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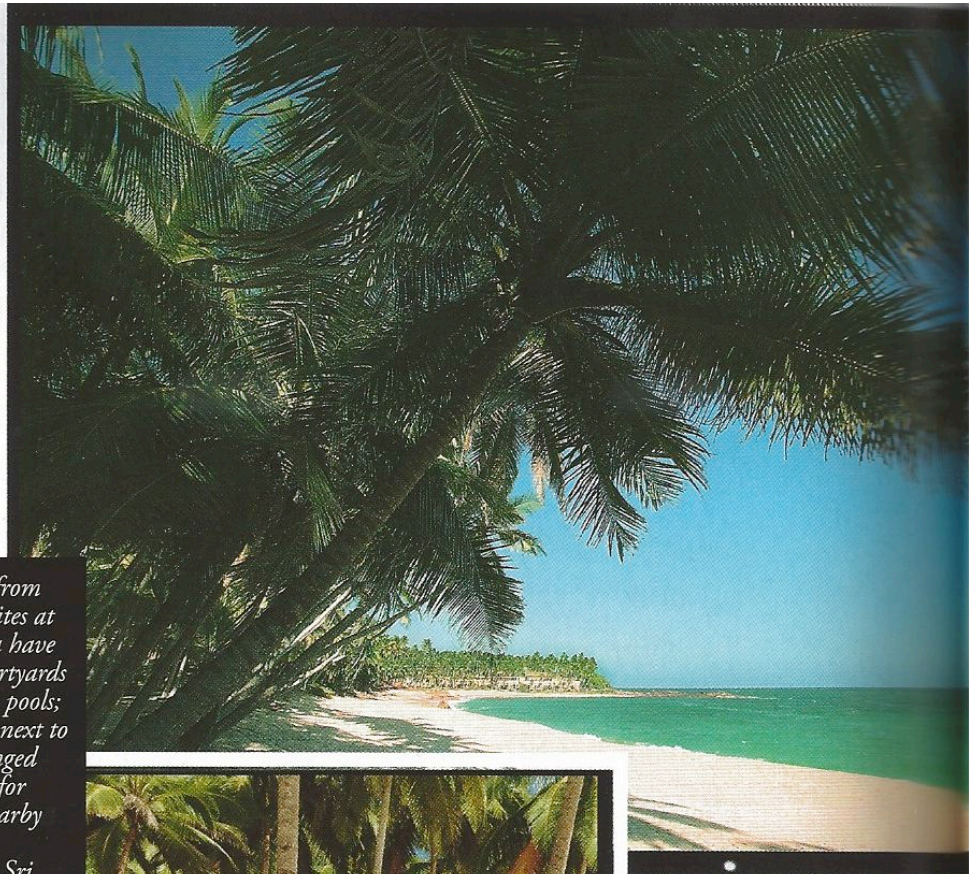
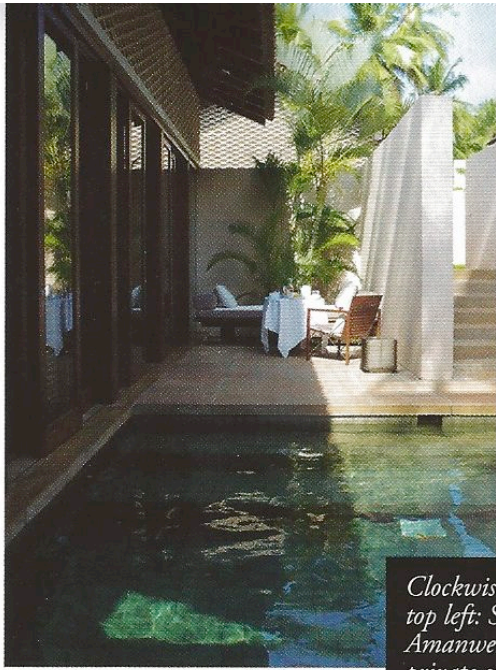
**'We hired
a sex coach'**
What happened
next? Find out
on page 131

