

Living It Up

WELCOME to this week's Living It Up... with the chance to win one of eight ice cream makers.

Now you can enjoy the big chill

WITH the summer now upon us, delicious ice cream is sure to be on the menu. Thanks to the new Temptations by Russell Hobbs Ice Cream Maker, you now can create your own ice cream or sorbet delicacies in the comfort of your own home, or to cool you down during the heat.

And this week we have eight of these products to give away. Forming part of the Temptations by Russell Hobbs range of party products, the new Ice Cream Maker is fun and simple to use, keeping the children, your friends and family thoroughly entertained. The 1.5 litre capacity is large enough to feed the family and make

ing the ice cream is really simple. The secret behind the Ice Cream Maker is the specialist canister which contains a refrigeration liquid inside the can. Once the canister has been placed in the freezer for between six to eight hours and the mixture has been made, you will be enjoying your own ice cream in about 15 minutes. It can be stored in an airtight container in the freezer for up to a week.

Experimenting with different flavours is part of the fun with the Temptations by Russell Hobbs Ice Cream Maker. From vanilla ice cream, or even sorbets, simply add your own choice of ingredients. After use, the bowl, cover, pad-

dle and lid can all be washed in warm soapy water and the base wiped away with a damp cloth.

The new Temptations by Russell Hobbs Ice Cream Maker (Model No. 13963) has an anticipated retail price of £29.99. For stockist details, telephone: 0845 638 9700 or check out www.russellhobbs.co.uk

For a chance to win, simply answer the following question and send your entries, on a postcard, to arrive by August 31 to: Russell Hobbs Ice Cream Makers Competitions, Star Series, Echo House, Pennywell, Sunderland S24 9ER. Q: What capacity is the ice cream maker?



Luxury... Hall Hausbar.



Up on high... the mountain hut.

Comfort... one of the rooms.

ROSA Alpina facts:

- 50 luxurious rooms, all different.
 - Daniela Steiner spa.
 - Indoor swimming pool.
 - Steam bath and Finnish sauna, jacuzzi and hot tub.
 - Restaurant St Hubertus (two Michelin stars).
 - Wine bar and grill: fondue restaurant; Limona breakfast restaurant.
- LOCAL facts:**
- Great hiking, mountain biking and golf climbing.
 - Site of geological interest.
 - Biggest ski area in the world with 450 chairlifts for 760 miles of

ski runs, accessible from hotel.

HOW TO GET THERE

- 120 miles from Venice, 75 miles from Innsbruck.
- Helicopter pick up on request.
- I travelled GNER from Durham to Kings Cross, picked up the Thames Link to Gatwick and flew to Venice.
- Two-hour transfer by road to Rosa Alpina.
- Hotel & Spa Rosa Alpina, Strada Misura de Ru 20, 39030 San Cassiano in Badia, Dolomites (BZ) Italy, tel: +39 0471 84 95 00 or email info@rosalpina.it, website: www.rosalpina.it.

As roses get in the mountains...

I HAVE just returned from heaven on earth!

I am referring to the Rosa Alpina hotel and spa in San Cassiano, in the northern Italian province of Bolzano - 1537 metres above sea level and surrounded by the Dolomites. This Alta Badia tourist region is considered the heart of the Dolomites and the scenery is to die for.

What added a special something to these few days away, were the owners of Rosa Alpina, Hugo and Ursula Pizzinelli... these people were just born to be hosts.

Although it is less than two hours' flying time from Gatwick to Venice, you then have to drive more than two hours north to reach the village. But, hey, the scenery is so magnificent that the time passes in a flash.

It's one of those places that you immediately warm to - the rooms are spacious but cosy and the staff are lovely. They appear to pre-empt your every need... and some you didn't know you had! You order a coffee and get delicious snacks (freshly-made in the hotel kitchen) on a crier's tray and you get a tasty morsels that you just cannot resist.

Hugo and Ursula obviously enjoy being with and meeting people - their guests come back year after year and are treated as friends.

The first morning, the couple took us up to their mountain hut. I felt as though we shouldn't be taking them away from their busy schedule, but they are very relaxed about it, even though it was obvious that they have a long working day and are just as likely to clear away a plate as the next man!

The hut can be hired out for a day for picnics or barbecues, or you can take a couple of the hotel chefs with you to cook for you and your guests.

It rained, but we were so well looked after that, apart from the fact that the views were not as good as they could have been, we didn't matter.

We sat under large umbrellas sipping wine and nibbling antipasti fresh from the kitchen.

That night, we were treated to an eight-course meal at the restaurant. Restaurant St

By BETTY LONG

Hubertus. The chef, Norbert Hertenkoffer, won the Rising Chef Trophy 2007 and two Michelin stars. Each course was served with a different wine... pure luxury. It was honestly the best meal I have ever had.

The second day it actually snowed up in the mountains, so I decided to take it easy and wander around the village, sitting outside the cafe bar reading the paper and drinking cappuccino.

In the afternoon, I had booked spa treatments in the Daniela Steiner Beauty Spa - it was stunning, the treatments were exceptional and the staff made us feel very welcome.

Time was running out and I hadn't even tried the indoor pool, sauna or steam bath!

The second night we enjoyed fondue - something I haven't had in many years. There was a cheese fondue and another pan of freshly-made bœuf. We were given crusty bread, baked potatoes, local ham, tartify, veal and beef... magnificent!

Everything possible - food, furniture, fittings - come from local farms and businesses.

This is a fantastic hotel in a beautiful setting, with great people to look after you.



Stunning setting... the hotel in summer.

PRICES, eating:

- Wine Bar & Grill: lunch 35 euros (starter, main course and dessert).
- St. Hubertus: Tasting Menu (five courses plus amuse bouche and bread) £23 euros.
- Fondue: Cheese fondue 43 euros and Fondue Bourguignonne 48 euros.

PRICES for rooms start from 195 euros per night June-October.

For information and reservations, contact the Rosa Alpina on 0039 0471 843 500 or email info@rosalpina.it or visit www.rosalpina.it

- British Airways flies from London Gatwick to Venice three times a day, every day of the week, with a connection to Innsbruck from London Gatwick up to five times a week this winter (Tuesdays, Fridays, Saturdays and twice on Sundays). The year-round service then continues with two flights a week from April-October, www.baa.com.
- GB Airways flies from London Gatwick to Innsbruck three times a week. Helicopter transfers and taxi transfers can be arranged through the hotel!

Try this...

PRESCRIPTIVES originally launched cult classic Line Preventor in 1985 as the first product to address the scientific link between the visible ageing of the skin to oxidative damage caused by pollution and UV light. The next generation of Super Line

PRESCRIPTIVES

Preventor: Super Line Preventor Xtreme, the sixth version of Line Preventor is now here!
Charged with a 'super cocktail' of powerful

antioxidants to help defend skin against both types of free radicals, S.P.A. is a new and improved formulation designed with Prescriptives' proprietary Saps (Antioxidant System) (SAS) to not only help protect against environmental assaults but also improve the look of

visible lines and wrinkles and help prevent visible long-term damage. The result? S.P.A. helps skin strengthen and boost its natural defences against external environmental assaults and speed its natural repair process by helping skin bolster

its collagen production to improve visible skin tone, radiance and diminish the appearance of visible signs and wrinkles. Price £35 for 30ml, £49 for 50ml. Stockists: 0870 034 2566.

