



THE TWIN TRIP

If you love to experience more than one thing on a long weekend in Cornwall, then the Carbis Bay Estate is the place for you

Words BETHAN ANDREWS

Every nook and crannie of the Carbis Bay Estate in St. Ives has the ability to put a smile on your face, from the grand piano playing in the conservatory overlooking the ocean and the food, to the incredible outdoor spa facilities and the beautiful bedrooms.

Set within 125 acres, the Estate encompasses a luxury hotel, self-catering properties, privately owned 25 acre Blue Flag beach, two restaurants, spa facilities and much more. Having spent the day exploring St. Ives, our bedroom with sea views and the comfiest bed going was a welcome sight. It would be easy to spend a lot of time in the luxurious rooms, but there is so much to take in here it would be a shame to miss out.

The C Bay Spa is simply beautiful, with a heated pool overlooking the bay, hydrotherapy hot tub and sauna pods. It was presented with three awards in the Cornwall Tourism Awards 2016/17 – the Gold award for Spa and Wellbeing Experience and two Silver awards too.

I would highly recommend indulging in the Head in the Clouds treatment, a cleansing, clearing and decongesting upper body treatment. However, unlike many other hotel spas – where it often feels somewhat like a *very* expensive add-on –



The spa will take your breath away, and is perfect to while away the hours

there is plenty on offer here without a treatment to leave you feeling serene. Our first afternoon was spent here, whiling away the hours and gazing out at the view.

We were fortunate enough to dine at the Beach Club, where your proximity to the water is something quite special. The food is incredible too, especially for those wanting something a little different to the usual hotel à la carte offerings.

As we moved over into the newer offering from the Carbis Bay Estate in the form of The Gannet Inn for our final night, we were pleasantly surprised by the change in tone to a warm and cosy vibe – it was lovely, once all revitalised by the spa and

the luxury, to end our stay with the contrast and down-to-earth comfort of this hotel. Designed to be a relaxing, stylish place to enjoy good food and a welcoming atmosphere, The Gannet has quirky interiors with all the style and finesse of a boutique hotel.

They've got the relaxed sense just right here and it was a lovely place to spend our last night, cosied up in the chocolate box bedrooms. The food is second to none too, and our indulgent feast of Beef Wellington went down a treat. This truly is a special place, and we left feeling romantic, revitalised and calm – I would go so far as to say that it is a must-visit. **F**

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