



beautybeat

TAKE A BREAK AT RETALLACK RESORT AND SPA

Words by **Kezia Clark**

With a sticky mist tickling the morning air, I drove to Retallack Resort and Spa near St Columb Major, bleary-eyed and slightly weathered, with stubbed toes and de-hydrated skin; the result of a weekend spent on the beach.

Minutes after my arrival, I felt my posture instantly relax, having been greeted by smiling staff and a delicious coffee and muffin in the elegant bar. As I sank into a sofa, I was greeted by two barefoot youngsters and their dad making their way from their holiday lodge to the indoor swimming pool, having left their mum to enjoy a well-deserved lie-in.

An airy space with views over the rolling Cornish hills, the bar is flooded with daylight from patio doors that lead out onto a brand new sun-deck. Cross the gravel path and here, nestled amongst the hills, are 61 five-star self-catering holiday lodges. These offer the perfect holiday home for friends and family, and are also freehold properties which owners can let out, with help from the resort's letting service if required.

Retallack is extremely family friendly - the kids' club is a wooden chalet with a funky tree-house feel, where kids can hang out, paint, play games and have fun in the outside adventure play area, complete with hair-raising zip wire and trampoline, meaning that their parents can escape for a few hours of uninterrupted bliss.

The kids' club supports the local community, organising frequent visits from Newquay Zoo and the Blue Reef Aquarium, who bring over crabs and lobsters to the obvious delight of the children. Then there are the five-a-side football tournaments to ensure that

when bedtime comes, the kids are unusually placid.

There's a nine-hole, par three golf course, plus a spa, with sauna, fitness suite, classes, tennis courts, treatment rooms. A lake which skims the bottom of the resort; fishing permits can be purchased from the local post office.

From local members, including a sprightly 86-year-old, to loved-up couples wanting a special weekend away, Retallack caters for everyone. Groups of ladies are often found padding around the bar area in robes and slippers, sipping mouth-watering fruit juice and comparing the rainbow of colours from their OPI manicures.

Taking a turtle-paced walk from the bar to the spotless changing rooms, I went for a gentle swim, intrigued by a luscious smell which I later discovered was coming from the eucalyptus steam room. I then enjoyed an aqua aerobics session run by Retallack's trainer and leisure manager, Sarah Pendray.

It was then time for the hardest task of my visit: deciding which treatments to have from the overwhelming list on offer, from zesty butter body masks to the "perfect leg" treatment. Being a bit of a beach bum, I opted for the Marine Algae Wrap (£42.50), an intensive remineralisation and detoxification treatment which, according to Retallack's head therapist Danielle Preston, is one of the most popular treatments at the spa.

I was massaged with Thalgo's Descomask Body Scrub then, after a shower, coated in Plasmalg Gel, which ensures total absorption of nutrients from the Marine Algae treatment. The algae was applied - it was pleasantly warm and although slightly smelly,

nothing too obtrusive. I was wrapped up and left to relax for 10 minutes, at which point I fell asleep.

The treatment ends with an intensive nutrition cream smoothed over your newly buffed up bod. I left feeling silky smooth and completely detoxed, and was still receiving compliments about my glowing skin days after the treatment.

Retallack also offers a treatment exclusive to the spa: the Ocean Memory treatment (£65), which combines algae extract with essential oils, sure to ease the tenseness of bodies and slow down busy minds.

Retallack is very much a work in progress. More holiday lodges are being built, with exciting plans for a waterpark complete with cable water ski and wakeboard facility. An outdoor "typhoon lagoon" with a major Disneyland standard surf wave is also on the cards, which would be a £5 million investment in Cornwall's leisure facilities.

There are plans to extend the fitness suite, and the new sun-deck is due to get an adults only area with live music, entertainment and pub-style quizzes on offer.

Resort directors Amy Tucker-Brown and Jason Keyter are perfectionists, and special details, from complimentary wicker hampers brimming with Cornish treats that welcome guests staying in the holiday lodges, to the pink gerberas delicately sprinkled around the bar, provide an experience that guests will remember long after their visit. 🍷

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