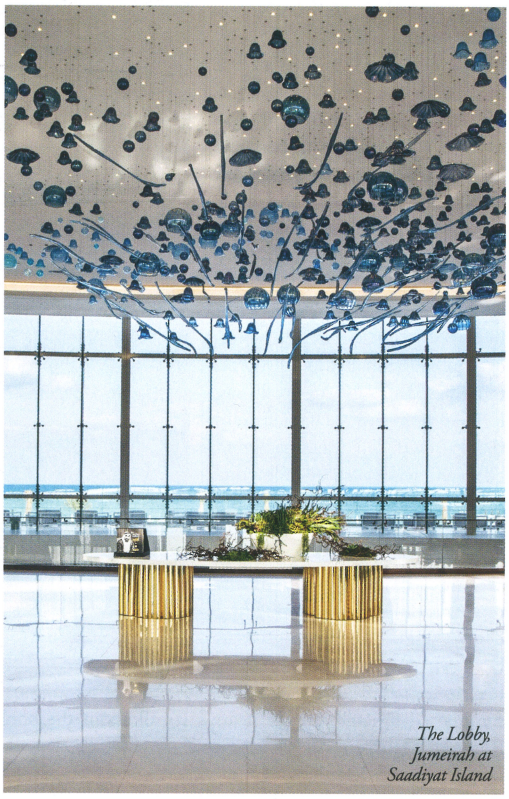
Villa interior, Nihi Sumba

NIHI SUMBA

East Nusa Tenggara, Indonesia

Unhemmed wilderness meets next-level luxury at Indonesia's most hyped beachfront resort – though the focus on a life well lived doesn't stop with service (villas are out-of-this-world sublime, with jungle-fringed infinity pools and private butlers). The true purpose of Nihi is to open guests' eyes to new terrains and fresh experiences. There's ample opportunity to reconnect with nature in the Boathouse Spa, where organic facials, full-body scrubs and unusual practitioner therapies can be found – though guests seeking off-grid escapism should book the NihiOka Spa Safari (a sunrise trek passes a traditional Sumbanese village winding up at a cliffside refuge for breakfast and pick-as-you-please spa treatments). The island's dedication to positive change shines: seawater is remineralised for drinking through a reverse osmosis system, and cocktails are sipped through papaya straws (the good work continues with the Sumba Foundation, which supports local communities through medical aid and educational programmes). *Jacada Travel (jacadatravel.com) offers Indonesia itineraries from £6,277, including three nights at Nihi Sumba, with breakfast, flights and transfers.*

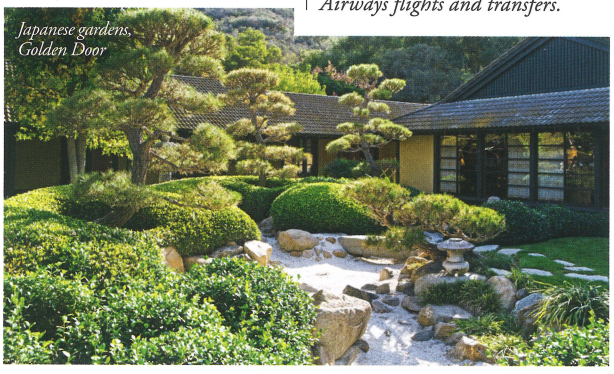


The Lobby, Jumeirah at Saadiyat Island

GOLDEN DOOR

California, USA

The approach to the Golden Door is like turning off a busy highway into old Kyoto: a magical world of shoji screens, lanterns, raked gravel and koi ponds. There's a 210-acre farm with citrus and avocado groves, every vegetable under the sun, five beehives, egg-laying poultry plus rare herbs that replenish the soil under the holistic programme. Farm-to-table has become a buzzword of late; here, the farm is the table. The variety and colour of the food is astonishing; it bursts in the mouth with nutritional flavour, holds one in a Zen-like state of presence and provides energy for the hikes, mind-body action and more esoteric pursuits (guests can also take the growing techniques and the recipes home). Small wonder celebrities such as Julia Roberts and Drew Barrymore keep returning. *Healing Holidays (healing-holidays.com) offers a seven-night retreat, half board, from £8,749, including British Airways flights and transfers.*



Japanese gardens, Golden Door

JUMEIRAH AT SAADIYAT ISLAND RESORT

Abu Dhabi, UAE

This gleaming new ocean-hugger has the first Bodyism gym in the United Arab Emirates. It's also one of the first hotels in the region to ban single-use plastics. Strength-building comes hand-in-hand with sunbathing – and a trio of trainers has been flown in from Bodyism's Notting Hill HQ to sculpt buttocks and tighten pelvic floors. There are 20 or so classes a week: blueprint, yoga, warrior, boxing and so on – rubber bands, knee-sliders and bouncy balls provided, and for afters Bodyism's trademark protein shakes are on tap (in a reusable glass bottle). Treatment-wise, the list is long and winding (facials by Biologique Recherche and Subtle Energies massages are stand-out) while heat-lovers can – and should – revel in masochistic bliss in the mother of all hammams. *Double, from £275 (jumeirah.com).*

PHOTOGRAPHS: MCKENDREE; GOLDEN DOOR