Feel good again
A world of wellness and wonder lies ready to be explored. Our world-class spa features 10 treatment rooms, a Morrocan rhassoul, the south-west’s largest hydrotherapy pool and the world’s only Cornish sea salt steam room.

The state-of-the-art health club, spread over 13,000 square feet, includes an 17-metre pool, extensive gym floor, spin studio, gig rowing studio and more than 100 instructor-led classes a week.

Brasserie on the Bay, our award-winning restaurant, offers an array of exquisite indulgence, and the brand new Garden Kitchen a focus on healthy eating.

It’s time to recharge and feel good again. Whether you are looking for a couple of nights away from home or to linger longer, read on. It’s all here, waiting for you.

St Michaels is one of the most beautiful coastal retreats in Cornwall. Set within private gardens overlooking Gyllyngvase beach, guests awake to the most perfect views.

Nigel and the crew
St Michaels is a resort like no other. A very special place to relax, rejuvenate and revitalise.
The sea views are simply stunning. The picturesque Cornish coastline vista stretches toward Pendennis castle, built by Henry VIII, and out, uninterrupted to the blue beyond.

South facing, our mature Cornish gardens and spa deck capture the warmth of the sun all day long. Meanwhile, the Gulf Stream creates a climate unique in the UK, supporting a warmer environment all year round.

Overlooking Falmouth Bay, St Michaels is nestled into the hillside, its beautiful gardens leading down to Blue Flag Gylly beach and the ocean beyond.
Explore and Adore

From rock pooling, wave jumping and sandcastle building to paddleboard yoga at dawn and exploring the coastline by yacht, countless adventures await.

Cultural discoveries are also on hand. The picturesque and vibrant centre of Falmouth is a short walk away and there is always something to celebrate. With October’s Oyster festival and the Red Arrows display over the bay for Falmouth Week annual highlights, year-round fun can also be had at Pendennis Castle and the National Maritime Museum.

Steps from Gyllyngvase beach, you are moments from feeling the sand between your toes.
Our enviable location is a tonic for the soul in its own right. The Cornish sea air invigorates the mind during your morning stroll along the beach, but the real benefits are found in our state-of-the-art health club, world-class spa and award-winning restaurants. And, of course, in the luxury of taking time for yourselves.
Soak IT IN

At the heart of St Michaels Spa is the hydrothermal experience.

This revitalising space is centred on the hydrotherapy pool, the largest in the south west. Slide in to enjoy its 21 massage stations targeting different muscle groups and soothe away those aches and pains.

Looking on, the herbal Finnish sauna cleanses your skin and increases the flow of oxygen and nutrients to your organs. While day beds and heated loungers help you stretch out and breathe in.

Elsewhere experience showers and steam rooms ease and please. The world’s only Cornish sea salt steam room infuses local sea salt into the steam air, reducing toxins and clearing your lungs.

STMICHAELSHOTEL.CO.UK/SPA
Stepping OUT

Beyond the pool, through the French windows, our south-facing spa garden basks in Cornish sunshine throughout the day.

The red cedar hot tub on the sun terrace and Finnish barrel sauna – with sea views – provide further nourishment for the soul. And, after all the exhilaration, the lounge chairs and beds offer welcome comfort, a place to read and feed the mind, and the chance to drift off.
Sweet TREATMENTS

Our luxurious treatment rooms, staffed by a team of expert therapists, provide the ultimate sanctuary in which to indulge in a bespoke pampering experience.

Available as part of a spa day or on their own, our spa treatments are all geared to deliver results as well as a feeling of being restored, relaxed and revived.

Our Moroccan rhassoul mud treatment is both fun and effective, using exfoliants, muds and clays in conjunction with steam and water jets to purify, cleanse, open your pores and nourish your skin. Not only that, but it is great fun for friends and couples.

