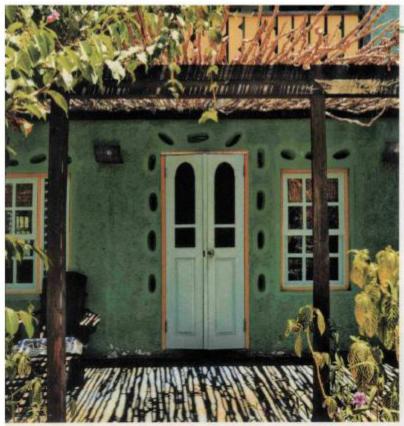


NOVEMBER 2011



PEACHY BEACHY

Tropical lovelies with sand in all the right places



LAVES

JAMAICA, CARIBBEAN

Exactly what you want when you hit the reggae island – a little pocket of quirky, eccentric sandiness. Like a transported Cornish village, the 18 cottages are as far away from marble grandeur as you can get. Created by owner Sally Henzell, a theatre designer, they're focused on open views of the ocean or garden. Because time out here is centered on reconnecting – with fresh air and amazing porridge, with yourself, your family, your friends, and with Dougie, the old barman who makes a wicked rum and coke. The spa is all about brown-sugar scrubs, icy mint-twist wraps and workout massages that leave you as liquid as melted butter; then there's a boat to take you to the Pelican Bar – a wooden shack on stilts in the middle of the ocean. Like a grown-up gap year.

Website jakeshotel.com Book it Chic Retreats (020 3397 0085) offers seven nights from £1,100, including British Airways flights and breakfast.