

ISLAND RESORTS

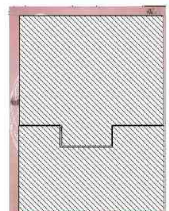
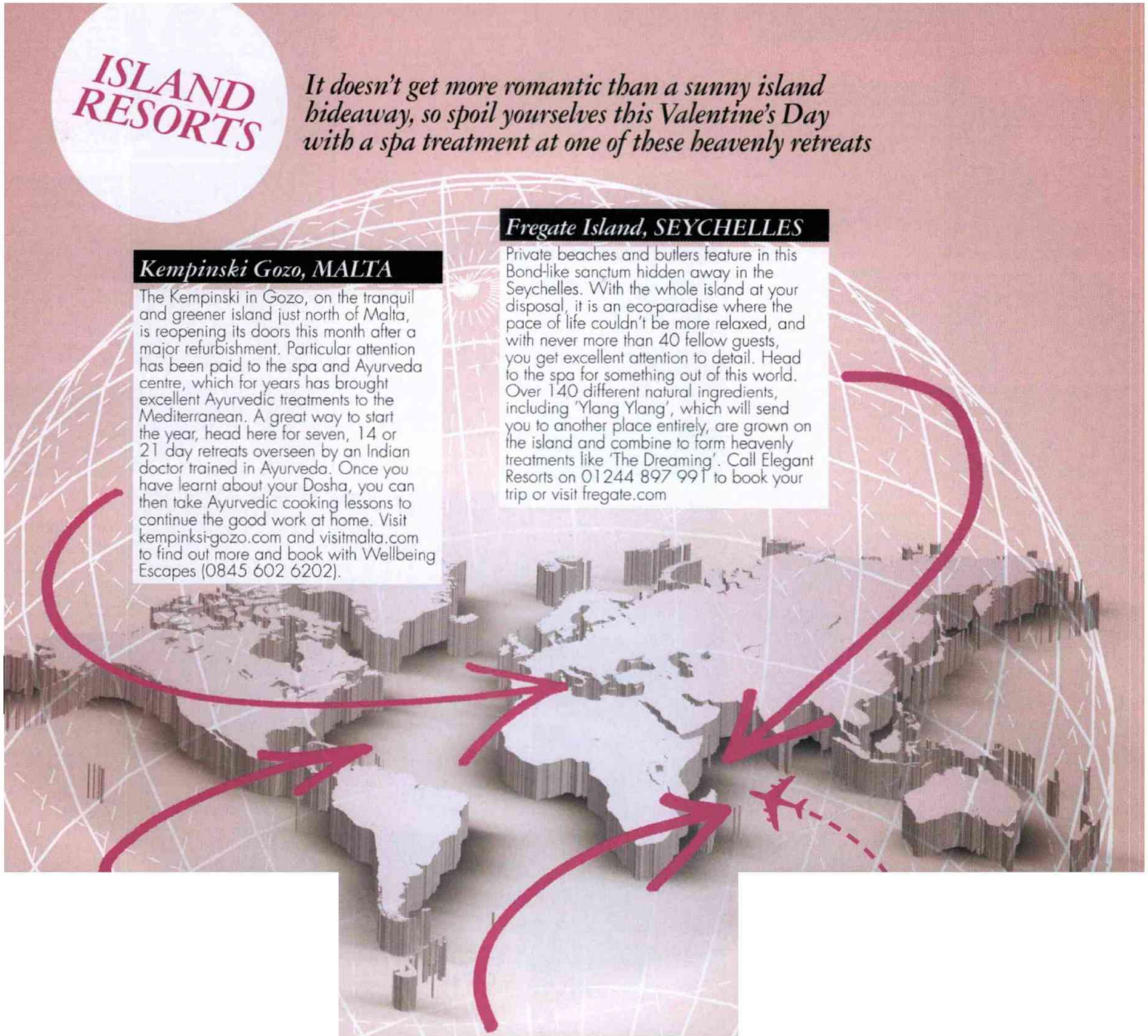
It doesn't get more romantic than a sunny island hideaway, so spoil yourselves this Valentine's Day with a spa treatment at one of these heavenly retreats

