

**SUMMER SPA, WELLNESS AND WET AND WILD ACTIVITY AT
THE CORNWALL HOTEL SPA & ESTATE**

New packages launched in time for escapes to Cornwall this summer



New for summer, The Cornwall Hotel Spa & Estate have launched a series of spa, wellness and activity packages to suit both those looking to be pampered and thrill-seekers alike. Their newly introduced spa packages include **The Perfect Pilates Retreat** (taking place this June for the ultimate summer rejuvenation), the **Refresh and Revive Package**, and the **Golf and Spa Break**, while adventurers will love the new **Wet & Wild Package** for exciting activities at nearby Porthpean beach.

Set in 43 acres of beautiful Victorian parkland and situated less than two miles from glorious sandy beaches, The Cornwall Hotel Spa & Estate is perfect for those looking to escape to the tranquillity of the countryside. In addition to a luxury hotel with two restaurants and 22 Woodland Homes for sale and holiday rental, the Estate offering is completed by the indulgent retreat The Clearing Spa, with its infinity-edged pool overlooking the adjacent secret garden. Housed in the converted 19th century stables, The Clearing Spa is home to five treatment rooms and offers a wide range of signature luxurious therapies from internationally-acclaimed Aromatherapy Associates.

New Spa and Wellness Packages at The Cornwall Hotel Spa & Estate:

The Perfect Pilates Retreat, 13th – 16th June

The perfect three night getaway break for ultimate summer rejuvenation includes:

- Three nights hotel accommodation in a Deluxe room with a bowl of fresh fruit on arrival and breakfast each morning
- Two sessions of Pilates to relax and energise
- Personally-designed exercise program tailored to suit guests' individual needs
- Indulgent 50-minute spa treatment
- Full use of facilities at The Clearing Spa
- Clearing Spa lunch on 14th and 15th June
- A two-course dinner at the relaxed Acorns brasserie on any two nights of the stay

The Perfect Pilates Retreat costs £265 per person based on two people sharing a twin or double Deluxe room. Course will be held on 13th – 16th June.

Refresh & Revive Package

Arriving on a Sunday, guests can enjoy a peaceful three night spa break – an ideal way to unwind that includes:

- Three nights hotel accommodation in a Deluxe Room including breakfast
- A 30 minute Facial per person
- A 30 minute Back Massage per person
- A 30 minute Foot Treatment per person
- Full use of facilities at The Clearing Spa

The Refresh and Revive Package costs £270 per person based on two people sharing a twin or double Deluxe room, and is available throughout May, June, September and October.

Golf and Spa Break

Perfect for those who love to combine pampering with a restful round or alternatively, a package with an extra spa treatment who those who prefer to skip the golf course. The Golf and Spa Break package includes:

- A 30 minute spa treatment per person
- A round of golf per person at the 18 hole St Austell Golf Club just five minutes away, **OR** an additional 30 minute spa treatment
- Dinner for two in the sophisticated Arboretum Restaurant one evening
- Full use of facilities at The Clearing Spa

The Golf and Spa Break package costs from £200 per night and is based on a minimum of two nights for two people sharing a twin or a double room.

Less than two miles from the golden-sanded Porthpean Beach, The Cornwall Hotel Spa & Estate has teamed up with the Porthpean Beach Activity Centre to offer an activity package for guests seeking to get adventurous on the nearby south Cornish Coast:

Wet and Wild Package

The following package can be added to any stay any stay at The Cornwall Hotel Spa & Estate and includes:

- A day at Porthpean Beach (9:30am – 4pm)
- Open Canoeing
- Rock Jumping
- Kayaking
- Snorkelling
- Wet suits and equipment provided by Porthpean Beach Activity Centre

- Picnic lunch provided by The Cornwall that is delivered to guests nearer lunch time (so there is no risk of sandy sandwiches)

The Wet and Wild Package is from **£209 per package**, based on two adults with a one night stay, and from £399 for families, based on 2 adults and 2 children with a one night stay in a family room. The package can also be included as an add-on to any hotel and Woodland Home stay and is available from May until the end of October.

Notes to Editors: The Cornwall Hotel Spa & Estate is located at Tregorrick, just a few miles from the Eden Project, The Lost Gardens of Heligan, Mevagissey and the spectacular south Cornish coast. Set in 43 acres of glorious Victorian parkland and woodland, this hidden retreat is home to a luxurious hotel, an indulgent spa and 22 architect-designed woodland holiday homes. The Cornwall Hotel Spa & Estate is part of the Rudrum Holdings Group. For more information, please visit www.thecornwall.com

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