



THE RETREAT WATERGATE BAY, CORNWALL

This hotel's dramatic clifftop setting, above Watergate Bay on the north Cornish coast, will take your breath away. Kick off your visit with a coffee in the Ocean Room, which boasts seating by Hans Wegner and Matthew Hilton. This brand-new space – designed by east London outfit Household, of Shoreditch House Hotel renown – is the ideal mix of laid-back luxury and cool coastal chic. Rattan rugs on wood floors and a palette of blue, soft grey and sunshine yellow will put you instantly in tune with your beach-side surroundings, while merino wool blankets and a log fire add comfort on colder days. Floor-to-ceiling windows frame a seascape that you'll want to step straight into; handily, there's a boardwalk that leads directly to the beach.

For those keen to catch some waves, the hotel's Extreme Academy offers everything from surfing to hand planing (a new craze involving fins and a hand-held mini surfboard). Or relax at the Swim Club, whose infinity pool (above) overlooks the ocean. Perch poolside on

a Paola Lenti pouf, try out high-tech kit in the cardio room, or watch the waves break from a hot tub on the terrace. A post-surf massage with lavender and ginger oil – one of the inspired scent combinations in the hotel's own product range – will leave you feeling zingy.

In the evening, savour locally sourced fare over classic cocktails at hotel restaurant The Living Space; chef Neil Haydock's form includes a stint at Terence Conran's London eatery Bluebird. The spectacular sunset is a must-see. Alternatively, Jamie Oliver's Fifteen is just along the bay; the five-course tasting menu is the talk of the town.

Finally, retire to your room to recline on rich velvet cushions that give the simple scheme a decadent twist, then watch the last of the light slip below the horizon from the freestanding bath by your window. Your expectations of a seaside holiday will never be the same. *Rooms from £105; surf lesson from £30 for half a day including kit hire; full body massage from £60 for 60 minutes (watergatebay.co.uk)*

WORDS: JO CAUKETT (THE RETREAT), EMMA LOVE (SUPER STUDIO) PICTURES: KIRSTIN PRISK (THE RETREAT), SHINI PARK (SUPER STUDIO)

SUPER STUDIO

It's been open for less than a year, but Dalston hotspot Yoga On The Lane already has a cult following. Run by ex-Royal Ballet dancer Naomi Reynolds (pictured), the studio offers everything from group acupuncture to Vinyasa yoga, facials and massages (book in with therapist Helen Brown for a sublime facial rejuvenation).

We love the details: fresh flowers and reclaimed furnishings, a post-class tea area with Ercol furniture, and underfloor heating for winter cosiness.

Yoga On The Lane, 105 Shacklewell Lane, London E8 (yogaonthelane.com)



Quote unquote 'Life shrinks or expands in proportion to one's courage.' Anais Nin

SNAP HAPPY

We love this Japanese-designed camera, with its cool Pop culture-inspired packaging. It's super-light – so ideal for kids – and allows you to create different effects with a retro 35mm format. £29, Couverture & The Garbstore (couverture andthegarbstore.com).

