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Winter Spa Breaks in Devon and Cornwall

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Peaceful rolling hills, blustery coastal walks, quaint village pubs with cosy log fires, fresh fish suppers and comforting cream teas. Devon and Cornwall offer it all, along with some of the best spa hotels in the UK. Combat the winter blues, relax and rejuvenate; take a spa break in the wonderful West Country.

Bovey Castle

Set against the dramatic landscape of Dartmoor National Park, a beautiful 19th century manor house with roaring fires and original art deco features. Stunning views and an 18 hole, championship golf course.

Best For: *Downton*-type grandeur, ultimate luxury

The Spa: Housed in The Orangery with a 1920's feel, a large pool overlooking the hills, steam, sauna and gym.

The Treatment: The Sundari Facial. A customised, deep cleansing, holistic facial. The therapist blends active ingredients lemon, sandalwood and lavender to work with your skin's needs. A deep cleanse, gentle exfoliation and intense mask leaves your skin looking refreshed and radiant. The treatment is finished with a relaxing, signature Sundari massage.

To Eat: The Edwardian grill, an impressive art deco candlelit room. Modern European menu, using local ingredients. A huge selection of local, and international cheeses. Try the delicious Devon Blue.

Don't Miss: The falconry show, 10am every morning.

Nice Touch: Luxury Elemis products, and real coffee in rooms. Turn down service with chocolate brownies.

The Deal: Dinner, bed and breakfast, a Sundari express spa treatment or round of golf. £189 per person.

Country pub nearby. Dog friendly.

www.boveycastle.com



The Cornwall Hotel and Spa

Five star contemporary woodland homes surround The White House, the main hotel building, which houses a cool laid back bar and restaurant. Relaxed 'Canadian Lodge' style luxury set amongst 45 acres of Victorian parkland.

Best For: Cool families, couples and groups.

The Spa: The Clearing Spa. A state of the art spa, with infinity pool, overlooking a walled Victorian garden. Steam, sauna, and well equipped gym.

The Treatment: The Ritual. The therapist asks you to smell some of the amazing Aromatherapy Associates oils, the one you like most is the one that your body needs at that time. The Ritual starts with a warming foot treatment followed by a full body aromatherapy massage. Pressure points are used to work away stress. The treatment is finished with a mini hydrating facial and scalp massage. A complete, head to toe, body rejuvenation.

To Eat: The Aboretum, sophisticated with a relaxed atmosphere. Impressive, innovative cuisine with a good selection of fish and vegetarian. With two AA rosettes head chef Brett Camborne-Paynter is definitely one to watch.

Don't Miss: A trip to the nearby picturesque fishing village, Megavissy.

Nice Touch: A welcome pack of locally produced bread, butter and juice in the woodland homes. Good selection of products in rooms.

The Deal: 4 nights for the price of 3, £270, in a woodland home, throughout November.

Country pub nearby. Dog friendly.

www.thecornwall.com



The Lugger Hotel

Positioned right on the beach in the breathtakingly beautiful, tiny cove and fishing village of Portloe, is the exquisite Lugger Hotel. Beautifully furnished, Hampton's style, rooms surround the main building, which houses a cosy bar with roaring log fire, and intimate restaurant overlooking the sea.

Best For: Breathtaking romance, quiet relaxation.

The Spa: A treatment room perched on a cliff just above the hotel. No pool or spa facilities as such, just the crashing sound of the sea against the rocks..

The Treatment: Indian head massage. Local therapist Gill mixes her own blend of oils for this invigorating holistic shoulder, neck and head massage. You look out over the sea and, sometimes, the local musicians play Celtic music outside. A magical Cornish experience.

To Eat: The intimate, candlelit Lugger Restaurant looks directly over the fisherman's boats and out to sea. Local seafood and fish feature heavily on the modern European menu. The crab salad is the freshest you'll ever taste.

Don't Miss: The stunning Cornish coastal path walk. It starts just outside the hotel.

Nice Touch: Gilcrest and Soames' products, Cornish sweets, biscuits and fresh fruit in rooms. Turn down service with hot chocolate and marshmallows.

The Deal: Spend £75 in The Lugger restaurant and get a room for £20. Offer applies throughout November and December excluding Christmas and New Year.

Country pub nearby. Dog friendly.

www.luggerhotel.co.uk

