

*a temple to tranquillity
in the heart of the New Forest*



SENSPA
refresh your senses
at Careys Manor Hotel

British Beauty & Spa Awards
Winner Best Hotel Spa | Winner Best Body Therapist



A uniquely authentic slice of Thailand – in the heart of the New Forest. The spa features world-class hydrotherapy facilities.

Hester Lacey,
The Independent on Sunday

Without exaggeration, I think it is possibly one of the best spas that I have visited. The treatments and facilities are second to none, the staff are exceptional in their helpfulness and friendliness and the hotel itself was super. As for the food, the Thai restaurant was out of this world – I haven't had Thai food this good – anywhere!

Karena Callen, Marie Claire

The treatments are excellent... the best thing about SenSpa is the hydrotherapy area.

David Baddiel, The Times

enter a world of peace and relaxation



For most of us, the quest for deep relaxation is in total contrast with our 21st century lifestyle. Now, such tranquillity can be achieved here at Careys Manor and SenSpa.

Whether you are looking to escape the stresses of everyday life, spend some quality time with a friend or enjoy a romantic break away, we offer a range of spa experiences to choose from.

The best of the East and West

SenSpa offers a fusion of Eastern and Western treatments set in contemporary oriental surroundings. All treatments and products are in harmony with nature, using all that is pure and beautiful, sumptuous and luxurious.

So, whether you join us for the day or for longer, we promise an experience of pure indulgence and pleasure.

Good Spa Guide – Awarded 5 out of 5 bubbles

Good Spa Awards 2010 - Winner Most Marvellous Massage

British Beauty and Spa Awards

Winner Best Destination/Hotel Spa 2007, Finalist 2008

Winner Body Therapist of the Year 2009, Finalist 2008

Finalist Best Employer 2008

Professional Beauty Awards

Finalist Residential Spa of the Year 2009, 2010, 2011

Finalist Therapist of the Year 2008 & 2009

Finalist Employer of the Year 2009

BABTAC/CIBTAC Awards – Winner Best Therapist 2010

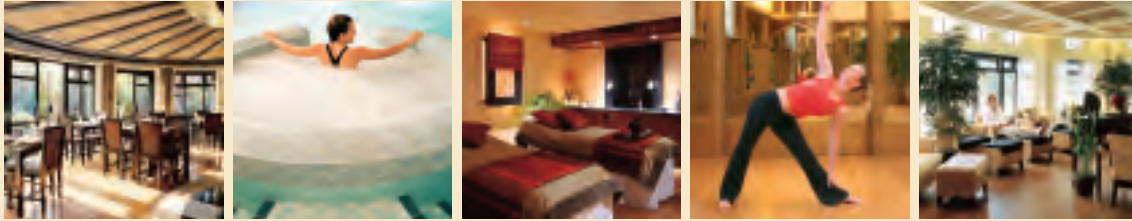
Gold Award Winner for Excellence in Environmental Practice, Green Business Tourism Scheme, 2007





It was absolutely amazing, one of the best spas I have ever been to. The staff were lovely and the facilities were faultless, I had a really lovely weekend.

Daily Express



the magic of water

Deep in the origins of every culture is the idea that water is divine. Water has always been recognised for its ability to heal and when used therapeutically it has many health benefits.

SenSpa's world-class hydrotherapy area combines age-old therapies with state-of-the-art technologies to help you deeply relax. Sore, stiff muscles, joints and conditions such as osteoarthritis, can be relieved through water. The application of heat and cool can help the body detoxify more rapidly and the effect on skin is to tone, cleanse, brighten and beautify.

And this sense of well being can be achieved with the greatest of pleasure. . .

senspa facilities

- Large hydrotherapy pool
- Herbal sauna
- Crystal steam room
- Laconicum – a gentle thermal room, less intense than a sauna or steam room
- Tepidarium – a relaxation room with heated loungers
- Experience showers – tropical, sea and ice storm showers complete with thunder and lightning effects
- Health showers – stimulating overhead and side water jets with eucalyptus and peppermint scents
- Ice room
- Ozone swimming pool
- Jacuzzi
- Rhassoul mud room
- Hammam rooms – heated mosaic tiled beds used for wet treatments
- Vichy showers – hydromassage provided by water sprays
- Relaxation room
- Quiet room
- Thai temple studio
- Gymnasium
- 17 luxurious treatment rooms, including 2 double rooms
- Zen Garden Thai restaurant
- SenSpa Boutique

uniquely senspa

Hydrotherapy

Stimulate your senses in our candlelit hydrotherapy pool, lie back and feel the gentle bubble jets massage and relax your entire body.

