SIX ADULTS-ONLY HOTELS

Need to go away in August but not a fan of children? Susan d'Arcy knows the best tantrum-free resorts. All package prices are for a week in August and include flights

H10 Timanfaya Palace, Lanzarote

Granted, it has 305 rooms, but the Moorish architecture lends the palm-studded public areas and pools here an airy elegance. The Mediterranean/Middle Eastern fusion food is a favourite with locals and

it's close to the bars and beaches of Playa Blanca. From £1,076pp, half-board; sovereign.com

Hotel Ola, Croatia

Built into the rocky Adriatic coastline close to Split, this stylish wellness retreat has detox, weight-loss and sleep packages, as well as personal training, hiking, biking and sailing. There's a cool rooftop pool and the restaurant does on-trend gourmet paleo food. From £1,340pp, B&B; thehealthyholidaycompany. co.uk

Amare Marbella Beach Hotel, Spain

The Malaga sucking goat at this beachfront hotel's Michelin-starred restaurant is the stuff of local legend. There's also a summer

pop-up, Hayaka, serving Latin American street food. The decor in the rooms is seashore chic and there are no set times for breakfast. From £1,598pp, B&B; classic-collection.co.uk

Casa Angelina, Italy (pictured)

This minimalist hideaway on the cliffs outside Positano

encapsulates the glamour of the Amalfi Coast. Rooms are sleek and sugar-white, and you get your own brat-free section of La Gavitella Beach, 200 steps below. (There's a lift for the way up.) Sundowners on the terrace are served with a side order of views of Capri. From £2,300pp, B&B; blacktomato.com

Constantinou Bros Asimina Suites Hotel, Cyprus

Free champagne and canapés on arrival set the scene at this understated resort. The suites

are huge, with balconies that overlook a palm-lined beach. Add freshwater pools, al fresco massages and Paphos Town, a half-hour walk away. From £2,010pp, B&B; elegantresorts.co.uk

Marbella Nido Suite Hotel, Corfu

It only opened last month, and the rooms are as sparkling as the Ionian Sea beyond. Many suites have hot tubs and all have wide balconies for maximum appreciation of the hazy summer views to the mainland. Divide your time between the infinity pool and the full-service private beach. From £1,387, B&B; tui.co.uk

