

**BEST FOR: SPAS, SPORT & SONGS**

**THE BODYHOLIDAY**  
ST LUCIA

Every luxury hotel worth its artisanal salt-scrub offers spa treatments, but it takes a certain genius to make them part of an all-inclusive package. Try the forward-thinking offerings, which include the Heaven and Earth foot-, head- and scalp-massage. There's also swim training with Team GB's Keri-anne Payne and G-Force X-Treme yachts on offer if you want to test your

sailing skills. The food is superb, particularly at the hotel's Asian fusion spot, Tao.

**Staying in** Head to the Piano Bar for strong rum and singalongs.

**Going out** A trip rappelling off Devil's Bridge is well worth the excursion (just pack a change of clothes for when you drop into the Dorée River beneath you).

**Book it** BA offers a 45 per cent saving on travel between 1 July-31 October.\* [ba.com/stlucia](http://ba.com/stlucia)

**BEST FOR: SURFING IN STYLE**

**THE CAPE**  
CABO SAN LUCAS,  
MEXICO

Starkly contrasting with its hacienda-style neighbours, The Cape is arguably the coolest hotel on Mexico's Baja Peninsula. The location offers uninterrupted views of the El Arco rock formation (recognisable from countless advertising campaigns) and the Sea of Cortez (dubbed 'the World's Aquarium'). The hotel channels a 1960s surfer feel and the lobby is

offset by an expanse of crashing ocean.

**Staying in** Watch sunsets from the region's only rooftop bar. Chef Enrique Olvera serves forward-thinking Mexican seafood at Manta. And each room provides binoculars for whale watching.

**Going out** Monument Beach's powerful swells make for an unforgettable surfing experience.

**Book it** Rooms from £483pn. [thompsonhotels.com](http://thompsonhotels.com)



STAY  
**HOTELS OF THE MONTH**

On our radar: raising the spirits in St Lucia; a surfer's Shangri-la in Mexico; Lady Gaga's favourite London haunt; and seamless service in Barcelona



**BEST FOR: A PERFECT ILLUSION**

**THE LANGHAM**  
LONDON

Where does Lady Gaga stay in London? The Langham, where the new Regent Wing offers 43 elegant rooms, including both George Clooney's favourite coffee machine and the Chuan Spa. Depending on the size of your entourage, consider the almost 5,000sq ft Sterling Suite, with six bedrooms, piano, bar and private lift. **Staying in** Inspired by Victorian private clubs but

with Tim Walker artwork, The Langham Club offers great food, showers and free garment pressing.

**Going out** While the Michel Roux restaurant and the Artesian bar are both highly recommended, try 'spiced scrag end pie' at Jikoni, ten minutes down the road.

**Book it** BA offers seven nights from £689pp, plus one free night, including return flights from Edinburgh and accommodation with breakfast.\*\* [ba.com/london](http://ba.com/london)

**BEST FOR: CATALAN CHARM**

**THE SERRAS**  
BARCELONA

On the southern edge of the old town, on the palm-lined avenue of Passeig de Colom, The Serras is a high-class act, since staff seem to have a sixth sense for when you need help. Standard 'deluxe' rooms may not be huge, but the beds certainly are and, even if you overlook the bustling harbour, you're guaranteed a peaceful night. The rooftop terrace is an essential early evening stop

before heading out; the Gothic Quarter is on your doorstep and it's a 15-minute walk to Plaça de Catalunya.

**Staying in** The lingering breakfasts – coupled with the convivial service – are surely one of the most pleasant ways to start a day.

**Going out** Branch out from the Gothic Quarter – the chic nearby neighbourhood of Born is home to the Picasso Museum.

**Book it** Rooms from £258. [hoteltheserrasbarcelona.com](http://hoteltheserrasbarcelona.com)

Words: Andy Morris; Laury Smith; Katherine Knight; Rhodri Marsden. \*Book by 31 January. \*\*Travelling 1-28 February. Book by 31 January. Offer includes an exclusive 15% off in-room dining, restaurants and bar for High Life readers