

BEAUTY: SPA BREAKS

Show your mum how much she means to you on Mother's Day by offering to whisk her away from it all with a pampering spa break. We've tried out a wide range of options – both at home and abroad – to give you inspiration

A Sunday soother treat

Steph Elmore
DE VERE DELUXE
CARDEN PARK

Where will we stay?

In a hotel on a 750-acre estate in the heart of the Cheshire countryside that took us 40 minutes to get to from Manchester

What's it like?

Very relaxing. You really feel like you're getting away from it all as you drive up the mile-long drive surrounded by greenery with wonderful views of the Welsh hills until the hotel appears from across a lake on the golf course.

Ask for a room overlooking the golf course.

And if I have just one treatment?

Mum had a two-hour long hot stones massage, which involved a preliminary body scrub followed by laying on of hot stones which are gently massaged into the body.

Mum found it relaxing but could have done with a bit more "oomph" to soothe her weary bones. Meanwhile I had an Omnilux facial using an antioxidant skincare range called Vitage. The quirky bit about this treatment is a red light being shined on your face in order to penetrate deeper into the skin.

Anything else to do if me and mum get sick of pampering?

Quad biking or golf – (if hubby insists on coming along, there's plenty to keep him busy) or Chester's just a 15 minute drive away.

Lettuce leaf or lavish lunch?

We rushed through lunch to get to our beauty treatments so



■ UPMARKET AFFAIR: Channel M presenter Steph Elmore and mum Sue enjoy a spot of pampering

waited until dinner to really feast on our surroundings and our food! A pianist tinkled on the ivories of a baby white grand as attentive staff saw to our every need. For starters I had tomato and aubergine tart,

while mum opted for confit of duck on a bed of noodles. For our main course, mum chose monkfish with noodles (again!) while I had chicken breast with fondant potato.

And for pudding I had

pineapple upside cake with coffee custard topped with pistachio (sounds odd but tasted great) and mum had apple tart and ice cream – all accompanied by a bottle of Pinot Grigio. A very upmarket affair!

Packages include a Sunday Soothe & Stayover where guests receive full English breakfast, dinner to the value of £25, plus two spa treatments, from £99 per person. Tel 01829 731000

and breakfast – great value.

As something of a massage fanatic, it might sound a bit basic but I would recommend their invigorating back massages to really unknot those tense muscles. Mum was impressed with the Aroma Foot Relief – a cross between reflexology and foot massage – which involves enveloping your tired tootsies in oils and hot towels.

Anything else to do if we get sick of pampering?

Harry Potter fanatics can check out the boy wizard's school at Alnwick Castle. Hadrian's Wall and the beautiful Northumbrian countryside are on your doorstep if you are feeling energetic, while it's half an hour to the wonderfully windswept Bamburgh beach. Shopaholics

can visit charming Alnwick village or Newcastle city centre.

Mum and I preferred to spend our time gossiping for two whole days, and drinking hot chocolate. But then, isn't that what Mother's Day is all about?

Lettuce leaf or lavish lunch?

With the sumptuous food on offer in the two AA rosette Dobsons Restaurant, it would be rude to opt for a starvation diet. The three-course dinner included in our package was absolutely faultless, leaving us rolling home the next day feeling well looked after.

Helen Tither

The Mother's Day package starts from £115 per person. For more information visit macdonaldhotels.co.uk/lindenhall, or call 0870 1942123.



Win a mini spa break for two!

WIN a mini break for two at the De Vere Deluxe Carden Park.

Situated between the open landscapes of the Cheshire plain and the rugged Welsh hills, De Vere Deluxe Carden Park Hotel, Golf Resort and Spa is the perfect location for both business and pleasure.

To help you relax and unwind, the Spa at Carden Park offers 20 treatment rooms including two dedicated relaxation areas plus a fabulous 20-metre heated swimming pool with sauna, steam room and Jacuzzi. With a 750-acre estate at your disposal, you'll also find two 18 hole Championship Golf Courses, a variety of woodland walks, mountain biking and other activities such as archery, quad biking and 4 x 4 driving.

Having recently invested £2.5m on bedroom refurbishments, each of the 196 executive rooms are newly designed to an exceptionally high standard.

With fine dining, leisure, golf and conferencing facilities to match, Carden Park is the ideal setting, whatever the occasion.

To win an overnight stay for two at De Vere Deluxe Carden Park Hotel, inclusive of dinner, bed and breakfast and TWO Spa treatments, just answer the following question:

How many treatment rooms does the Spa at Carden Park have?

Send your answer, along with your name, age, address, and daytime phone number to: Style Carden Competition, PO Box 234, Manchester, M60 2RD. Closing date March 19. Terms and conditions apply.



must have



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