Unwind on the heated loungers in the tepidarium, relax under the twinkling lights and listen to the tranquil sound of a water fountain.

Experience the warmth of the unique thermal rooms with our fragrant herbal sauna and amethyst crystal steam room.

Our experience showers provide tropical, sea and ice storm mists and rain, complete with thunder and lightning. Health showers provide overhead and side jets of water, with scents of eucalyptus and peppermint aimed at positively affecting circulation and the lymphatic system.

For the more adventurous, rub crushed ice on the body or try the Koubel douche, (an overhead bucket of ice cold water).

Finally, chill out in our relaxation areas. One has soft Oriental music playing, the other is a quiet room.

Thai-Trained Therapists

For centuries the graceful Thai people have understood the value of inner peace and complete relaxation. Our gentle Thai-trained therapists bring knowledge and understanding to a range of pampering and restorative treatments whose origins can be traced back to ancient times.

Natural Treatments

Products used in our treatments are organic, wildcrafted and natural and are selected for their purity and efficacy.

Mind Body Classes

The mind body classes in our Thai temple studio are designed to inspire, using a combination of techniques including yoga, t'ai chi and pilates to help relax the body and mind.

Zen Garden Thai Restaurant

Indulge in authentic Thai cuisine freshly prepared by our Thai chefs. The Zen Garden Restaurant offers a number of dishes catering for a range of tastes, and uses free-range, locally sourced and organic ingredients where possible. Enjoy one of our freshly made smoothies, made to order. The Zen Garden is open to non-residents, so you can join us for a delicious Thai meal even if you are not visiting the spa or hotel.



From our point of view SenSpa was a blissful retreat nestled in the New Forest. The hydrotherapy facilities were fantastic and the treatments themselves were the best I've had outside of Thailand. A perfect, relaxing escape from everyday life and a place to recoup, revamp and revive. We loved it.

Cosmopolitan



We loved the food! If you thought spas were all about rabbit food, you'll love the to-die-for dishes like Thai Chicken Green Curry at the Zen Garden Restaurant.

Top Sante

luxury spa days

Experience the Orient without the jetlag...

Enjoy a day full of profound relaxation and pampering at SenSpa. Our multi-award winning facilities, Thai trained therapists, superb treatments and delicious Thai food all make for a truly unforgettable experience, leaving you feeling refreshed and revitalised.

With our flexible packages you can create your own perfect day adding as many treatments as you wish.

Our Spa Days include:

- A tour of the SenSpa facilities
- Complimentary light breakfast*
- Complimentary selected refreshments*
- A mind body class
- A delicious two course Thai lunch in the Zen Garden Restaurant
- Full use of the award winning spa facilities including a large Hydrotherapy pool, Herbal sauna, Amethyst crystal steam room, Ice room, Experience Showers, Health Showers, Tepidarium, Laconicum, Ozone swimming pool and Relaxation areas.
- Time to enjoy a choice of over 40 luxurious treatments using natural and organic products, with discounts available when booking 2 or more treatments per person

Please see our Price List for full details.

**Excluding promotional spa days and offers.*





One of The Independent's 50 best spas. Located in the gorgeous New Forest this 'green' spa is making great steps in ensuring it has minimal impact on its surroundings . . . it generates its electricity from sustainable sources and offers 10 per cent off for guests who travel to the spa car-free.

The Independent

spa experiences *– half days and evenings*

When you can't spare a whole day for yourself, our Half Day and Evening packages have been specially designed to give you some indulgent moments of pure pampering.

The popular Afternoon Delight includes full use of the spa facilities plus a sumptuous Champagne Afternoon Tea, with a delicious selection of freshly made sandwiches and cakes – available from 2pm to 6pm.

The Evening Indulgence package includes use of the spa facilities followed by an authentic three course Thai meal and glass of wine in the Zen Garden Restaurant – available from 5pm.

Please see our Price List for a full list of Spa Experience packages.

senspa occasions for regular guests

With SenSpa Occasions you can indulge in a relaxing spa experience regularly.

