

HELLO!

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ROYAL EXCLUSIVE

KATE

INSIDE HER DREAM FAMILY HOLIDAY

ON THE BEACH

AND ROMANTIC

DINNERS ON A

ISLES

AYCATION

US HOW TO ENJOY

MMER LIKE A ROYAL

PICNIC AT BUCKINGHAM PALACE

EA ON THE QUEEN'S YACHT



'They looked really happy and relaxed'

CELEBRATING HER 40TH BIRTHDAY

MEGHAN TOUCHING TRIBUTE TO CHILDREN AND FUN WITH HARRY

'Reflecting on the many things I'm grateful for'



BRINGING GOLD HOME



EXCLUSIVE

OLYMPIC CHAMPION

TOM DEAN

TELLS WHY HIS MUM DESERVES HIS MEDALS

'I couldn't have done it without her!'

'STRICTLY' EXCLUSIVE

KATYA JONES

'It's not about chasing trends'



MY VOW TO STEER CLEAR OF FAST FASHION - AND BACKSTAGE SECRETS FROM THE BALLROOM



ISSN 1360-7311

GO: SHOWBIZ PARTIES, FIRST NIGHTS AND PROMS SENTERS HIT THE RIGHT NOTES AT THE ROYAL ALBERT HALL



DREAM ESCAPES

With silken shores, dew-drenched rainforest and an abundance of wildlife, this diminutive island is a slice of paradise

Dominica

STAY

Occupying a tree-carpeted promontory in Dominica's north-west corner, Secret Bay (3) couldn't be more idyllic. Raised wooden verandas and private dipping pools give the villas a treehouse-like feel and mellow mood, while the Caribbean Sea is a skip away. Guests are encouraged to do as much or as little as they wish – it's a terrific jumping-off point for island escapades of all kinds.

TASTE

Suppers are a profoundly romantic affair at Secret Bay's canopied restaurant, Zing Zing (1), where island-to-table dishes are served against the most ravishing backdrop. If you fancy an evening in, a cook can come to your villa to whip up course after course of palate-pleasing brilliance. For a truly immersive culinary experience, try the chef-led workshops, from

foraging for garnishes in the dense foliage to mastering the de-spining of a venomous lionfish.

INDULGE

High up in the forest canopy, soundtrack by chirruping birds and open to the salt-tinged sea air, the Gommier Spa is every bit as serene as you might hope. Reassuringly firm massages loosen stiff joints and melt away tensions, leaving you feeling as light as air.

EXPLORE

Lying halfway between Martinique and Guadeloupe, this under-the-radar isle remains gloriously unspoilt. Adventure-seeking types can trek through the vast Morne Trois Pitons National Park and cool off in the cascades that fill the Emerald Pools (2), or head to the southern end of the island to glimpse breaching sperm whales. The less intrepid can stretch out on the powder-soft shores or drift along the mangrove-entangled Indian River, past age-old bwa mangroves, in a traditional caribe boat.



WHAT TO PACK

Solid & Striped The Olympia swimsuit, £170. From matchefashion.com

Lancaster Golden Tan Maximizer After Sun Oil, £24. From cultbeauty.co.uk



By Alona Formentera anklet, £60. Visit byalona.com



Keira Knightley has spent time filming on Dominica

› Inspiring Travel Company offers three nights at Secret Bay Dominica from £2,055pp based on two adults sharing a Ylang Ylang Villa, including breakfast, flights and private transfer. Visit inspiringtravelcompany.co.uk. For up-to-date travel advice, visit gov.uk/foreign-travel-advice.