

New moons

Feel-good HONEYMOONS

From volunteering projects to mindfulness retreats, your first holiday as newlyweds could also change your outlook

Your honeymoon is the holiday of a lifetime. For some couples, ultimate happiness is spending a couple of weeks at an all-inclusive resort, only moving from the sunlounger for a stint in the spa or to grab a cocktail. However, in a departure from established honeymoon trends, many couples are now using their first holiday together as a married couple to find joy in other ways – taking time out to focus on their health and wellbeing, spending time volunteering for a charity, or choosing a destination based on its eco-impact. Here, we've rounded up some of the coolest feel-good honeymoon ideas.



Your honeymoon can help to support schools



Excursion at Six Senses Yao Noi

People power

Try 'honeyteering' with a hands-on volunteering experience, or choose a hotel that makes an effort to support local community projects.

Get involved with Hands Up Holidays, worldwide

Hands Up Holidays combines luxury trips with volunteering opportunities all over the world. The expert team finds the perfect experience for you given your travel criteria – select your chosen destination, when you'd like to travel, and for how long, plus what sort of volunteering you'd like to do (these can involve activities such as teaching or working on building projects). The holidays cleverly mix work and play, so while you're helping local communities, you also get to experience the beauty of your destination through exciting experiences like water sports, day trips and wellness activities.

Book handsupholidays.com

Supporting communities at Six Senses Yao Noi, Thailand

Simply booking a stay at Six Senses Yao Noi means you're lending a helping hand to the island population of Koh Yao Noi. Six Senses dedicates a percentage of the resort's revenue to providing medical equipment for the local hospital, educational opportunities in a nearby school, and filtration systems to provide clean drinking water. During your stay at this stunning resort, you can try a range of activities, from a yacht trip in the Andaman Sea to a batik-painting workshop. The latter is hosted by the Women's Club of Koh Yao Noi – so not only will you learn a new skill, you can give back to the community by purchasing some of their beautifully crafted souvenirs.

Book Rates start from £494 per night in a Hideaway Pool Villa. Prices are inclusive of taxes and services charges, sixsenses.com



Six Senses Yao Noi

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Shakti 360° Leti at Shakti Kumaon



Wake up to stunning views at Shakti 360° Leti

Headspace

Celebrate your newlywed status in a lasting way, with a wellness holiday that embraces calm and the path to mindfulness.

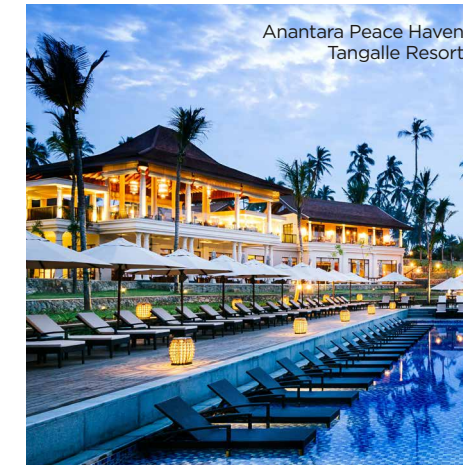
Find escape at Shakti, India

Embark on a true journey in the Himalayas. By day, you partake in wellness sessions amid the breathtaking wilderness – by night, you'll reside in traditional-style accommodation made to feel like a home-from-home. A personal chef is on hand to create delicious dishes, and you can opt to sleep under the stars in a romantic tented camp if you like. This cultural and spiritual journey is a chance for you both to feel grounded and learn to live in the moment.

