

**“Injunctions are always a sign of embarrassment”** Magnus Linklater

Send your views

SEARCH

From Times Online

January 17, 2007

New me in the New Forest

Rachael Scott steps out of her urban bubble to get back in touch with nature on a weekend spa ranch in the New Forest

Rachael Scott

The New Park Manor Hotel's Mother's Day special includes a spa morning - use of the hydrotherapy pool, thermal treatment rooms and 16m-ozone treated swimming pool with panoramic views over the parkland, plus a 25-minute Comfort Touch massage, a 25-minute Bath House Spa Cleanse and a manicure. Then it's lunch in the Stag restaurant or spa juice bar, before receiving a gift to take away. The cost is £150 for the day, and it can be used on Mother's day or booked at anytime during 2007. You can also book mum a bedroom for March 18 for the one-off rate of £120 for two people bed and breakfast.

USP The £2.5m Bath House Spa opened in November 2005 and won the Silver Award for Favourite Spa at the British Travel Awards in 2006. Staff are efficient, friendly and full of knowledge about their trade and the products they use. The six treatment rooms have a ranch like feel in keeping with the location. There's a 16m indoor swimming pool with 270-degree views of the surrounding paddocks and forest, an outdoor hot tub, sanarium, sauna, Klafs steam room, Kneipps foot baths, Klafs experience showers and a hydrotherapy pool - good for cellulite and mobility problems. I didn't get a chance to try the Rasul, a 16th century Arabian-inspired cleansing ritual that combines three mud treatments for different areas of the body, but it sounded like fun. A gentle tropical rain shower washes the mud away in a twinkling fibre-optic lit steam room. There's also a fitness suite, a small dance studio offering one-to-one sessions in yoga and core conditioning and in the summer you can do circuit training and cycles through the forest.

AMBIENCE The spa is modern and comfortable and a huge effort has been made to fit in with the nature around it. A roof garden gives great views of wild ponies and horses grazing in the nearby paddock and if you look carefully you might spot the albino in the herd of deer. Within the hotel you can relax or have lunch in three lounging areas all designed with a gentleman's club in mind. Big studded leather sofas surround open fires and the Polo Bar is decked out with old-fashioned polo hats, mallets, balls and tournament shields on the shelves.

EXPERIENCE Modern facilities within a beautiful setting steeped in history. Within the hotel Old Masters of 17th and 18th century bewigged pompadours with pale complexions and ruddy cheeks sit next to contemporary pictures by local artists of abstract elements of nature. Complimentary Wellington boots are left in the foyer for guests to use if they want to stretch their legs in the Forest

EXPLORE GOOD SPA GUIDE

NEWS
DESTINATIONS
HOLIDAY TYPE
WHERE TO STAY
YOUR SAY
BUSINESS TRAVEL
BEST OF BRITAIN

TIMES RECOMMENDS

At last! A hotel built for toddlers
Helsinki's bounty
A golfing break across the Channel

TRAVEL CHECK-IN

Select

MOTHER'S DAY SPAS



Champneys, Henlow

Mother's Day comes early for Claire McDonald's mum

GOOD SPA GUIDE

New Forest retreat

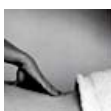
A ranch spa with special offers for mum plus one

ENGLAND

Energised in Leeds

A day spa leaves Jayne Dowle ready to play mum again

SPA SPEAK



“The four-hand sub was divine but

MOST READ | MOST COMMENTED | MOST CURIOUS

TODAY

59 things that would have stayed secret
Thousands face pay cut under new equality law
Europe agrees to embrace nuclear option in battle to save the planet
Catt revels as fearless England keep title hopes alive



FOCUS ZONE



Cook India

Explore the authentic food of India and be in with a chance to win a cooking holiday

Upfront Rugby
Identity Management
Cruise Revival

Lives Back
Your World
Business Travel
Entrepreneurs

QUICKLINKS

SU DOKU



Now Interactive

Do you Su Doku? Solve puzzles on screen with our unique interactive games

Su Doku
Travel

Driving
Podcasts

Career & Jobs
Photo Galleries

TRAVEL PARTNERS



Travel Intelligence

Style Hotels - free upgrades and nights at the world's best hotels



Holiday Rentals

Forest.

RELATED LINKS

A Berkshire beauty
Lounging the New York way

FOOD The low romantic lighting and filtered ambient music in the Stag restaurant is a perfect setting for feeding your loved one a mouthful of spicy Rillette from the 'Duck Three Ways' starter, or a slice of melt in your mouth 'New Forest Venison' in rich poached

baby pear, juniper and blackberry jus. The Polo Bar, the only smoking area, offers a reasonable light lunch and snack menu for children. At breakfast there's the full English blow out or the healthier option of fruit salad, seeds, prunes and dried figs.

