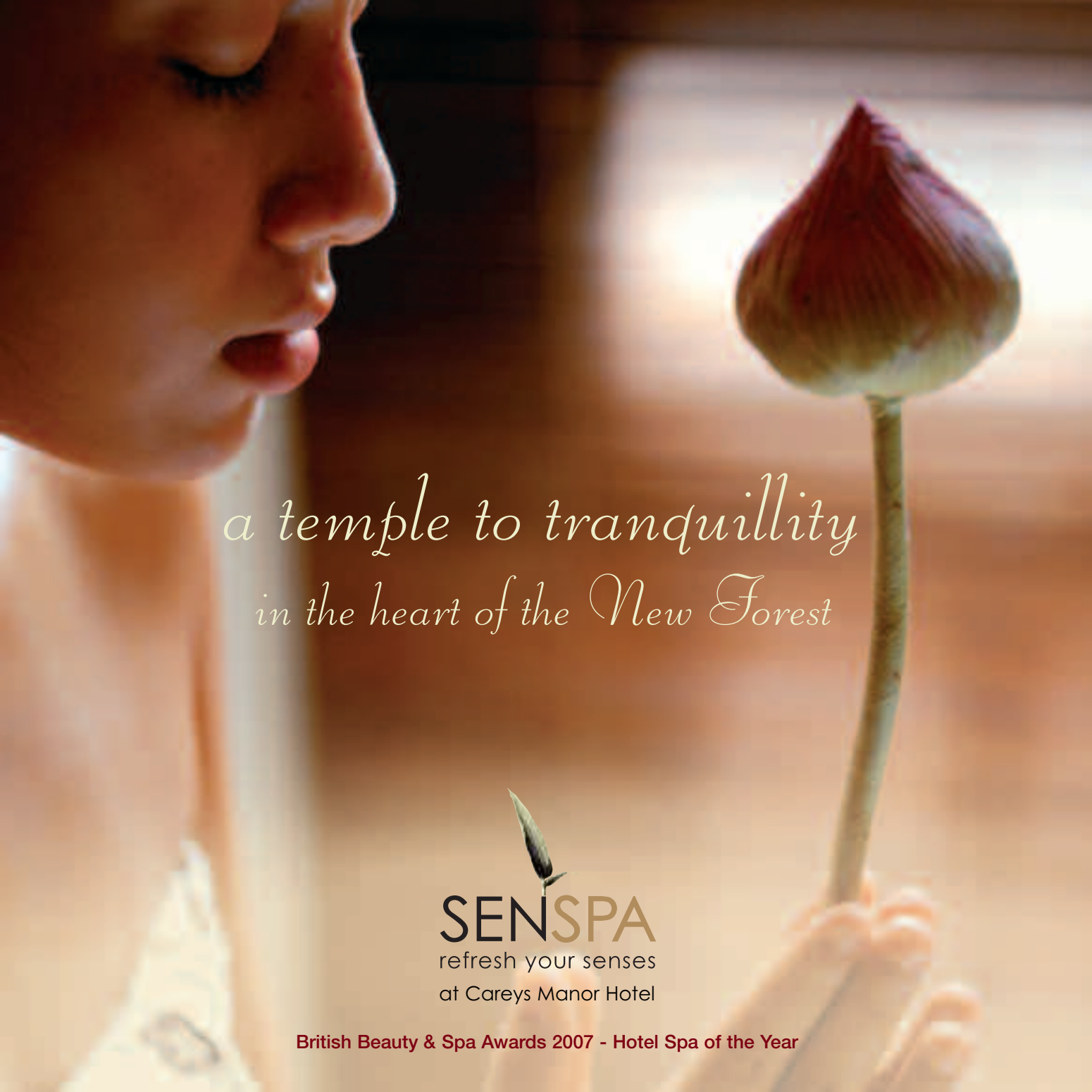




*a temple to tranquillity
in the heart of the New Forest*



SENSPA
refresh your senses
at Careys Manor Hotel

British Beauty & Spa Awards 2007 - Hotel Spa of the Year



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

British Beauty and Spa Awards

Winner Best Destination/Hotel Spa 2007

Finalist Best Destination/Hotel Spa 2008

Finalist Best Body Therapist 2008

Finalist Best Employer 2008

Professional Beauty Awards

Finalist Residential Spa of the Year 2009

Finalist Therapist of the Year 2008 & 2009

Finalist Employer of the Year 2009

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







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 wellbeing 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
- 18 luxurious treatment rooms, including 2 double rooms
- Zen Garden Thai restaurant
- Spa shop

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 to 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.





spa days and other experiences

A spa day at SenSpa offers the ideal way to relax and feel thoroughly pampered.

