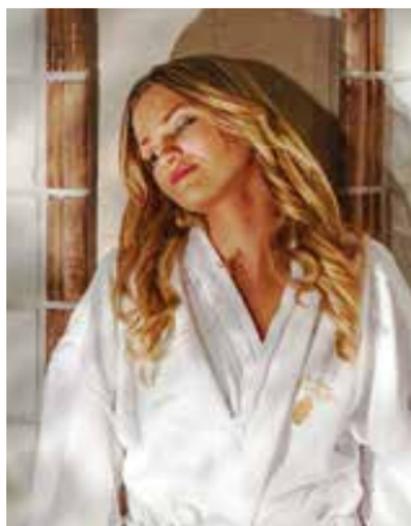


The Spa at Norwich Inn



PLAN YOUR ESCAPE.





Finding the place is easy...

It's once you're here
that you'll get lost.

The Spa at Norwich Inn, an extraordinary place hidden within an historic country setting. You'll travel down a winding country road and enter a private drive, lined with century old maples. There before you sits a Georgian Colonial Manor, its red brick facade at once elegant and welcoming.

Surrounding you is a landscape of manicured lawns, reflecting pools, fountains, courtyards and cozy hiding places. Special occasions have found a home here for decades "beyond the hedges" as friends gather, connect and reunite.

Thirty-seven treatment rooms, a Fitness Center, Indoor Pool, Relaxation Room, Sauna, Steam Room, Hot Tub, Salon, signature services and product lines, fitness classes and activities...all designed to redefine the idea of health and wellness. Make no mistake, this is a pampering spa, where treatments both relax and stimulate your senses.

Ninety rooms are nestled on over 42 acres of countryside. The grounds overflow with well-groomed perennial gardens, century-old Oak trees, a relaxing courtyard and a reflecting pool. Each of our 49 inn rooms has unique character, dating to the Inn's opening in 1930. The features will delight you as the decor is elegantly refined, the robes plush, and the views remarkable. Our 41 villas offer the ultimate in privacy and comfort with galley kitchens, private balconies, living rooms and fireplaces...all the comforts of home.

Dining in Kensington's Restaurant, Ascot's Pub or on the Terrace Deck complete your experience and help you to stay lost...

MASSAGE TREATMENTS

NOTE: Any 50-minute massage treatment with a ^P after its name and all 80-minute massages are not recommended for pregnant women.

The Signature Massage^P

A nurturing and customized massage that uses a variety of restorative therapies to address your specific stress relief needs. Your choice of a calming essential oil helps improve circulation and support the therapists' techniques to boost results.

(50 minutes) \$135 (80 minutes) \$210

Deep Tissue^P

Specialized technique and concentrated pressure help alleviate deep-seated muscle tension in your body. A specialized muscle gel is applied to specific areas of concern to warm muscles and dispense your tension. Your body will thank you later!

(50 minutes) \$150 (80 minutes) \$240

Body Blend

A guest favorite, this customized service combines a body polish with a massage. We start with a soothing exfoliation to refresh and awaken tired skin followed by a luxurious full body massage.

(50 minutes) \$135 (80 minutes) \$210

Native Hot Stone Massage^P

This massage uses a combination of soothing Serenity Massage with the centuries-old use of heated, water-smoothed stones to bring relief to sore muscles. A warm, peaceful state and deeper muscle relaxation is achieved.

(50 minutes) \$120 (80 minutes) \$195

**Enhance your massage with an aromatherapy oil of your choice for an additional \$15.^P*

CBD Massage

CBD is cannabidiol, a chemical compound from the cannabis plant. Unlike its cousin, tetrahydrocannabinol (THC), it is not psychoactive. Topical CBD assists in reducing inflammation, joint pain and muscle soreness. This massage will target YOUR areas of concern to reduce pain and tension while enhancing relaxation.

(50 minutes) \$165 (80 minutes) \$245

Serenity Massage

Created to relax the nervous system, muscles are gently manipulated to induce an overall sense of comfort and well-being.

(50 minutes) \$110 (80 minutes) \$180

**Enhance your massage with an aromatherapy oil of your choice for an additional \$15.^P*



The Relaxation Ritual

Carrying the weight of the world on your shoulders? Are your feet tired from the balancing act of life? This targeted massage concentrates on the areas that harbor stress and melt it away. A lingering head, neck and shoulder massage is followed by a tension-reducing foot massage using hot stones. Note: You will be on your back for this entire treatment.

