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On the beach at Baha Mar, in the Bahamas.

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THE CARIBBEAN

Everyone knows the Caribbean as a stronghold of sun and sand, but it's also a place where culture, history, and culinary tradition run deep.

Although last season's storms affected many islands, three-quarters of the region was untouched. Here's our guide to what's on offer now, from an update on recovering islands to the latest openings and new ways to enjoy one of our favorite places on earth.



Photographed at Baha Mar,
a new luxury resort in
Nassau, Bahamas.

MODEL: DIERDRE REIMOLD AT MARILYN. SWIMSUIT BY HERMÈS, HERMÈS.COM, \$490. ILLUSTRATIONS BY MIGUEL PORLAN



The lobby at the Park Hyatt St. Kitts, which has 78 rooms and 48 suites facing Banana Bay.

THE ROOMS The 126 rooms and suites are cheerful and bright, with ivory wood-paneled walls, a cream-and-taupe color scheme with cheery pops of blue and red, and not even a hint of the stuffy colonial style still so prevalent across the region. My favorite category: the Nevis Peak suites, which feature outdoor living rooms and private plunge pools. They're great for couples.

THE FOOD All three restaurants on the property serve excellent, locally sourced food. The standout is the adults-only Stone Barn, where the executive chef, Pankaj Bisht, turns out sophisticated, unfussy dishes. The mahi-mahi *crudo* is embellished with tiny edible viola flowers, and the *chermoula*-spiced prawn with piquillo yogurt, toasted macadamias, and cilantro melds international flavors.

THE ACTIVITIES Whether I was lounging at either of two main pools or on Banana Bay—which offers additional views of Nevis Peak—I was never bored. At the Miraval Life in Balance Spa, the massages and scrubs use local salt, volcanic stone, and black sand, and a reproduction of a stone sugar mill is a site for meditation and yoga. When I wanted to get off the property, I took one of the island tours, or “journeys”—including rain-forest excursions and a visit to Brimstone Hill Fortress—for an introduction to Kittitian history and culture. park.hyatt.com; doubles from \$450.

ST. KITTS

A NEXT-GEN CARIBBEAN RETREAT

The long-awaited Park Hyatt St. Kitts is bringing a new level of luxury to the island. **Sarah Greaves-Gabbadon** checks in.

Funnily enough, the biggest draw at St. Kitts's Park Hyatt resort, which opened last November in Christophe Harbour along the southeastern peninsula, might be sister island Nevis. That's because wherever you are at the beachfront property, the mist-crowned peak of Nevis's iconic volcano, just three miles away, draws the eye. The resort's sense of openness, of being connected with nature, starts at the entrance, with its reflecting pools punctuated by water lilies. It continues in the open-plan Living Room, a light-filled space with floor-to-ceiling ocean-view windows, a whimsical wall of straw hats, and armchairs and coffee tables instead of a traditional front desk. Within minutes, I felt myself downshift to island time.



TURKS AND CAICOS

COMO Parrot Cay (comohotels.com; doubles from \$925) has always been a mainstay for couples, celebrities, and wellness enthusiasts, thanks to its stellar spa hosting free yoga and Pilates sessions. This season's renovation has brought rooms that will match the spectacular setting (think streamlined marble bathrooms and sleek wooden flooring), with a new beach club adding to the toes-in-the-sand allure.