

SAUNTON SANDS

HOTEL & SOURCE SPA

GREAT  
*Escapes*

AUTUMN/WINTER

2024-25

  
B R E N D  
COLLECTION

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JANUARY & FEBRUARY

*'Let the exquisite beauty of the natural environment feed your soul'*

Situated in the wild beauty of North Devon's UNESCO Biosphere Reserve, and within miles of unspoilt coastline, our Art Deco hotel provides a very special way of getting back to nature.

Saunton captures the pure essence of wellness: sleep well to the sound of waves beyond your windows; eat well by dining on the freshest, locally sourced produce; let the exquisite beauty of the natural environment feed your soul; and enjoy how good you feel when you leave stresses behind.

Play in the surf, feel the sand between your toes, fill your lungs with some of the cleanest air in the UK, do yoga on the lawn, sweat it out in the gym, run on the beach, wallow in our top-of-the-range spa and feel good in body and mind. It's all here, waiting for you ...



Pete Brend, managing director

PS Those with an electric vehicle will be delighted to know we now have EV chargers at the hotel. Simply book via Smappee – rates applicable.

WEEKEND TREATS

**Extend your weekend**  
Stay Friday and Saturday and add Sunday at half price

Or take advantage of

**Saunton Sundays**  
Stay Sunday night and enjoy dinner on us! (worth £45 per person)



This magazine was printed locally using vegetable-based inks on an FSC® paper

# THE *Devon* EXPERIENCE

A collection of treats running throughout autumn and winter.

Complimentary cream tea, wine, a superb dinner and a garden experience. What's not to love?

Throughout autumn and winter we run a very special offer that gives visitors the opportunity to enjoy the wild coastal landscape and luxurious facilities of the hotel, plus a few extra treats.

Stay for three nights or more to enjoy all the benefits of the ultimate Devon Experience at no extra cost. The package (worth £75 per person) includes a traditional Devon cream tea, a day trip to RHS Garden Rosemoor with its enchanting Winter Garden, a bottle of Devon wine and a complimentary dinner on one night of your stay.

Available 1 September – 31 March

*Three-night break from* **£297**

Per person, in a cosy room. Minimum three-night stay.

## *Includes*

- Room and breakfast
- Three-course dinner in our two-AA-rosette restaurant on one night
- Daily use of Source Spa
- Tickets to RHS Garden Rosemoor
- A bottle of Devon wine
- Traditional Devon cream tea
- Free WiFi and on-site parking

\*Price offer excludes Christmas and new year



# AUTUMN *Pleasures*

Escape to Devon for the joys of an Indian summer.



September doesn't mean the end of summer, not at Saunton anyway.

The kids are back at school, the beaches quieter and the sea at its warmest point in the year. Peachy sunsets draw each day to a stunning close and are equally well observed from a surfboard 'out back' or while clinking glasses on the terrace.

All this, combined with September's usual good weather, draws a crowd. Surfers, stand-up paddleboarders and extreme sports enthusiasts rub shoulders with ramblers, while young couples bring pre-school children for a quiet getaway to the seaside (under 5s stay free this month).

We're lucky to be just a few miles from one of the Royal Horticultural Society's most stunning gardens and September is a key flowering moment in RHS Rosemoor's iconic Hot Garden of bold red and orange flowers.

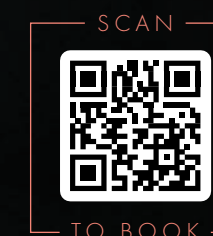
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*Two-nights from* **£240**

\*Based on our best flexible bed and breakfast rates per person.

## TAKE THE EXPERIENCE FURTHER

Stay three nights from £297 and enjoy a day out at RHS Rosemoor and other treats with our Autumnal Devon Experience.



# Autumn SPA BREAK

1 SEPTEMBER – 31 OCTOBER

Two-night break from £349

Enjoy a luxurious spa break that includes a stay in a Cosy Room, full use of the hotel's facilities, dinner on one night, continental or English breakfasts, daily fitness classes, a Thermal Suite session each day, plus a 60-minute Source treatment from the selection below.

One-night spa breaks also available – visit [sauntonsands.com](http://sauntonsands.com) for further information.

## source spa

SELECT YOUR 60-MINUTE SOURCE SPA TREATMENT

### Renew

Seasonal full-body scrub

Our lime and lemongrass seasonal body scrub will buff and polish your body. The treatment renews skin cells and also helps relieve aching muscles and joints.

### Rebalance

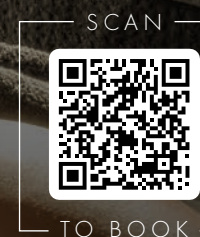
Aegean charcoal facial

Our Aegean charcoal facial will rebalance oils and water in the skin. It's ideal for those with oily skin as the facial uses a powerful antioxidant blend containing active charcoal with high absorbency to retain impurities and toxins, and remove excess sebum.

### Recharge

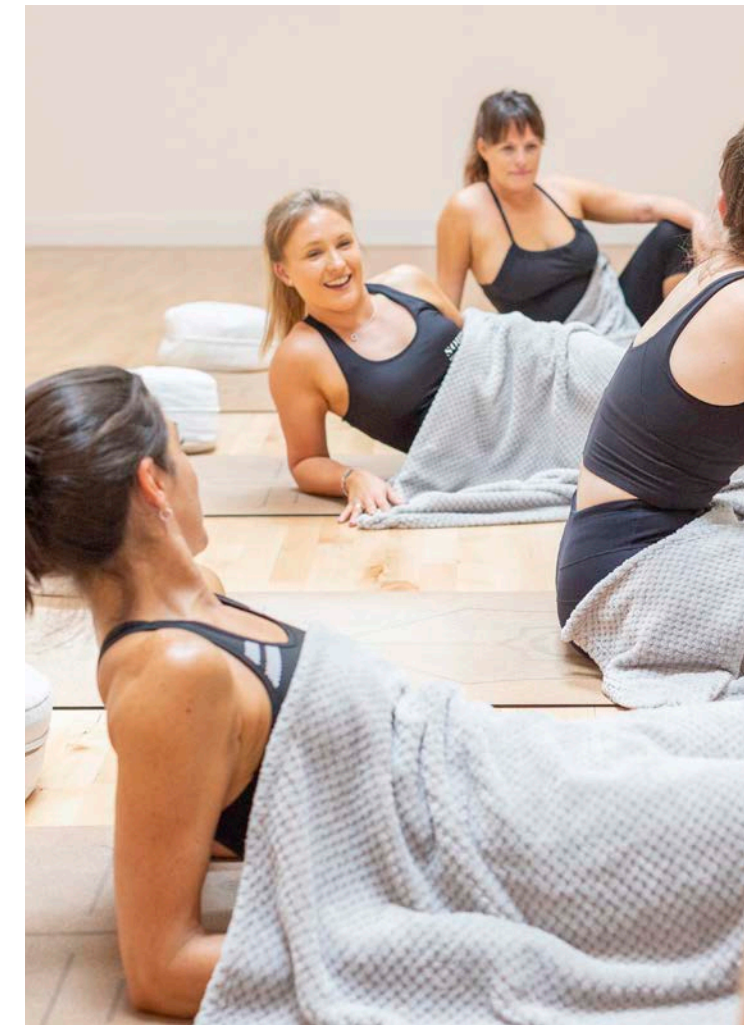
Hot stone full-body aromatherapy massage

