



**SENSPA**  
refresh your senses

# price list



## SenSpa Facilities

A large hydrotherapy pool  
Herbal sauna  
Amethyst crystal steam room  
Ice room  
Experience showers  
Health showers  
Tepidarium  
Laconicum  
Relaxation room  
Quiet room  
Gymnasium  
Ozone swimming pool  
Spa boutique  
Zen Garden Thai Restaurant

*The Good Spa Guide – 5/5 Bubbles Spa*

*The Good Spa Awards – Winner Most Marvellous Massage 2010*

*BABTAC/CIBTAC Awards – Winner Best Spa Therapist 2010*

*British Beauty & Spa Awards – Winner Best Body Therapist 2009,*

*Winner Best Destination/Hotel Spa of the Year 2007, Finalist 2008*

*European Health & Spa Awards – Finalist Best Hotel Spa 2009*

*Professional Beauty Awards – Finalist Destination/Hotel Spa of the Year 2008, 2009,*

*Best Body Therapist 2008, 2009, Best Employer 2009*

British Beauty & Spa  
AWARDS  
2009





## spa experiences



If time is of the essence and relaxation is essential, our half day and evening experiences offer the chance to enjoy some well-earned time to unwind.



### Daytime package Includes Time restrictions

<b>Mum's Spa Escape</b>	<ul style="list-style-type: none"> <li>• Use of the award winning spa facilities</li> <li>• 1hr massage or facial</li> <li>• Two course Thai lunch</li> <li>• Complimentary selected refreshments</li> </ul>	Sun to Fri <b>£139</b>	10am to 3pm
		Sat <b>£159</b>	

<b>Half Day Harmony</b>	<ul style="list-style-type: none"> <li>• Use of the award winning spa facilities</li> <li>• Rhassoul mud treatment</li> <li>• Essential Relaxation Massage</li> </ul>	Sun to Fri <b>£139</b>	9am to 3pm or 3pm to 9pm
		Sat <b>£159</b>	

<b>Afternoon Delight</b>	<ul style="list-style-type: none"> <li>• Use of the award winning spa facilities</li> <li>• Afternoon tea including freshly made sandwiches and a delicious selection of cakes</li> <li>• A glass of champagne</li> </ul>	Sun to Fri <b>£69</b>	2pm to 6pm
		Sat <b>£89</b>	

### Evening packages

<b>Twilight Spa</b>	<ul style="list-style-type: none"> <li>• Use of the award winning spa facilities</li> <li>• 3 course Thai dinner and glass of wine in the Zen Garden Restaurant</li> <li>• ½hr massage or facial</li> </ul>	Tues to Sun <b>£109</b>	From 5pm Use of facilities until 9pm Tues to Fri 8pm Sat and Sun

<b>Evening Indulgence</b>	<ul style="list-style-type: none"> <li>• Use of the award winning spa facilities</li> <li>• 3 course Thai dinner and glass of wine in the Zen Garden Restaurant</li> </ul>	Tues to Sun <b>£69</b>	From 5pm. Use of facilities until 9pm Tues to Fri 8pm Sat and Sun

<b>Moonlight Spa</b>	<ul style="list-style-type: none"> <li>• Use of the award winning spa facilities</li> <li>• A selection of Thai canapés and a glass of bucks fizz</li> </ul>	Tues to Sun <b>£59</b>	From 5pm. Use of facilities until 9pm Tues to Fri 8pm Sat and Sun

SenSpa Gift vouchers make an ideal present – buy online at: [www.senspa.co.uk](http://www.senspa.co.uk) or call **01590 624467**

When you visit SenSpa you are transported to a place of pure relaxation and indulgence. The unique Thai spa, adorned with sumptuous Thai silks and infused with the fragrant scents of the Orient, guarantees the perfect setting for an unforgettable day.

The luxurious surroundings are home to the multi-award winning spa facilities, which include an array of relaxing and revitalising water-based experiences and also the Zen Garden spa restaurant which serves the most delicious Thai cuisine.

**Inclusions:**

- A light breakfast
- Complimentary selected refreshments
- A delicious two course Thai lunch in the Zen Garden Restaurant
- A mind body class
- Use of the spa facilities including a hydrotherapy pool, herbal sauna, crystal steam room, experience showers, ice room, tepidarium, laconicum and relaxation areas

**Packages:**

**Wellbeing Spa Day**

*(only available when booking additional treatments)*

Sunday to Friday

**£84**

Saturday

**£104**

**Relaxing Spa Day**

**£119**

**£139**

**Mother-to-be Spa Day:**

Use of swimming pool and relaxation areas, Pedicure and either Facial or Pregnancy Massage (after 13 weeks) and a two course lunch

