

The Luxury of (me) time...



MEET MONIQUE

In the course of a fabulously full career in travel, this mum has been fortunate to have access to many of the world's top destinations. Monique and her family, including two teenage boys, have experienced international cities, skiing, golf, resort beaches, and even shopping, together. Her advice and tips on 'the good things in life' are shared on her own luxury (family) travel site theurbanmum.com.au ... and, as a coffee devotee, she knows where to find the best, around the globe!

Once upon a time opulence and glitz was my idea of luxury – 1990's I am looking at you! Now my notion of lavishness is the glorious glitter of time. Ask any mother and I'll take bets that top of their wish list won't be a new handbag; it will be time – to see friends, sleep in, follow their own interests, travel – all luxurious pursuits.

Confession; I have been leaving my kids so I can travel with friends, every year for ten years – and I love it. Time away – taken in small bites – stirs a sense of self, never to be confused with selfish. Actually, leaving the kids at home requires mammoth amount of organisation - coupled with a dose of guilt.

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The first time the thrust of plane engines lifted me away from home and my babies, I sobbed buckets. However as I landed in Rome for a sister's wedding I began to relax; a week later I returned to my family invigorated and determined – that circumstances allowing I would make a break for it once a year. (Note: in the interest of equality my partner also takes time out – with his mates – on the annual pursuit of green 'golf' pastures).

So where should you go to find a little 'me' time? Perhaps it's your first foray into travel sans kids; or you have just a snippet of time; or you can let loose and go further afield – whatever your situation there is a destination.



OPPOSITE:
Taj Lake Palace,
Poolside in the
Whitsundays.
BELOW:
Monique's fabulous
girls' trip to India.