This Source Recharge treatment will leave you feeling recharged, through the use of hot stones. The massage encourages blood flow throughout the body to aid circulation and also helps boost immunity.



SCAN

TO BOOK



## AUTUMN GROUP GETAWAY

Ready to escape to the coast with your favourite people?

There's nothing as good for the soul as time with your close friends, and autumn is the perfect season to carve out a little time together. Run on the beach, take a yoga class, lounge in the spa and enjoy evenings of cocktails and good dinners (including a couple of glasses of wine, naturally).

Or, why not book a private apartment so you have your own sitting room for late-night chatting in PJs? Our Penthouse sleeps up to eight and makes a brilliant setting for a group gathering.

Talk to us to craft your perfect stay – and to take advantage of the special autumn group-booking saving on hotel rooms.

### Save 15% on a group booking

Based on 10 or more people staying in hotel rooms in autumn.

Please call to book on 01271 890212.



# Class TIMETABLE

Throughout autumn and winter our experienced trainers and instructors run a full programme of regular classes. Here's a taste of what's on.

## MONDAY

- 7.30am (45mins) **Pilates** with Natasha Burgess
- 8.30am (45mins) **Pilates** with Natasha Burgess
- 10.30am (60mins) **Gym Strength** with Megan Martin
- 11.45am (60mins) **Chair Yoga** with Sian Marie
- 5.15pm (60mins) **Hatha Yoga** with Natasha King
- 6.30pm (60mins) **Circuits** with Ruby Howse/Megan Martin

## TUESDAY

- 8.15am (60mins) **Sun Practice Hatha Yoga** with Natasha King
- 9.15am (60mins) **Intermediate Tennis Coaching** \*please see booking system to check time as this changes between term and holiday times\* with Rob Cook
- 9.45am (60mins) **Vinyasa Yoga** with Jessica Wright
- 11.15am (45mins) **All Style Dance Workout** with Natasha Burgess
- 3pm (60mins) **Full-Body Workout** with Megan Martin
- 5pm (60mins) **HIIT** with Ruby Howse/Megan Martin
- 6.15pm (45mins) **Yogalates** with Lenka Koubek

## WEDNESDAY

- 8am (60mins) **Pilates** with Megan Martin
- 9.15am (60mins) **Pilates** with Megan Martin
- 9.15am (60mins) **Beginners & Rusty Rackets Tennis Coaching** with Julie Williams
- 10.30am (60mins) **Strength Conditioning** (over 55s) with Megan Martin
- 5.15pm (60mins) **Pilates** with Luke Doyle
- 6.30pm (60mins) **Burn It** with Luke Doyle

## THURSDAY

- 7.30am (60mins) **Energising Wake Up Yoga** with Jessica Wright
- 9.15am (60mins) **Full-Body Workout** with Jessica Wright
- 10.30am (45mins) **Zumba** with Natasha Burgess
- 11.30am (60mins) **Strength Conditioning** (over 55s) with Megan Martin
- 5.15pm (60mins) **Vinyasa Yoga** with Jessica Wright
- 6.30pm (60mins) **Sweat** with Luke Doyle

## FRIDAY

- 8am (60mins) **Feel-Good Friday Flow Yoga** with Jessica Wright
- 9.15am (60mins) **Feel-Good Friday Flow Yoga** with Jessica Wright
- 10.30am (60mins) **Gym Strength** with Megan Martin
- 11.45am (60mins) **Strength Conditioning** (over 55s) with Megan Martin
- 6pm (60mins) **Breathwork** with Natasha King

## SATURDAY

- 8am (45 mins) **Active Pilates** (advanced) with Anna Weller
- 9am (45 mins) **Pilates** with Anna Weller
- 5pm (60mins) **Moon Practice Hatha Yoga** with Natasha King

## SUNDAY

- 10.15am (60mins) **Yin Yoga** with Natasha King

Management reserve the right to alter or change this programme at any time.

# Foodie ADVENTURES

Gourmet thrills for the whole family.



Creedy Carver duck breast



## AUTUMN ADVENTURES IN BRITISH CUISINE

Embrace glorious autumnal gastronomy: this season's fantastic bounty is showcased in our two-AA-rosette Art Deco restaurant where head chef Mathias Oberg (pictured) utilises the rich deep flavours associated with the British harvest time.

Nothing expresses hearty autumnal living quite like classic dishes, which is why we're delighted to have the skilful touch of this seasoned chef leading our talented kitchen team. Mathias has the CV of aspiring chefs' dreams, having cooked in many feted multi-Michelin starred restaurants across the world.

## A TASTE OF WHAT TO EXPECT

Our menus are switched up with the seasons to showcase the finest local produce available at that time, however in autumn guests can expect to feast on the likes of seared scallops with lemon gel, broad beans, candied peanut crumb, confit lemon zest and pea shoots to start; juicy grilled pork chop with dauphinoise potato, shaved fennel salad, crackling crumb and star anise jus for mains; and apple parfait with honey and almond granola and zesty lemon curd to finish.

Those following gluten-free, dairy-free, vegetarian and vegan diets are well catered for across the menu too. Plant-based delights include flavour-packed compilations such as Korean-spiced mushroom and quinoa burger with an umami-rich miso and lime mayonnaise, rocket and side of French fries, which can be chased with a dairy-free dessert like chocolate and raspberry mille-fuelle served with almond crumb and a scoop of vanilla ice cream.



