers, hosts and gardeners. As an employer of around 150 local heroes, we invest in our people, knowing that every member of the crew contributes to the whole, and we're pretty proud of that.

Perhaps it's because Gylly beach is right there or maybe it's complimentary use of the Health Club, occasional hydrothermal pool sessions and some seriously good daily vegetarian crew meals direct from the chefs, but the turbulence of the last couple of years hasn't managed to dent the passion and smiley spirit of the St Michaels crew, most of whom are 'proper' locals, and on any given day, two generations of the same family might be looking after your resort experience – witness the infectious bubble and joy of Front Of House Manager Odette and the Health Club's Maisy for example, and the mother-daughter link is unmistakable.

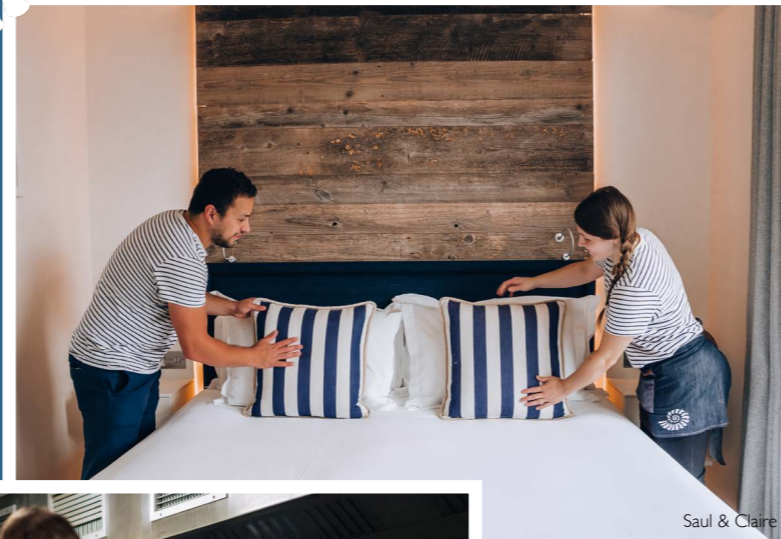
None of this happens by accident: happy people make happy memories and we believe the human experience is right at the centre of our



Anna, Guy & Amy



Maisy



Saul & Claire



Ady, Darren & Chris

setup. Sure, Cornwall is all about the scenery and you mightn't need any help from us to find the beach, but if you're looking for the perfect stretch of sand for today, out of the wind, away from the crowds but still with proper Cornish ice cream, you'd better speak to Lewis at reception (we checked in with him: Gunwalloe Church Cove is worth a shout when there's no 'r' in the month). And if your appetite for coastal action goes as far as some gentle stretching, Bex in the Health Club will cruise you through yoga, body balance and pilates to find your just-right.

At the heart of our crew ethos is the belief that, as we work our way through each St Michaels day, each and every guest should be exposed to the right blend of the wider Cornish wellness experience – this could be as little as a gen-

erous smile over breakfast, or might mean 20 minutes alone in our Deep-relax room in the spa, but maybe today you've had a quick chat with Guy in the restaurant and he's helped you decide that right now, a peaceful pizza, stone-baked and straight from the oven, served with a smile to your table on the deck of the Garden Kitchen is just the ticket. However you choose to fill your time at the resort, relax, you're in safe (and smiley) hands.

We're always looking for the right people to join our crew – to read more about our journey and see who we're looking for right now, check out stmichaelsresort.com/journey ■

MILES OF SMILES

Packed the walking boots or just fancy a lazy after-lunch stroll? St Michaels is the perfect striking-out point for some coastal exploring, with the Lizard peninsula within a short drive, the magical Roseland just a ferry-ride away and the peaceful splendour of the Helford River mere minutes from your door. We asked our local experts on the St Michaels crew where you should wander.



BEX, HEALTH CLUB

Many of our wellness breaks take in the short walk/swim between Gylly Beach (just by the resort) and Swanpool (another of Falmouth's lovely beaches). It's the perfect short walk, right under our noses and takes in a beautiful stretch of coastpath. If your legs are good, carry on along to Maenporth (lovely sheltered cove) for a satisfying half-day of local coastal views.

