Queen Jenna

The Sunday Telegraph

Victoria star Jenna Coleman on baby bumps, co-star romances and dealing with fame
Anantara
Hoi An, Vietnam

Best for... calming the mind
Designed in French colonial style, rooms are spread across pastel-coloured buildings set in tropical gardens. Master your downward dog with a morning yoga class, then have a blissful four-hand massage at the spa. The culinary highlight is Dining by Design, where you can collaborate with your personal chef on the menu.
From £160 & off anantara.com/en/hoian

Monchique Resort & Spa
Algarve, Portugal

Best for... an all-out detox
This wellness resort, perched on one of the Algarve's highest mountains, is the place to recharge. Book the Activate Breathe class for deep relaxation, then head for a 'sensory spa circuit', which includes a Himalayan-rock-salt sauna and spells in a steam cabin, aromatherapy and igloo.
From £73, monchique-resort.com

Long Beach
Belle Mare, Mauritius

Best for... digital detox (with a side of paradise)
This ultra-modern resort comes with 'digital-detox boxes' on the bedside tables to banish your device from sight - and enough activities to distract you from scrolling back on. From traditional Creole cooking classes to sunrise kayak trips. The highlight is the gorgeous private beach.
From £374 half-board,longbeachmauritius.com

Banyan Tree Tamouda Bay
Figuig, Morocco

Best for... an opulent hideaway
This modern-Moorish-style resort (all hanging lanterns and earthy tones) is hidden in a distinctly antouristy area. Villas come with pools and beds bigger than many London flats. Take a rose-petal-strewn soak in your freestanding bath, then try the Thai food at the hotel's Saffron restaurant.
From £523 & off, banyantree.com