Cherry chocolate delicie



Cornish crab and avocado salad

# Dining AT SAUNTON

A smörgåsbord of dining experiences.



Within the hotel there are lots of places to feast on fresh and local produce that's been crafted into quality dishes.

*The Dining Room*, with its period chandeliers and awe-inspiring views, is where you can leisurely feast on juicy Exmoor steaks, the daily catch landed by South West fishing crews, gorgeously succulent game and veggies picked from the area's fertile fields.

*The Terrace Lounge* is a more casual spot where you can feast your eyes on glistening sands and glassy waves, under a canopy of endless sky, backed by the undulating beauty of Braunton Burrows. Against this epic backdrop, tuck into the fall's yield of sumptuous ingredients in a great selection of small plates, sandwiches and soups from the Light Bites menu.

*Afternoon tea & cream teas* are what holidays are all about, right? Plump for an elegant traditional afternoon tea or sample the county's special: a Devon cream tea complete with warm fluffy scones, thick clotted cream and fruit-laden jam.

*Room service* is always an option if you just want to chill.





## FIRED-UP FLAVOURS AT BEACHSIDE GRILL

Located a mere pebble's skim from the golden sands of Saunton Beach is our sister restaurant, Beachside Grill. The bright, contemporary space offers fresh-from-the-grill meat, fish, veggie and vegan dishes in an unrivalled location.

Open until the end of October.



## EVERYTHING STOPS FOR TEA BY THE SEA

We pride ourselves for knowing how to do afternoon tea in traditional English fashion – complete with finger sandwiches, freshly baked scones served with thick clotted cream and fruit-laden jam, plus delicate patisserie. Best paired with a chilled glass of Champagne or high-grade loose-leaf tea.

Or, for a more relaxed experience, tuck into a Devon cream tea with warm fluffy scones, cream and jam in the lounge.



## BAR LOUNGING

Evenings begin and end at our elegant bar that overlooks the sea. Choose an old favourite or a new find from our cocktail list and sip a beautifully crafted cocktail as the sun sets over the horizon.

After dinner, slip into one of the comfortable armchairs for coffee and digestifs and relax amid the gentle hum of a well-run bar.

## COCKTAIL COGNOSCENTI

Shaken or stirred, classic or signature, fusion, fresh or fully trad ... however you like your aperitif, you'll find something on our carefully crafted cocktail list to surprise and delight.

Our favourite pre-supper find for sipping on chilly evenings is the classic Negroni.

It was reputedly created in Florence in 1919 by Count Camillo Negroni, who asked a barman to substitute the soda water in his favourite cocktail – an Americano – with gin. The heady blend of juniper juice, woody and fragrant red vermouth and bitter Campari was a hit and has been a fave of the cocktail cognoscenti ever since.



### *Classic Negroni*

Mix equal parts Campari, sweet red vermouth and gin.

Stir into an Old Fashioned glass (half full with ice), garnish with a twist of orange peel and serve.

# GOLFERS' *Paradise*

Save 15% on group bookings in autumn.

*'If there is another 36 holes of true links golf better than Saunton's courses, please tell me. Truly memorable'*

Stuart E, [top100golfcourses.com](http://top100golfcourses.com)

Golf at Saunton is a world-class experience thanks to sandy soils, a mild coastal climate and great courses.

Play at Saunton Golf Club and you'll enjoy a championship links course without the crowds, and expansive views of one of England's best beaches.

Bring a small group for a break which includes a great day on one of the World's Best 100 Courses, followed by fantastic food and a fully stocked bar. Source Spa is also at your disposal to relax tired muscles too.

Switch things up with a day at Royal North Devon course at Westward Ho! The oldest golf course in the country, it features a superb collection of original memorabilia. Alternatively, check out Ilfracombe Golf Club. In addition, we have our own putting green which even novice golfers will enjoy.

Stay in the hotel or plump for one of our stunning apartments such as 180 Degrees South and enjoy even more private space for your group.

## SAUNTON SANDS HOTEL & SOURCE SPA CHARITY GOLF DAY

Thursday 14 November 2024

Hotel guests are invited to take part in our annual event in support of Sport Parkinson's. Enter a team of four for the tournament at Saunton Sands Golf Club, then join the elegant dinner at the hotel with entertainment, an auction, raffle and casino. The evening will be hosted by Welsh sprinter and celebrity guest speaker Iwan Thomas and sponsored by Howdens.

Enter a team of four for golf and evening entertainment £600  
 Enter a team of four, plus have a table of 10 for evening entertainment £900  
 Price per additional dinner guest £50

## TEES & SEAS

### Saunton Golf Club offers:

- Championship course
- 2 x 18-hole links courses
- West course rated 60 in the World's Best 100 Courses and East rated 31 in the UK and Ireland
- Newly refurbished clubhouse
- Pro shop
- Tees up (on course drinks delivery service)
- Open competitions
- PGA professional coaches

18 HOLES	£pp
1-30 September	150
1-31 October	130
1 November-31 March	100
TWILIGHT	£pp
September	90
October	65

## HOW TO BOOK

For golf group enquiries, including Charity Golf Day bookings, please email [events@sauntonsands.com](mailto:events@sauntonsands.com)

To check tee times and availability for golf, please email [bookings@sauntongolf.co.uk](mailto:bookings@sauntongolf.co.uk)

# HIT THE *Trail*

Create your own bespoke walking holiday or join our four-day guided break in October.

## SELF-GUIDED BREAKS

The best way to fully immerse yourself in our stunning landscape, learn its rich history and revel in its wild and unspoilt nature is to explore it by foot.

It's easy to craft your own self-guided walking break when you stay at the hotel. We're on the South West Coast Path and also close to the incredible walking territory of Exmoor – the autumn is an especially fabulous time to see the moorland ablaze in russet shades. Pick up copies of OS Landranger Maps 180 and 181 to cover both coastal areas and moorland.

At the end of a day's walking, ease tired muscles and sore feet in the bubbling marine-vitality pool and relaxing Thermal Suite.

**From £139**

Per person, per night, in a cosy room.

## OCTOBER WALKING BREAK

Join our four-night guided walking break and discover the area's insider finds with our experienced guide John Ward of Exploring North Devon and Exmoor. He's been an avid trekker of the region's trails for 30 years and is a fount of knowledge when it comes to the myths and legends of the local area.

