

SEAVIEW

SUMMER 2019 | ISSUE 49

Summer
AT ST MICHAELS

SPA CORNISH | HEALTH FOCUSED | FLAVOUR FAVOURED

IN THIS *issue*

- 4 | **Dream on**
The verdant foliage of Trebah Garden sings to the soul
- 6 | **What's on**
Falmouth festivities & Cornish capers
- 8 | **The Lizard's elixir**
Discover how locally sourced minerals deliver a world-class spa experience
- 12 | **To the shape of you**
Delve into a new dawn of personalised wellness
- 16 | **Hearty & healthy**
Spring into summer with our enchanting new menus
- 20 | **Early bird**
Catch the worm with exclusive booking rates
- 22 | **Christmas at St Michaels**
Our Christmas elves have it wrapped



As a hot, hazy brilliance shimmers on Cornwall's horizon, Seaview arrives brimming with ideas and suggestions to enhance your summer, ready to introduce you to our world of wellness.

And with the Met Office continuing to forecast unprecedented warm weather this summer, it is thrilling to offer wellness retreats and resort breaks the like of which would usually see you jumping on a long-haul flight – especially as Westminster continues to generate uncertainty around the nature of our future holidays abroad.

So whether it's a new Cornish event to discover and explore, a healing spa therapy to better your day, a heart-pumping workout to test your mettle or a mouth-watering meal to feed your rich appetite, a summer at St Michaels will be sure to make you feel good again. ↻

Nikki and the crew



Gyllyngvase beach

Wise

WORDS

The 84 rooms ooze cool beach vibes

THE  TIMES

Cornwall's best spa

MailOnline

Contemporary yet unpretentious 9/10

The Telegraph

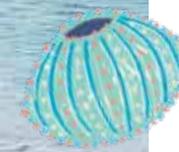
4 AA Silver Stars



2 AA Rosettes



5 Bubbles



Cover illustration
by Lucy Innes Williams
lucyinneswilliams.com

Dream ON

There's something magnetic about the thriving subtropical beauty of Trebah Garden that forever draws you back to soak in its seasonal diversity. It is, after all, rated as one of the 80 finest gardens in the world.

As spring turns to summer, Trebah comes alive with a colourful array of 100-year-old plants standing proud above the glistening Helford river.

Majestically woven into a perfumed pattern, camellias, magnolias, hydrangeas and rhododendrons cascade down the valley – a kaleidoscope of colour to frame the view toward the Lizard peninsula.

Perennial palms pierce the horizon as enormous iridescent dragonflies hover above Mallard Pond, frogs croak vociferously and red-breasted robins loop lazily overhead.

Discover katsura trees whose bronze leaves emit the smell of burnt sugar as they fall; get lost among the giant green gunnera whose leaves of up to 6ft across umbrella into a botanical canopy; then meander along the four miles of footpaths tunnelled within vibrant blooms and steel-strength bamboo to reach the secluded pebble beach where skimming stones wash up in their plenty. ☺

GARDEN BREAK

St Michaels Garden Break includes entry to Trebah Garden, St Mawes ferry tickets and a three-course dinner. Available from **£349 per person**.

See stmichaelsresort.com for details.



Snap, share & win

Capture your favourite aspect of a summer at St Michaels and share on Instagram with #summeratstmichaels for your chance to win a 2-night spa break later in the year and your chance to be featured in the next issue of Seaview.*

*Terms & conditions: Prize is a 2-night stay in a Beach House Room with Terrace/Balcony on bed and breakfast basis with and 1 x 3-hour hydrothermal session for 2 people. Stay must be taken before 31 March 2020, excluding 1 December 2019 – 2 January 2020. One winner will be chosen at random and notified through Instagram in September 2019. 15. The prize is non-exchangeable, non-transferable, and is not redeemable for cash or other prizes. Closing date for entries is 31 August 2019.