TIM, SENIOR TEAM

I live over in St Ives bay and even though I've done it hundreds of times, the walk (or run if I'm feeling it) along the sand from Godrevy Lighthouse across Gwithian, towards Hayle is something really special, with miles of sand stretched out in front of you.

ANNA, DESIGNER

If you're ok to drive a bit further afield the walk from Chapel Porth to St Agnes Beach is a hilly, but stunning one. With old tin mines scattering the cliff tops and pastys on the beach at Trevaunance Cove.

POPPY, RESERVATIONS

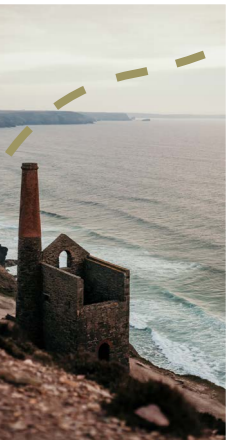
Forget walking and hop on the bike! Bissoe Cycle Trail is a great way to see Cornwall and is one of several old mining trails which now make up a coast-to-coast route across the county which is great for two wheels or two feet.

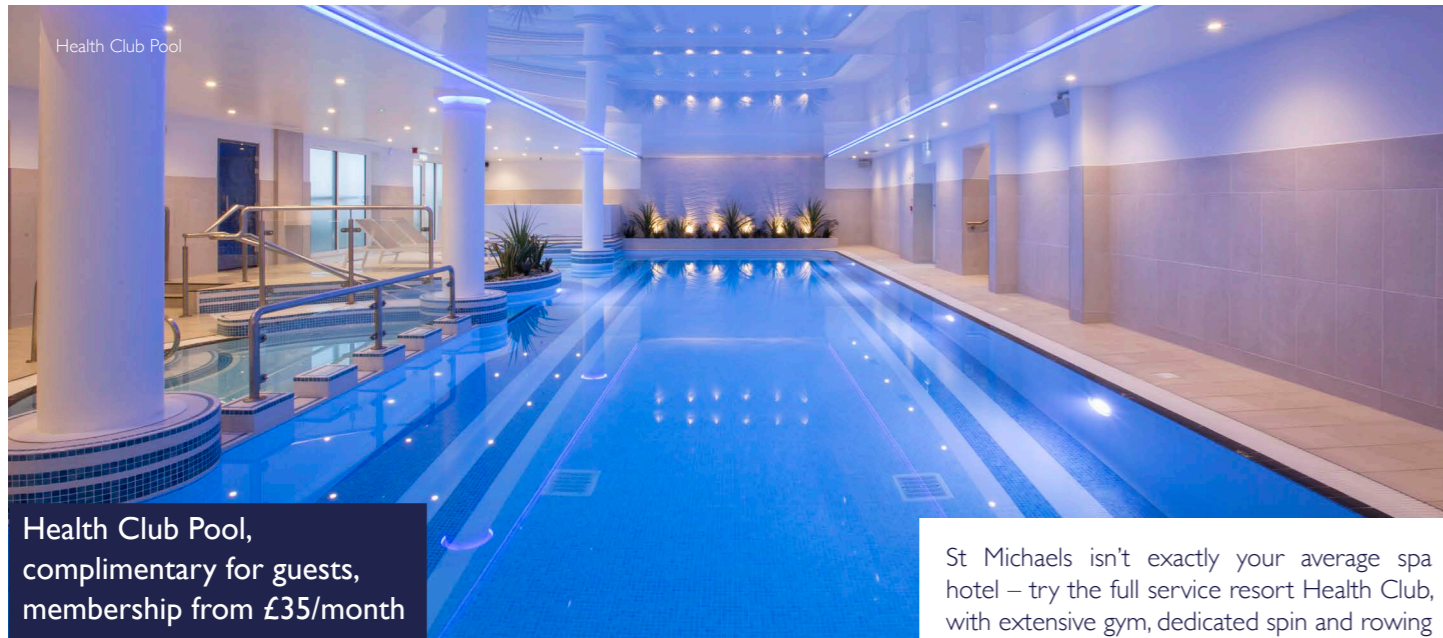
DAVID, MARKETING

Any of our beautiful coastal Cornish gardens are worth a look in pretty much all seasons, and most have their own beaches for a quiet ice cream/swim. Head towards the Helford for Glendurgan and Trebah or strike out towards Truro and stop off at Trelissick.