SenSpa Occasions is a booklet of 10 vouchers, with each voucher giving you access to all of the fitness, relaxation and spa facilities. What's more, as the vouchers are transferable, you can share them with your friends.

SenSpa Occasions make an ideal gift.

For more information visit www.senspa.co.uk or call 01590 624467.



groups at senspa



If you are looking for the perfect spa venue to celebrate a special event, you can be assured of a luxurious experience at SenSpa.

Our extensive facilities and services mean that we have the capacity to manage groups of people without compromising on quality.

From hen parties to social get-togethers, call us to find out how we can help create a memorable experience for you and your guests.

Also, for groups of 10 or more we have over 30 fun, engaging and inspiring workshops which can be included in your experience such as Drumming, Laughter yoga, Make your own natural skincare, Belly dancing, Body balance and Tai Chi.

For more information on group bookings of 10 or more, please call **01590 625205**



senspa corporate

If you are looking to motivate your team, bring people together or simply reward excellence in your business, there is no finer venue than SenSpa.

Our corporate spa packages have been designed for 8 or more people and can be enjoyed for the day or as an overnight stay. Creating an unforgettable experience, these packages are perfect for staff rewards and incentives, teambuilding events, wellbeing programmes and creating a memorable conference with a real difference.

And, what makes SenSpa Corporate truly unique, is the choice of over 30 fun, inspiring and engaging workshops. Designed to energise the mind and body, our workshops benefit the individual, the group and the organisation.

Our workshops have been grouped into the following 5 themes:



Get Moving.

Designed to revitalise and energise the body. Whether you want to wind up or wind down, relieve stress and tension, restore focus or increase energy. Example workshops include Belly dancing, Tai Chi and Body balance.



Create and Learn.

Designed to inspire and excite. Get creative and try something different. Example workshops include Make your own natural skincare, Learn to massage, and Make your own perfume/ aftershave.



Brain Boosters.

Designed to stimulate, motivate, balance, calm or rejuvenate the mind. Example workshops include Mind Chi, Laughter yoga, and Nutrition.



Team Time.

Designed to positively engage, bring people together and aid communication. Example workshops include Drumming, Colourworks - team profiling, and World music percussion



Business Energisers.

Designed to empower, increase effectiveness and focused thinking. Tailored to your business needs and cover a spectrum of skills to drive individuals and business to a new level. Example workshops include Meetings energiser, Problem solving and Presentation skills

For more information on SenSpa Corporate, please contact us on **01590 625205** or visit **www.senspacorporate.co.uk**.





"Best New Forest Hotel". Not just another country hotel, Careys Manor has opulent rooms, three restaurants and is also home to the indulgent SenSpa.

The Guardian



With its picturesque New Forest setting, gorgeous rooms and affordable prices it offers everything you'd want from a UK break.

[Closer online](#)

spa breaks



Careys Manor offers the perfect place to get away from it all. This highly commended four-star hotel, located in the heart of the New Forest, always provides a warm and friendly welcome.

Zen Spa Escapes – choose 1, 2 or 3 nights.

Breaks include:

- tour of SenSpa facilities
- a mind body class*
- complimentary selected refreshments*
- full use of the health club and spa facilities including a large Hydrotherapy pool, Herbal sauna, Amethyst crystal steam room, Ice room, Experience showers, Health showers, Tepidarium, Laconicum, Ozone swimming pool, Gymnasium and Relaxation areas.

For each night's luxury accommodation, you will enjoy:

- a delicious two course Thai lunch in the Zen Garden Restaurant
- a three course dinner in the two AA rosette Manor Restaurant*
- breakfast in the Zen Garden Restaurant*

Simply SenSpa

If you would like to sample the spa and still have plenty of free time to explore the New Forest National Park, the Simply SenSpa break is ideal and includes overnight accommodation, New Forest breakfast, use of the award winning spa facilities and complimentary selected refreshments*.

**Excludes some promotional spa breaks and selected packages.*

At Careys Manor and SenSpa, we are committed to sourcing only the finest quality ingredients for our restaurants, which are, as far as possible, locally produced, free-range and organic.



With Thai-trained therapists and facilities that can rival any five star spa in the UK... It makes for a totally blissed out experience in tranquil settings you just wouldn't find near our nation's capital.

Vogue.com

senspa organic skin therapy



Pure, organic, luxury.