The break includes two days of guided walking. The first, an eight-mile walk, takes in the best of North Devon seaside scenery and explores the traditional fishing village of Appledore, its nearby coastal burrows and stunning riverside trails.

The other is a beautiful day's walk (eight miles) that showcases the best of Exmoor via a mix of moors and coastal scenery. Explore the less trodden tracks and trails and discover hidden gems. The walking is not too strenuous, taken at the group's pace and with plenty of opportunities to pause and enjoy the landscape.

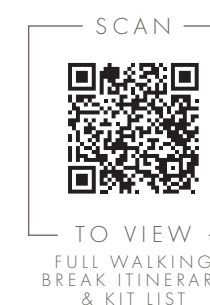
At the end of each day, guests can look forward to a three-course supper, sweet slumber in a plush bedroom and blissful rejuvenation in Source Spa.

**From £700**

Per person, per stay, in a cosy room.

### *The walking break includes*

- Room and breakfast each day
- Three-course dinner in our two-AA-rosette restaurant each evening
- Daily use of Source Spa
- Two guided walking tours with packed lunches
- Sole Energiser leg and foot treatment (worth £65)
- Free WiFi and on-site parking



# OCTOBER *Half Term*

19 OCTOBER – 3 NOVEMBER

Experience outdoor thrills and find  
time to reconnect as a family.

Always trying to get the kids away from screens?

That's why we offer an escape to the pure beauty and exhilarating environment of the North Devon coast where you'll find time to reconnect in an electronic-free way.

There's nothing like spending time together learning something new, and surfing will see you grinning with sheer exhilaration as you ride to the shore. Longboards, floaties, boogie boards ... you don't need to be an expert, just jump into a new experience.

Worried about sorting the gear? We've got it covered – and even provide free lessons twice a week for our guests during summer and October school hols. You'll be talking about it all year and it could even be the start of a new obsession – yours or the kids ...

Our half term period runs between 19 October and 3 November, so the different dates across the UK are covered.

Bringing younger children? Every day during school holidays, under 11s get two hours of free, supervised childcare in our exceptional playroom where they'll make friends and get creative while you slip away for a little downtime.

During the holidays, youngsters are kept occupied at Saunton and can use their boundless energy go-karting, learning football skills, playing tennis and dodgeball and messing about in the pool. We also offer mask making, painting and den building.

And because we know that kids need a little something to keep them occupied after dinner, we also have a varied programme that allows you to chat over a glass of wine in the lounge while children join other youngsters for fun activities.

If you're travelling with tinies, ask about our Baby Go Lightly service which provides lots of the baby and toddler essentials – so you don't have to bring loads of gear with you.

And the best bit? All of the activities and entertainment is included in the cost of your stay.

**From £388**

Per night for a family of four, based on two children and two parents sharing a family room. Includes breakfast.



SCAN



TO VIEW

October half-term stays include complimentary entertainment – from surfing lessons to movie nights. Scan the code to access a sample entertainment programme

# WINTER *Escapes*

Rejuvenate, revive and cosy up.

*'Establishing a new benchmark in soulful and physical wellbeing in the West Country'*

British Travel Journal

Sunrise/Sunset: December 07:58/16:12 | January 08:20/16:20 | February 07:53/17:08

Visit in winter for a different flavour of beach life.

Visit to relax in the marine-vitality pool at Source Spa, which was named 2024's AA Spa of the Year. As you wallow in the bubbles you'll gaze over miles of golden coastline for the ultimate indoor/outdoor experience.

Experience deep relaxation in the salt inhalation steam room, before refreshing yourself in the ice shower and decompressing in the Finnish sauna.

We also offer a wide variety of glorious Source Spa treatments. Talk about rejuvenating ...

*From £99*

Per person, per night.

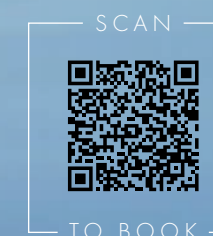
Why not stay three nights and also enjoy all the benefits of the Devon Experience?

## TAKE THE EXPERIENCE FURTHER

### *New CBD full-body massage*

Discover the invigorating power of our exclusive CBD massage, designed to enhance relaxation, reduce inflammation and elevate your overall wellbeing.

This indulgent spa experience has been crafted in collaboration with North Devon company Happy Me CBD. 60-minute treatments from £100.



# Next-level IN-ROOM PRODUCTS

## NATURAL INDULGENCE

Source Spa's products have been curated and created to share our ethos of natural indulgence, authentic beauty and wellness. Our portfolio of spa products complement our holistic, beauty and cosmeceutical treatments and include our very own Source Spa Collection, as well as a revolutionary cosmeceutical skincare range for results-driven treatments.

Many of the spa products we use are available to buy in our Spa Reception.



Medium Tonka, Patchouli and Cedar scented candle £22



Tonka, Patchouli and Cedar scented reed diffuser £30



Insulated stainless steel water bottle 500ml £20



Hand wash, hand + body lotion, hair conditioner and body wash + shampoo £12.50 per product



Large Tonka, Patchouli and Cedar scented candle £30



## NATURALLY EMPOWERING WELLNESS.

Led by nature and grounded in science, Happy Me has crafted organic CBD products for stress, sleep, anxiety, and menopause to bring calm and balance to body and mind every day.



## CBD FOR PAIN £30

Pain can come in various forms including chronic pain, neuropathic pain, inflammatory pain, pain associated with conditions like arthritis, multiple sclerosis, and fibromyalgia, as well as pain related to PMS, PMDD and changing levels of hormones during the perimenopause and menopause. Known for its pain-relieving and anti-inflammatory properties CBD is widely used, topically and in oil or gummy form, to help ease and soothe different types of pain.

## CBD OILS from £25

Discover our CBD oils made with the highest quality organically-grown hemp, available in a lovely light mixed berry or peppermint flavour. All our oils come with a graduated pipette to make dosing super easy and we'll guide you to your perfect daily dose with our dosage calculator.

- THC-free
- Non-GMO
- Vegan friendly
- Contain no pesticides or heavy metals
- Third party lab tested
- Made with fully-traceable CBD
- In fully recyclable packaging



## CBD FOR SKIN £50

With natural anti-inflammatory and antioxidant properties, research shows that CBD can help to address various skin concerns. Our high-quality CBD skincare products are an effective solution for dry skin, eczema, psoriasis and acne. Gentle yet transformative, they harness the power of CBD to nourish, rejuvenate, and revitalise the skin.



