

supreme luxury

at Aqua Sana Spa, Woburn Forest

It's rare to honestly say an experience has gone above and beyond your expectations - but as I came away from Woburn Forest Aqua Sana Spa, I had the distinct feeling that I had encountered far more than the average spa stay, *writes Four Shires' Sarah Musgrove.*

It seems like I'm not the only one who thinks so, either, as the newest member of the Aqua Sana Spa family has recently been nominated for a prestigious Spafinder Wellness Travel Award.

Situated within a Center Parcs in the middle of the woods, Aqua Sana Spa is working proof that you can excel at both quality and quantity. The endless amount of rooms (each sitting within one of six themed spa 'worlds') in the two-story complex allows you to drift around as you please and never repeat the same experience twice. Amongst the worlds was a dreamy Blossom Spa, invigorating fire and ice extremes and - a personal favourite - a set of hypnotising rooms within the Sensory Spa.

The day was punctuated for my guest and I with treatments from the ever-attentive therapist staff, and we enjoyed an hour long Signature face and body treatment each. It's worth noting that we were told, as we were greeted by our Concierge, that we had arrived on one of the busiest days so far. However, with no wait time, no

overcrowding and an extended peaceful atmosphere throughout the spa, this was very hard to believe.

Following the most relaxing massage, we visited the Vitale Café Bar where every meal from breakfast through to lunch and afternoon teas are catered for. With a wide range of foods and drinks to suit most tastes and with no need to carry any cash (thanks to our high tech wrist-bands that also acted as our locker keys), simplicity and good service were by far the best things on the menu.

And finally, if you are lucky enough to be attending as part of a Luxury Break package, you will experience the heavenly spa suites. With a balcony that overlooks the forest, high quality room service and an abundance of fluffy white robes, there was absolutely nothing more we could have asked for. As we wallowed in our gigantic bathtub full of Elemis bubbles



that looked over the lake, we admitted that we would have been happy enough staying in our suite all day – had the temptations of the spa not been so great.

As the saying goes, parting was sweet sorrow. A stay at the Aqua Sana Spa in Woburn Forest could not be more thoroughly recommended for absolute luxury and peace of mind - we can't wait to go back.

Visit www.aquasana.co.uk/woburn for full information on spa days, breaks and treatments.