What's ON

Our pick of this summer's most superlative shindigs

1. FAL RIVER FESTIVAL 24 MAY – 2 JUNE

This 10-day celebration encompasses 150 events from music and drama, through arts and heritage to gig racing, swimming and lots more. A great chance to embrace the people, places, history and culture of this fascinating Cornish river.

falriver.co.uk

2. OPEN STUDIOS CORNWALL 25 MAY – 2 JUNE

Artists from across the county open the doors to their studios to share their work and offer insights into their inspiration. Workshops are run throughout the week offering the chance to discover new crafts, from raku firing to paper marbling.

openstudioscornwall.co.uk

3. ROYAL CORNWALL SHOW 6-8 JUNE

The county's largest annual event is an agricultural show showcasing animals in hundreds of different classes, with supporting activities including a flower show, traditional steam fair, live music, fun fair, street theatre, arts & crafts, a motor show and lots more.

royalcornwallshow.org

4. CASTLE 2 CASTLE SWIM 9 JUNE

Limited to 450 intrepid swimmers, this iconic one-mile open water sea swim celebrates the audacious. Starting from Pendennis castle, the swimmers cross the Carrick Roads to St Mawes castle on the Roseland.

rnli.org

5. INTERNATIONAL SEA SHANTY FESTIVAL 14-16 JUNE

Sixty-six groups from the UK and beyond come together for this long weekend of sea songs and sing alongs in Falmouth. Fisherman's Friends – the band that inspired the movie – are scheduled to perform.

falmouthseashanty.co.uk

6. THE ENGLISH BRAIDS FALMOUTH CLASSICS 14-16 JUNE

While the shoreline showcases shanty singers, classic boats will parade and race along Carrick Roads and in the harbour. Expect traditional construction, plus classic motor and steam launches.

falmouthclassics.org.uk

7. FALMOUTH WEEK 9-16 AUGUST

With fleet racing for yachts and dayboats taking place all week in the expansive waters of Falmouth Bay and the Carrick Roads, shoreside celebrations bring together lots of musical styles, with ska nights, DJ sets from the likes of Craig Charles and Martin Kemp, and even performances from The Wurzels.

falmouthweek.co.uk

8. BREEZE ART & MAKERS FAIR 13-15 SEPTEMBER

This fun weekend brings together artists at the forefront of their craft, dedicated to the handmade and creative economy. With hundreds of makers, workshops, talks, music and artisanal food ensuring a good time for all.

breezefair.org

9. FALMOUTH TRIATHLON 15 SEPTEMBER

Athletes, fitness fans and novices take on all that Falmouth can throw at them. A 600-metre swim is followed by an 18km cycle and 4.8km gruelling run. Shorter distances and relay events add to the mix. Get set to race or bring the cheer.

intotri.com

10. TRURO FOOD FESTIVAL 27-29 SEPTEMBER

New this year, this city-wide celebration of Cornish food and drink will include chefs' demos, a local produce market, gourmet street food stalls and workshops. A beer and cider festival with live music will run on all three nights.

visitcornwall.com



11. FURTHER AHEAD October
Catching the last of the summer fun, Falmouth hosts Cornwall's largest craft beer festival on 3-5 October, and celebrates the unique Fal oyster at the Falmouth Oyster Festival from 10-13 October.
falmouth.co.uk | falmouthoysterfestival.co.uk



THE Lizard's ELIXIR

St Michaels' spa guru and Catey Spa Manager of the Year 2015, Lucy Mingo waxes lyrical on her favourite Cornish products and shares some of the secrets that never fail to make her feel good again.

"The thing I love most about our spa – among so many things – is that we pair truly world-class facilities with a uniquely Cornish experience," says Lucy. "Not unlike our chefs who take pride in sourcing from farm [or boat] to fork, we too are thrilled and privileged to be able keep it local.

"And with a spa partner that hand-harvests sea salt from the Lizard peninsula, just to the south of sunny Falmouth, and another that hand-makes each of their products in Cornwall using herbs, flowers, oils and other botanicals that all have their provenance tracked, we are spoiled for homegrown choice."

The Lizard peninsula and its surrounding cobalt waters are something of a geological anomaly. An Area of Outstanding Natural Beauty, among many classifications, it is made up of 'ophiolite' where the earth's oceanic crust has been uplifted and exposed above sea level. This extremely rare occurrence gives easy access to minerals and rocks usually found on the sea bed.

Living Sea Therapy is able to use a 3,000-year-old artisanal process to retrieve these minerals and, in mixing with nutrients from hardy Cornish seaweed, concoct a powerful restorative for your skin. ▶

“An exceptional revitalising experience not unlike a dip in the sea”
— Lucy Mingo

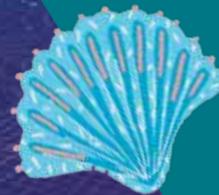


Lucy explains, “At St Michaels, these products are put to work in both our Cornish Hand and Foot Rituals as well as in one of our steam rooms. It’s great that we can work with our local suppliers to create something genuinely special and unique.