## CBD FOR STRESS AND ANXIETY £20

Research shows that the cannabinoids in CBD can help ease and manage certain symptoms that can result from stress such as insomnia or sleep problems, anxiety or depression, concentration issues and mood changes, as well as stress-exacerbated skin conditions such as eczema and psoriasis.

Happy Me CBD products are also available to buy at Spa Reception.



source spa

# PEAK Wellness

Good sleep, fresh air and time out are elemental.

A good night's sleep is as important for health as a balanced diet and exercise, but our busy, noisy lives often deprive us of restful repose and lead to poor nocturnal habits.

Yet it's while we sleep that our bodies heal and regenerate for the coming day.

The amount of sleep each person needs differs but healthy adults should aim for between seven to nine hours of sleep each night to give enough time for the brain and body to carry out vital work. Getting less than this affects concentration, mood and productivity, and over a continuous period can even increase the risk of illness.

## AND RELAX ...

Feeling relaxed before you slip between the sheets is key to a good night's sleep, so do a little of whatever keeps you calm in the run up to bedtime.

Regular exercise is one of the best ways to improve sleep quality as it reduces stress and the physical effort tires you out. With swimming, surfing, yoga, exercise classes, beach walking and a state-of-the-art gym on offer at Saunton, you can mix up activities during your stay.

*'The abundance of negative ions found in sea spray and fresh sea air accelerate our ability to absorb oxygen'*

Other excellent stress relievers include aromatherapy massage, the sauna and steam room, lounging in the marine vitality pool and relaxing via spa treatments such as massage. Set yourself up for sweet slumber in the tranquillity of Source Spa and Wellness where you can indulge in five-star pampering to help you unwind.

## 40 WINKS

Some people swear by the restorative power of an afternoon nap. In fact, regular, short naps can help lower tension (decreasing your risk of heart disease) and leave you feeling rejuvenated. A doze after a fun-packed morning on the beach or a hearty lunch is a great way to get back into good sleep habits while on holiday as you capitalise on your relaxed state of mind and free time.

Keep shut-eye short and sweet so it doesn't interfere with the all-important night-time sleep. Napping for no more than 20 minutes ensures you don't slip into a longer sleep cycle and feel groggy when you wake.

## GOOD TO BE BESIDE THE SEA

You may have heard that sea air promotes restful sleep but have you ever wondered why? It's down to the abundance of negative ions found in sea spray and fresh sea air which accelerate our ability to absorb oxygen. These charged particles also serve to balance levels of the feel-good hormone serotonin, which helps quell anxiety.

The slow, hypnotic sound of waves lapping the beach can also aid slumber. This is because our brains are programmed to interpret sounds as either threats or non-threats and the repetitive noises of the sea don't cause us alarm. These calming sounds can also mask noises that would otherwise stir our brains into action.

So a stroll along the beach before bed – or even breathing in a lungful of sea air as you watch the sun set from the Terrace Lounge – could make all the difference to the night ahead.

# source spa

## SEASONAL *Treatments*

30-minute treatments from £60.

*Autumn (1 September – 31 October)*

### AUTUMN REBALANCE: **AEGEAN CHARCOAL FACIAL**

Using a powerful antioxidant blend containing active charcoal, which has high absorbency of impurities and toxins, this facial will sweep away excess sebum. Ideal for rebalancing oily skin, it contains Vitamin B6 which purifies and maintains healthy skin.

### AUTUMN RENEW: **REVIVE SCRUB**

This lime and lemongrass treatment will renew skin cells and has skin lightening properties. Lemongrass is also known to reduce cellulite and lift the spirits.

### AUTUMN RECHARGE: **HOT STONE MASSAGE**

This full-body treatment will leave you feeling recharged through the use of hot stones to relax muscles. Massage encourages blood flow and can help boost immunity, release stress and promote deep relaxation.

*Winter (1 November – 22 December)*

### WINTER GOLDEN GLOW: **GOLD RUSH FACIAL**

Skin is left feeling smoother, firmer and youthfully revitalised. The treatment combines Champagne (which contains a powerful antioxidant), pearl to help renew skin cells, caviar extract, vitamins and minerals to help prevent dullness and dryness. It also includes hyaluronic acid to retain moisture and 23-carat gold to help renew the elasticity of skin by stimulating cell growth.

### WINTER WARMER: **NOURISHING ROSE SCRUB**

Rose petals contain compounds that improve metabolism, clear toxins from the body and aid detoxification. Also contains antioxidants and antibacterial compounds. Rose petals soothe the skin and provide relief from irritation – and are wonderfully fragrant.

### WINTER BODY BALANCER: **SWEDISH WARM CANDLE OIL MASSAGE**

This full-body massage helps with circulation and the lymphatic system, while also releasing tight muscles and feeding them with oxygen. The rose candle helps to promote a feeling of wellbeing and positive thoughts.



# WINE *Weekend*

8-9 NOVEMBER

We've paired with E&J Gallo Winery to create a weekend of wine appreciation which celebrates one of Spain's leading wine producers.



On the Friday night, join fellow grape enthusiasts for a very special four-course menu that's been perfectly paired with a selection of exciting Gallo Wines. Each dish and matched glass will be introduced by our wine expert.

Then, on the Saturday night, you'll receive a complimentary bottle of Gallo wine with dinner.

*Two-night break from* **£300**

Based on a Cosy Room and breakfast for two nights.

SCAN



TO BOOK  
OR CALL THE  
NUMBER ON THE  
BACK PAGE



# Winter FAMILY BREAK

1 NOVEMBER - 28 MARCH

Spend quality family time together at the seaside.

*Under 12s stay free from  
1 November to 28 March*

There's so much for the family to do in the winter at Saunton – indoors and out.

Inside the hotel, the large heated pool is a favourite, as is the entertainment programme during school holidays. Children under 11 also receive a complimentary, supervised, two-hour session in the playroom every day of the stay, keeping them entertained while grown-ups enjoy a little precious me-time in which to swim, sauna, have a massage, go for a run on the beach or indulge in coffee and the papers in the lounge.

Outside, the expansive beach and dunes provide lots of space where little ones can run off their energy. There's also an outside play area in the garden.