(50 minutes) \$125

**Enhance your massage with an aromatherapy oil of your choice for an additional \$15.^P*

Mommy to Be

Especially now, your body needs nurturing, relaxation and special attention. Your areas of concern are the focus in this gentle and relaxing massage-based treatment for the mother to be.

(50 minutes) \$135

Duet Massage

Choose to receive your massages together in the Duet Room for no additional charge; subject to availability. Advance booking required. Perfect for couples, friends and family.

Foot Massage

This treatment starts below your knees and ends at your toes. Your therapist uses a skillful application of pressure to stimulate circulation and relieve aches in your feet.

(25 minutes) \$65

Express Massage

Designed to relieve tension from two sites of your choice.

(25 minutes) \$65

**Enhance your massage with an aromatherapy oil of your choice for an additional \$15.^P*

Scalp Massage

Relieve tension in your head. Designed to relax and clear the mind.

(25 minutes) \$65



BODY WRAPS

Wraps include an application of an exfoliant or customized masque designed to nourish your body both inside and out.

Detox Body Wrap ^P

A detoxifying treatment featuring the properties of seaweed combined with refreshing essential oils. Excess fluid is eliminated while tired and heavy muscles are invigorated. Finish with a relaxing application of a hydrating marine lotion.

(50 minutes) \$135

Island Bliss Ritual

Enjoy an island escape at anytime! The natural ingredients in this botanical body treatment polish and awaken tired, dull skin. A full body massage follows with an ancient blend of South Pacific exotic oils. The healing properties of warm Himalayan salt stones enhance the treatment to give you an unforgettable full body experience.

(100 minutes) \$245

Vitamin Wrap

Combat the visible effects of aging skin and restore its appearance with this collagen boosting body wrap. Begin with a raw cane sugar scrub followed by a warm shower and a luxurious application of an anti-aging botanical blend. Tired skin is repaired by locking in moisture.

(50 minutes) \$135

Honey "Be" Wrap

Enjoy the benefits of our homegrown treatment. With natural honey harvested from our apiary, a gentle polish has been formulated to rejuvenate tired skin. Begin with an exfoliation to wake up the skin. After a warm shower, a soothing, luxurious emollient is applied to the body and seals in the rich benefits of honey.

(50 minutes) \$135

Sea Foam Body Smoothie*

This treatment nourishes and detoxifies the skin and body. This warm mud filled with more than 100 trace marine minerals, will soothe aching muscles, eliminate toxins while nourishing the skin at the same time. This body wrap is one of a kind.

(50 minutes) \$165

*Contraindicated for iodine & seaweed allergies.

MAKEUP AND MORE

Makeup Application

Our experienced makeup artists give you tips to update your current makeup routine. Learn new ways to combine colors, create a new brow look or refresh your foundation.

(30 minutes) \$40*

***Fee waived if you spend \$125 in retail makeup purchases. (Gratuity applies)**

Makeup Special Occasion

This service is designed to get you looking perfect for any special occasion.

(50 minutes) \$85

Wedding Trial

Your special day is just as important to us as it is to you. This service is designed to give you the time and undivided attention you need to get ready for your big day.

(90 minutes) \$125*

***\$50 makeup credit if you book your wedding day makeup with us!**

Fab 15

Want to feel fabulous in 15 minutes? Interested in contouring/highlighting, foundation matching or perfecting your brows, lips or lashes? This is the service for you! Sit with one of our skilled makeup artists and leave feeling FABULOUS!

(15 minutes) \$15

BROW MENU (BOUTIQUE SERVICES)

Eyebrow Makeover

Waxing and shaping of brows and a finish-fill, define and highlight.

(25 minutes) \$35

Eyebrow Waxing

A quick clean up and shaping.

(15 minutes) \$25

Lip or Chin Wax \$15

3 Area (Lip, Chin, Brow) \$50



FACIAL TREATMENTS

In the privacy of your treatment room, you may discuss your current regimen and future goals. After examining your skin, your Esthetician may recommend a different facial than the one you initially selected.

Rose City Facial

Natural products provide the perfect remedy for dehydrated skin. Hydrating rose extracts and nourishing rose hip oil help to restore skin's vital moisture and balance. Skin is left smooth and glowing. The body and mind are totally relaxed.