Using spa products from Elemis, OPI, Made For Life Organics, The Natural Spa Factory, Ishga and Natura Bissé, St Michaels Spa is proud to offer a selection of unique experiences. Signature treatments include a yoga facial and cancer-touch therapies – the nurturing touch of a skilled therapist’s hands on one’s body has benefits that go beyond the realm of the physical, and our therapists are the very best.
Our indoor pool features a powerful waterfall to massage your neck and shoulders, while water jets work on other areas. Poolside, a steam room, sauna and experience showers are on hand to relax your body after a workout. A children’s pool area ensures there’s water fun for all the family.

Whether an early morning dip in the brisk ocean at Blue Flag Gylly beach or a more comfortable plunge into our 17-metre indoor pool, the pleasure of a few lengths before breakfast is the perfect way to set you up for the day.
Swap working 9 to 5 and start working out to shine and thrive.

Our large state-of-the-art fitness suite features a range of cardiovascular and resistance equipment, as well as free weights and stretch areas for our active guests. Routines can be set up on the indoor floor or outside in the fresh Cornish air.

A dedicated spin studio and rowing gigs, accompanied by disco lights and pumping tunes, provide another way to get your adrenaline racing and heart thumping.

Fitness instructors are on hand to offer advice and support, with personal training appointments also available.
Saluting the sun on Gylly beach as it rises over Pendennis castle is an experience to savour.

Bettered only, perhaps, by doing so on a paddle board, the dawn rays shimmering on the sea.

Among more than 100-instructor-led classes each week, the latest Les Mills classes are held in our purpose-built fitness studio, alongside more gentle yoga and Pilates.

Our unrivalled health club extends beyond the expansive confines of the facility itself. Our expert trainers and fitness coaches run regular classes outside, practising yoga on the beach, providing personal tennis coaching on our courts, and running exercise routines in our health club garden.
For a true taste of Cornwall, there’s nothing like treating yourself to our local fare.

**BRASSERIE ON THE BAY**

The relaxed Brasserie on the Bay, overlooking our sub-tropical gardens and on to the dazzling sea, showcases the best in Cornish ingredients.

Our executive chef works closely with local producers, farmers and fishermen. Passionate about using locally grown, reared and hooked produce, he creates dishes that are fresh, of the highest quality and low in food miles.

The morning’s catch is brought in each day, so only the freshest fish and seafood make it to your plate. A supporter of sustainable fishing, we ensure the species we choose are not threatened or from depleted stocks.

Popular with all the family, it is open for breakfast and evening meals. Awarded 2 AA rosettes, it is a favourite with locals too, and so best to reserve ahead of time to avoid disappointment.

[For more information, visit stmichaelshotel.co.uk/dine](https://stmichaelshotel.co.uk/dine)
Our Garden Kitchen, with a Mediterranean influence, offers all-day casual dining, always without reservation. Health and wellbeing are at its heart, so you will find a range of revitalising smoothies and cold-pressed juices alongside a large array of varying salads, quiches and stone-baked pizzas, with something different everyday.

But eating well also means the odd indulgence, and the Garden Kitchen has a selection of cakes and other treats, changing daily.
Beyond our restaurants, you may also enjoy a bite in our lounge or Locker – a separate space, traditionally decorated, with a large television and more informal seating – or in our bar at the heart of the hotel.

With signature cocktails, local lagers, beer, ales, spirits and a great range of wines, it is always a hub of activity.

The welcoming Arrival Lounge, with comfortable sofas, arm chairs by the wood-burning stove and large country table, is not only a place to check in with our St Michaels hosts over a refreshing glass of mineral water, but also a space to discover local attractions, using our maps and tourist guides.

Downstairs, the secret Wine Vaults can be booked for private dining and events. With a dedicated bar and the latest AV equipment, it is designed for the ultimate intimate occasion.
After a long journey, there’s nothing nicer than settling down in front of the fire with something to read.

And so, our new Arrival Lounge is not only a place to check in with our St Michaels hosts over a refreshing glass of mineral water, but also a space to discover local attractions, using our maps and tourist guides.