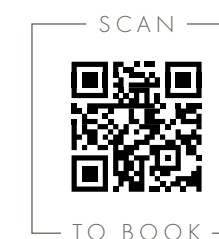
Come evening, gather the family for supper together in our restaurant. For one or two nights of your stay, you might like to give the kids an early supper and let us organise babysitting, so you can enjoy a relaxed dinner with fine wines in the knowledge that the kids are tucked up safely in bed.

**From £109**

Based on bed and breakfast per person, per night, in a Cosy Room. \*Children under 12 stay free when sharing a room with parents. Dining charges apply. Excludes 23 December – 2 January (Christmas and New Year).

## TAKE THE EXPERIENCE FURTHER

Treat yourselves to a three-course dinner in our two-AA-rosette restaurant from just £45 per person.



# APARTMENT *Luxury*

From 2 November – 31 March stay for three nights for the price of two in one of our luxurious apartments



If your group would enjoy a coastal break with the facilities of a four-star hotel but all the freedom of apartment living, don't miss this seasonal offer.

With their incredible views of the beach and their smart contemporary interiors, the spacious apartments will surprise and delight.

Curate your own bespoke break with friends or family (even the dog can come – and be well looked after with treats and dog-friendly facilities) and enjoy space and privacy while being free to use the hotel's top-notch facilities.

Source Spa and treatment rooms are at your disposal, as are the indoor and outdoor pools, tennis court, bar, restaurant and Terrace Lounge. We'll even deliver room service (weather permitting).

The apartments offer direct beach access, which is perfect for those who like to hit the beach for an early morning stroll – with or without a pooch in tow.

**From £45**

Per person, per night, based on full occupancy. Dogs charged at £20 per night.

**\*Offer excludes** 19 October – 3 November (half term) and 23 December – 2 January (Christmas and New Year).

### *Luxury coastal break includes*

- Self-catered accommodation
- Access to all of the hotel's facilities, including daily use of Source Spa and fitness classes
- One session each day of free supervised childcare for under 11s
- Free WiFi and on-site parking

### TAKE THE EXPERIENCE FURTHER

Stay for seven nights and we'll treat you to dinner in the restaurant on one of the nights.



# PRE-CHRISTMAS *Getaway*

Leave winter at home for the mild climate of the seaside.



Head to the coast for an enchanting break before the Christmas rush.

How about booking a pre-Christmas beachy escape to enjoy time in the hotel when it's decked out in all its festive finery? Indulge in a delectable afternoon tea while drinking in sea views, while away hours in the luxe Thermal Suite at Source Spa, hit the gym and fitness classes, and take bracing walks along the beach.

This doesn't have to be a grown-ups only affair either, as there's loads of fun for youngsters to enjoy, including swimming in the indoor pool, a gaming room, and time in the well-equipped playroom (under 11s get two hours of free, supervised play each day of their stay).

And during this time, up to two under-12s stay free when they share their parents' room, making this a perfect time to enjoy some fun time away as a family.

## *Includes*

- Breakfast each morning
- Dinner each evening
- A festive afternoon tea with a glass of Prosecco
- Daily access to Source Spa

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## MIDWEEK TWO-NIGHT BREAKS

2 November – 22 December *from* **£280**

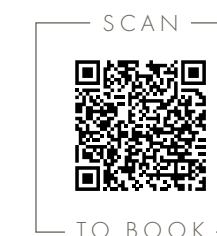
Per person, per stay, in a Cosy Room. Based on two nights.  
Up to two under 12s stay free when sharing their parents' room.

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## PRE-CHRISTMAS WEEKEND SPECIAL

29 November – 1 December *from* **£280**

Per person, per stay, in a Cosy Room.  
Up to two under 12s stay free when sharing their parents' room.



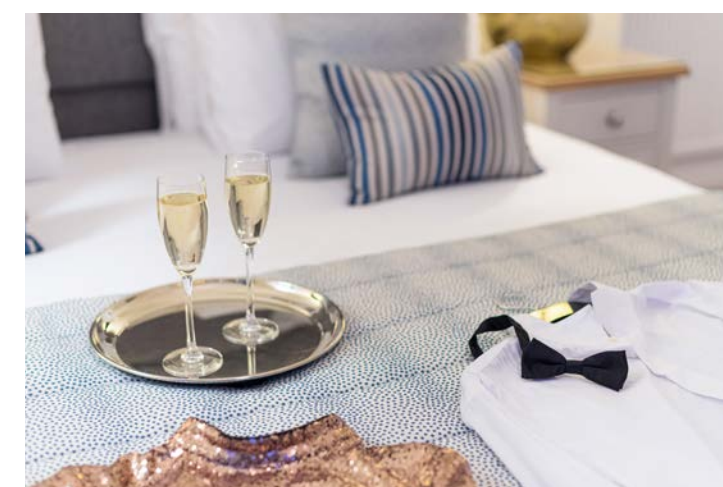
# TIME TO Party!

Celebrate the festive season in style at Saunton.

We're proud to host the most glamorous Christmas and New Year's Eve parties.

Gather friends and colleagues for a trip to Saunton to enjoy all the best traditions of the festive season at one of our Christmas party nights.

Feast in our award-winning restaurant which offers excellent food and the finest wines and cocktails, served in the most sumptuous surroundings. You just need choose from tipsy afternoon teas, party nights with live bands, festive bingo or a Christmas quiz – there's a whole list to pick from.



## MAKE A NIGHT OF IT

Stay over and enjoy a room and breakfast from £100 per person. Our party-night accommodation lets you stay the night and luxuriate in our sumptuous rooms and enjoy use of the spa on your day of arrival and departure.

There's nothing like the pure bliss of sinking into the marine- vitality pool after a night of dancing, before tucking into a full-English breakfast and a steaming pot of coffee, then taking a walk on the beach.

SCAN



Scan the code to discover our range of Christmas parties and festive celebrations



# Christmas BY THE COAST

Join us for glamour and fun at  
Christmas and New Year's Eve.



The decor and atmosphere are magical in the festive season.

Embrace yuletide traditions, experience festive elegance, feast on exquisite cuisine and rediscover the joy of togetherness in the comfort of our beachside setting.

Gather your loved ones for an unforgettable break and wake up to views of waves crashing on the shore, embark on coastal adventures, then return to the hotel to bliss out in the marine-vitality pool or indulge in a festive afternoon tea.

## CHRISTMAS BY THE COAST

From **£1770**

23-27 December for two people, for three nights.