IN CROWD Loved up couples on weekend breaks and nervous boyfriends eager to transform their girlfriend into a fiancée during a ride through the Forest to a champagne picnic in the woods, which the hotel will happily organise. The bride and groom can be flown in by helicopter on their wedding day or chauffeur driven to the hotel in a Rolls Royce Phantom. Also popular with mothers and daughters bonding over a Green Clay Cleanse facial or a Monticelli Mud body wrap.

WALLET WATCH A 75 minute Hot Stone Massage costs £70. Spa days start from £105.00 per person. The spa offers various special pampering days throughout the year. During Christmas 2006 they made a Mulled Wine Wrap and are planning a Chocolate Body Wrap for Easter. There are Valentine's Day offers including a private Rasul, where you can cover your loved one in mud, including a one-hour duo massage in their double treatment room, topped off with lunch in the spa lounge costing £135.00 per person based on two people. Rooms in New Park Manor start from £215.00 for a Classic Double rising to £315.00 for a Four Poster room. Escorted horse rides in the Forest start from £15.00 for half an hour

NEED TO KNOW New Park Manor Hotel and Equestrian Centre, Lyndhurst Road, Brockenhurst, New Forest, Hampshire SO42 7QH. (01590 623467) New Park Manor is located on the A337, 8 miles south of junction 1 on the M27 and 95 miles from London. 90 minutes from London Waterloo to Brockenhurst (5 minutes from hotel). www.newparkmanorhotel.co.uk

Read below for a full review:

Hot Stone Therapy at The Bath House Spa didn't turn me into an earth mother, but it made me realise how far removed from nature I'd become living in my urban bubble.

The New Park Manor Hotel and Equestrian Centre in the New Forest was King Charles II's favourite hunting lodge when he returned from exile in France. It now plays host to romantic weekend breaks for couples who enjoy horse riding and long country walks followed by a pampering session before their wedding day.

The door of my room was adorned with a portrait of the 17th century Countess of Chesterfield. All the bedroom doors have pictures of various blue-bloodied ladies hanging on them and although she's smiling, her eyes tell a different story. The Countess married the 2nd Earl, Philip Stanhope for convenience and it was rumoured she partook in extra-marital affairs. Next door the Countess of Dysart's determined expression suggests she married exactly whom she wanted.

HAVE YOUR SAY

* Your View

Empty text box for user comments.

1000 characters left

Form fields for Name, Email, Town / City, and Country / State.

rub was divine but the breast massage came as a bit of a shock [More..](#)

Jo Giles

Post a comment

YOUR WORLD



Sprechen sie Deutsch?

Learning a language in Münster - more travel tales in Your World, touring the globe with BMW

INSIDE TRAVEL

- Current Competitions
Last minute deals
STimes Travel Magazine
Travel Blogs
Where Was I competition

TRAVEL BLOGS



A new life in Cornwall

Due to a mink, we have vacancies for three hens that lay well, are easy to manage and are well behaved with B&B guests. Suggestions?

GOOD SPA GUIDE

From the moment you book you are treated as a VIP More..

Marietta, London

Post a comment

GOOD SPA GUIDE



Latest review: Bliss, San Francisco

Mark Fray chills, man, at a

Find a holiday rental at Times Online, villas, apartments and much more

TRAVEL SPECIALS

Stunning Stavanger offers the best of both worlds with mountain scenery, stunning views and a lively nightlife Explore by road, from rugged coastlines to lively pubs, Ireland's roads open up endless touring opportunities A perfect break; relax, indulge, escape or explore, short breaks in Ireland offer something for everyone Sovereign competition, enter our competition to win a 14-night luxury holiday for two people to Cyprus Uniquely Québec, the ideal destination for spring and summer and under seven hours flight from the UK Explore the delights of France, both on the path less trodden and the traditional with a twist

CLASSIFIEDS

- CARS JOBS
PROPERTY TRAVEL

CARS OF THE WEEK

Aston Martin DB7 Zagato
2003/53
£108,000
The Midlands

BMW 735i SE Auto
2003
£18,000
SE England

Ferrari Superamerica F1
2006/06
£154,995
SE England

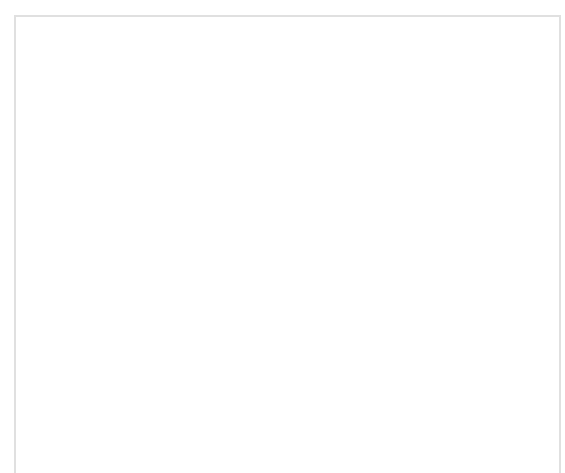
Jaguar XKR
2007/56
£73,995
NW England

Search for more cars and bikes

Search Ad Reference:

Search input field with a SEARCH button.

