



ONE&ONLY REETHI RAH THE MALDIVES

One&Only Reethi Rah is the grand dame of the Maldives. Situated in the North Male atoll (70 mins from Male airport by speedboat), it's an all-villa paradise on one of the archipelago's largest islands. Busy bees will revel in the number of activities on offer, from paddle boarding to art classes, and with over 2.5 miles of sandy paths winding through the dense tropical greenery, there are plenty of bicycle and jogging routes to choose from. You can even go for a run with the GM, if you're up early. Each villa has its own more-than-generous stretch of beach, so in terms of privacy, there are few places to rival it.

The spa: The One&Only ESPA spa is an ideal retreat from the heat. Shrouded by palms and sweet-smelling frangipani trees, and with a large manicured lawn

and pond at its centre, it's the epitome of serenity. Relaxation pavilions are dotted across the grass, so take a book. The spa comprises eight thatched treatment villas and two over-water couples' suites, and the treatment list is comprehensive. Watsu (water shiatsu) is a brand-new addition this year. Conducted in a purpose-built palm-fringed pool overlooking the ocean, you couldn't pick a better setting.

The treatment: I settled on an Unwind Signature Experience (\$250 (£161) for 120 mins), which is specifically designed to combat jet lag and release tension. It was wonderfully restorative, consisting of a body scrub with sea salt followed by a full-body deep-tissue massage using hot stones. The treatment culminated in a spine-tingling scalp massage and my sympathetic therapist also threw in a Kerastase hair mask to

equip me for the coming days in the scorching sun.

The hotel: A total of 140 palatial Asian-style villas are sparsely scattered along the island's four-mile shoreline. Butlers are on speed dial and there are four restaurants to choose from — three of which only serve dinner. Tapasake, an elegant over-water Japanese restaurant, is excellent, so make sure you book ahead. For active sorts, watersports, diving, tennis, badminton, yoga and Pilates are available, and there's a state-of-the-art gym. If you're the sort of person who prefers to flop on the

beach, you'll be well looked after, with an unlimited supply of cold towels, ice lollies and vanilla ice tea heading your way.

Don't miss: The chance to have a Bastien Gonzalez pedicure. The 'foot virtuoso' has a salon attached to the spa. You won't find a better mani/pedi anywhere in the Indian Ocean.

Details: Prices at One&Only Reethi Rah start from £557 per villa per night based on two people sharing a Beach Villa and travelling in September. www.oneandonlyresorts.com

BY LEO BEAR