(80 minutes) \$245

HydraFacial

A breakthrough in aesthetic technology providing non-laser, non-invasive skin resurfacing. The HydraFacial removes dead skin cells and extracts impurities while cleansing, hydrating and moisturizing. These facials provide optimal results, depending on the facial you choose!

The Ultimate: This customized HydraFacial begins with facial lymphatic therapy, overall skin rejuvenation from cleansing & hydrating to a selected booster to address your skin concerns and goals, while infused with the benefits of LED light as well.

(80 minutes) \$325

The Deluxe: This complete facial includes the benefits of a HydraFacial by taking it to the next level with your choice of a booster, addressing anti-aging properties or brightening benefits.

(50 minutes) \$250

The Signature: A four step treatment that includes cleansing, hydropeel exfoliation, extractions and an infusion of antioxidants and peptides enhancing skins appearance and texture.

(25 minutes) \$190

The Luminous Facial

Peel away the signs of stress to reveal a more youthful luminous appearance. Customized and designed to deeply cleanse, exfoliate and infuse collagen into your skin.

(50 minutes) \$150

Power Lift Facial

This facial embraces the power of peptides with the microdermabrasion action that works on a cellular level to increase hydration and visibly reduce both fine lines and wrinkles. Move over anti-aging!

(50 minutes) \$150

Renewal Facial

A deep cleansing followed by a gentle exfoliation. Extractions and a hydrating mask complete this basic facial. Treat your face to a skin revival while saving what great skin you have.

(50 minutes) \$110

Deluxe Detox Facial

This facial is designed for those that spend time in front of computer screens, on cell phones and under florescent lighting. Blue light exposure, along with pollutants and environmental toxins, increases inflammation and accelerates signs of aging. This facial clears away build up, strengthens the skin's environmental defenses and improves hormonal imbalances.

(50 minutes) \$165



Herbal Recovery Facial

This treatment features the healing power of nature with a combination of herbal complexes known to balance the skin. Organic extracts improve the skin's natural barrier function. A slow pressure facial point massage releases tension, followed by a Green Tea Mask to soothe delicate skin and reveal a natural, radiant glow.

(50 minutes) \$135

The Gentlemen's Facial

The ultimate anti-aging facial for men, customized for instant results. This hydrating facial decongests the skin, infuses moisture to overstressed skin, and protects the face from future damage.

(50 minutes) \$120

***In Addition:** Add one or both of the following waxing options into any 50 minute facial service:

Brow Wax/Cleanup \$15

Lip Wax \$15

WAXING SERVICES

Body Waxing

Full Chest/Stomach	allow 45 mins	\$75
Back	allow 45 mins	\$70
Under Arms	allow 30 mins	\$30
Half Arms	allow 30 mins	\$40
Full Arms	allow 45 mins	\$55
Half Legs	allow 45 mins	\$60
Full Legs	allow 85 mins	\$80
Bikini	allow 30 mins	\$40
Beyond Bikini*	allow 45 mins	\$55
Brazilian	allow 45 mins	\$90

*Approx 2 inches further than regular bikini. Allow at least a half inch of hair growth before booking the Bikini or Beyond Bikini Waxing Service. Grooming not offered.

Book a series of 4 Body Waxing Services (same area) and receive your 5th appointment FREE. Prepayment required. Ask for details.



NAIL CARE SERVICES

All 50-minute manicures & pedicures include nail shaping, cuticle grooming and finish with polish or buff shine. Please advise at time of booking if you are wearing long-wear polish. **NOTE:** Add \$10 for French polish.

Honey "Be" Pedicure

Honey "Be" Manicure

Enjoy the benefits of our natural homegrown treatment. With honey harvested from our own apiary, a gentle polish has been formulated to rejuvenate tired skin. This hydrating treatment finishes with our custom blend moisturizer, massaged into overworked hands and/or feet.

Pedicure (50 minutes) \$65

Manicure (50 minutes) \$50

CBD Pedicure

CBD Manicure

Ease your mind and relax while enjoying the benefits of CBD. The anti-inflammatory and analgesic properties of CBD make this the perfect treatment for any sore, achy or tired muscles, hands or feet. This service comes with a buff shine or nail polish color of your choice.

