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Spa Report

SUFFOLK GOLF AND SPA HOTEL, FORNHAM ST GENEVIEVE, SUFFOLK

FACILITIES

With an 18-hole championship golf course situated on the banks of the River Lark this spa hotel is the perfect destination for couples hoping to combine a day of putting with a pamper.

A 17-metre pool and a large, fully-equipped gym will satisfy sporty types. Meanwhile the hot tub, steam room and sauna are on hand if you prefer to take things more slowly.

Our hotel room was simple but clean with a pleasant decked terrace and views of the course.

The bar serves unfussy food, such as Suffolk burger or bangers and mash, throughout the day.

TREATMENTS AVAILABLE

A range of facials, waxes, massages and exfoliating rubs using Elemis products. Manicures and pedicures using Jessica Nails. Prices start at £7.

TREATMENTS TESTED

Exotic Lime and Ginger Salt Glow and Milk Ritual, 50 minutes, £43

My body was brushed all over to scrub off dead skin cells, which was incredibly relaxing.

I was then covered in a revitalising ginger and lime salt scrub and left to shower. At this point my skin felt impossibly smooth. Then I lay back on the table for a luxurious moisturising milk to be massaged into my



body. I left feeling relaxed and with baby-soft skin that was more than ready to face the harsh winter months.

Face and Body Sensation (for men), 55 minutes, £60
The therapist was undeterred by the fact my boyfriend Tim had not shaved and after cleansing his face thoroughly, proceeded to place the first of a three-step 30-minute facial on the skin around his beard.

A face mask (his first ever) aimed at removing impurities was left on for 15 minutes and afterwards he remarked that his skin had never felt so clean.

His back was also massaged with warm oils that sent him to the brink of slumber. He left feeling loosened up and eager to repeat the experience.

GOOD POINTS

Value for money. The hotel isn't fancy but neither are the prices.

The golf attracts plenty of men, making it a comfortable environment for males who think spas are too girly.

WHAT DOES IT COST?

A night's stay with three-course meal, light lunch, breakfast, 60-minute facial and 30-minute back, neck and shoulder massage costs £135 per person (based on two sharing).

Throughout January a "bring a friend for free spa break" deal costs £99.

CONTACT

0843 178 7171 or visit bespokehotels.com/suffolkgo/spahotel

KATE BOHDANOWICZ

Beauty News

CHEEKY
kiss 'n' tell
possy rosey lip and cheek tint
create blush pink of lips

★ BEAUTY should be fun and that's why we love the new range, Cheeky. It's a cheerful and affordable collection of body, hair and make-up products with prices starting from £7 for a shower mousse. Try the Freeze Frame make-up setting spray, £10, or this cheek and lip tint, £10, which provides a subtle touch of colour.
Stockist: urcheeky.com

★ CLASSIC British luxury toiletries brand Crabtree & Evelyn is branching out with a range of nail colours. The new C&E collection features 19 shades from sheer pinks to statement reds. Our favourite has to be the zingy Clementine. Priced at £6 each, you might just buy them all.
Stockist: 0800 1114 406

Obituaries

Share a loved one or much-respected colleagues obituary with **over 1 million** Express readers.

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expressyourself Fashion

Leopard print, £69, Marks & Spencer (0845 302 1234)

Grey with silver toecap, £180, Senso (harveynichols.com)

Burgundy with tassels, £120, Urban Outfitters (urbanoutfitters.co.uk)

Grey boot with stud detail, £75, Debenhams (08445 616 161)

Blue boot with buckles, £325, Toga (harveynichols.com)

Black with chunky heel, £45, Dorothy Perkins (08451 214 515)

Grey tartan boot, £175, Jigsaw (jigsaw-online.com)

Studded biker boot, £85, River Island (riverisland.com)

Tan boot with buckles, £69.99, New Look (0500 454 094)

The next step

Make strides in a pair of on-trend ankle boots

Embellished black boot, £225, Sam Edelman (harveynichols.com)

Nude with chunky heel, £89.99, Zara (zara.com)

Suede stiletto, £115, Dune (dune.co.uk)

Gladiator boot, £65, ASOS (asos.com)

Purple suede stiletto boot, £78, Office (08450 580 777)

Stiletto with peep toe, £110, Steve Madden (stevemadden.com)

Coat, £99; blouse, £29.50; skirt, £39.50; snood, £25; necklace, £17.50; ankle boots, £59, all Marks & Spencer (0845 302 1234)

Compiled by EMMA KNIVETON. Pictures: MEGAN BRAMLEY

PPI

LOANS CREDIT CARDS

IF YOU'VE EVER BORROWED MONEY ON A LOAN OR A CREDIT CARD FROM:

Alliance & Leicester, Abbey, Halifax, RBS, Bank of Scotland, Lloyds, Barclays ..

or any other bank or credit card or from lenders like BlackHorse, Welcome Finance, HFC, MBNA, Loans.co.uk, First Plus etc then contact CLAIMS.

Most loans and credit cards over the last 20 years had costly Payment Protection Insurance (PPI) attached to them - you could be entitled to

BIG COMPENSATION

We recently won over **£10,000** for PPI sold on a credit card in 1989 (including over £8,000 interest on the PPI charges) and we've won over **£20,000** on some PPI loan cases. Our PPI victories average £2,000 - £3,000 but the biggest was over £50,000!

We've won cases for loans paid off over 15 years ago **For the chance of a big payout call us now - with no up-front fees, you've nothing to lose!**

BAD INVESTMENTS?

AXA has just been fined £1.8 million for bad advice in Clydesdale, Yorkshire and West Bromwich branches. Were YOU ever sold Axa products?

In 2011 Barclays, Halifax/Bank of Scotland & RBS/NatWest also paid £14 million in fines for bad investment advice or bad complaint handling. Call us if your pension was switched into a SIPP or your bank investments lost you money. We've won **over £8 million** from bank investment sales such as **BARCLAYS Standard Life SIPP**s, Morley/Aviva Global Income Funds, Dynamic Tracker etc; **HALIFAX** Guaranteed Investment Plan, Personal Investment Plan, ISAs etc; **LLOYDS' Scottish Widows** Growth Funds, Momentum Income, Guaranteed Investment Bond, ISAs and investments from **Santander, RBS/NatWest** and **Bradford & Bingley**. Over the last 20 years banks just took your money and gambled with it for a nice fat commission.

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