The SenSpa product range has been developed using certified organic ingredients of the utmost purity to ensure the preservation of vital plant energy.

SenSpa products are:

- Made from completely natural, best quality, pure, organic ingredients
- Soil Association certified
- Active and effective
- Made in England
- Made with no unnecessary packaging
- Packaged using recyclable materials

"These products are effective, luxurious and have a real 'ooh' factor. The sophisticated SenSpa signature blend of essential oils used throughout the range is uplifting, delicious and very spa. We loved the beautiful recyclable glass containers and there's no wasteful external packaging.

There are no chemical nasties and all ingredients are active – they're included for a specific purpose. No fillers here. Add to this Soil Association Certification, minimal natural preservatives and absolutely no synthetic ingredients and you have a new range of products to be reckoned with.

There is so much to like about this gorgeous range – it's the epitome of eco-chic."

Good Spa Guide

The SenSpa product range is used in spa treatments and may be purchased in our SenSpa Boutique and online.



treatments



At SenSpa, we emphasise inner healing and balance of body, mind and spirit. Our Thai-trained therapists bring knowledge and understanding to a wide range of pampering and restorative treatments.

To bring you the finest therapies the world can offer, SenSpa's Eastern influences combine with proven techniques and treatments that have long been celebrated in the West. Our natural, wildcrafted and organic products are pure and effective.

Therapies are at the heart of the SenSpa experience. Our therapy team has over 150 years of combined experience and have all been trained to deliver Thai influenced treatments to standards of excellence. Our treatment packages are a perfect way to indulge in top to toe relaxation that will leave you glowing.

tailored treatment bundles - packages made easy

We have selected some treatment combinations which we will know you will love. These treatment bundles can be enjoyed as part of a spa day or break package or own their own.

Perfect for Him

1hr Bao Jai Men's Facial and 1hr Anti-stress Massage.

Perfect for Two

½ hr Rhassoul and 1hr Essential Relaxation Massage.

Perfect for Groups

½ hr Massage or Facial, Champagne reception and selected SenSpa product (minimum six people).

Essential Treatment Package

Any 2 ½ hours of indulgent spa treatments of your choice.

For a full list of treatment bundles and prices, please refer to the price list.

facials

Therapeutic facial treatments with organic herbs and flowers.

Highly active, chemical-free ingredients with healing herbs and flowers, ensure a remedial, prescriptive facial. Tension release techniques ensure ultimate relaxation.

Kinsei Balancing Facial – 1 hour

Perfect for combination to oily skin. Wakes up dull skin, restoring radiance, brightness and lustre.

Norisshu Firming Facial – 1 hour

Ideal to liven up tired and mature skin. A must before a special occasion.

Nadameru Soothing Facial – 1 hour

Calms and soothes irritated, eczema-prone or especially sensitive skin.

Kasui Hydrating Facial – 1 hour

Nourishes and smoothes tired, dehydrated skin. Improves skin colour and helps diminish fine lines. Clarifies dull complexions and soothes summer skin. Suitable for all skin types.

Bao Jai Men's Facial – 1 hour

Enjoy a deep cleanse followed by warm exfoliating honey, then relax with a hand and foot massage and shoulder rub, whilst enjoying the hydrating and wrinkle refining mask. It's best to shave 6-8 hours prior to your facial.

Willow Wild Blossom Facial ³/₄ hour

Suitable for all skin types, this luxurious organic facial is delicately scented with orange blossoms and rose petals. Hydrating and nourishing, it will leave your skin feeling refreshed and rejuvenated.

Express Manuka Facial – 1/2 hour

Exfoliating and hydrating. Warm Manuka honey is massaged in with a healing rose quartz crystal. Your skin will feel smoother and look brighter.

Relaxing Facial Massage – 1/2 hour

Relaxing, toning massage techniques ease all facial muscles, boosting circulation, eliminating toxins and helping the skin to regain its youthful qualities.

Anti-ageing Eye Treatment – 1/4 hour

The perfect addition to your facial. Brightens the eyes and reduces puffiness and dark circles using ultra light pressure massage and natural products to help with cell regeneration.

Personalised Skin Consultations – 1/4 hour

A one-to-one session with one of our fully trained and experienced skincare therapists. Includes a personalised skin analysis, skin condition assessment and expert recommendations, plus a £20 voucher redeemable against any SenSpa, Living Nature or Willow products at the SenSpa Boutique. (May not be available during busy periods).

massage

Our 100% certified organic massage oil blends contain only the finest cold pressed and essential oils.