FOUND!
The secret of
**PERFECT
SKIN**

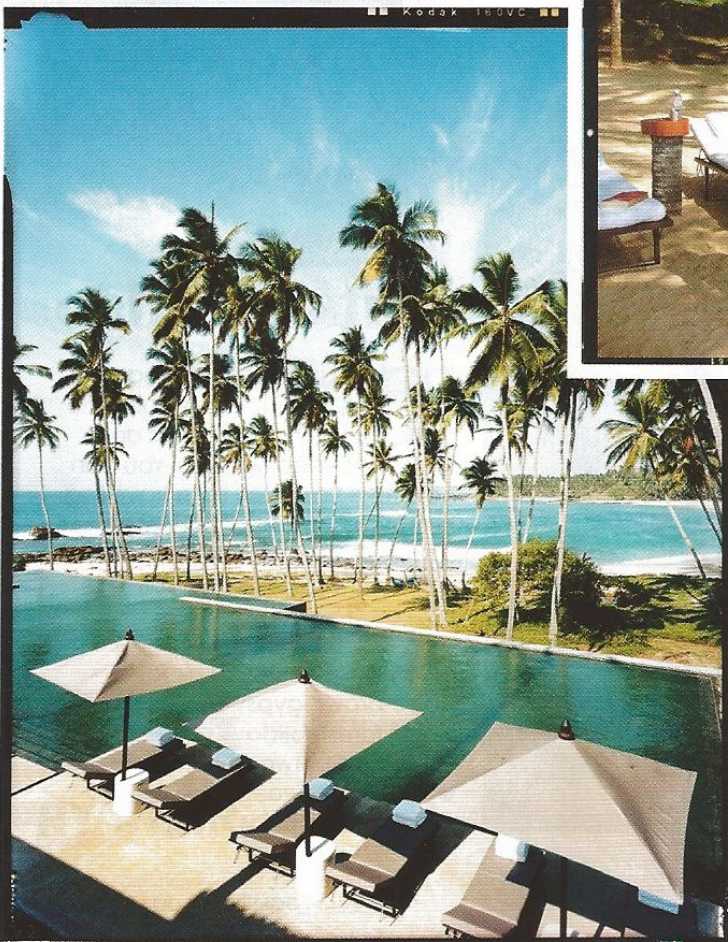
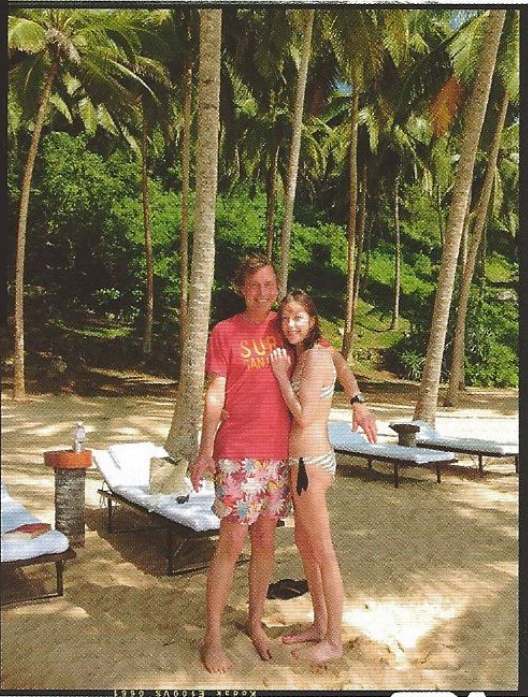


**SPRING
STYLE**

REFRESH YOUR WARDROBE,
HOME, MAKE-UP BAG - AND LIFE



Clockwise from top left: Suites at Amamwella have private courtyards and plunge pools; the hotel is next to a palm-fringed beach; fish for sale at a nearby market; be tempted by Sri Lankan dishes; the beachfront swimming pool; a waiter prepares to serve tea; Hilary and Nick



Me & my favourite TRAVELLING COMPANION

Whether you like to holiday with your family, your partner or your dog, we've found the perfect destinations

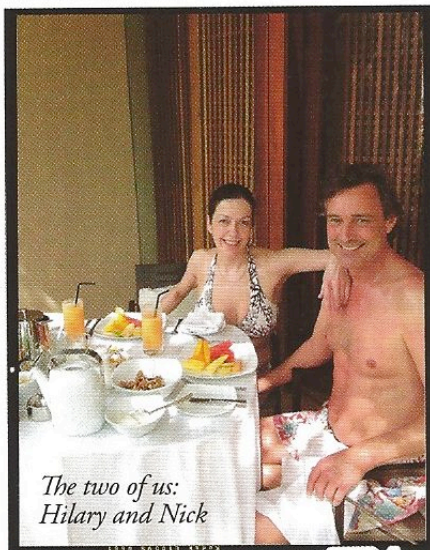
ME & THE MAN I LOVE

"We discovered a mutual passion for doing nothing in a Sri Lankan paradise"
BY HILARY ROSE

I have holidayed in all sorts of combinations: on my own, with family, with friends. I've been single in Mauritius, a couples' paradise, and loved it; and I've built sandcastles with children in Dorset and loved that, too. But going away with a new boyfriend is nerve-racking. What if Nick and I were incompatible holiday companions? We all know them: couples who are happy at home, but on holiday, it all unravels. She wants to lie on a sun lounger: he wants to abseil down the Grand Canyon.

A friend gleefully shared his theory that holiday incompatibility starts at the airport, that you're doomed if you don't walk at the same speed. So I worried. Would Nick be bored? Would he try to make me do a group activity? Would we argue over where to have dinner?

I needn't have been nervous. Destination was key and we picked a winner: Amanwella,



*The two of us:
Hilary and Nick*

GO: Ampersand Travel (020 7289 6100; ampersandtravel.com) offers seven nights B&B in a Pool Suite at Amanwella from £2,830 (based on two sharing), including flights with SriLankan Airlines and transfers.

a beautiful hotel on an exquisite stretch of Bounty-advert beach in Sri Lanka. Service was impeccable but invisible, and we were left on our own, in the lap of luxury, to do as little as we liked. Happily, it turned out that we both like doing very little indeed.

We got up late, breakfasted on our terrace overlooking the Indian Ocean, had a dip in the sea or the stunning infinity pool – decisions, decisions – then lay down to enjoy the warmth of the sun. Nick did a bit of fishing, I did a bit of reading. That was it.

Always on the move at home, on holiday we discovered a shared love of going nowhere. There were no irritants: staff bring water and fresh towels every five seconds, and your only dilemma is whether to have dinner in the restaurant or at the beach bar. In the grand scheme of things, this is not one of life's harder choices. We realised we giggle over the same things, we want to eat the same things, preferably while wriggling our toes in the sand, and we were happiest just bobbing in the sea, jumping waves.

Perfect locations on your own can be wonderful, but with the man you love? I'd almost forgotten what I was missing. ▶