THE SUBSTANCE? OZEMPIC ONE YEAR ON

SOCIAL STATUS THE APP THAT KILLED INSTAGRAM (AND RAYA)

BILLION DOLLAR BRIT FROM THE EAST END TO BEL AIR

RETURNOE HEALTON ACTING ROYALTY BESSIE CARTER STARS AS THE NEW NANCY

May 2025



trave

Let's get tropical

Piña coladas under palm trees, romance on a remote island: take to your sunbed at these honeymoon hot properties



Fans of Oman know it is low-key, chic, mellow and warm all year round, but that its beaches can be rather stark. But Jumeirah's extraordinary all-natural crescent of sand is a standout: a wonderful place to paddle, or from which to take day trips on a glass-bottomed kayak over a sea teeming with tropical fish. Afterwards, you can crash back at the Instagram-ready pool or have a massage in the gorgeous rooftop spa, complete with its own vast hot stone for basking, as well as steam rooms, hammams, saunas and an ice-crush. This is a maximum-joy five-star bunker: vou'll spend your first morning ripping off the bedcovers to find who makes their monstrously good mattresses; and every evening marvelling at the sensational food. Five restaurants offer a mixture of fine dining - from Asian to Italian - including Brezza, where you must try the local lobster spaghetti or just have the crustacean straight-up grilled. Sometimes called 'dolphin fish' here, it goes very well with a 2015 Dom Pérignon. jumeirah.com

Savour the view and Arabic coffee with pastries in Tarini Lounge & Terrace at

BEST FOR BEACH SPLENDOUR Ahu Bay, Sri Lanka

Tucked between two gold-sand beaches in Sri Lanka's sleepy southern enclave of Ahungalla is the breeziest modern beach house you'll ever encounter: bordered by rich, dense greenery, with views from its decking of rapturous pool-sea-sky vistas that are broken only by lofty palm trees. This is a place for barefoot bliss: lounging on sailor-white beanbags by the pool; or escaping to the simplicity of the shore, scattered with comically scuttling hermit crabs. It's all finished in a colour scheme of dreamy, oceanic blues and sand-scape browns, with glazed ceramic tiles, bamboo ceilings and an installation of wooden paddles. A piña colada perfectly complements the Ahu Bay vibe, and the diligent staff will be more than delighted to accommodate. Then to dinner. After a beautiful sunset, sit beneath a bright moon in the open-plan restaurant to indulge in yellow fin tuna and avocado tartare, tandoori scallops and the juiciest Sri Lankan prawn curry. Once restored by a night in the softest bed, meander up the hill to the Samudhraramya temple; then onwards to the nearby Galbokka Sea Turtle Conservation and Research centre. Abercrombie & Kent (abercrombiekent.co.uk) offers seven nights from £2,995 including breakfast, flights and transfers.

Step from the all-day restaurant at Ahu Bay on to the wooden deck facing the infinity pool



BEST PRIVATE ISLAND FANTASY The Nautilus, Maldives

If you're aching for some serious R&R, you'll be tempted by this 26-villa complex just a 30-minute seaplane journey from Malé. There's a certain stardust that sets The Nautillus apart; and that's thanks to its owners, a Maldivian family who champion the idea of 'no time'. Thus, the overwater spa is open 24 hours a day, allowing the jet-lagged to luxuriate in an alfresco bath at sunrise. Then there's aerial yoga – in what's surely the most sensational meditation studio ever, overlooking the entrancing underwater world of the Baa Atoll. Down below, divers will rejoice at the pristine waters and fabulous sights; even more in Hanifaru Bay, a mere 30-minute speedboat ride away, where manta rays congregate from May to November. But should couples coming here plump for an overwater villa whose glass floor reveals baby sharks swimming beneath? Or for one with a garden, on the beach? They're all vast, calming comfort zones, supplied with 'house masters' who will ensure the fridges are stocked with your favourite champagne, and help you dream up the most outstanding dinners, at which you're positively encouraged to order whatever takes your fancy. If you need some inspiration, though, the seafood and steak teppanyak is truly life-affirming. Seven rights in an Ocean House with a private pool from £14,789, including breakfast and transfers; thenautilusmaldives.com

The three-bedroom Nautilus Mansion comes with a private bool, butler service and daily sunset cocktails

BEST FOR SPIRITUAL SEEKERS Cap Karoso, Indonesia

The island of Sumba is where couples should come for a break from all that wedding-day stress. Here, you can relish a whole host of energetic shamanic rituals, as well as soulsoothing massages that employ such oils from the abundant local vegetation as turmeric, noni and a particularly heady white sandalwood. And when, say, the coconut oil is being applied in a wave-like motion and you're gazing at the expansive view of the sun setting over the Indian Ocean, you'll be so spaced out that you may never get up off the treatment table. (Don't leave the spa without asking its resident mage for a blessing.) The food is also otherworldly, from the octopus carpaccio followed by Javanese prawn curry to the unbeatable fish of the day wrapped in banana leaves and served with sticky coconut rice. Across the estate, with its score of private pools - not to mention its villas and suites, furnished with vast beds and huge stone baths - what chimes is the sense of unbridled freedom. Take a bareback gallop along Karoso Beach on a local pony; hike up to the waterfall for a swim; then finish with some sundown yoga, when you can process your seismic reset together. Scott Dunn (scottdunn.com) offers four nights from £2,375, including breakfast, flights and transfers.



