



**Sun, sea and Zen** If you're in search of "me time" with spiritual knobs on, Maradiva Villas Resort and Spa is your open-air sanctuary. Wake up at sunrise for dynamic yoga overlooking a mile of sugar-white sand, only to be ushered to your Ayurvedic treatments before lunch. Then, as the sun sets, meditate in the garden pavilion with lanterns illuminating the ocean. *The Holistic Health Retreat includes Ayurvedic treatments, yoga and meditation, seven nights' half-board, from £3,350 per person, including flights and transfers.* Africa Travel ([africatransport.co.uk](http://africatransport.co.uk)).