Sunday to Friday

**£189**

Saturday

**£209**

**Treatment discounts when booking a spa day:**

- Book 2 and save 10%
- Book 3 or 4 and save 15%
- Book 5 or more and save 20%

*Discounts apply on treatments booked per person.*

To book call **01590 624467** or visit **www.senspa.co.uk**

**NOTES:** Please refer to back page for cancellation policy and additional information.

*For a full list of treatments – please see pages 5, 6 and 7.*

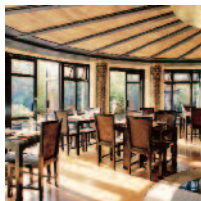
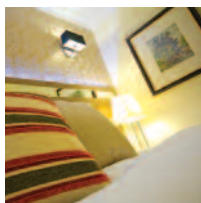
**SenSpa Corporate Packages:**

If you are looking to enhance your organisation's wellbeing programme or to offer rewards and incentives, please contact us to find out more about SenSpa's exciting range of corporate packages call **01590 625200** or visit **www.senspa.co.uk/corporate**





# spa breaks



Experience the Orient without the jetlag... with our Zen Spa Escapes

The New Forest provides the ideal backdrop for your luxurious spa break. So whether you want to completely immerse yourself in the award winning Thai spa facilities or combine your experience with an adventure into the inspiring surroundings of the National Park, SenSpa offers an all-round relaxing location for an unforgettable escape from everyday life.

### Zen Spa Escapes include:

- Luxury overnight accommodation
- Dinner in the two AA rosette Manor Restaurant
- New Forest breakfast and Thai lunch in Zen Garden Restaurant
- Tour of the SenSpa facilities
- Complimentary selected refreshments
- A mind & body class
- Use of the spa facilities including a hydrotherapy pool, herbal sauna, crystal steam room, experience showers, ice room, tepidarium, laconicum and relaxation areas

	Oakwood Superior Room	Knightwood Standard Room
1 night	£179.00	£169.00
2 nights	£345.00	£325.00
3 nights	£495.00	£465.00

*Weekend Supplement: Add £15 per person per night for Fridays and Saturdays. All prices are per person per break.*

### Treatment discounts when booking a spa break:

- Book 2 and save 5%
- Book 3 and save 10%
- Book 4 and save 15%
- Book 5 or more and save 20%

*Discounts apply on treatments booked per person.*

To book call **01590 624467**  
or visit **www.senspa.co.uk**

*For a full list of treatments – please see pages 5, 6 and 7.*

## Simply SenSpa

If you are looking to just sample the spa and combine using the facilities with plenty of free time, then the Simply SenSpa break is ideal.

### Includes:

- Luxury overnight accommodation
- New Forest breakfast in The Manor Restaurant
- Full use of the award winning spa facilities

	Oakwood Superior Room	Knightwood Standard Room
1 night	£149.00	£139.00

*Weekend Supplement: Add £15 per person per night for Fridays and Saturdays. Prices per person per night.*

**NOTES:** Prices are based on two people sharing a standard double or twin room. Single occupancy rooms are available, however, will incur a £50 per night supplement to the rates quoted. Please note there is a minimum stay restriction on Saturday of 2 nights. All spa breaks are subject to availability. Please refer to back page for cancellation policy and additional information.

# treatments



## Massage

<b>Sen Fusion Massage</b>	1½hrs	<b>£95</b>	Signature full body massage, using 5 different massage techniques with deep to medium pressure
<b>Traditional Thai Massage</b>	1½hrs 1hr	<b>£95</b> <b>£75</b>	A strong, deep and revitalising fully clothed massage
<b>Thai Herbal Poultice Massage</b>	1½hrs	<b>£95</b>	A Thai remedy for tired, muscles using Thai herbs in a hot compress, followed by an oil massage
<b>Essential Relaxation Massage</b>	1hr ¾hr	<b>£75</b> <b>£65</b>	Full body oil massage using Swedish techniques to deeply relax tired muscles. ¾hr bespoke option available.
<b>Anti-Stress Massage</b>	1hr ½hr	<b>£75</b> <b>£55</b>	Back, neck and shoulder massage to relieve stress and tension
<b>Aromatic Slimming Massage</b>	1hr	<b>£75</b>	Light pressure stimulating massage designed to eliminate toxins
<b>Ayurvedic Head Massage</b>	¾hr	<b>£65</b>	Oil massage for the head, neck and shoulders, designed to promote sleep and reduce stress
<b>Oriental Foot Massage</b>	1hr	<b>£75</b>	Relaxing treatment using Thai and Western traditions to massage the feet and lower legs
<b>Pregnancy Massage</b>	1hr	<b>£75</b>	Advanced massage techniques comfort and relax at this very special time