Sen Fusion Signature Massage – 1½ hours

A harmony of deep and relaxing techniques from the great massage traditions of the East and West; Thai, Shiatsu, Ayurveda, Swedish and Aromatherapy combine to create the ultimate pampering experience. Our signature full body massage uses deep to medium pressure, leaving you feeling refreshed and relaxed.

Traditional Thai Massage – 1 or 1½ hours

Practised for centuries, this massage can be compared to a passive yoga workout. Muscles are gently stretched and kneaded by your Thai therapist, whilst pressures stimulate and balance the energy channels in the body, making this a complete massage experience. Deep and revitalising.

Thai Herbal Poultice Massage – 1½ hours

A traditional Thai remedy for tired, aching muscles. Specially blended Thai herbs are applied with hot compresses to relieve aches and pains, promote healthy circulation and tone the skin. Followed by a relaxing Swedish oil massage.

Sen Vitalising Massage - 1 hour

This one hour signature massage is perfect for those who enjoy deeper pressure, Using long deep strokes this therapeutic full body oil massage is designed to relax and revitalise body and mind. If you enjoy a firm massage, you will not be disappointed.

Essential Relaxation Massage – 1 hour or ¾ hour

One of our most relaxing massages, using traditional Swedish strokes. The 1 hour full body oil massage uses techniques to soothe tired, strained muscles and stimulate blood circulation. Deeply relaxing. The ¾ hour option will focus on areas which require specific attention. Pressure can be varied as preferred.

Aromatic Slimming Massage – 1 hour

A light pressure, stimulating massage using classic lymphatic techniques to help drain excess fluid, which in turn helps the body to eliminate toxins. Especially effective with Yin Yang Slimming Body Wrap.

Ayurvedic Head Massage – ¾ hour

A traditional Ayurvedic oil massage for the head. Promotes restful sleep, relieves stress and clears the mind. Some of the many benefits also include strengthening the hair roots to encourage healthy growth, nourishing the scalp and releasing the flow of prana or energy throughout the entire body.

Oriental Foot Massage – 1 hour

The nerve reflexes in the foot correspond to all major organs. Massaging over these points helps to restore balance and harmony to the whole body and is deeply relaxing. Feet are cleansed with aromatic, exfoliating herbs, warmed with Thai herbal poultices and anointed with organic oils. Massage techniques drawn from Thai and Western traditions are used on the feet and lower legs, finishing with warm poultice and massage to the neck and head.

massage

Anti-stress Massage – ½ hour or 1 hour

Focusing on the back, neck and shoulders, this massage uses Swedish techniques to relieve stress and tension. The 1 hour option works more deeply on any problem areas of your back.

Pregnancy Massage – 1 hour

This massage has been especially designed for mums-to-be, using advanced massage techniques. Our specially trained therapists will comfort and relax you at this very special time.

pure spa water treatments

The purifying and healing effects of water combined with exotic natural products are the essential elements in these superb spa treatments.

Moroccan Hammam Massage – 1 hour

Relax on a heated Hammam bed whilst silky Rhassoul mud is expertly massaged over your body using a variety of techniques designed to soothe and calm. This medium pressure massage deeply cleanses and smoothes the skin whilst stimulating blood circulation and easing muscle tension and stress.

Nam, Water Relaxer – 1 hour

Body Scrub, Vichy Shower, Back, Shoulders and Neck Massage, Head Massage

Enjoy a relaxing suite of treatments in our Vichy room. Lie on a gently warmed Hammam slab whilst your therapist polishes your body with freshly prepared Himalayan crystal salt and organic aloe vera. Relax as warm Vichy water jets are directed along your spine to soothe and release tension. Follow with a back and shoulders massage to ease tired muscles. Finish with a head massage using ancient Ayurvedic techniques to clear and calm the mind.

Saboo, Deep Cleanse – 1½ hours

Body Cleanse, Vichy Shower, Rhassoul Mud Massage, Oil Application

Relax on our heated Hammam slab whilst exotic black olive soap is applied all over your body to cleanse, heal and protect the skin. Enjoy warm Vichy water jets directed along your spine. Follow with a relaxing mud massage using Rhassoul mud from Morocco, known for its purifying and exfoliating properties. Finish with a massage using the finest oils including jojoba, macadamia and evening primrose. You will feel relaxed and revitalised and your skin will feel healthy and radiant.



body polish & body wrap

Beautify your skin with an exfoliating body polish and a nourishing body wrap. All one-hour options finish with a lotion massage. The half-hour body polish is perfect if you are following with a Rhassoul, massage or body wrap.