“In fact, our guests often describe our Cornish sea salt steam room, the only one in the world, as one of the most surprising elements of their visit. Halotherapy [halo being the Greek word for salt] is a simple treatment that rewards with a host of wellbeing benefits, including healthy-looking skin, deeper sleep and clearer airways.

“Striking a harmony between the intimate interiors of the spa and the breathtaking landscapes on our doorstep, it’s an exceptionally revitalising experience not unlike a dip in the sea.”

Made for Life Organics are behind the skincare products crafted locally by hand. Lucy continues, “With sustainability a topic on everyone’s minds, it’s reassuring to know that the products used within our spa not only help make us feel better, but aid our local environment and economy too. Plus, they’re simply divine!”



COMPLETELY CORNISH

To celebrate these Cornish concoctions, we’ve created our Completely Cornish spa day. Combining Made For Life’s Hand on Heart treatment for the head, face, back and shoulders with a Cornish Hand or Foot Ritual, together with use of our hydrothermal facilities and a sumptuous lunch in our Garden Kitchen, this is a deeply relaxing and restorative day.

Completely Cornish spa day is available from £189. The Completely Cornish spa break, featuring a 2-night stay in a Classic King or Twin room and dinner in Brasserie on the Bay one evening and the Completely Cornish spa day inclusions is available from £359 per person. See stmichaelsresort.com for details.



“We tailor the retreat, adapting personal training sessions, nutrition plans and afternoon activities

————— Pete Churchill

TO THE *Shape* OF YOU

Celebrating the launch of the new Wellness Rooms, St Michaels Health Club manager Pete Churchill explains how he developed the ultimate wellness retreat, a lifestyle MOT, utilising the latest state-of-the-art measuring equipment and the best of St Michaels facilities and knowledge.

Every day it seems there's another story about the right diet for this and a new wellness fad for that. But this ever-increasing scrutiny from the media around what we consume and how we exercise, can, adversely, mean the first step to optimal health is overly daunting for many.

Recognising that there really is no 'one-size-fits-all' health or wellness practice, I've made it my mission to create a fresh and adaptable programme, one that is truly personalised. Called Live Well, it's designed to encourage the practice of healthy habits, introducing each individual to lifestyle choices tailored to benefit their personal constitution.

It starts before you arrive. We'll call you to understand your personal journey, where you are now and where you want to be. Together we will look at the different pressures and restrictions in your life, understand your current lifestyle, how you exercise – if you do – and what you eat. So, whether you are completely new to personal fitness and good nutrition, well versed in wellness and looking for the next step or out to discover something new, we are here for you. ▶



Each small-group programme then begins in earnest in our new Wellness Rooms. Within this new facility, we have easy-to-use body analysis equipment and metabolic measurement techniques to calculate your fitness levels and state of wellbeing.

By undertaking this 'lifestyle MOT' we can identify exactly what wellness programmes – particularly exercise and meal plans – are right for you. We then tailor the retreat to suit, adapting personal training sessions, nutrition plans and afternoon activities – to keep both the body active and mind fulfilled. ☺

Kickstart a better lifestyle

The first in a range of retreats, Live Well is intended to kickstart a healthier lifestyle and promote weight management through a varied fitness and educational programme.

A further set of tests at the end of the retreat will show your progress on site and a six-week personalised plan with online check-ins with the Health Club team will help you stay on track with your wellness goals.

Taking advantage of all that St Michaels has to offer, Live Well incorporates relaxation experiences in our spa, mouth-watering (and calorie-counted) meals in the Garden Kitchen and exploration of the surrounding coastline, all to ensure we rejuvenate the soul as much as recharge the body.

Live Well 3-day retreat



3-night retreat | from £450pp*

- Lifestyle MOT in the Wellness Rooms
- Healthy breakfasts and calorie-counted evening meals
- Fasted personal training sessions each morning
- Afternoon fitness classes – with more than 100 instructor-led classes to choose from
- Trail walking around Falmouth Bay
- Use of the spa's hydrotherapy facilities
- Guided meditation sessions in the Wellness Rooms
- Q&A on nutrition, wellbeing and lifestyle improvements
- Six-week training programme with access to your personal trainer via email
- Nutritional fact sheet and recipe cards to take home

Live Well 5-day retreat



5-night retreat additions | from £750pp*

- Early afternoon stretch and mobility workshop
- Sunrise class on the beach
- Fat loss treatment in the spa
- Additional three-hour hydrotherapy experience
- Afternoon coastal walk including packed lunch



Live Well start dates

Sunday 9 June
Sunday 4 August (£25ppn* supplement applies)
Sunday 22 September

*All pricing based on a Classic King or Twin room with double occupancy
See stmichaelsresort.com for details.