Pedicure (50 minutes) \$70

Manicure (50 minutes) \$55

Himalayan Salt Manicure

For more than just a manicure, enhance your service with the healing properties of Himalayan Salt. Hands rest on a heated Himalayan salt dome to allow nutrients to be absorbed in the skin. Gaze into the spectrum of color emanating from the dome while your hands and arms are polished with a nutrient-rich salt scrub. Concluded with our signature lotion and polish color of your choice.

(50 minutes) \$55

Long Wear Gel Manicure

Using a gel polish application, this manicure will give your polish staying power. Nails will cure in a UV light in this service. Finish with a hand massage, you will leave relaxed with perfect polish.

**Price includes removal of gel polish if required.*

(50 minutes) \$65

Man's Manicure

A refresh on the nails to include nail filing, buffing and cuticle work.

(25 minutes) \$30

Express Manicure

Don't let the name fool you. This quick clean up and polish will leave your nails red carpet ready. **NOTE:** Does not include a hand massage.

(25 minutes) \$30

Revival Pedicure

Wake up your tired feet. This pedicure features fair trade coffee, cacao and peppermint. Using only the finest ingredients, this pedicure will give your feet just what they need.

(50 minutes) \$65

Detox Pedicure

In a world filled with toxins, we recommend this detox therapy.

This pedicure includes all the finest products to help you to expel unwanted toxins.

(50 minutes) \$65

Man's Pedicure

For the guy who needs attention on those tired and overworked feet.

This pedicure includes filing and buffing of nails, work on cuticles and refreshing care on the sole.

(50 minutes) \$65





TAROT, ANGEL LESSON AND SUPER SOUL SESSION

Paula helps you create beneficial life shifts that illuminate and awaken your spirit, alter your outlook and approach to life, and inspire you to make changes that improve your relationships, well-being, and career. Mystical sessions are interfaith and spiritual in nature.

ABOUT PAULA, Mystic on-site since 2010

Paula Dianne Upton is a realized mystic who has walked the spiritual path since the 1980s. She is the author of two books - Passage to Grace and Signs of Infinity. As a teacher, seer, and healer, she has offered spiritual guidance and inspiration to thousands of seekers since her illumination. Paula is psychic, being clairvoyant (sees images and visions), clairaudient (hears words, phrases, and sounds), and empathic (perceives emotions, feelings, and sensations). She is trained as a psychotherapist and has a Master's Degree from Antioch University New England in Clinical Mental Health Counseling with an additional focus on Career Counseling. Continued Ed: Certificate in Pastoral Counseling - Saint Francis Academy for Clinical Pastoral Training; Reiki Master; Angelic Attunement Practitioner.

Tarot Reading

Tarot is a mystical tool designed to answer questions and address concerns, so bring some to your session. General themes, overall patterns, and messages are interpreted, followed by your specific concerns while Paula brings forth insight via her intuition. Those with no questions are welcome to explore what the Tarot has to say.

(25 minutes) \$75

To gain guidance and insight into one or two areas of life.

(50 minutes) \$120

To gain guidance and insight into several areas of life and their underlying issues.

Angel Lesson

We all have at least one Guardian Angel who watches over, guides and protects us. Learn how to be receptive to the Celestial realm and receive signs from your Guardians. You will connect with your Angels and select Archangels through cards you choose holding short messages that are the subject of a two-way discussion.

(50 minutes) \$120

Super Soul Session

Paula applies her awareness gained from a decades-long study of the mystic path of enlightenment to give individualized spiritual counseling and intuitive insight. Be prepared to have a conversation and bring any topic, concern, question, or curiosity for discussion. This session is perfect for exploring spiritual subjects and understanding mysterious situations. It is also beneficial to those who need emotional support and spiritual upliftment during life's passages.

(50 minutes) \$120

CALLING ALL WARRIORS

*The Spa at Norwich Inn, is proud to walk with warriors, those clients facing adversity in a current medical or health journey. Our team is here to create a customized day of treatments or services to support your journey in a warm, welcoming setting. What better way to help you heal and boost your spirits than with a spa treatment? We are ever mindful of your comfort and privacy and understand that each Warrior has unique needs. It is necessary for you to consult with your doctor and confirm that you have received medical permission to partake in these treatments. A complete list of product ingredients and treatment protocols are available upon request. **To schedule your appointments, or if you have questions, please call our Warrior Advisors at 860-425-3601 or 860-425-3506.***



THE SALON

NOTE: Additional fees apply for service enhancements including texture, length, design and chemical enhancements above and beyond the service menu. Short hair is defined as above the shoulders and long hair is defined as touching or below the shoulders. Please consult with your stylist for an accurate understanding of fees and charges.