BT logo: Bringing it all together
BT Total Broadband
To continue your BT Total Broadband experience, click here.
with YAHOO!





TIMES ONLINE



“The “war on drugs” is a tabloid fantasy” India Knight

Send your views

NEWS COMMENT BUSINESS SPORT LIFE & STYLE ARTS & ENTERTAINMENT

CAREER & JOBS DRIVING EDUCATION FOOD & DRINK HEALTH PROPERTY TRAVEL COURT & SOCIAL WOMEN MEN RELATED FEATURES

Where am I? Home LIFE & STYLE Travel Good Spa Guide

OUR PAPERS AUDIO / VIDEO CLASSIFIEDS

Sponsored by Windows Live

SEARCH

MY PROFILE | OFFERS | SITEMAP

No doubt 21st century guests at the New Park Manor are willingly betrothed to their partners and as I left the hotel's cosy, rustic charm and walked into the spa I felt as if I were entering another world. The aroma of scented candles wafted through the reception, large stripy sofas with brightly coloured cushions invite you to sit on them while flicking through one of Mr & Mrs Smith's hotel guides. Everything is Thoroughly Modern Millie and the beautiful staff, serving at The Juice Bar, could easily be members of the latest boy band.

The Bath House Spa uses two spa products. The Numbers Range, exclusive to the spa, contains almost entirely organic ingredients. The therapists will mix fresh fruit, vegetables or herbs from the spa's gardens specifically to your requirements. The Italian Comfort Zone skincare line is results driven and contains ingredients that target specific areas of concern.

Hot Stone Therapy comes under the Comfort Zone umbrella and although it's easy to see the benefits of having someone massage the tension from your stress receptacles, using stones to pump energy back into a weary body sounded like New Age mumbo jumbo to me.

There's nothing modern about it though. Hot stone massage is an ancient practice originating thousands of years ago from the Far East and placing the stones on specific areas of the body is said to clear energy channels to promote wellbeing and good health. The heat from the stones relaxes stiff joints, increases circulation and activates lymph flow, which assists detoxification and thereby boosts your immune system. Tensions held at the deepest level can be released and dissipated.

RELATED LINKS

A Berkshire beauty
Lounging the New York way

I'd just finished my first week back at work after the excesses of Christmas and New Year, not to mention the obscenely rich dinner I'd wolfed the night before washed down by too many to remember double vodkas. I desperately needed to see "Revitalisation" on

the spa menu, so when my therapist Nicki told me that she buried the smooth black Basalt stones in the hotel's grounds to give them back their energy after each use and that the best time to do that was during a full moon, I sniggered.

While she worked her magic I thought about full moons changing tides and making beasts of men, so maybe it could give the stones enough energy to revitalise me after all.

She placed them on top of a towel up my spine and across my shoulders and explained that my body would draw energy where it was most needed. The areas left the reddest would be the places lacking in energy the most. She then massaged aromatic oil in to my legs, arms and stomach while gently gliding the stones over my skin and even between my toes.

The releasing of bad energy can often transfer itself on to the therapist leaving them quite distraught after a session and Nicki had psychologically prepared herself before my treatment by imagining her toes had roots sprouting into the earth keeping her grounded. Hot Stone Therapy could be psychotherapy for those in fear of Freudian delving and by the time my session was over I felt deeply relaxed and stress free hoping that my woes had flown out of the window and not onto Nicki.

As I unlocked my room with my horseshoe shaped key I felt lucky to have had the experience. I knew I would sleep well that evening, even without the help of the thoughtful menu of

EXPLORE GOOD SPA GUIDE

- NEWS
- DESTINATIONS
- HOLIDAY TYPE
- WHERE TO STAY
- YOUR SAY
- BUSINESS TRAVEL
- BEST OF BRITAIN

TIMES RECOMMENDS

At last! A hotel built for toddlers
Helsinki's bounty
A golfing break across the Channel

TRAVEL CHECK-IN

Select

MOTHER'S DAY SPAS



Champneys, Henlow

Mother's Day comes early for Claire McDonald's mum

GOOD SPA GUIDE

New Forest retreat

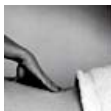
A ranch spa with special offers for mum plus one

ENGLAND

Energised in Leeds

A day spa leaves Jayne Dowle ready to play mum again

SPA SPEAK



“The four-hand rub was divine but the breast massage came as a bit of a shock” More..