Most of our spa days include:

- full use of the spa facilities
- a mind body class
- a two-course spa lunch
- complimentary continental breakfast*
- complimentary selected refreshments*
- indulgent spa treatment(s)

*Exclusions apply, please see spa day tariff for full details.

We offer a range of spa day packages. Our most popular include:

- Spa Escape and Pamper – includes half-hour body polish, one-hour massage* and one-hour facial
- Discovery Day – includes one-hour massage* and one-hour facial
- Wellbeing Day – includes one-hour massage* or one-hour facial

*Pure Spa and Four Hands Massage incur a supplementary charge.

Evening experiences are also available and are the perfect way to unwind at the end of the day.

- Twilight Spa package includes evening use of the spa facilities, a half hour treatment followed by dinner in the Zen Garden Restaurant
- Evening Indulgence package includes evening use of the spa facilities, dinner in the Zen Garden Restaurant
- Moonlight Spa package includes evening use of the spa facilities, canapés and bucks fizz

Other spa experiences include:

- Rise and Shine package includes morning use of the health club and spa facilities plus a healthy or indulgent breakfast in the Zen Garden Restaurant
- The popular Afternoon Delight includes afternoon use of the facilities plus a sumptuous afternoon tea and champagne

Please refer to the separate tariff for a full range of spa packages and prices







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.

We have a range of luxury bedrooms to choose from. There are modern rooms in the garden wing, with their own private terrace or balcony and traditionally designed rooms in the old manor house. Our deluxe Oakwood rooms, newly refurbished in 2009, are spacious bedrooms offering comfortable seating and living space with Juliette doors overlooking the pretty garden.

Careys Manor and SenSpa offers everything you need for a stress-free and relaxing break.

Most spa breaks include:

- a personal treatment programme and tour of SenSpa
- a mind body class*
- complimentary selected refreshments*
- full use of the health club and spa facilities

For each night's accommodation, you will enjoy:

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

*Exclusions apply, please see Spa Break Tariff for details

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.



treatments and products



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.

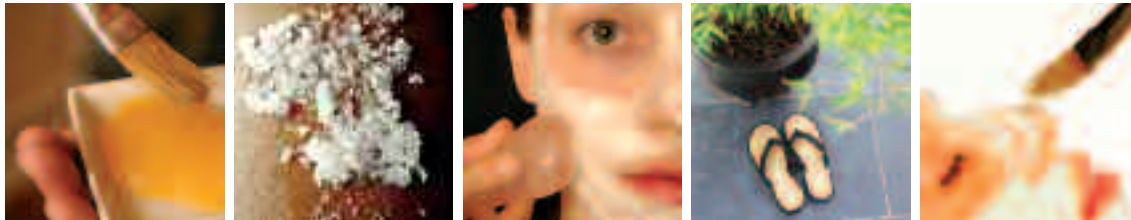
The SenSpa product range is used in spa treatments and may be purchased in our spa shop and online.

"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.

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.

Norissshu 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

Men's skin has its own special concerns, which have been taken into account when designing this treatment. Begin with a thorough deep cleansing, followed by a refining halloysite clay peel. Enjoy a stress buster massage of your hands and feet and a shoulder rub down whilst you relax and enjoy our super hydrating and wrinkle refining mask. Your skin will look clean, healthy and vital! It is best to shave 6-8 hours prior to your facial.

Express Manuka Facial – 1½ 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 – 1½ hour

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

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.

Swedish Massage – 1 hour

One of our most relaxing massages, using traditional Swedish strokes. This full body oil massage uses techniques to soothe tired, strained muscles and stimulate blood circulation. Deeply relaxing. 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.

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 perfect treatment for those who are high on stress and short on time.

massage

Four Hands Massage – 1 hour

A heavenly, rhythmic massage performed by two therapists. Long, soothing, synchronised strokes gently lull you into deep relaxation and sensory bliss.

Pre-natal 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.

healing

Reiki – 1 hour

A gentle, hands-on treatment which directs energy where it is most needed. It is a still, meditative session which is both relaxing and healing.

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 seaweeds contain active ingredients for the effective treatment of cellulite. Laminaria seaweed 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 wellbeing. 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 smooths 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.

especially for men



Our male clients appreciate our unisex approach to health and wellbeing. This is why we have designed three spa days to include a range of treatments we know men especially enjoy.