Wash & Blow Dry	starting at \$35
Wash, Cut & Blow Dry	starting at \$58
Hot Iron Styling	starting at \$20
Men's Cut & Style	starting at \$30
Formal Style or Up-do	starting at \$75
Bridal Up-Do Consultative Trial	\$75
<i>\$30 hair credit if you book your wedding day hair with us.</i>	
Wedding Day Bridal Up-Do - Dry Hair	starting at \$85

ENHANCEMENTS

Add to any hair service.

Rebalancing: Restores & enhances lasting color & body	\$25
Toning: A color refinement for hi-lift color or highlighted hair	\$25

The Scalp Facial

Revitalize your scalp and beautify your hair with a new way of scalp care. Our scalp ages 6 times faster than our face, so it's time to give it the attention it needs. After a consultation with one of our stylists, a tailor-made cocktail of products are luxuriously massaged into the scalp to reveal healthier, younger looking hair. Finish with a customized shampoo & blowout.

(50 minutes) \$65

Starting at \$75 with hair cut



Goldwell Brilliant Hair Color Services

Includes Blow Dry & Style

Single Process - one color application

starting at	Short	\$90	Long	\$120
with cut	Short	\$115	Long	\$150

Color Balance

starting at	Short	\$110	Long	\$140
with cut	Short	\$140	Long	\$170

Highlights & Lowlights

Partial	starting at	\$120
Full	starting at	\$150
Partial with cut	starting at	\$165
Full with cut	starting at	\$180
Corrective Color Conversion	starting at	\$250

Specialty Hair Painting

Upon consultation, one of our professional Stylists will consider the appropriate color application to best create the desired result being requested. Pricing is mainly based on varying color application techniques and time. Based on consultation.

Starting at \$160

*** Color consultation recommended for all color services.**



The overall benefit of being active and fit is an improved quality of life. Exercise is the prescription for longevity. Enhance your wellness and your well-being by participating in a variety of wellness options today!

GROUP CLASSES

Morning Walk and Meditation/Mindfulness Sampler are complimentary. Reservations are required for all wellness offerings. Each Wellness Class accommodates all levels. Additional seasonal offerings may be conducted outdoors. Please check the website for more details.

PERSONALIZED TRAINING SERVICES

NOTE: A Personal Training Service counts as one treatment, not a class, in all packages.

Body Composition

Learn the truth about the composition of your body via use of a tanita scale. Weight is not an indication of size. You'll receive a true indicator of your inner health; muscle, body fat percentage, physique rating and more. Your trainer will review details with you.

(25 minutes) \$45

One on One Workout

Your Personal Trainer will guide you through a customized workout of your choice in the gym.

(50 minutes) \$75

Duet session Workout

Why not share a workout session with a partner? Great for family, friends or couples.

(50 minutes) \$125

PRIVATE SESSIONS

You can fill your days with a number of wellness classes. Whether you have a special concern that needs focus or you just want to kick your work-out up a notch, we offer a full list of private attention training sessions. All easily scheduled and subject to an additional charge. Private sessions include but are not limited to Meditation, Mindfulness, Yoga and more. You choose the session, we will do the rest! To schedule, please call our Spa Desk directly at 860-425-3600.



The Classics

DAY SPA PACKAGES

AVAILABLE MONDAY - FRIDAY

ALL CLASSIC PACKAGES INCLUDE:

One Wellness Class of Your Choice
Two-Course Lunch in Kensington's Restaurant
Choice of Private Label Product

Full Use of the Spa Facility
 Sauna, Steam Room, Whirlpool, Indoor Pool, Relaxation Room,
 Fitness Center, Robe, Slippers, & Locker Room

Daily Complimentary
 Morning Walk, Morning Meditation/Mindfulness Sampler,
 Makeup Tips, Afternoon Tea & Scones



QUICK FIX

Also includes your choice of a 50-minute Serenity Massage or a Renewal Facial.

\$175.25



THE REVITALIZER

Also includes your choice of one 50-minute service* and one 25-minute service or a full pedicure.

\$225.25



RENEW YOU

Also includes your choice of two 50-minute services*.

