

**The rooms** range from fairly small and basic to seriously impressive (the Penthouse Suite comes complete with spectacular ocean view and a private Hammam!) Whatever your budget, you'll find the beds huge and incredibly comfortable, and the bathrooms generously stocked with Ren minis. All rooms are air conditioned and come with iPod docking stations as standard, and I loved the thoughtful touch of the fresh fruit welcome platter – devoured within minutes after a ten-hour journey from London.

**Eating and drinking** Foodies are spoilt for choice with four restaurants offering different vibes and dining options. Get dressed up and head to TAO to sample the award-winning Asian fusion food with a glass of champagne, or enjoy a less formal dinner beachside at the Caribblue Restaurant or buffet-style Clubhouse. Lunch at the Deli is a must – the guilt-free salads are delicious and the smoothies are to die for. Although healthy eating is gently encouraged (low fat options are helpfully pointed out on the menus for those keen on eating well) it's also very possible to indulge – the extensive wine list is screaming out to be sampled, and the divine chocolate fondant desert on offer at TAO is the ultimate naughty but nice sweet treat.

**Out and about** St Lucia is to the Caribbean what Prince Harry is to the Royal Family – fun, relaxed, cool, and a little bit cheeky. It's less about the in-your-face luxury of neighbouring Barbados and Martinique, but what the island lacks in five-star polish it makes up for with bags of personality. You feel the island's character and rich history wherever you go, and the locals are super friendly – there's no anti-tourist feeling here. Party people should head to the Gros Islet Street Party on a Friday night for the best of the local nightlife; only a ten-minute drive away, it feels a million miles from the peace and quiet of the resort, with music blaring from enormous speakers, hoards of locals catching up over bottles of the local Piton beer, and the street lined with grills selling delicious barbequed chicken, pork and seafood. If you can prise yourself off the sun lounger during the day, it's worth making a trip to see the famous towering Pitons in the south of St Lucia. Hire a boat, whiz down the west coast, taking in the beautiful coastline and views of the vast banana plantations as you go, and spend the afternoon snorkeling in the shadows of the dramatic volcanic landforms.

**The details** Kuoni (01306 747008; [kuoni.co.uk](http://kuoni.co.uk)) offer seven nights on an all-inclusive basis at The BodyHoliday in a luxury room, including flights with British Airways from Gatwick with group transfers to the resort. Prices for 1 April 2013 from £2,749 per person, based on two sharing. To book, please quote CL0046.

Visit [Thebodyholiday.com](http://Thebodyholiday.com)

*By Jess Tibbits*

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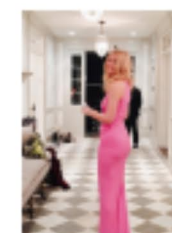
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