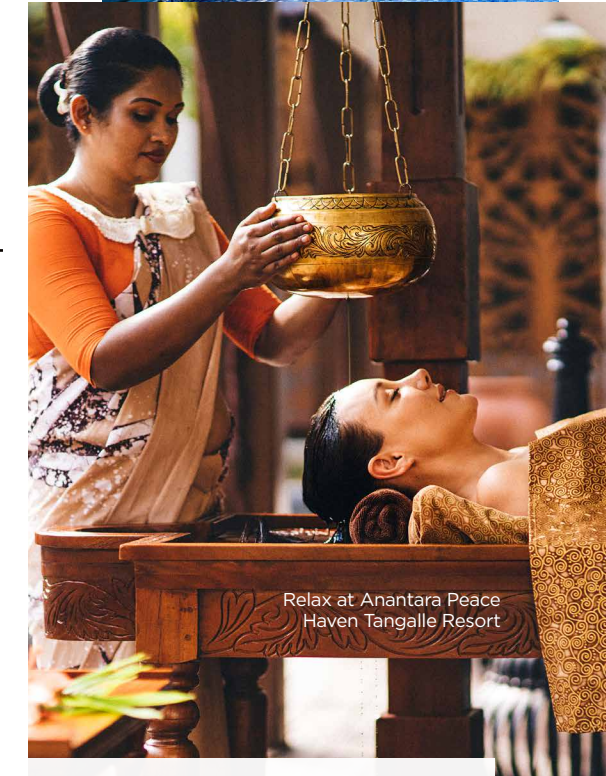
Book Experiences run from three locations and prices start from US\$3,370 (approx. £2,530) per person, not including flights. The seven-night Shakti Kumaon Village Walk starts at US\$6,904 (approx. £5,180) per person and includes private accommodation in three village houses, plus three nights at Shakti 360° Leti on a fully inclusive basis, including all meals and drinks, all activities, a guide, private chef, support guide, porters, a car, and return local transfers, shaktihimalaya.com



The breathtaking Himalayan scenery



Anantara Peace Haven Tangalle Resort



Relax at Anantara Peace Haven Tangalle Resort

Ayurvedic discoveries at Anantara Peace Haven Tangalle Resort, Sri Lanka

For serious chill time post-wedding, look no further than this appropriately-named haven from Anantara. Located on the south coast of Sri Lanka, it's impossible to walk along the sands outside this gorgeous five-star resort and not feel unbelievably happy! With gentle turquoise waves lapping at the shore and the glorious sight of the coconut plantation in the background, this place is the definition of tranquility. Sign up to the seven-day Inner Harmony Ayurveda Programme to boost your mood even further. You'll partake in energy healing classes, two personalised coaching sessions and daily spa treatments, as well as excursions to Buddhist temples and painting lessons from local artists.

Book Rates for the seven-day Inner Harmony Ayurveda Programme start from £1,061, inclusive of applicable local taxes and resort service charges, anantara.com

Cottars 1920s Safari Camp in the Masai Mara with Hands Up Holidays





1 Hotel South Beach

Eco luxury

An environmentally friendly retreat doesn't mean you have to compromise on style and service. These stunning resorts combine luxurious surroundings and impeccable hospitality with a green ethos.

Support sustainability at 1 Hotel South Beach, Miami, USA

From the recycled and repurposed materials in its construction, to conserving energy and water in its operation, this beachside hotel is serious about sustainability – with no scrimping on luxury. This five-star resort has over 400 super-chic rooms, an idyllic rooftop pool and its own beach club. Your dining can be as angelic or as devilish as you like. Pinthouse is for light vegetarian options, while STK is for indulgent surf and turf including superb steaks and fresh fish. Complete your stay with a visit to the Bamford Haybarn Spa, which unusually combines South Beach style with English country nature.

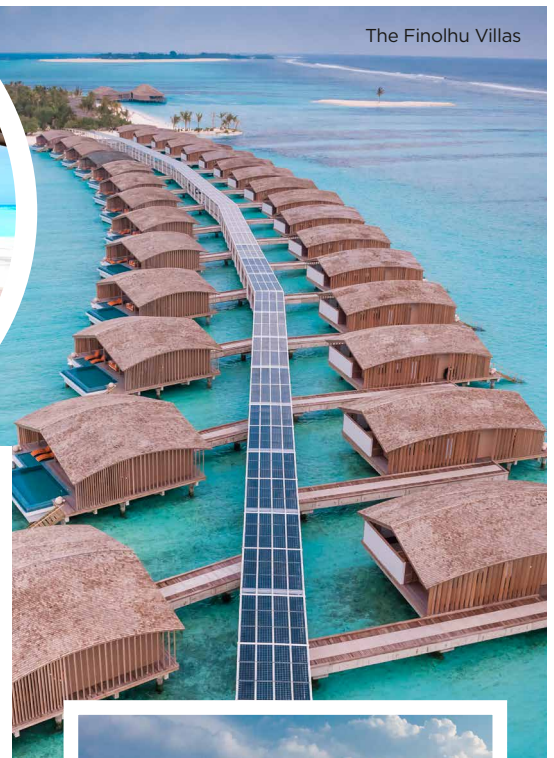
Book Prices start from US\$799 (approx. £600) in high season and US\$399 (£300) in low season, 1hotels.com/south-beach