Santi, Balancing Himalayan Salt Rub – 1/2 hour or 1 hour

A superb body polishing treatment using freshly ground Himalayan rock crystal salt, organic aloe vera, honey, herbs and essential oils to remineralise and smooth the skin and to rebalance the body's energy. A lotion massage follows, leaving your skin soft and nourished.

Prana, Nourishing Body Glow – 1/2 hour or 1 hour

A luxurious, freshly prepared body scrub made of ground lemongrass, organic aloe vera and brown rice. Rice and lemongrass are natural exfoliants, whilst aloe vera is known for its soothing and nourishing properties as well as for softening and conditioning your skin. Suitable for sensitive skin.

Mauri, Invigorating Body Polish – 1/2 hour or 1 hour

A creamy blend of exfoliating, nourishing and moisturising ingredients that include kelp, zinc, echinacea and manuka to remove dead cells. This will balance and refresh your body and senses as well as soften and condition your skin.

Yin Yang, Slimming Body Wrap – 1 hour

Nutrient-rich algae extracts contain active ingredients for the effective treatment of cellulite which not only has a slimming effect, but also nourishes and hydrates the skin. Choose our Aromatic Slimming Massage to follow for a complete slimming treatment.

Moksa, Beautifying Body Wrap – 1 hour

Mineral-rich mud heals and leaves your skin soft and your body feeling refreshed and invigorated, providing all the mineral elements needed for its well being. In addition to being a superb body beautifier, the mud also relaxes the muscles, revitalises the body and soothes pain.

Tiaki, Deep Cleansing and Firming Body Mask – 1 hour

Made from herbs and essences indigenous to New Zealand, this body mask helps to remove toxins from the skin. Manuka leaf, locust bean and kawakawa leaf relax, balance and firm, whilst ginger assists circulation and helps to reduce muscular aches and pains.

Paripurna, Purifying Back Treatment – 3/4 hour

A special treat for an often neglected area, focusing on cleansing and soothing the back. This combination smoothes and purifies, whilst a relaxing back massage eases tension in the back, neck and shoulders. Start with a back scrub, follow with a mask and finish with a moisturising massage.

rhassoul



Rhassoul mud from the Moroccan Atlas Mountains has been used by men and women since the 7th century. It is known to improve skin texture, softness and elasticity whilst detoxifying and drawing out impurities.

Share your Rhassoul treatment with a friend or partner. We will prepare the finest Rhassoul mud for you to apply all over your body, face and hair.

The Rhassoul is a beautiful, mosaicked private room, ideal for two people. Its heated seats, relaxing music and twinkling lights will soothe and calm, whilst gentle steam opens your pores to allow the therapeutic mud to work its magic.

After your half-hour session you will feel wonderfully relaxed. Ideally follow with a massage.



mini treatments



If you are short on time, these 20 minute treatments are an ideal choice.

Tension Reliever – 20 mins

Experience Thai massage techniques which focus on the back, neck and shoulders. Designed to invigorate and re-energise.

Oriental Relaxer – 20 mins

This blissful face, head and neck massage is an ideal choice if you are also enjoying a body treatment.

Essential Hand Therapy – 20 mins

Treat those hardworking hands to some pampering with this luxurious scrub, mask and relaxing massage.

finishing touches

Manicure – 1 hour

Pedicure – 1 hour

Hand Grooming for Men – $\frac{3}{4}$ hour

Foot Grooming for Men – $\frac{3}{4}$ hour

File & Polish – $\frac{1}{2}$ hour

French Polish – $\frac{1}{4}$ hour

(must be booked with a manicure or pedicure)

membership



We provide a friendly, luxurious environment where members can achieve health and wellbeing with personalised service from knowledgeable staff.

