

Hôtel Lily of the Valley benefits from the green lungs of the French Riviera



HÔTEL LILY OF THE VALLEY

Côte d'Azur, France

With *Tender is the Night*-like views from its poolside restaurant to the Mediterranean below, the Hôtel Lily of the Valley – which includes a gorgeous beach club – is the talk of the Côte d'Azur. If you know, you know. Designed by Philippe Starck, it has a vibe that couldn't be more *White Lotus*. In its Shape Club, light from the pool pours through port-hole windows that afford glimpses of glamorous ladies, led by model-esque trainers, gliding through the water. This is where slimming and contouring treatments take place. Likewise, divine massages, Indiba radiofrequency and cryotherapy. In its eateries, the TGV method reigns (a daily weight-loss menu, designed by nutritionist Jacques Fricker). Being fabulously French, the diet allows a glass of wine at dinner. *Le rêve! Healing Holidays* (healingholidays.com) offers a four-night *Optimal Weight & Serenity* programme from £3,149, full board, including transfers.

ALILA KOTHAIFARU

Raa Atoll, Maldives

Mirror, mirror on the wall, which is the most zen-paradise island of them all? Well, Alila Kothaifaru is definitely up there. Brand-new and blissfully remote, its design is so minimalist, it's sure to declutter the buzziest of minds. The geometric architecture might jar at first; but then the penny drops: with no distractions, the soul can sing. Unlike some other resorts in the Maldives, which compete with ever-more extravagant offerings – an ice rink, we even heard – this place leaves nature to do the talking. Wellness is in the menu (try a banana heart salad); it's in the cocktails mixed with tepache, a gut-boosting elixir made from fermented pineapple leaves; and in the reverent calm. The treetop spa features spacious treatment rooms, hammocks for stretching out on and a yoga deck. Try the herbal compress massage, and join a full-moon pranayama if you're there at the right time – and you'll be skipping along the shoreline like a newly hatched turtle. *Doubles from £702* (hyatt.com). ▷

An understated beach villa showcases nature at Alila Kothaifaru

