

6 DAYS

7 DAYS

8 DAYS

9 DAYS

10 DAYS

NEW PROGRAMME

## Amilla Fushi

BAA ATOLL, MALDIVES

It's amazing what you can do in a week – slim down, firm up, switch your energy back on while you switch your phone off. And on this palm-fringed island, lavish with contemporary California cool and the breezily fresh Javvu Spa, there's the new Wellness Tree-House where you'll do all that with bells on. Sitting 40ft up in the palms, with your own cantilevered pool, sumptuous bedroom, personal spa room and minibar stuffed with healthy treats (crudités, fresh smoothies), anything feels possible. Especially given that the Bodyism team (the go-to fitness folk for supermodels, just so you know) has landed at Amilla Fushi too. Personal trainers individually assess what you might actually be capable of and set a daily, pulse-strengthening programme of two wellness 'movements'. This may incorporate deep-breathing hatha yoga at dawn or a session swinging off the TRX (a pulley system that strengthens pretty much every muscle in the body) on the deck of your tree house. The sweat is sweetened with in-(tree)house spa treatments: QMS collagen-boosting facials and muscle-pummelling massages. Back at ground level, there are plans afoot for healthy pop-up food carts and wellness stores. Expect to swing back through the trees, Tarzan-style, to the seaplane home. **HEADS UP** Want to go deeper? Try a scuba session with the resort's Dive Butler service. **BOOK IT** Cleveland Collection ([clevelandcollection.co.uk/tatlerspa](http://clevelandcollection.co.uk/tatlerspa); 020 7843 3596) offers seven nights from £3,250, half board, including flights, transfers and one spa treatment. ▷

