



Active break

Life in the 21st century is full and fast-paced. Making time for mind, body and loved ones is not always easy, especially when building a strong business portfolio. An active break can recharge the batteries and ensure clarity when it counts

INDONESIA

The trouble with some of the most renowned dive spots in the world is that every tour operator wants to be there. Wakatobi, in Indonesia's southeastern Sulawesi archipelago, is different. The private dive resort, complete with private airstrip, means that there is not another diver from outside the regency for 100 miles. Despite the isolation, Wakatobi

Resort seamlessly blends five-star amenities and civilised comforts with a pristine natural environment.

From shore or by boat, the resort presents exclusive access to miles of pristine reefs, where diverse undersea landscapes harbour the highest level of marine biodiversity on the planet.

The resort also offers a wide range of non-diving activities,

from kayaking and paddle boarding to village tours, nature walks, culture and cooking workshops, or its latest offering, kite boarding.

Wakatobi's luxury dive yacht *Pelagian* provides spaciousness, comfort and great personal service, with just ten guests and a crew of 12 attending to the details. wakatobi.com



THE CARIBBEAN

For those who like a hit on the tennis court, Four Seasons' Nevis resort in the Caribbean offers the perfect stay. Minutes from Pinneys Beach and close to Museum of Nevis History, this five-star resort also has something for everyone, with Fort Charles and Nevis Botanical Garden close by.

The tennis facility is managed by the Peter Burwash International (PBI) organisation, and is the second-largest tennis facility at any Four Seasons worldwide. The complex is made up of ten courts (six hard and four red-clay). Open from 7am to 9pm every day, the tennis programme includes clinics for adults and juniors, private lessons, and round robin tournaments, with players sourced from resort guests, staff, and locals.

After a tough session on court, there are three outdoor pools and a wonderful spa at the hotel, which offers massages, body treatments, and facials. Grab a bite at one of the resort's four restaurants, or stay in and take advantage of 24-hour room service.

Club professional Dave Wilson brings a wealth of experience from around the world to the comprehensive tennis program at Four Seasons Resort Nevis. An Australian native, Wilson competed on the Australian and European Satellite circuit and played for German and French clubs.

With such an extensive background, Wilson has been enhancing the tennis program



at the Resort, such as implementing new tennis clinics and social activities for guests to spend more time on the facility's perfectly-conditioned ten tennis courts. fourseasons.com

SOUTH CAROLINA

Located along ten miles of pristine beach, less than 30 miles south of Charleston, Kiawah Island Golf Resort consistently ranks as one of America's top golf destinations. It also includes The Sanctuary Hotel, the resort's Forbes Five Star/AAA Five Diamond 255-room hotel and spa, with almost 500 private villas and luxury homes, and five championship golf courses. Among them, The Ocean Course, host of the 1991 Ryder Cup, the 2012 PGA Championship and upcoming 2021 PGA Championship. In spring 2018, Kiawah Island Golf Resort launched a three-year development that will greatly enhance the resort's already world-class amenities.

The Resort has been the site of some of the most memorable championships in professional golf history. The five world-class golf courses were designed by Pete Dye, Jack Nicklaus, Tom Fazio, Gary Player and Clyde Johnston, leveraging the island's magnificent setting of rolling sand dunes, expansive saltwater marshes and quiet maritime forests. Located on the exposed far eastern end of the island, The famous Ocean Course is buffeted by unpredictable ocean winds and the Resort offers the services of walking caddies

and forecaddies. The knowledge and guidance of a caddie are enormously helpful for any player navigating the seaside links of The Ocean Course and its quite unique challenges. kiawahresort.com

PHUKET

Located on Thailand's tropical island of Phuket, just 20 minutes from the airport, Thanyapura offers the ultimate wellness camp by taking a holistic approach to physical and mental health. The whole resort is committed to improving the athletic performance and overall health of guests, with world-class facilities, wide open spaces and a peaceful environment. An Integrative Health Centre also offers a number of treatments and wellness plans individually designed for those looking to improve quality of life. Onsite doctors, nurses, dietitians and advisors work together to create effective programs that assist guests in achieving their wellness goals during their stay, and after they leave.

The hotel comprises two wings, with 77 rooms in the Pool Wing and 37 rooms in Garden Wing with views of either the national park or the lush green resort gardens.

There are more than 80 scheduled fitness classes every week at Thanyapura including boot-camp, cardio, core, mind training, indoor cycling studio, Pilates, Zumba, Muay Thai and yoga. Facilities include three swimming



Clockwise from left: Private diving in Indonesia's Wakatobi resort; tennis and ultra luxury on-water accommodation on Nevis in The Caribbean; swimming in Thailand's Phuket and a PGA Championship golf course on Kiawah Island in South Carolina

The resort now also offers a full range of health programs including detox, weight-loss and anti-ageing programs. thanyapura.com