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# UK holiday jets put at risk by Putin's planes

**On the prowl:** A Russian Bear bomber is intercepted by an RAF Typhoon jet last year  
PICTURE: RAF



PLANES packed with British holiday-makers are at risk of being brought down by Russian jets playing 'chicken', a former RAF boss has warned.

There is a growing threat of a mid-air collision as Moscow sends more aircraft our way in a new Cold War with the West, Lord Stirrup claimed.

The air chief marshal said: 'They are becoming more aggressive. They

are testing our reactions and they are engaging to a degree in a game of chicken and that's very dangerous.

'We are seeing the increasing possibility of mid-air collision, not between RAF and Russian aircraft, but between

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**PLUS**

**MAN HELD OVER MP WIFE'S SEX ABUSE CLAIM**  
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**FORGET CROMWELL, RYLANCE IS KING**  
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High intensity interval training tips on page 39.

**I think I'll just do the intervals.**



# Secret Thai delight in the New Forest

**T**HE Thai-themed SenSpa at Careys Manor seems a world away from its surroundings in the New Forest. Five minutes' walk from Brockenhurst station, which has direct rail links to London, Oxford and Manchester, it is a bit of a maze but not surprisingly so, as it has 17 treatment rooms, a spa boutique, an Ozone swimming pool (with less chlorine than traditional pools), a herbal sauna, a hydrotherapy pool, a Rhassoul mud room and experience showers, among many other facilities.

**SIGNATURE TREATMENT:** I enjoyed an hour-long KORE Therapy treatment, typical of the hotel's East-meets-West treatments. My Thai therapist began with strength and orthopaedic muscle testing in my arms and legs, then gave me a pummelling massage on my back and neck – spotting that I had a receding whiplash problem. She also did some energy healing. I left the

Each week we visit a great British spa. This time, **Abi Butcher** visits SenSpa at Careys Manor Hotel in Hampshire



spa feeling strangely stronger, more supple and energised.

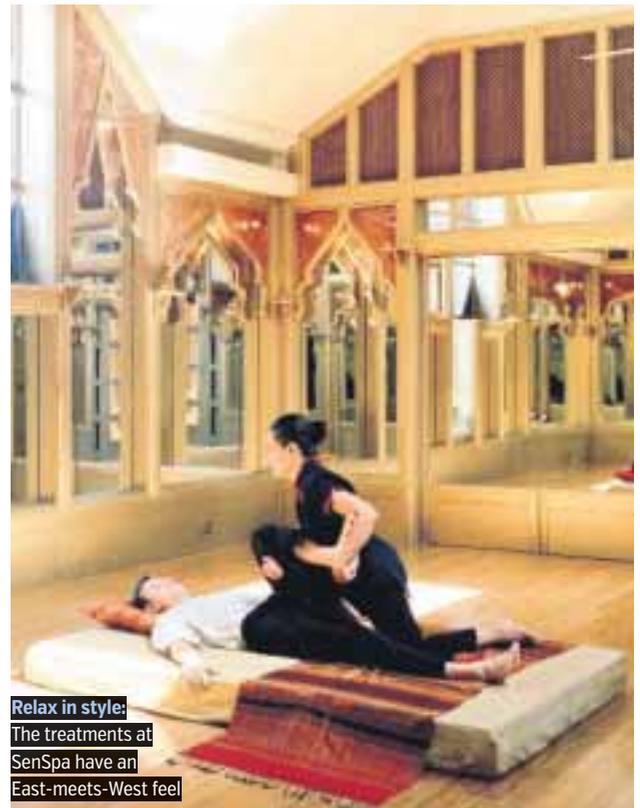
**FEEL-GOOD FACTOR:** The spa was exotic and calming. I felt a world away from home.

**FOOD:** We ate dinner in the Thai Zen Garden restaurant, and its Thai chefs whipped up the best Thai green curry I've eaten outside of Thailand.

Dishes were light and spicy and there were plenty of vegetable options. Breakfast was big: I dug into the fruit buffet with yoghurt, nuts and seeds, followed by smoked salmon and poached eggs with added spinach (which wasn't on the menu but the chef obliged my request). I then ruined it all with an almond croissant.

**ROOMS:** A former hunting lodge, Carey's Manor Hotel is set right on the edge of the forest. The rooms are comfy and pleasant but the furnishings and bathrooms are a little dated. However, the fabulous staff make up for any disappointing decor.

Double rooms from £178 (based on two sharing) on a B&B basis. KORE therapy sessions from £76 (60min). [senspa.co.uk](http://senspa.co.uk)

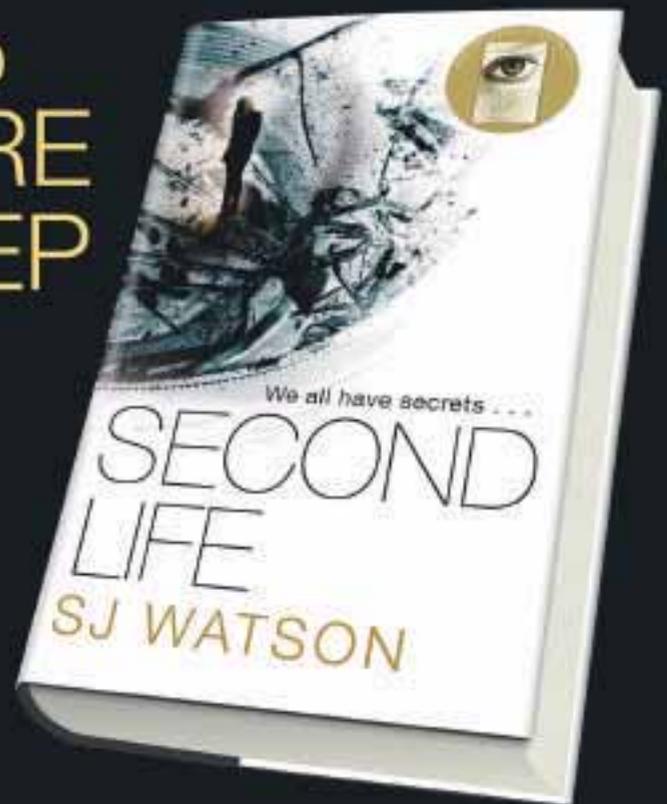


**Relax in style:** The treatments at SenSpa have an East-meets-West feel

## From the author who brought you BEFORE I GO TO SLEEP

'A Fatal Attraction for the digital age, but with a crucial twist . . . Watson is a master at turning the screw.' *Evening Standard*

'A gripping read – deftly plotted, with convincing characters and an unsettling premise that builds to a truly disturbing conclusion.' *Independent*



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