As a member of SenSpa you can enjoy all of the following benefits:

- State-of-the-art gym equipment
- Ozone pool, poolside jacuzzi, steam room and sauna
- Use of the hydrotherapy and relaxation facilities with spa membership
- Free weekly personal training sessions
- 20 free classes a week
- Support & guidance from our expert fitness team
- 10% discount at Blaireaus, the Zen Garden Thai Restaurant and the 2 AA Rosette Manor Restaurant, The Michelin-starred Terrace Restaurant and Monty's Inn
- 10% off Treatments, Spa Days and Spa Boutique purchases
- Free vouchers worth over £300 to spend at Careys Manor Hotel and SenSpa

(Benefits listed are subject to change)

gifts



SENSPA | *Boutique* refresh your senses

Discover the treasures in the SenSpa Boutique, which offers unique Eastern and Western gifts and fashion accessories, exquisite hand-crafted jewellery, beautiful scarves, handbags and more.

Why not treat yourself to some stylish new swimwear? We have a range of designs from Sunflair and Fashy with beautiful swimwear accessories such as swim skirts, dresses and sarongs. Our Spa Boutique also carries a range of organic and chemical-free skincare for men and women, cosmetics and hair products including SenSpa Organic Skin Therapy, Willow and Living Nature.

gift vouchers

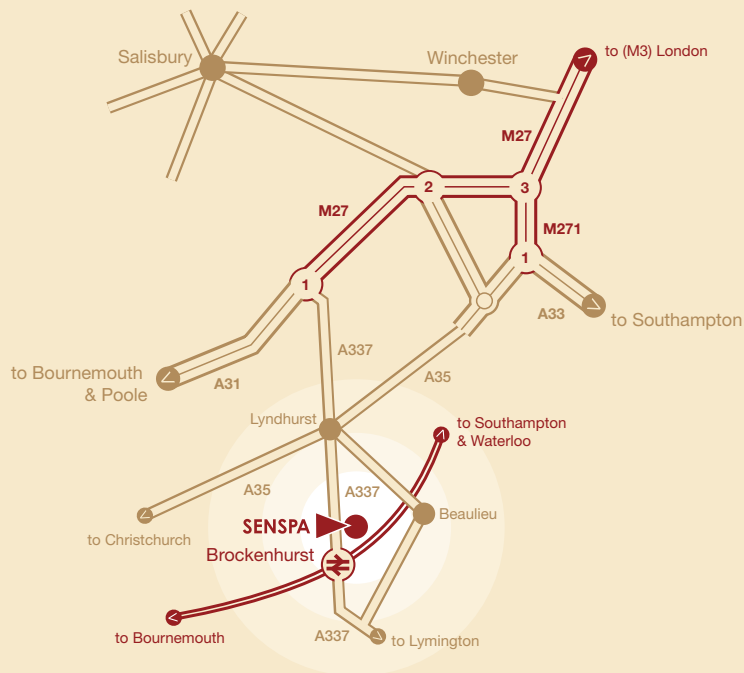
Treat someone special to a SenSpa gift voucher.

A day of pure relaxation and indulgence is the perfect present. SenSpa gift vouchers are available for spa days, spa breaks, treatments and monetary value. Gift vouchers are valid for one year.

Luxurious Thai silk presentation gift boxes are also available.

Buy online at www.senspa.co.uk or call **01590 624467**





Map not to scale.

By road

Leave M27 at junction 2 and follow signs for Fawley A326. Continue straight across 4 roundabouts. After the 4th roundabout, take the right lane on slip road signposted Lyndhurst A35. Follow the A35 through Lyndhurst, then follow the A337 signposted Lymington/Brockenhurst.

By train

Careys Manor is located near the village of Brockenhurst, well served by direct train services from London Waterloo (90 Minutes), the Midlands and the North.

For information on train travel visit www.nationalrail.co.uk or call 08457 48 49 50
For cheaper train travel visit www.megatrain.com

By bus

For information on bus and coach services visit www.traveline.org.uk or call 0871 200 2233
For cheaper coach travel visit www.megabus.com



SENSPA
refresh your senses

SenSpa at Careys Manor Hotel, Brockenhurst, New Forest, Hampshire SO42 7RH

Reservations **01590 624467** Switchboard 01590 623551

Fax 01590 622799 Email relax@senspa.co.uk

www.senspa.co.uk

Spa days | Spa breaks | Membership | Treatments | Gift vouchers

SenSpa is a member of the Thai Spa Association

For information regarding accessibility for disabled guests please visit: www.senspa.co.uk/disabled-facilities.htm

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