KATIE, RESERVATIONS

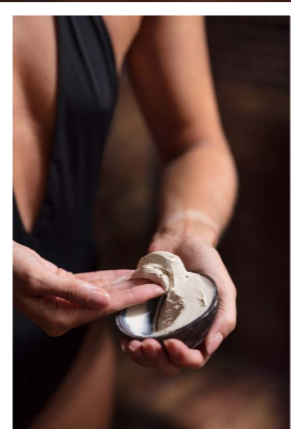
It isn't just about the coast! Kennal Vale woodlands near Ponsanooth is a magic spot for dogs, children and adults, and Argal Reservoir is a truly peaceful spot for short, relatively flat walks with loads of nature (and the odd fisherman!)





PICK YOUR DIP

St Michaels isn't exactly your average spa hotel – try the full service resort Health Club, with extensive gym, dedicated spin and rowing studios, yoga space, wellness rooms and the spectacular pool, or for a small supplement, step into another world of deep relaxation in St Michaels Spa, where a dedicated team of therapists offer comprehensive treatments and beauty services alongside the centrepiece Hydrothermal Experience.



RHASSOUL EXPERIENCE

OUR PRIVATE SPA EXPERIENCE PERFECT FOR COUPLES AND SMALL GROUPS.

Get in a hot muddy mess before drifting into deep calm as skin, mind, body and soul enjoy a miraculous Moroccan mud experience in the sanctuary of our award-winning spa.

Rhassoul Experience from £30 per person for up to 4

Includes steam infusion, exfoliating shower experience and soothing rhassoul application.

Visit stmichaelsresort.com/spa for more details and to book ■

FESTIVE BREAKS



Probably no snow or 'ho, ho, ho', just a light dusting of Cornish chic, fabulous feasting, a scintillating spa and a stroll along the captivating Cornish coast. Now that's what we call Christmas.

CHRISTMAS, 23-27 DEC **LUXURY KING FROM £949 PER PERSON**

A four-night coastal Christmas celebration, just right for exploring wintry south Cornwall then hunkering down for some special feasting and relaxation in our luxurious beachside resort.

TWIXMAS, 27-30 DEC **CLASSIC ROOM FROM £129 PER PERSON**

Those precious short winter days between celebrations, just right for recuperation in the sanctuary of St Michaels. Indulge, unwind and explore with a 1-night Twixmas break.

NEW YEAR, 30 DEC-2 JAN **LUXURY KING FROM £687 PER PERSON**

Leave the planning and clock-watching to us, it's time to greet the New Year in sumptuous style with our two and three-night New Year breaks by the sea.

CAPTAIN'S CHRISTMAS, **23-27 DEC / 30 DEC- 2 JAN**

Gather nearest and dearest. For a special festive reunion with exclusive use of eight luxury rooms in the Captains House plus private dining and exclusive use of the spa just for your group.

BEACH RESIDENCE **AVAILABLE FOR SELF-CATERING**

Christmas and New Year breaks with spectacular views and easy access to spa and Health Club.

Each year, we can't resist beginning to plan the resort Christmas program in the middle of August, when beaches are full and choc-ices are melty. Of course it all feels a touch different by December but the mercury rarely drops too far in these parts – you may choose to bring a pull-over and raincoat but you can expect the same shimmering coastal magic on quiet beaches and abandoned coastpaths before returning to cosy-up in the resort for festive feasting, wintry cocktails and some well-deserved deep-relax time in our Spa and Health Club spaces. On Christmas morning, locals, resort crew and many of our guests head to the beach for a quick, invigorating dip. December sea swimming sounds a bit mad, but no one ever regrets it!

As Christmas rolls into New Year, the celebrations continue, Cornish style, with feasting, music and as many coastal adventures as energy levels allow.

For more and to book festive breaks visit stmichaelsresort.com/festive ■





A GIFT WORTH GIVING

Look no further than St Michaels Gift vouchers

Visit stmichaelsresort.com/gift-vouchers

feel good again

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