Hearty & HEALTHY



With two restaurants, a lounge, bar and private dining spaces to manage, Polly Dent has a lot on her plate. We asked her what keeps her hungry for more...

Brasserie on the Bay is the flagship restaurant. With two AA rosettes to its name, how do you maintain quality day after day?

Fresh, honest, local. Those are the words we live by. Dishes are cooked to order; ingredients are sourced from within the county. And we keep it seasonal, with well thought out dishes and interesting combinations of flavours and textures, often playing on classic brasserie dishes.

What do you love most about it?

The flexibility in our menu. You can eat casually and keep it light, or really dine out. And we're proud to show the local provenance of our dishes, whether from a nearby farm, field or sea. Oh, and the view! Can I say three things?

For contrast, the Garden Kitchen was conceived as a more casual dining experience, how does it work in practice?

It's a beautifully light and airy space, which is reflected in the simple, lighter and healthier dishes we developed with good nutrition and well-being in mind. We start with plant-based recipes and offer the option to add meats and cheeses to each diner's preference and dietary requirement.

Menu options reflect lots of different culinary traditions. How did that come about?

Our chefs use spices and flavours from the world over, adding depth to our dishes and tying in the history of Falmouth. The town remains a key international shipping port – reputedly the third deepest natural harbour on earth – and ships filled with exotic ingredients would arrive here from around the globe for the British market.

Yours has been an interesting career.

Which influences do you keep with you?

Both at Rick Stein's and Jamie Oliver's Fifteen, the focus was simple ingredients, well cooked, from the best suppliers and producers. Chefs should be passionate, enthusiastic and creative, able to change the lunch and dinner menu daily to reflect the availability of ingredients. I'm proud to say we have that here.

Finally, with so much insider knowledge, what makes a dining experience memorable for you?

Authentic, knowledgeable staff with a true passion for customer care. It's all in the love and personal touch. ☺



“Fresh, honest, local.
Those are the words we live by.”
Polly Dent





For Polly, summer should be sumptuous, scrumptious and sun soaked, served with a side of pavlova...

My grandma would make the best pavlova every summer. It can be basic – pavlova with strawberries and cream – or all-out, with strawberries, raspberries, blueberries, prosecco Chantilly and brown sugar meringue. It's a go-to barbecue bestie. ☺

For the pavlova

6 egg whites
300g caster sugar
1 tsp cornflour
1 tsp white wine vinegar

For the topping

250g double cream
250g yoghurt
2 tbl spn caster sugar
500g summer fruit (strawberries, raspberries etc)
1 vanilla pod

Method for pavlova

- Preheat oven to 150C
- In a clean bowl, whisk egg whites on medium setting; when they get close to soft peaks add the caster sugar gradually until all is combined
- Mix the white wine vinegar and cornflour together to form a paste and add to the egg and sugar mix
- Turn up to high and leave to mix for 5-7 minutes until the mix is glossy and stiff
- Take a round main course plate and draw a stencil on to parchment paper; place a little meringue on to baking corners to make the paper stick to the tray.
- Empty the meringue into the stencil and level off as best as you can (this makes it cool evenly)
- Bake for 1 hour; then leave to cool completely

Method for topping

- Whisk sugar, cream and vanilla pod to stiff peaks, then fold through the yoghurt
- Spread cream and yoghurt mix on to your cooled pavlova, then arrange your fruit to decorate
- You can garnish the pavlova further with torn basil, mint leaves or edible flowers

Early BIRD



Catch the worm with our exclusive early booking discounts on your stay. Remember, the longer you stay and earlier you book, the better the value – meaning more opportunity to treat yourself with an extra spa treatment or bottle of wine! Must book by 31 July 2019. ☺

Exclusive Advance Purchase Rates

2019	2 nights	3 nights	4-6 nights	7+ nights
May	£89	£87	£85	£82
June	£92	£90	£87	£85
July	£99	£97	£94	£91
August	£105	£103	£100	£97
September	£99	£97	£94	£91
October	£85	£83	£81	£78
November	£70	£69	£67	£64