## Facials

<b>Kasui Hydrating Facial</b>	1hr	<b>£75</b>	Nourishes and smoothes tired, dehydrated skin
<b>Bao Jai Men's Facial</b>	1hr	<b>£75</b>	Hydrating facial specially designed for men's skin
<b>Kinsei Balancing Facial</b>	1hr	<b>£75</b>	Perfect for combination to oily skin
<b>Norisshu Firming Facial</b>	1hr	<b>£75</b>	Ideal to liven up tired and mature skin
<b>Nadameru Soothing Facial</b>	1hr	<b>£75</b>	Calms and soothes, ideal for sensitive skin
<b>Willow Wild Blossom Facial</b>	¾hr	<b>£65</b>	Rejuvenating facial, suitable for all skin types
<b>Express Manuka Facial</b>	½hr	<b>£55</b>	Hydrating facial with warm manuka honey
<b>Relaxing Facial Massage</b>	½hr	<b>£55</b>	Relaxing and toning massage to rejuvenate
<b>Anti-ageing eye treatment</b>	¼hr	<b>£20</b>	Essential addition to your facial, to brighten the eyes and reduce puffiness (must be booked with another treatment)

Multi-treatment discounts available when booking spa days and spa breaks, see pages 3 and 4.



To book call **01590 624467**  
or visit **[www.senspa.co.uk](http://www.senspa.co.uk)**

*More indulgent spa treatments >*



## Body Polishes

*All 1hr options finish with a lotion massage. The ½hr body polish is only available if followed with a Rhassoul, massage or body wrap.*

<b>Santi, Balancing Himalayan Salt Rub</b>	1hr	<b>£75</b>	Freshly ground Himalayan rock crystal salt, organic aloe vera, honey, herbs and essential oils to remineralise and smooth the skin followed by a lotion massage
	½hr	<b>£55</b>	
<b>Prana, Nourishing Body Glow</b>	1hr	<b>£75</b>	Freshly prepared scrub made of ground lemongrass, organic soothing aloe vera and brown rice. Suitable for sensitive skin
	½hr	<b>£55</b>	
<b>Mauri, Invigorating Body Polish</b>	1hr	<b>£75</b>	A creamy blend of exfoliating, nourishing ingredients including kelp, zinc, echinacea and manuka to remove dead cells
	½hr	<b>£55</b>	
<b>Paripurna, Purifying Back Treatment</b>	¾hr	<b>£65</b>	Focusing on cleansing and soothing the back. Starts with a back scrub, followed with a mask and finishes with a moisturising massage



## Body Wraps

<b>Yin Yang, Slimming Body Wrap</b>	1hr	<b>£75</b>	Algae extracts contain active ingredients for the effective treatment of cellulite. For a complete slimming treatment, follow with our Aromatic Slimming Massage
<b>Moksa, Beautifying Body Wrap</b>	1hr	<b>£75</b>	Mineral-rich mud is a superb body beautifier, the mud also relaxes the muscles, revitalises the body and soothes pain
<b>Tiaki, Deep Cleansing and Firming Body Mask</b>	1hr	<b>£75</b>	Manuka leaf, locust bean and kawakawa leaf relax, balance and firm, whilst ginger assists circulation and helps to reduce muscular aches and pains



## Pure Spa Treatments

<b>Moroccan Hammam Massage</b>	1hr	<b>£85</b>	Relax on a heated Hammam bed and enjoy this medium pressure massage with Rhassoul mud, designed to soothe and calm
<b>Nam, Water Relaxer</b>	1hr	<b>£85</b>	Luxurious body scrub followed by the relaxing Vichy water shower. Then enjoy a back, neck and shoulders massage, finishing with a head massage using ancient Ayurvedic techniques to calm the mind
<b>Saboo, Deep Cleanse</b>	1½hrs	<b>£105</b>	Relax on our heated Hammam bed whilst black olive soap is applied all over your body, followed by a warm Vichy water shower. Enjoy a Rhassoul mud massage to purify and exfoliate and finish with a relaxing oil massage

## Rhassoul

<b>Rhassoul Mud Treatment</b>	½hr		
Rhassoul for one		<b>£55</b>	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. An ideal treatment for two people
Rhassoul for two		<b>£79</b>	

Multi-treatment discounts available when booking spa days and spa breaks, see pages 3 & 4.

