



## THE COTTON HOUSE

*Saint Vincent and the Grenadines*

Synonymous with royalty and rock stars, Mustique is highly valued for its privacy and tranquillity – much like the only full-service hotel here, The Cotton House. Built in the 18th century as a coral warehouse and sugar mill, it has emerged from renovations as a charming, idiosyncratic hotel of 17 suites – many of which offer stunning sea views and private plunge pools. The beach, with its pristine reefs, is one of the best in the Caribbean for swimming (if guests can be lured away from Basil's Bar). Personal restoration is guaranteed at the small but perfectly appointed spa that purveys lovely Bamford products. The aromatic B Silent treatment, with its gentle massage and leg stretches, soothes jetlag. A Restore facial resurfaces the epidermis with volcanic exfoliants and fruit enzymes, and is followed by a sculpting lymphatic drainage massage using hot and cold jade rollers. Emerge relaxed, skin aglow; then, like Mustique's resident tortoises, go slow...  
*Doubles from £1,230 (mustique-island.com).*

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