



## St Michaels Falmouth raises the bar with all-new destination spa



**October 2018** – Following a recent multi-million-pound investment and transformation into a luxury resort, **St Michaels Falmouth** in Cornwall is proud to unveil a spectacular new destination spa, raising the wellness bar with some exciting firsts for the south west and beyond.

### **The South West's Largest Hydrotherapy Pool**

With 21 tailor-made massage stations, including swan neck waterfalls, various air jets and one personally designed by chairman Nigel Carpenter, the hydrotherapy pool at St Michaels Spa is one of the largest in the UK and the most impressive in the south west. Seven different treatment experiences have been specially created to target different muscle groups, providing a therapeutic full-body experience to relieve aches and pains, reduce stress, boost the immune system and encourage detoxification. Surrounding the pool, heated poolside loungers and comfortable day beds provide a calm space to unwind out of the water.

### **The UK's First Cornish Sea Salt Steam Room**

The hydrothermal experience continues to the UK's very first Cornish sea salt steam room by Living Sea Therapy who use rich salt and sea minerals within their products sourced a stone's throw away on the Lizard Peninsula by The Cornish Sea Salt Co. Hand harvested on the coast using a zero-impact, 3,000-year-old artisanal process, the steam room is infused with these delicate sea salt flakes coated in beneficial minerals, to cleanse the skin and purify the respiratory system. Enhancing the hydrothermal journey further indoors is a rainforest steam room, a glass-fronted Finnish herbal sauna overlooking the pool, and three experience showers including an invigorating 'Ice Bucket Challenge'.

ST MICHAELS, FALMOUTH

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## **Sub-tropical Spa Gardens**

Stepping through the french windows, hydrothermal spa users can enjoy the spa sundeck, positioned in the perfect spot overlooking Gyllyngvase beach, surrounded by exotic flora and fauna. Here, the Japanese red cedar-wood hot tub and barrel sauna are perfectly located to allow users to soak in the sea view. The next stage in the St Michaels Spa evolution will see the addition of four woodland spa lodges – the perfect wellness retreat, nestled into the gardens, steps from the sea with all the facilities of St Michaels Resort at your fingertips.

## **Spa Treatments**

More than 60 treatments are on offer at St Michaels Spa. Signature experiences exclusive to the resort include the Yoga Facial and the Muscle Repair Massage & Mud treatment. The latter utilises the spa's rhasoul, a Moroccan steam chamber for up to four people in which a special treatment using scrubs, water, lava clay and mineral-rich muds helps cleanse and regenerate skin. Other treatments have drawn inspiration from the coastal locality with seaweed- and sea-salt-based spa treatments. Products used in the spa include luxury British brand Elemis, Made for Life Organics – whose botanical-based products are handmade in Cornwall, The Natural Spa Factory – using botanically sourced ingredients such as herbs, plants and flowers, organic seaweed-based skincare range Ishga, and Natura Bissé – renowned for its Diamond Collection. Spa days including brunch, lunch or afternoon tea are also available, starting from £79 per person. A deep relaxation room, available to all spa users, and a specialist manicure and pedicure champagne bar, with nailcare by OPI, complete the spa line up.

## **Launch of the Garden Kitchen**

Also new to St Michaels is the Garden Kitchen, a Mediterranean-inspired restaurant for casual all-day dining with fresh interiors and a sea-facing deck. Perfect to combine with a spa visit, there's a tempting menu of stone-baked pizzas including a Garden Kitchen vegan special, healthy salads and deli dishes, as well as vitamin-packed cold juices and energy-boosting smoothies. The Garden Kitchen's terrace, with its sweeping views over Gyllyngvase beach, is the perfect spot, from coffee through to cocktails.

## **A New Health Hub**

When coupled with the resort's expansive 13,000 sq. ft health club, opened 12 months ago, a fully rounded wellness experience is now available at St Michaels. These magnificent health and fitness facilities are open



to guests and members alike. The St Michaels Health Club is home to Cornwall's largest private gym and features an outdoor fitness terrace; a large spin studio with 18 bikes, a unique gig rowing studio with 8 gigs and more than 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 song. St Michaels Health Club also offers a 17-metre swimming pool, 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.

*Make the most of the new St Michaels Spa with an Autumn Spa Break (from 1 October to 20 December 2018), which includes a two-night stay, three-hour access to enjoy the spa facilities, full access to the Health Club, breakfast daily and a three-course dinner, from £145 per person.*

*On 9 October 2018, St Michaels is hosting an Autumn Oasis event featuring exclusive and discounted treatments, tasters and consultations from spa partners Elemis and Natura Bissé, which will include an Elemis Skin Lab and Natura Bissé Pure Air Bubble.*

*The Twilight Spa package, with 3-hour access to all spa facilities (excluding treatments) and dinner is available every day from 5pm to 9pm for just £40 per person.*

**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.

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