Spa days

Sen for Men – includes one-and-a-half-hour Sen Fusion Massage and one-hour Bao Jai Men's Facial

Emperor's Choice – includes a Thai Herbal Poultice Massage and a Relaxing Facial Massage

Recharge for Men – includes an Anti-stress Massage and an Oriental Foot Massage or Ayurvedic Head Massage

Popular treatment choices for men are:

Bao Jai Men's Facial – see page 15

Massage: Sen Fusion, Thai Herbal Poultice, Traditional Thai, Ayurvedic Head and Oriental Foot Massage – see page 16

Pure spa: Moroccan Hammam Massage, Nam Water Relaxer and Saboo Deep Cleanse – see page 17

Paripurna, Purifying Back Treatment and Santi, Balancing Himalayan Salt Rub – see page 18

Please refer to the separate tariff for our full range of spa days, treatments and prices.

treatment rituals



Our rituals draw together harmonious treatment combinations to restore and delight.

Treatment Packages

Therapies are at the heart of the SenSpa experience. Our therapy team has over 150 years of combined experience and all have 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 with wellbeing.

Ultimate Treatment Package

Includes any 3½ hours of indulgent spa treatments of your choice*

Essential Treatment Package

Includes any 2½ hours of indulgent spa treatments of your choice*

*Treatments must be taken on the same day, supplement applies for Four Hands Massage.

Half-day Harmony

Hydrotherapy, Rhassoul, Swedish Massage (£10 supplement for one person)

Relaxing and pampering for two. Begin at your leisure in our healing hydrotherapy pool and thermal treatment rooms. Follow with an exotic mud treatment for two in your own private Rhassoul, and finish with a soothing massage in your own exclusive or couples treatment room.

Please refer to the separate spa day tariff for prices.

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.

finishing touches

Manicure – 1 hour

Pedicure – 1 hour

File & Polish – 1/2 hour

French Polish – 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 SenSpa facilities (with spa membership)
- Free weekly personal training sessions
- 20 free classes a week
- Support & guidance from our expert fitness team
- Free vouchers worth over £300
- 10% discount at Blaireaus & the Zen Garden Restaurant
- 10% off spa treatments and spa shop purchases
- Open 7am-9pm weekdays & 7am-8pm at weekends

(Benefits listed are subject to change)

senspa occasions for regular guests

With SenSpa Occasions you can indulge in the special spa experience regularly.

SenSpa Occasions offer you ten spa visits, giving you access to all 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 our website or call us.

treat someone special to a senspa gift voucher

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

gifts



spa shop

Discover the treasures in the SenSpa shop, which offers unique Eastern and Western gifts and fashion accessories, luxury skincare products for men and women, exquisite hand-crafted jewellery, beautiful scarves, handbags and more.

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.

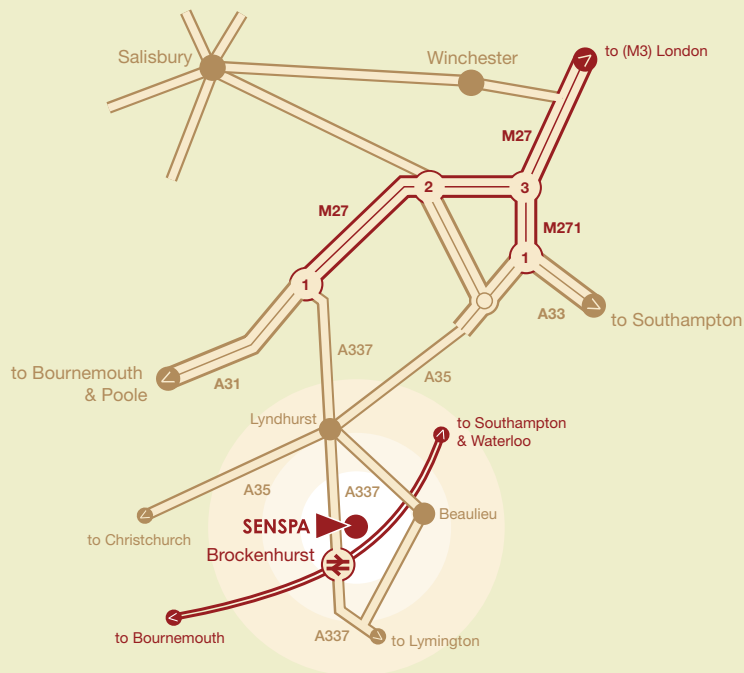
Luxurious Thai silk presentation gift boxes are also available.

corporate

A truly rewarding experience.

Incentives for your staff, rewards for your customers, treats for your clients. Our range of spa days and spa breaks for men and women are the perfect way to say thank you. Please call us for more information on 01590 624467.

Discounts for bulk purchases are available or, if you have a budget you are working within, we will build a spa package that suits your requirements.



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



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