



ST MICHAELS RESORT FALMOUTH



- Address:** Gyllyngvase Beach, Falmouth TR11 4NB
- Telephone:** 01326 312707
- Email:** info@stmichaelshotel.co.uk
- Website:** www.stmichaelshotel.co.uk
- Ownership:** Nigel Carpenter, Chairman and James Houlston, BH Group, Director
- Management:** Nikki Broom, Resort Director
- Location:** St Michaels overlooks Gyllyngvase beach, one of Cornwall's most popular with Blue Flag status

OVERVIEW

St Michaels lies on the south coast of Cornwall, overlooking popular Blue Flag Gyllyngvase beach. The resort has unveiled a new look following a multi-million pound investment.

The renovated and reimagined St Michaels has been brought to life by chairman Nigel Carpenter in partnership with James Houlston of BH Hotels. The result is an 84-bedroom resort complete with a world-class destination spa, 32-bedroom Beach House, state-of-the-art Health Club, Arrival Lounge, Garden Kitchen bistro and Brasserie on the Bay restaurant.



THE SPA

St Michaels Spa includes the largest hydrotherapy pool in the south west with 21 massage stations, the world's first Cornish sea salt steam room, a tropical steam room, glass-fronted Finnish herbal sauna, heated poolside loungers, a mud rhassoul, three experience showers and a deep relaxation room.

Outside, the spa features a sundeck with a red cedarwood hot tub and barrel sauna complete with sea views.

More than 60 types of treatment are offered within 10 treatment rooms by Elemis, Made for Life Organics, nailcare by OPI, The Natural Spa Factory, seaweed-based Ishga and Natura Bissé.

Exclusive treatments to St Michaels include the Muscle Repair Massage & Mud treatment and The Yoga Facial.

THE HEALTH CLUB

The 13,000 sq ft Health Club is on three floors and home to Cornwall's largest hotel gym. It features an outdoor fitness terrace, three studios offering more than 100 instructor-led classes per week, a large spin studio, a unique gig rowing studio, as well as an indoor swimming pool, sauna, steam room and sun terrace.

Classes include a morning work-out on Gyllyngvase beach, Sunrise Yoga, WeSup Fitness on a paddle board and gig rowing classes. Four tennis courts are also available to hire with personal coaching available on request.

THE BEACH HOUSE

The newly created Beach House has 32 bedrooms, adding to the existing 52 St Michaels bedrooms. The Beach House's rooms include contemporary Cornish design, many with balconies and terraces with sea views. Drawing inspiration from the coastal surrounds, the Beach House bedrooms feature headboards made from reclaimed wood, nautical art and a colour scheme of blues and whites.

Each bedroom includes Elemis bathroom amenities, Lavazza coffee machines, a mini fridge and a selection of local treats including a jar of homemade cookies.

RESTAURANTS & BARS

Garden Kitchen – A relaxed all-day setting for healthy salads and deli dishes, homemade stone-baked pizza, as well as a cold pressed juice and smoothie bar. The Garden Kitchen terrace, with its views over Gyllyngvase beach, is the perfect spot, from coffee through to cocktails

Brasserie on the Bay – New, signature restaurant with full brasserie menu and an emphasis on fresh Cornish ingredients, including seafood and items from the farm. The chef varies the menu regularly .



Bar – A relaxed space serving coffee, cake, wine, beer and cocktails

AMENITIES & SERVICES

- 84 bedrooms including new 32-bedroom Beach House
- Arrival Lounge
- St Michaels Spa
 - Hydrotherapy Pool
 - 10 treatment rooms
 - Cornish sea salt steam room
 - A tropical steam room
 - Glass-fronted finnish herbal sauna
 - Heated poolside loungers
 - Moroccan rhassoul
 - Three experience showers
 - Deep relaxation room
 - Red cedarwood hot tub
 - Barrel sauna
- Health Club
 - Indoor and outdoor gym
 - Studios and fitness classes including spinning and gig classes
 - 17-metre swimming pool
 - Sauna and steam room
 - Sundeck
 - Tennis courts
 - Paddle boarding
- Brasserie on the Bay restaurant
- Garden Kitchen restaurant
 - Smoothie and juice bar
 - Pizza oven
- Cocktail bar
- The Wine Vaults

ACCESS

- By train:** Falmouth Station – trains run regularly to London Paddington via Truro
By air: Newquay airport – regular flights from London Gatwick, Birmingham and Manchester
By car: Approximately five hours by car from London, parking is available at the hotel

Stays at St Michaels start from **£xx** per room per night based on two sharing on a B&B basis

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GYLLYNGVASE, FALMOUTH TR11 4NB | +44 (0)1326 312 707 | STMICHAELSHOTEL.CO.UK



To book: www.stmichaelshotel.co.uk or call 01326 334132

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