Sundari Ayurvedic Spa
Anantara Velii, Maldives

If you are looking for a restorative break then other people's screaming children are unlikely to help you unwind. Luckily for time-strapped respite-seekers, this adult-only island is just a 35-minute speedboat dash from Male airport. To aid your child-free R&R, its Ayurvedic spa is hidden among a flourishing garden, thatched circular rooms with floor-to-ceiling windows are left open to allow guests to feel the salty breeze.

There's an extensive menu based on traditional Indian techniques, but for a total body recondition, book in for the Abhyanga. The therapist applies medium pressure with long, head-to-toe strokes, using a blend of warm oils, including ylang (a vitamin C-rich Indian gooseberry), cinnamon and cardamom, employed to treat joint pain. For improved memory, try Shirodhara, a massage focused on stimulating blood circulation to the brain. If premature ageing is your concern, book Panchakarma, where a 90-minute gentle flow of warm oil is dripped on your third eye, designed to provide a fresh surge of energy.

Best by boat: Anchor outside the lagoon and you will still be able to spot your superyacht while watching the sunset from your private plunge pool. anantara.com

Sensational Soaks

Sea Lavender & Samphire Bath & Shower Milk
Designed to recall an invigorating sea breeze, it's perfect after a massage.
£20, airluma.com

Rice Dry Oil
Apply after a shower to tone and moisturise the skin.
£43, fresh.com

African Botanics Marula Satisfying Body Scrub
Suff away dead skin with raw cane sugar and Himalayan crystal salt.
£40, net-a-porter.com