The comfortable sofas, arm chairs by the woodburning stove and large country table, invite you to take a little time to think ahead. Our hosts are on hand to help and advise, and happy to bring you a coffee – or something stronger – while you peruse the library shelves.
MADE WITH COMFORT and care

Stretch out. Soak in the view. Slip into an Elemis bubble bath with a chilled glass of prosecco. We know what it takes to help you unwind.
The new Beach House rooms bring the best in contemporary Cornish design, first class amenities and, for those with balconies and terraces, great views towards Gyllyngvase beach.

The sophisticated Beach House coastal interiors are home to superking size, sumptuous beds with beautiful high thread count linens. And then there’s the detail: Lavazza coffee machines, Roberts radios, mini fridges with mineral water and fresh milk and large, luxury bathrooms with rainforest showers.

THE BEACH HOUSE

Our comfortable rooms in the main house are a welcoming retreat. With a range of sizes, including cabin singles, cosy doubles, and classic kings and twin, they offer great value for money and put you in the heart of the resort.

Others feature sea views of the bay, balconies, terraces and even adjoining twin rooms and living rooms - perfect for children or when travelling as a small group.

THE MAIN HOUSE
Not only is Cornwall home to hundreds of sandy beaches, it is brimming with iconic attractions, history and culture.

Only a quick walk from the hotel, National Maritime Museum walks you through the influence of the sea on history and culture. Nearby, the foot ferry from Falmouth to St Mawes is a journey to Tudor history.

A little further, but not far, are so many other Cornwall attractions. The Tate in St Ives features a superb permanent collection and great exhibitions, while Minack Theatre combines theatre performances with breathtaking views. If history and culture take your interest, Truro cathedral is only a short drive or train ride away.

And of course, Cornwall offers gardens aplenty, from the biospheres of the Eden Project to the labyrinth of Glendurgan, there’s something for everyone.
CELEBRATE
good times

With so many magical elements at your fingertips, St Michaels is the perfect location for all types of events and celebrations.

STAY OVER AT CHRISTMAS
What could be better than a Christmas break by the sea, a welcoming glass of champagne or mulled cider on arrival, roasted chestnuts, party games and a five-course Christmas lunch with all the trimmings?
Request our Christmas brochure on 01326 312 707

FESTIVE CELEBRATIONS
Christmas parties at St Michael’s are a great way to celebrate the festive season with friends, colleagues or family. We offer evening parties serving delicious cocktails and dancing, festive lunches and lots more.
Request our Christmas brochure on 01326 312 707

WONDERFUL WEDDINGS
Well-versed in hosting ceremonies and receptions, St Michaels has plenty of superb photo opportunities, from the beach to the gardens and even its own ‘King of the World’ sea-facing balcony.
And with the chance to start your day being pampered in the spa, award-winning catering for the wedding breakfast, and a private bar to see you into the night, it has all the makings for your dream day.
Call 01326 312 707 to take your first step down the aisle

MEETINGS & EVENTS
With all sorts of spaces available for private gatherings, a corporate away day at St Michaels means lots of blue sky thinking. From conferences of up to 150 delegates to more intimate get togethers in our Wine Vaults, all the latest AV tech is at your disposal, accompanied by award-winning cuisine.
Call 01326 312 707 to find out more

FUN FOR ALL THE FAMILY
You could be no better placed to experience southern Cornwall and its busy events calendar. Plus, with Gylly beach on the doorstep, there are no stressful car trips to sandcastle nirvana.

SPECIAL OCCASIONS
Our private spaces are ideal for all sorts of events. Our planners and chefs work closely with you to design bespoke menus and experiences, and ensure that each celebration is perfectly tailored to your expectations.
Visit stmichaelshotel.co.uk/offers for more

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TAKE TIME TO

treat yourself

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Remember to book
direct for the best rates.