



The population in the United States should hit 300 million any day now. Thankfully, there are still some less inhabited places to go on the globe, but not many. In the middle of the Indian Ocean is Frégate Island Private located within the archipelago nation of Seychelles. Sure there's a luxury spa and white granite beaches, but more importantly, there are never more than 40 guests on the island at any one time.

Pulling influence from Thailand and Bali, the architects designed the central pavilion and its 16 secluded villas to feel like an authentic African village, not a resort. The mahogany villas invite the fresh sea air to swirl beyond the African teak walls. Each domicile has a jacuzzi and an open-air terrace with a day bed. Wander outside to sit under the Banyan, fig and coconut trees (well, maybe you shouldn't sit under the coconut trees).

Seychelles is known for its fierce protection of its flora and fauna, and locals and visitors alike can bask in their glory. The island boasts

14 species of bird and more than 400 Aldabra giant tortoises. Almost all of the food served at Frégate Island Private has been grown on the very grounds. You can enjoy a Creole-style dinner at the Plantation House Restaurant or dine right on your villa balcony, and then walk to Anse Bambous, one of the seven beaches with a bar. Located a mere four degrees south of the equator, Frégate Island will forever be a warm, tropical paradise for everyone who has the good fortune to go.

A major feature of Frégate Island Private is the Rock Spa. Waterfalls and freshwater pools line the granite canyon entrance. Natural and elemental, the botanical treatments are prepared with local ingredients and derived from traditions in India, Australia

and Polynesia. That's just the beginning. You can recline on the spa's balcony and look out onto the Indian Ocean after any treatment and choose from a cool glass of coconut milk, champagne or fresh lemongrass tea to close the experience.

Should you decide on this African island journey, you must be willing to stay amidst the beauty for at least three nights. Rates through December 19, 2006 are 1900 € (approximately \$2,400 at press time) per villa, per night. One visitor from Texas wrote, "It's worth spending your kids' college fund on." Maybe it's just worth getting away from the kids... and the rest of the world. 🌴



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