

STELLA

Award-winner

7 April 2019

Office politics

The unexpected Brexit style leaders

First person

'I was a lonely empty nester - so I adopted'

Book it now!

Your five-page holiday special - from budget break to blowout

Queen Jenna

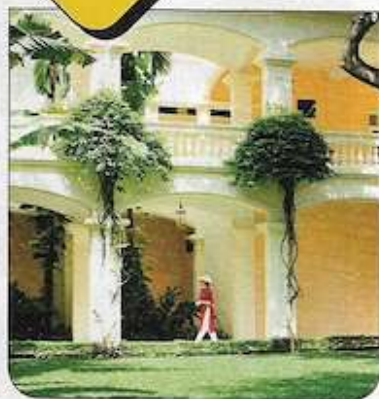
The Sunday Telegraph

Victoria star Jenna Coleman on baby bumps, co-star romances and dealing with fame

If
you have...

10 days

REBOOT AND
REFRESH



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 b&b; anantara.com/en/hoi-an*

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 logging back on, from traditional Creole cooking classes to sunrise kayak trips. The highlight is the gorgeous private beach. *From £224 half-board; longbeachmauritius.com*



**WHAT
TO
PACK**



Suitcase, £449,
Briggs & Riley
(briggs-riley.com)



Red leopard
sunglasses,
£90, **Vow
London**
(vowlondon.com)



Cotton wrap
dress, £295,
Rhode Resort
(matches
fashion.com)



Swimsuit,
£130, **Rixo**
(rixo.co.uk)

'Master your downward dog with a morning yoga class, then have a blissful massage'



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 Breathwork class for deep relaxation, then head for a 'sensorial spa circuit', which includes a Himalayan-rock-salt sauna and spells in a steam cabin, aroma cabin and igloo. *From £72; monchique-resort.com*



Banyan Tree Tamouda Bay
Fnideq, Morocco

Best for... an opulent hideaway
This modern-Moorish-style resort (all hanging lanterns and earthy tones) is hidden in a distinctly untouristy 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 £423 b&b; banyantree.com*