Kempinski Gozo, MALTA

The Kempinski in Gozo, on the tranquil and greener island just north of Malta, is reopening its doors this month after a major refurbishment. Particular attention has been paid to the spa and Ayurveda centre, which for years has brought excellent Ayurvedic treatments to the Mediterranean. A great way to start the year, head here for seven, 14 or 21 day retreats overseen by an Indian doctor trained in Ayurveda. Once you have learnt about your Dosha, you can then take Ayurvedic cooking lessons to continue the good work at home. Visit kempinski-gozo.com and visitmalta.com to find out more and book with Wellbeing Escapes (0845 602 6202).

Fregate Island, SEYCHELLES

Private beaches and butlers feature in this Bond-like sanctum hidden away in the Seychelles. With the whole island at your disposal, it is an eco-paradise where the pace of life couldn't be more relaxed, and with never more than 40 fellow guests, you get excellent attention to detail. Head to the spa for something out of this world. Over 140 different natural ingredients, including 'Ylang Ylang', which will send you to another place entirely, are grown on the island and combine to form heavenly treatments like 'The Dreaming'. Call Elegant Resorts on 01244 897 991 to book your trip or visit fregate.com



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Sandy Lane, BARBADOS

This 'Grande Dame' has been spoiling guests with its distinctly chic Barbadian style for many years but its refurbishment in 2008 really brought it into the 21st Century. It now features elegant and comfortable rooms by Nina Campbell and a freshly updated spa that has a fabulous new Anna Semonin treatment list. Indulge in 'The Shared Experience' where two of you can have an enriching clay body treatment before warming through in the newly introduced Rhassoul. Seasons in Style (01244 202 000) will take you there or visit sandylane.com to find out more.

Le Touessrok, MAURITIUS

The laidback, chic Le Touessrok, Mauritius, is the flagship property of an exclusive group that includes the similarly groovy Kanuhura in the Maldives. Don't just take our word for it, their new general manager, Pascal Brun, is so well respected he recently won a 'légion d'honneur' for his services to the industry. And to celebrate 30 years in business their Givenchy Spa has created the delectable 'Exclusif Touessrok'. This three and a half hour treatment uses raw brown sugar and local essential oils to pummel, scrub and soothe away any aches and pains. Go with Hayes & Jarvis (0871 200 4422) or visit letouessrokresort.com.

Heaven Sent

The eagerly awaited direct flights from London Gatwick to the Maldives with British Airways are now ready for boarding. And this month on www.ba.com/maldives there are some great offers to this string of paradise islands too. Stay at the refurbished 5* Beach House at Manafaru, which reopened last autumn, from £3,519 for flights and seven nights B&B with complimentary return plane & boat transfers, and don't forget to treat yourself to a seat in BA's Club World. What better way to get to your destination unruffled and ready for your spot on the beach? Terms and conditions apply.

Looking for something more unusual for Valentine's Day? Contact James Walker Events for a place on 54 DEGREES SOUTH, Ecuador and ends in Tierra del Fuego, Argentina, taking in some of the wondrous delights of the continent from the Colca Canyon to the mountain passes of Valles Calchaquies. Experts at organising worldwide driving adventures, all routes are thoroughly tested and huge attention is paid to logistics to ensure a smooth and comfortable trip for all. Visit jameswalkerevents.com to find out more.

Marriott is going from strength to strength and has just opened a gem in northern Phuket. **JW MARRIOTT KHAO LAK RESORT & SPA**, situated along a one kilometre stretch of the fabulous, bright white Khuk Khak beach, is a relaxing getaway for those who want to experience real Thailand. Be sure to visit Quan, the award-winning spa, to indulge in a massage or two. marriott.com