Cabana Pool at 1 Hotel South Beach



Sunrise Overwater Villa at The Finolhu Villas



The Finolhu Villas

Save energy at The Finolhu Villas, The Maldives

The world's first five-star resort to be entirely solar-powered, The Finolhu Villas by Club Med are rather virtuous – aside from the complimentary champagne flowing freely from 6pm each evening! The solar panels, strategically placed on the walkways between villas, soak up and store up to a megawatt of the sun's energy, which goes on to power the resort while you catch your own share of the rays by your private pool. Dive into the crystal-clear waters to see some of the marine locals, and at sundown, try out one of The Finolhu Villas' three amazing restaurants.

Book Rates start from £3,271 per person, transport not included, clubmed.co.uk



New moons

BodyHoliday



Health boost

Start your married life as you mean to go on – in health and happiness – by treating yourselves to some extra TLC.

Fitness and fun at BodyHoliday, Saint Lucia

Sun, sea and sand are three big lures of the Caribbean – but what about snorkeling, spinning and sunset yoga? At the all-inclusive BodyHoliday resort in Saint Lucia, fitness is a way of life. There's a jam-packed activity schedule including sailing, hiking and wakeboarding. Your programme can be personalised, so if you fancy a morning run but your partner prefers a game of tennis, you can do exactly as you please. There are no rules about what you can eat in the five restaurants, but expert chefs are on hand to create healthy, delicious dishes.

Book Rates start from US\$500 (approx. £375) per person, per night, for an all-inclusive stay, thebodyholiday.com

Detox at L'Albereta, Italy

At first glance, L'Albereta may look like your typical five-star escape. However, as well as being an oasis for utter relaxation in northern Italy, this resort offers an opportunity to overhaul your health, too. A post-wedding detox probably isn't the first thing you think of when planning a honeymoon, but you'll return home feeling better than ever after a stay here. The seven-night Fundamental Detox programme is about cleansing your body and promoting wellbeing, including nutritional consultations, invigorating massages, energising treatments and mud-therapy sessions – as well as access to the gym, sauna and steam bath. L'Albereta has everything you need to feel good, inside and out, in beautiful surroundings.

Book Prices start from €3,250 (approx. £2,830) per person, albereta.it



Cabriolet Suite at L'Albereta

L'Albereta



Namibia with The Great Projects



Animal attraction

From working at a game reserve in South Africa to releasing baby turtles into the ocean in Costa Rica, you could dedicate your honeymoon to helping wildlife all over the world.

Get up close with The Great Projects, worldwide

Devoted to organising life-changing volunteering trips, The Great Projects is perfect for animal-loving adventurers. As well as having the opportunity to see incredible species in their natural habitat, you'll be able to work with on-the-ground experts to make a real difference to local wildlife. Whether you want to help feed giant pandas in China, or monitor sloths in a sanctuary in Costa Rica, there's something for everyone to experience.

Book Package prices vary, thegreatprojects.com

Give time to help species with Fronteering, worldwide

From cultural experiences to wildlife conservation schemes, Fronteering focuses on turning holidays into unique volunteering projects in locations across the world that you'll remember forever. Among the many different options, you can jet off to the late Steve Irwin's Australia Zoo to help care for koalas, kangaroos, wombats and dingoes, or you can head to the beautiful Rocky Mountains in the USA to lend a hand at a horse rescue centre.

Book Package prices vary, fronteering.com

The Rocky Mountains with Fronteering



Australia Zoo with Fronteering

