



## ST MICHAELS FALMOUTH TRANSFORMS INTO A LUXURY RESORT FOLLOWING A MULTI-MILLION POUND INVESTMENT



**September 2018** – St Michaels Falmouth opens its doors, transformed into a luxury resort, following a multi-million-pound investment.

A new destination spa with the world's first Cornish sea salt steam room, the largest hydrotherapy pool in the south west with 21 massage stations. A sprawling health club with a dedicated Gig Rowing Studio and rowing classes taken to the sound of ocean-themed song. Fabulous new sleek contemporary bedrooms; two brand new restaurants - all the epitome of the new Cornish cool we love so much. St Michael's Falmouth, a landmark on the Blue Flag Gyllyngvase beach, emerges from a glamorous makeover, brighter and better than ever, with a chic, relaxed vibe.

The new-look St Michaels has been brought to life by chairman Nigel Carpenter in partnership with James Houlston of BH Hotels.

### A NEW DESTINATION SPA

The new St Michaels Spa, set on the ground floor of the hotel, includes 10 treatment rooms with en-suite showers and features a series of exciting firsts: the largest hydrotherapy pool in the south west with 21 massage stations and heated poolside loungers; as well as the world's first Cornish sea salt steam room – infusing the local salt into the steam air to help reduce toxins and clear the lungs.

Other highlights include a rainforest steam room; a glass-fronted Finnish herbal sauna; a Moroccan rhassoul offering a mud-steam experience and three experience showers, including an 'Ice Bucket Challenge'. The journey at St Michaels Spa continues into the garden with a sundeck, red cedar-wood hot tub and barrel sauna with sea views.

A deep relaxation room and specialist manicure and pedicure champagne bar, with nailcare by OPI, complete the spa line up.

More than 60 treatments are on offer and signature experiences exclusive to St Michaels Spa include the Muscle Repair Massage & Mud treatment and The Yoga Facial. Products used in the spa include the luxury British brand Elemis, Made for Life Organics – whose botanical-based products are handmade in Cornwall,

ST MICHAELS, FALMOUTH

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The Natural Spa Factory – an organic seaweed-based skincare range, Ishga and Natura Bissé – renowned for its Diamond Collection.

#### A NEW HEALTH HUB

Linked to St Michaels Spa via a Wellness Walkway is the new and sprawling 13,000 sq. ft St Michaels Health Club providing magnificent health and sporting facilities for guests and members alike. Spanning three floors, the Health Club is home to Cornwall's largest private gym with an outdoor fitness terrace; a large Spin Studio, a unique Gig Rowing Studio with 8 gigs and over 100 instructor-led classes per week both inside, in the fitness studio, and out, taking advantage of St Michaels' superb beachfront location. Classes include a morning work-out on Gyllyngvase beach, Sunrise Yoga, WeSup Fitness on a paddle board and Gig-gle, a rowing class taken to the sound of ocean-themed songs.

St Michaels Health Club also offers one of the largest indoor swimming pools in the area at 17 metres, plus spa pool area and toddler pool. There is a pool sun terrace, heated seating, experience showers, glass-fronted sauna and steam room. Four tennis courts are available to hire with personal coaching available on request.

#### COASTAL-INSPIRED BEDROOMS IN THE BEACH HOUSE

The 32 new bedrooms in The Beach House at St Michaels exude contemporary, coastal chic. Many of the light-filled bedrooms offer balconies and terraces with spectacular sea and garden views. Interiors draw their inspiration from the coastal surroundings, and are a symphony of blues and whites, with details including bedheads made from reclaimed timber and stunning nautical art. Each bedroom offers 6ft wide super king deluxe beds, with luxurious, high-thread-count linen; Elemis bathroom amenities, walk-in rainforest showers, Lavazza coffee machines, Roberts radios, a mini fridge and a selection of local treats to eat and drink, including a jar of homemade cookies.

#### A SPECIAL NEW WELCOME

Visitors arriving at St Michaels are welcomed by a new entrance leading to the heart of the resort. Stepping inside through an oak "hull", they arrive into a relaxed social space with sofas, a cosy fireplace and a library of complimentary resources, maps and materials to dip into. Hosts are on hand to offer resort support as well as providing tips and recommendations to make the most of the surrounding area, from coastal walking routes to Falmouth hot-spots.

#### LAUNCH OF A LAIDBACK EATERY AND CHIC BRASSERIE

The resort unveils two new restaurants – Brasserie on the Bay and the Garden Kitchen.

Brasserie on the Bay serves dishes crafted from the very best of fresh and seasonal Cornish produce with an emphasis on fresh fish and seafood from the ocean opposite. The ambience is informal, but the standards are high.

The Garden Kitchen has a relaxed and friendly vibe with fresh interiors and a sea-facing deck. There's a tempting menu of stone-baked pizzas, rustic baked dishes, healthy salads and deli dishes, as well as a juice and smoothie bar. The Garden Kitchen's terrace, with its sweeping views over Gyllyngvase beach, is the perfect spot, from coffee through to cocktails.

The Wine Vaults are a newly created space with vaulted ceilings, its own bar and private wine store - ideal for private dining, functions or meetings.

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Chairman Nigel Carpenter says: “This substantial investment has transformed St Michaels into one of the UK’s leading wellness resorts. Featuring a world-class spa and state-of-the-art health and fitness facilities all within the same site, it is exceptional by virtue of its complementary offering. Taking all of this together with its exceptional location overlooking Blue Flag Gyllyngvase beach, St Michaels is truly a luxury wellness resort like no other.”

For further information, please visit [www.stmichaelshotel.co.uk](http://www.stmichaelshotel.co.uk).

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#### About St Michaels, Falmouth

St Michaels is a 4-star deluxe resort overlooking Falmouth’s Gyllyngvase beach, relaunched in September 2018 and set to become the south west’s pre-eminent resort hotel. The resort features 84 bedrooms, the St Michaels Spa, unequalled fitness and sporting facilities in the Health Club, two restaurants – including the health-focused Garden Kitchen and two AA rosette Brasserie on the Bay – a bar and tropical private gardens leading to the beach. Additional events space for weddings, celebrations and meetings has been added, including the secluded Wine Vaults, Brasserie on the Bay private function space and The Locker.

#### Press Office

For further details and high resolution images, please contact the Mango PR team; Emma Howard-Smith, Lottie Crease and Frankie Collins on email [stmichaels@mangopr.com](mailto:stmichaels@mangopr.com) or call the office on 020 7421 2500.