## Mini Treatments

### **Oriental Relaxer, 20 mins – £39**

Focuses on the face and scalp, using pressure points to relax and friction movements to release tension

### **Tension Reliever, 20 mins – £39**

Uses medium to deep pressure to relieve tension from the shoulders and neck

### **Essential Hand Therapy, 20 mins – £39**

Scrub, mask and relaxing massage for the hands

## Finishing Touches

**Manicure 1hr £52**

**Pedicure 1hr £55**

**Hand Grooming for Men ¾hr £39**

**Foot Grooming for Men ¾hr £42**

**File & Polish ½hr £37**

**French Polish ¼hr £17**

*(must be booked with a manicure or pedicure)*

## Treatment Bundles – tailored packages made easy

*To enjoy an experience perfect for your needs, we have selected some treatment combinations which we know you will love.*

*Don't forget you will receive discounts on these treatment prices if you also book a spa day or spa break!*

Perfect...

<b>For a Gift</b>	<b>£150</b>	Any 1hr Massage* and any 1hr Facial
<b>For Him</b>	<b>£150</b>	1hr Bao Jai Men's Facial and 1hr Anti-Stress Massage
<b>For Two</b>	<b>£229*</b>	½hr Rhassoul and 1hr Essential Relaxation Massage
<b>For Slimming</b>	<b>£150</b>	1hr Yin Yang Slimming Wrap and 1hr Aromatic Slimming Massage
<b>For a Mother-to-be</b>	<b>£130</b>	1hr Pregnancy Massage (over 13 weeks) and Pedicure
<b>For a Bride-to-be</b>	<b>£140</b>	1hr Prana Body Glow and ¾hr Willow Facial
<b>For Groups</b>	<b>£65</b>	½hr Massage or Facial, Champagne reception and selected SenSpa product (minimum 6 people)
<b>For an Essential Treat</b>	<b>£169</b>	2½hrs treatment time**
<b>For an Ultimate Treat</b>	<b>£229</b>	3½hrs treatment time***

*\*Pure spa treatments incur a supplement. \*Price is for 2 people. \*Treatments must be taken consecutively. \*\*2hrs must be taken consecutively. All prices per person unless specified.*

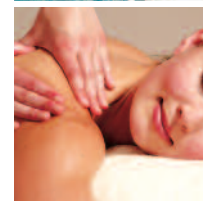
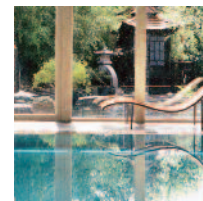
## SenSpa Occasions

For a regular relaxing spa experience choose our SenSpa Occasions Vouchers. The booklet of 10 vouchers gives you access to all of the fitness and spa facilities for just £39.50 per visit\*.

As the vouchers are transferable, you can share them with your friends, plus you can book additional treatments and lunch and create your own spa day.

### **£395 for 10 visits**

*Vouchers can be used Sunday to Thursday. \*Payment must be made for voucher booklet in a lump sum payment of £395 which entitles you to 10 visits.*



SenSpa Occasions make an ideal gift – buy online or call **01590 624467**

Congratulations  
Anniversary Well done  
Birthday  
Thank you



Give the gift

of pure relaxation...  
with a SenSpa gift voucher

**Spa Experiences from £59**

**Spa Days from £119**

**Overnight Stays from £139**

Gift vouchers can be presented  
in luxury Thai silk gift boxes

Buy online at [www.senspa.co.uk](http://www.senspa.co.uk)  
or call **01590 624467**



#### **Additional information**

All times shown on this tariff are for booking and may not represent the actual treatment time.

#### **Health**

If you are pregnant, have unmedicated high blood pressure, a heart condition, have had a lymphatic disorder, or have any other medical condition we advise you to consult your doctor before using hydrotherapy or undertaking any spa treatments.

#### **Payment**

Full payment is required at time of booking. Payment for the first night is taken for spa breaks.

#### **Cancellation Policy**

A non-refundable payment is required to secure your booking. Should you wish to cancel we kindly request 48hrs notice prior to arrival for up to 3 people, seven days for groups of 4-10 and fourteen days for groups of 11 or more.

A voucher for the amount paid will be issued and is valid for 12 months from the date of cancellation. All monies taken will be retained if you do not arrive for your scheduled visit and have not notified us.

Package bookings cancelled with less than the required notice will incur a cancellation charge of 50%. Full charges will be imposed for a 'no show'.

Treatments cancelled within less than 48hrs notice will incur a cancellation charge of 50%. Full charges will be imposed for a 'no show'.

#### **Etiquette**

For the peace and serenity of all spa guests, we kindly request that mobile phones are not used in the spa and that noise be kept to a minimum. Children under 16 years are not permitted in the spa.

#### **SenSpa at Careys Manor Hotel**

Lyndhurst Road, Brockenhurst, New Forest

Hampshire, SO42 7RH

E: [relax@senspa.co.uk](mailto:relax@senspa.co.uk)

**01590 624467 | [www.senspa.co.uk](http://www.senspa.co.uk)**

Prices valid until 31st October 2011

