



Win!

A CORNISH SPA BREAK FOR TWO

This month, we're giving one lucky reader and a friend the chance for complete relaxation

PRIZE WORTH £1,000+

The south Cornish coast has some of the most beautiful countryside in the UK and is home to Budock Vean, an exceptional eco-friendly golf course and spa hotel on the Helford River close to Falmouth. The 57 bedrooms offer everything you would expect, including TV, wi-fi and tea and coffee-making facilities, plus a few little luxuries, such as bathrobes, slippers, bottles of Cornish water and products from the Elemis spa range. Inspired by the Cornish landscape, the organically managed gardens feature more than 350,000 plants and are home to a large array of wildlife.

If you're looking for some activity on your getaway, trips on the hotel's riverboat, the *Hannah Molly*, are a real treat, and the grounds offer fishing, tennis, archery and even laser clay pigeon shooting. And, of course, you can head to the 18-hole golf course to practise your swing.

If you just want to get away from it all and relax, then head to the spa in its tranquil riverside setting. Lounge

by the pool, enjoy the sauna and hot tub and be pampered with world-class Elemis and Spiezia organic treatments in this superb holistic spa, and your troubles will soon be forgotten.

When it's time to eat, head to Budock Vean's award-winning restaurant, with its focus on fresh, locally sourced produce and fantastic range of fish and seafood dishes.

The lucky winner and their guest will enjoy a three-night stay at this beautiful spa hotel. The prize includes accommodation in a suite, a four-course dinner each evening and a full English breakfast each morning, plus a 60-minute Spiezia Head In Heaven spa treatment each.

Best Loved Hotels offers an exclusive collection of Britain's most covetable, unique and characterful properties, and is proud to represent Budock Vean.

For more details, see bestloved.com/item/budock-vean-the-hotel-on-the-river.



For your chance to win, simply answer this question:

What is the name of the islands off the Cornish coast?

A Canary Islands **B** Maldives **C** Scilly Isles

Enter online at wwwmagazine.co.uk. Call 0905 XXX XXXX or text XXXXXX, followed by a space and your answer; then your full name, house number and postcode to 85088. BT calls cost £1.02 for each call; the costs from other networks may be higher. Texts cost £1 plus network charges. Send your answer on a postcard with your name, address, phone number and email address to Weight Watchers magazine, Budock Vean competition, River, PO Box 36, Plymouth PL1 3JY*. Closing date is 6 August 2014.

READER OFFER

Even if you're not our lucky winner, you can book a minimum two-night break in a standard room for just £114 per person per night, including dinner, bed and breakfast (normal price £133). This offer also includes Cornish cream tea each day of your stay, a complimentary bottle of champagne and full use of the hotel facilities including golf, indoor swimming pool and outdoor hot tub.

Terms and conditions apply. Subject to availability. Cannot be used in conjunction with any other offer or promotion. Offer available from 25 June to 27 September 2014.

TERMS AND CONDITIONS 1. Standard Weight Watchers magazine terms and conditions apply; see page 118. 2. Winners will be selected at random and notified after the closing date of 6 August 2014. 3. Entrants must 18 or over. 4. One prize winner will be selected and will receive a three-night stay, dinner, bed and breakfast for them and a guest plus two spa treatments of 60 minutes duration. The stay will be subject to availability and cannot be used in conjunction with any other special breaks or promotions, such as Gourmet Weekends. No cash alternative will be made. Prize is offered subject to availability for stays up until 20 December 2014 (excluding bank holidays). Based upon two guests sharing a suite. 5. The promoter reserves the right to withdraw, change or cancel this offer at any time. 6. This offer cannot be combined with any other offer, promotion or discount, including Gourmet Weekends. Promoter is Best Loved Hotels, PO Box 602, Redhill, Surrey RH1 5XA. *Data protection: from time to time you may be contacted by River, the promoter or carefully selected third parties. If you prefer not to be, please state 'no offers' when you enter by post. If you enter by phone or text, your details will be used for administrative purposes only. Phone/text service provider: Spoke Interactive 0870 487 4870.