Room upgrades

Upgrade from a Classic King or Twin room. Our new Beach House rooms offer the best in contemporary Cornish design. Light and airy with luxury bathrooms and beautiful coastal-themed décor, they're the perfect base from which to explore Cornwall and indulge in luxury. ☺

Sea View Room	Sea Facing with Balcony/Terrace	Beach House Room	Beach House with Balcony/Terrace	Large Beach House Room (perfect for families)
£25	£30	£20	£25	£40

Award-winning cuisine

Add a mouth-watering three-course dinner in Brasserie on the Bay, awarded two AA rosettes, for the special pre-booked price of only £30 per person. ☺

World-class spa

Enjoy access to the south-west's largest hydrotherapy pool, with a three-hour session for only £30 Monday to Thursday and £40 from Friday to Sunday. ☺



Terms and Conditions

All prices are 'from prices', quoted per person, per night, based on two people sharing a Classic King or Twin room. Prices include a full Cornish breakfast, fully inclusive use of the health club throughout your stay and VAT. Early booking offers are subject to availability and are for reservations made directly with St Michaels Resort only. They cannot be combined with other offers and are available for stays up until 30 November 2019. This promotional offer can only be applied to new bookings. Please note, any guests checking out prior to the booked departure date will incur a charge.

PLEASE CALL 01326 369 767 TO BOOK

Christmas

AT ST MICHAELS

Yuletide comes but once a year so celebrate in style and comfort, letting the St Michaels elves make the magic for you.

The festive season is a time to settle back, reflect on the year and celebrate loved ones. At St Michaels, we make sure you have time to do it right.

Our 4-night break begins on 23 December with a champagne reception and high tea. There's time to make those final preparations, discover Falmouth's eclectic mix of shops – great for a last-minute gift – or book in a special spa treatment.

Christmas Eve presents the opportunity to explore your Cornish surroundings or delve into the delights of St Michaels with a dip in the spa pool or a fitness class in the health club. In the evening, get into the Christmas spirit with a festive sing song, roast chestnuts and mulled wine.

As Christmas morning dawns, tuck into smoked salmon and scrambled eggs with a glass of buck's fizz. Spend the morning on a coastal walk up to Pendennis Castle or join the sea swimmers for the traditional cold-water swim from Gylly beach at the bottom of our subtropical garden.

A five-course Christmas lunch with all the trimmings is served in Brasserie on the Bay overlooking the shimmering sea. Christmas cake, the Queen's speech, a light buffet supper and an evening Christmas quiz offer the perfect jollity to complete the day.

Brunch begins a brilliant Boxing Day. Our hosts are on hand to share tips on things to do, from cliff-top walks and garden visits to ferry boat rides and tours of picturesque harbourside villages. In the afternoon, there's the chance to take part in our very own scavenger hunt through Falmouth, while the evening comes alive with the big Boxing Day feast, followed by music, dancing and good cheer.

NEW YEAR'S EVE

St Michaels is putting on the glitz

An evening packed with lively celebrations and divine dining, New Year's Eve at St Michaels will see you Lindy hop into the new year with our five-course dinner and swing night.

Arrive early to really make your celebrations memorable, experiencing spa tranquillity in our hydrothermal facilities or preparing for 2020 with a transformative treatment. Start your soirée in style on the dance floor as you spin and jitterbug your way through an afternoon swing lesson. Later, dine in our brasserie where you'll frolic and feast over five courses of culinary class. Then party into the night to our sensational swing band and let the countdown commence.

Time for you

Looking to recharge after a festive flourish? Or seeking a little more indulgence this yuletide? Our Twixmas Breaks provide the perfect opportunity to refresh and recharge as well as an excuse to keep on feasting, relaxing and enjoying all things merry and bright. Our generous and cosy 1- to 3- night Twixmas stays start from £98 per person and are a splendid way to lead up to the new year. ☺

Twixmas stays with a 3-course dinner each evening start from only £98 per person per night
stmichaelsresort.com/twixmas

Our selection of 2- and 3-night New Year breaks start from £367 per person.
stmichaelsresort.com/newyear



Our 4-night Christmas breaks start from £633pp
stmichaelsresort.com/christmas



St Michaels Resort
Gyllyngvase Beach
Falmouth
Cornwall
TR11 4NB

01326 369 767
info@stmichaelsresort.com

STMICHAELSRESORT.COM