- Three or four night's accommodation in a beautifully appointed room
- Hearty English breakfast or light continental breakfast each morning
- Dinner each evening in our award-winning restaurant
- Christmas lunch with all the trimmings
- Meet Father Christmas in our grotto
- Christmas Eve with reindeer tracking, carols and a children's party
- Programme of festive events and activities
- Playroom activities for little ones
- Join the annual charity beach walk on Boxing Day
- Black-tie dinner on Boxing Day
- Daily access to Source Spa
- A trip to Barnstaple's pantomime on 27 December

SCAN



Discover more about our  
Christmas and New Year breaks



Gourmet dining, fine wines and craft cocktails are accompanied by fabulous entertainment and dancing in an Art-Deco setting. If you're visiting with little ones, they'll love the inclusive entertainment programme of family-friendly activities. Father Christmas loves Christmas at Saunton so he always puts in an appearance.

Come New Year's Eve, all the stops are out for the most glamorous event of the year. It's a sparkling evening filled with fun and excitement (and some stunning dresses), the clink of Champagne flutes, live music, great food and a fabulous countdown.

Here's a taste of what's on offer during Christmas and New Year ...

## NEW YEAR'S EVE ESCAPE

From **£1647**

30 December – 2 January for two people for three nights

Celebrate New Year's Eve like never before with three nights of 1920s-esque glitz and glamour and four days of contemporary luxury at our Art Deco hotel.

- Two or three night's accommodation in a beautifully appointed room
- Hearty English breakfast or a light continental breakfast each morning
- Dinner each evening in our award-winning restaurant
- New Year's Eve Champagne reception followed by a black-tie dinner
- After-dinner entertainment from tribute act Soul Sensation and DJ Laird Grooves on New Year's Eve
- Big-prize bingo on New Year's Day
- Afternoon visits from Spangles the Clown and his workshop for little ones
- A programme of entertainment for children and adults, and full use of all our facilities (including Source Spa) included

\*Prices are a guide and based on two adults sharing a Cosy Inland-facing double or twin room or two adults and two children in a Family Suite. The price varies daily and is based on our best available rate at the time of booking.

# TWIXMAS *Treat*

27 - 30 DECEMBER

Post-Christmas bliss awaits ...



Join us in the days following Christmas to relax and indulge with friends and loved ones.

It's the ideal time to get away with the other side of the family, too. Just imagine, no stress, no cooking, just fun and rejuvenation – and kids stay half price.

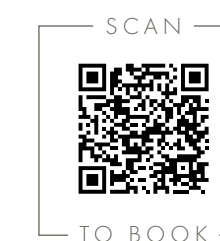
Two-night break with room and breakfast

From **£280** per person, per stay

Activities during a Saunton Twixmas getaway include

- Trip to the panto on December 27
- Saunton Race Night in the Terrace Lounge
- Children's entertainers in The Gallery each evening
- Kids' arts and crafts and movie afternoons (under 11s also get two hours of free, supervised childcare each day)
- Full use of Source Spa facilities
- Free parking and Wifi

\*Price is a guide and based on two adults sharing a Cosy Inland-facing double or twin room or two adults and two children in a Family Suite. The price varies daily and is based on our best available rate at the time of booking.



# JANUARY & *February*

Head to the coast for rejuvenation and pleasure.

Swerve the post-Christmas slump and kickstart the new year – and a healthier lifestyle.

Our enviable natural environment encourages a happy and healthy mindset during the late winter months. Let the crisp Atlantic air fill your lungs during a stomp on the beach, or cocoon yourself indoors in the warmth of the Source Spa experience.

Our grown-up breaks by the sea allow you to stop, breathe and reconnect with each other – and nature.

Two-night breaks

**From £198**

Based on bed and breakfast, per person, per stay.

## EARLY NEW YEAR WEEKEND SPECIAL

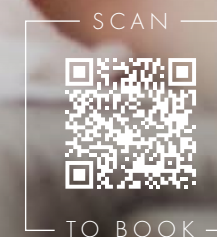
3 – 5 January

**£250** *per person, per stay*

Up to two under 12s stay free when sharing a parents' room. Plus extras included in the price of your stay, see our website for more details.

### *Includes*

- Prosecco on arrival
- Breakfast
- Cream tea buffet (Friday)
- Dinner on each night of your stay



The hotel will be closed between  
Sunday 5 and Sunday 26 January

# Winter Retreat & REVIVE

SPA BREAK  
1 NOVEMBER - 28 FEBRUARY

Two nights from **£330** per person

Enjoy a stay in a Cosy Room, full use of the hotel's facilities, dinner on one night, continental or English breakfasts, daily fitness classes, sessions in the Thermal Suite each day, plus a 60-minute Source treatment (see below).

One-night spa break also available – visit [sauntonsands.com](http://sauntonsands.com) for further information. \*Excludes 22 December – 2 January

## SELECT YOUR 60-MINUTE SOURCE SPA TREATMENT

### WINTER GOLDEN GLOW GOLD RUSH FACIAL

The facial combines Champagne (which contains a powerful antioxidant), pearl to help renew skin cells, caviar extract, vitamins and minerals to help prevent dullness and dryness. It also includes hyaluronic acid to retain moisture and 23-carat gold to help renew the elasticity of skin by stimulating cell growth.

### WINTER WARMER NOURISHING SCRUB

Rose petals contain compounds that improve metabolism, clear toxins from the body and aid detoxification. Also contains antioxidants and antibacterial compounds. Rose petals soothe the skin and provide relief from irritation – and are wonderfully fragrant.

### WINTER BODY BALANCER SWEDISH WARM CANDLE OIL MASSAGE

This full-body massage helps with circulation and the lymphatic system, while also releasing tight muscles and feeding them with oxygen.

The rose candle helps to promote the feeling of wellbeing and positive thoughts while reducing anxiety.

**source spa**



Escape together for quality time at one of the UK's most breathtaking destinations.

Treat your partner (and yourself) to a blissful break which incorporates incredible dining, spa sessions and a comfortable room, all set against a dreamy coastal backdrop.

A Valentine's break is a wonderful opportunity to escape the responsibilities of work and family and let someone else do all the work. You won't have to lift a finger beyond deciding whether you'd prefer a tranquil couple's massage before your dip in the pool, or after.

Saunton's four-star facilities are yours to explore and enjoy – from the pools and Thermal Suite to the gym, classes and Source Spa treatments. There's also our sea-view restaurant and bar where you can both indulge in exquisite cocktails, high-quality dining and an excellent wine list.

