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A DROP IN THE OCEAN: [main] Cape Weligama, Sri Lanka; [clockwise from here] loungers at family-friendly Constance Le Prince in Mauritius; the beach at 20 Degres Sud; breakfast with a view at Fregate Island Private.

TRAVEL INDIAN OCEAN

# IT'S IN THE PALM OF YOUR HAND

*Do you dream of picture-perfect beachside escapes, where the palms blow gently in the wind and the waves lap lazily at the white, sandy beach? The experts at Mr & Mrs Smith have it covered*

## TRI, LAKE KOGGALA, SRI LANKA

Best for R&R

Lake Koggala in Sri Lanka is about as far from the City's dingy streets as you could hope for. Kick back in the eco-friendly serenity of the stellar spa, where each guest has a bespoke plan of yoga classes and spa treatments, with the option to tailor everything to your own needs. Be particular about the oils and pressure for your Ayurvedic massage and give your personal trainer precise instructions to keep your body as tip-top as your mind.

**MR & MRS SMITH EXTRA:** A free *dhoni* boat excursion to Cinnamon Island, for a 'cinnamon experience', where guests learn how the spice

is grown, harvested and prepared.

**RATES:** Double rooms from £186.62 (\$227.20), excluding tax at 11%. Rates are half board and include a huge gourmet breakfast as well as lunch or dinner. There's a two-night minimum stay (three in high season), and all rates include service charges and government taxes.

## ULAGALLA RESORT, THE CULTURAL TRIANGLE, SRI LANKA

Best for fit foodies

For a holiday hideaway that doesn't have to add inches to the waistline, Ulagalla offers up a tasty array of healthy Sri Lankan classics. Chef's Wallawa chicken with curry leaf, spicy

sauce and fresh vegetables is a personal favourite. Fancy attempting it yourself? Take a cookery class with the chefs once you're done elephant-spotting, swimming and cycling.

**SMITH EXTRA:** A free activity for two (archery, kayaking or a nature walk).

**RATES:** Double rooms from £194.20 (\$238), excluding tax at 29.08%. Rates usually include breakfast (hot and continental) and wifi.

## MAIA LUXURY RESORT & SPA, MAHE, SEYCHELLES

Best for honeymooners

This is the stuff that romantic getaways are made of. You needn't lift a finger as your butler arranges everything for you; whether



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it's deep-sea fishing for swordfish, which your chef will prepare for you later, or a horseback forest trail. After an indulgent day in the sun, relax your weary muscles in the dreamy spa.  
**SMITH EXTRA:** A 60-minute massage each.  
**RATES:** Double rooms from £1,602.33 (€1,787), excluding tax at 15%. Please note the hotel charges an additional service charge of 10% on check-out. Rates include all meals, most drinks, welcome champagne, introduction and exploration scuba dives, non-motorised watersports, exercise classes and laundry.

**CONSTANCE LE PRINCE MAURITIUS, MAURITIUS**  
*Best for families*

Though babysitting and a kids' club are available, you'll want to venture from your beachside family suite to experience the island together. Leave your empty plates of French toast and waffles to splash around in the pool, waterski or kayak. Nature-lover? Head to the wildlife park for a walk (supervised) with your new pet; what'll it be, lion or tiger?  
**SMITH EXTRA:** A fruit basket, bottle of wine (champagne for GoldSmiths) and for GoldSmiths staying five nights or more, a 30-minute back or foot massage each.  
**RATES:** Double rooms from £545.81 (€609), excluding tax at 15%. Rates usually include a buffet breakfast of pastries, breads, French toast, eggs, smoked marlin and cheese.

**FREGATE ISLAND PRIVATE, SEYCHELLES**  
*Best for secret elopers*

If secrecy and serenity sound like your cup of tea, this private island is heaven. Traditional villas above white, sandy beaches provide the remote base for your meandering mind and, for your inner romantic, treat your companion to high tea or a couple's pamper at the spa, where Belgian chocolate treatments are sure to tickle your toes as well as your tastebuds.  
**SMITH EXTRA:** A complimentary 60-minute spa treatment each.  
**RATES:** Double rooms from £3228.04 (€3,600), excluding tax at 25%. Rates include all meals, soft drinks, beer and wine, a three-hour fishing trip, a massage, a yoga class, an introductory scuba session, use of a buggy, all non-motorised water sports, guided nature walks.



**If secrecy and serenity sound like your cup of tea, then Fregate Island Private is heaven**

**CAPE WELIGAMA, WELIGAMA, SRI LANKA**  
*Best for culture vultures*

At Weligama, cultural treats are never far away. Unesco-protected colonial fortifications abound at Galle, while in Matara you'll find jungle-clad ruins, temples and the stunning Dondra Head Lighthouse. Not your thing? Head to Weligama where craft boutiques and fish markets await, and if you're longing for a bit of nature, opt for a national park where you can spot elephants or leopards.  
**SMITH EXTRA:** A romantic candlelit bath with Ceylon sea salts and chilled drinks.  
**RATES:** Double rooms from £284.41 (\$348), excluding tax at 27%. Rates include breakfast and afternoon tea.

**20 DEGRES SUD, GRAND BAIE, MAURITIUS**  
*Best for water lovers*

Potential Poseidons rejoice with snorkelling at Black River or Coin de Mire island, dolphin watching, waterskiing, paragliding, kitesurfing or scuba diving at your fingertips. The hotel's own catamaran with four cabins is available to charter, as is the 36ft speedboat, so set sail and saunter off into the sunset.

**SMITH EXTRA:** A bottle of champagne and 25% off spa treatments.

**RATES:** Double rooms from £277.58 (€310), excluding tax at 15%. Rates include breakfast (continental, full English or American) and à la carte dinner, plus daily transfers to Grand Baie in a motorised pirogue (longboat).

**JUNGLE BEACH RESORT, TRINCOMALEE, SRI LANKA**  
*Best for popping the question*

If you're planning to get down on one knee while you're away on holiday, there can't be a more romantic setting than a lantern-lit beach picnic under the stars, or perhaps on a tranquil terrace? Once the ring's on the finger, head to the spa for a Balinese massage and top it off with a special seafood dinner before slinking off to your contemporary castaway villa.  
**SMITH EXTRA:** A restoring 30-minute jet-lag massage for two.  
**RATES:** Double rooms from £106.51 (\$130), excluding tax at 28.89%. An introductory yoga session is included. A lavish continental breakfast spread costs US\$32 each for adults, and US\$16 per child. ■  
 For all bookings, go to [MRANDMRSSMITH.COM](http://MRANDMRSSMITH.COM)

