

'Me time' at Aqua Sana Spa, Center Parcs

Every parent works hard 24 hours a day, 7 days a week, whether they are a stay at home parent or working parent. I believe it is healthy to ensure you also get some 'me time'. When you have a chance to relax, to have peace and space to think and rejuvenate, you are able to tolerate so much more, I know I definitely gain a lot more patience when I've had a chance for some me time.

As part of becoming a family ambassador for Center Parcs, I had the fantastic opportunity to try out a spa day at [Longleat Aqua Sana Spa](#). I was so excited and couldn't wait for myself and a friend to go.



The spa is situated in a beautiful forest setting, perfect for relaxation before you've even started.

On arrival at the spa, the staff were very friendly and welcoming. They were more than happy answer any queries. We were given a locker key where we found our robe and towel. After changing,

we first headed for the cafe for a coffee a



We had a wander round the spa checking out what there was to offer. There were lots of different relaxation areas, saunas, pool etc all with a different theme. Our first stop was the Greek herbal bath. This was a lovely place to start, as it was not as hot as some of the other rooms and I personally liked the herbs that were infused into the room, it was very relaxing.

Next, I had a decleor facial treatment. This was a wonderfully relaxing, but also refreshing facial, which included a shoulder massage. My skin felt so much smoother after. Following your treatment you are taken into a peaceful relaxation area with lounges to chill on, drink chilled water and slowly recover from your treatment. As it was a gorgeously sunny day, we laid reading in the sun for a bit, it was wonderful.

Lunch in the cafe was delicious. I had a chicken salad, but you could choose from cooked meals or Panini's if you prefer.

I spent the afternoon wandering from room to room, relaxing and chilling in each area, savouring the peacefulness, the tranquility and me time. I even had a lay on the water-bed where I could easily have fallen asleep like I was floating. Every area and room was lovely for different reasons. I think my favourites were the outdoor spa pool as I could relax and float in the water in the sun, the indian blossom steam room as the aroma was beautiful and the reflexology foot spa which was very relaxing.

I also had a back, neck and shoulder massage. This I found lovely, relaxing and relieving of stress and tension built up for the children.

At the end of the day, neither myself or my friend wanted to leave, but of course all good things must come to an end. We had a shower to freshen up, then headed to the cafe for a cup of tea before driving home. I needed it to wake up a little!



We both had a wonderfully relaxing day and I must admit, I have definitely been a lot more patient with the children since my return.