Surprise your amour with a bottle of Champagne in your room to create the full swoonworthy Valentine's experience.

**From £550**

Per couple, per stay.

Includes

- Room and breakfast
- Three-course dinner in our two-AA-rossette restaurant
- Bottle of Champagne
- Daily use of Source Spa
- Daily fitness classes
- Free WiFi and on-site parking





# FEBRUARY Half Term

14 - 23 FEBRUARY

Seven good reasons to head to Saunton with the whole gang during half term

Enjoy two-night breaks *from* £198

Based on a Cosy Room and breakfast, per person for two nights.



## 1 SPLASH ABOUT IN THE INDOOR POOL

The whole family will enjoy a dip in our beautiful heated indoor pool. Have fun splashing around or head down early for a serious swim – we can accommodate both.



## 2 EXPEND YOUR – AND THEIR – ENERGY!

Run around on the beach, take a class, use the gym, and let the kids have fun on the outdoor swings and climbing frame.



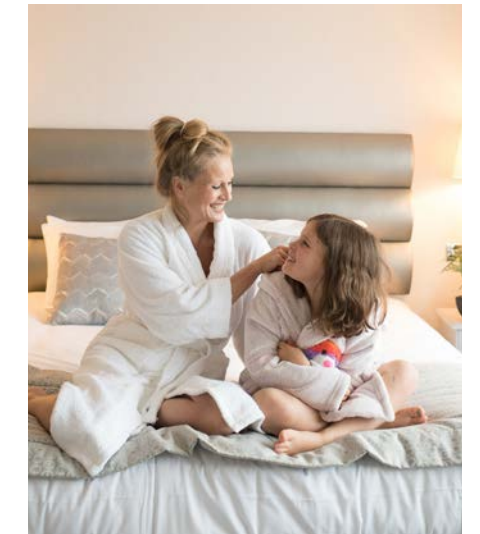
## 3 JOIN THE BREAKFAST CLUB

Let us collect your little ones and take them for breakfast while you enjoy a well-deserved lie in.



## 4 RELAX AND REVIVE

Use the free childcare each day to enjoy walks on the beach together or to chill in Source Spa.



## 5 TIME TOGETHER

Reconnect as a family, away from the busy rush of normal life.



## 5 APPROVED BABYSITTERS

We'll make sure the little ones are supervised while you enjoy a relaxed dinner downstairs.



## 6 ENTERTAINMENT PROGRAMME

Our programme is included in the cost of your stay and includes everything from children's entertainers to our new games room.



## 7 HAVE FUN IN THE PLAYROOM

Under 11s get two hours of free childcare each day in our well-equipped playroom.

# DESERVE AN Upgrade?

Why not add the following when you book to enhance your stay?



CHILLED CHAMPAGNE  
£60

Nothing kickstarts a holiday in style like popping open a bottle of Champagne, that's on ice ready in your room on arrival.



DINNER IN OUR TWO-AA-ROSETTE RESTAURANT

From £45

Don't miss the opportunity to dine at our Art Deco restaurant, drink in the stunning sea vista and indulge in modern British dishes crafted by talented head chef Mathias Oberg.



LUXURIOUS SOURCE SPA TREATMENTS

From £60

Treatments at Source Spa get booked up quickly so it's worth planning which rejuvenating therapies you'd like in advance. The extensive treatment menu includes facials, scrubs, massages and beauty treatments.



BOUQUET OF FLOWERS  
£50

There's nothing like seeing the delighted surprise on your partner's face when they arrive in the room to find a beautiful arrangement of fresh flowers.



BOX OF CHOCOLATES  
£10

Add a sweet addition to your arrival by arranging for a box of artisan chocolates to be waiting in your room.

Call our friendly reservation team to arrange your upgrades on **01271 890212**

## TAKE HOME A TOKEN OF SAUNTON



SAUNTON DRYROBES  
£175

Our branded Saunton Dryrobes are great for watersport and outdoor enthusiasts, and provide the ultimate changing robe and cosy coat. Available in small, medium and large sizes.



SAUNTON:  
A COASTAL CURATION  
£25

A beautiful hardback book celebrating the stunning Saunton landscape captured by leading artists as well as the art collected by the hotel over many decades.



BECKY BETTEWORTH'S VINTAGE-STYLE PRINTS

From £65 (frame options available)

Becky's iconic coastal Saunton scene, reminiscent of classic 1930s rail-travel posters, make a beautiful addition to any home.



JAGOS ART SAUNTON SANDS HOTEL

From £50 (frame options available)

A stunning digital painting of the hotel, made by Jagos Art. A4 mounted and framed.



SAUNTON GIN  
£50

In conjunction with Wicked Wolf Distillery on Exmoor, we've created a premium gin which blends juniper, coriander, sea buckthorn, cardamom and kaffir for an uplifting, refreshing spirit.

## Gift VOUCHERS

A gift voucher for Saunton Sands Hotel, Source Spa, Beachside Grill or any sister Brend Collection establishment makes a delightful gift. They're also a wonderful Christmas present for loved ones.

Gift vouchers available:

- Monetary gift vouchers which can be redeemed at any Brend Collection establishment (from £5 – £2,000)
- Afternoon tea for two (£55)
- Champagne afternoon tea for two (£80)
- Spa days (from £50)
- Spa treatments (from £60)
- One-year Source Spa and gym membership (£1,500)

Gift vouchers can be sent via email or post, and personalised with a special message. Postal vouchers are presented in a wallet. We can send vouchers directly to the recipient if you'd prefer (dispatched on the date of your choosing).

To purchase gift vouchers online, scan the QR code below or visit [sauntonsands.co.uk/vouchers](https://sauntonsands.co.uk/vouchers)

All gifts can be purchased from the hotel or by calling **01271 890212**



# SAUNTON SANDS

HOTEL & SOURCE SPA



*Our guarantee* – you'll pay the lowest rate when you book directly with us

01271 890212 | [reservations@sauntonsands.com](mailto:reservations@sauntonsands.com) | [sauntonsands.co.uk](http://sauntonsands.co.uk) | [f](#) [X](#) [@](#)

Saunton Sands Hotel, Saunton, near Braunton, North Devon, EX33 1LQ

If you would prefer not to receive future mailers from us please e-mail [reservations@sauntonsands.com](mailto:reservations@sauntonsands.com)

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**B R E N D**  
COLLECTION