Jo Giles

Post a comment

MOST READ MOST COMMENTED MOST CURIOUS

TODAY

- 59 things that would have stayed secret
- Thousands face pay cut under new equality law
- Europe agrees to embrace nuclear option in battle to save the planet
- Catt revels as fearless England keep title hopes alive

FOCUS ZONE



Cook India

Explore the authentic food of India and be in with a chance to win a cooking holiday

- Upfront Rugby
- Identity Management
- Cruise Revival
- Lives Back
- Your World
- Business Travel
- Entrepreneurs

QUICKLINKS

SU DOKU



Now Interactive

Do you Su Doku? Solve puzzles on screen with our unique interactive games

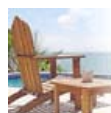
- Su Doku Travel
- Driving Podcasts
- Career & Jobs Photo Galleries

TRAVEL PARTNERS



Travel Intelligence

Style Hotels - free upgrades and nights at the world's best hotels



Holiday Rentals

Find a holiday rental at Times Online, villas, apartments and much more

TRAVEL SPECIALS

- Stunning Stavanger offers the best of both worlds with mountain scenery, stunning views and a lively nightlife
- Explore by road, from rugged coastlines to lively pubs, Ireland's roads open up endless touring opportunities
- A perfect break; relax, indulge, escape or explore, short breaks in Ireland offer something for everyone
- Sovereign competition, enter our competition to win a 14-night luxury holiday for two people to Cyprus
- Uniquely Québec, the ideal destination for spring and summer and under seven hours flight from the UK
- Explore the delights of France, both on the path less

sleeping tips that lay on my bed, such as advice to sleep in complete darkness as the tiniest bit of light would disrupt my circadian rhythm – our internal biological clock – and my pineal gland's production of melatonin and serotonin.

I flicked through *Pure Weddings* magazine and wondered if any of the soon to be betrothed grooms, who frequently stay at the New Manor Park, would start to show otherworldly tendencies after a session with moon baked stones.

[PREVIOUS PAGE](#)

Page 2 of 2

HAVE YOUR SAY

* Your View

1000 characters left

* Name * Email

* Town / City Country / State

* Required Field

Remember me

Terms and conditions

SUBMIT

[PRINT](#) [EMAIL](#) [POST TO DELICIOUS](#)

[POST TO NEWSVINE](#)

ALSO IN GOOD SPA GUIDE

- Ayush Wellness Spa, St Helier, Jersey
- A good bet in Ascot
- Macdonald Albrighton Hall Hotel, Shrewsbury, Shropshire

ALSO IN TRAVEL

- Have baby, will still travel
- The travel clinic
- Midnight mayhem at ill-equipped Stansted

YOUR WORLD



Sprechen sie Deutsch?

Learning a language in Münster - more travel tales in *Your World*, touring the globe with BMW



INSIDE TRAVEL

- Current Competitions
- Last minute deals
- S*Times* Travel Magazine
- Travel Blogs
- Where Was I competition

TRAVEL BLOGS



A new life in Cornwall

Due to a mink, we have vacancies for three hens that lay well, are easy to manage and are well behaved with B&B guests. Suggestions?

GOOD SPA GUIDE

“From the moment you book you are treated as a VIP”
[More..](#)

Marietta, London

Post a comment

GOOD SPA GUIDE



Latest review: Bliss, San Francisco

Mark Frary chills, man, at a space-age spa in California

Explore the delights of France, both on the path less trodden and the traditional with a twist

CLASSIFIEDS

- CARS JOBS
- PROPERTY TRAVEL

CARS OF THE WEEK

Aston Martin DB7 Zagato
2003/53
£108,000
The Midlands

BMW 735i SE Auto
2003
£18,000
SE England

Ferrari Superamerica F1
2006/06
£154,995
SE England

Jaguar XKR
2007/56
£73,995
NW England

Search for more cars and bikes

Search Ad Reference:

SEARCH

Bringing it all together

BT Total Broadband
To continue your BT Total Broadband experience, [click here.](#)

with **YAHOO!**

Ads by Google

75% off Spa Breaks UK

Save 75% on Hotel Breaks in UK 50+ Spa Hotels. Same day delivery!
www.spabreakshop.com

Health Spa Weekend Breaks

Health Spa Weekend Breaks Options! For Spa Weekend Break Start Here.
Brands.AlltheBrands.co.uk

Henlow Grange Spa

Spa days & breaks available in beautiful Bedfordshire from £99
www.relaxing-gifts.co.uk