\$275.25

CONDITIONS

- Pricing is subject to applicable gratuity, service charge and tax.
- Advance reservations are required. Packages are available Monday-Friday all day, based on availability.
- Lunch includes coffee, tea, soda or iced tea. Other beverages will incur an additional charge.
- Forfeited Wellness classes do not change the package price and are subject to charge. Wellness classes are not substituted, credited or exchanged for treatments.
- Tarot card readings are excluded.
- ***Services selected with a base price of \$150 or more will incur an additional charge.**
- Packages are not available with, and may not be combined with any other promotional offer. Pricing and content are subject to change without notice.

Men's Getaway

DAY SPA PACKAGE

AVAILABLE MONDAY - FRIDAY

PACKAGE INCLUDES:

Your Choice of Any Two 50-Minute Services

Full Use of the Spa Facility

Sauna, Steam Room, Whirlpool, Indoor Pool, Relaxation Room,
Fitness Center, Robe, Slippers, & Locker Room

Daily Complimentary

Morning Walk, Morning Meditation/Mindfulness Sampler,
Afternoon Tea & Scones

\$265.25

CONDITIONS

- Pricing is subject to applicable gratuity, service charge and tax.
- Advance reservations are required. Packages are available Monday-Friday all day and based on availability.
- Packages are not available with, and may not be combined with any other promotional offer. Pricing and content are subject to change without notice.
- Tarot card readings are excluded.

Teen Spa

DAY SPA PACKAGE

AVAILABLE MONDAY - FRIDAY

PACKAGE INCLUDES:

One Wellness Class of Your Choice

Your Choice of 50-Minute Serenity Massage or Renewal Facial

One 25-Minute Service or a Full Pedicure

Two-Course Lunch in Kensington's Restaurant

Full Use of the Spa Facility

Sauna, Steam Room, Whirlpool, Indoor Pool, Relaxation Room,
Fitness Center, Robe, Slippers, & Locker Room

Daily Complimentary

Morning Walk, Morning Meditation/Mindfulness Sampler,
Makeup Yips, Afternoon Tea & Scones

\$199.25

CONDITIONS

- Only for teens 14-17 years old. Proof of age and parental supervision required.
- Pricing is subject to applicable gratuity, service charge and tax.
- Advance reservations are required. Packages are available Monday-Friday all day and based on availability.
- Lunch includes coffee, tea, soda or iced tea. Other beverages will incur an additional charge.
- Forfeited Wellness classes do not change the package price and are subject to charge. Wellness classes are not substituted, credited or exchanged for treatments.
- Tarot card readings are excluded.
- Packages are not available with, and may not be combined with any other promotional offer. Pricing and content are subject to change without notice.

Boutique

During your visit, Spa Associates will recommend products that complement our therapies so you can maintain the results you've gained from your treatments. We are proud of our private label and signature offerings and invite you to visit our Boutique.

Our skin care products, with daily application, protect against aging due to environmental stressors, dehydration and vitamin deficiency. We also feature a selection of massage and essential oils, fragrances, casual wear, swimwear, fitness clothing, fitness gear, makeup and accessories.



Gift Cards

A Spa at Norwich Inn Gift Card is flexible enough to fit every taste, can be redeemed for treatments, fitness classes, salon services, day spa or overnight visits, Boutique purchases, and dining in The Juice Bar, Kensington's Restaurant or Ascot's Pub. Gift Cards are available in any denomination starting at \$50 and may also be redeemed at The Norwich Spa at Foxwoods.



Shop at Home

Enjoy the convenience of shopping for our products and gift cards from your computer or by phone. Log onto our e-commerce site: TheSpaAtNorwichInn.com/Shop or call **1-800-ASK-4-SPA (275-4772)**.



FINAL THOUGHTS

Preserving the Spa Environment

Cell phones of every kind, cameras, beepers, pagers and noise emitting or recording devices as well as high volume conversations are strictly prohibited throughout the Spa. Smoking is prohibited except in designated outdoor areas.

Reservations

We strongly recommend that all spa, salon, makeup, waxing, and fitness offerings be booked prior to your arrival as they are subject to availability. It is best to plan 2 to 4 weeks ahead for mid-week and 4 to 6 weeks for weekend visits. Reservations require a valid credit card guarantee in order to be secured.

Age Requirement

Guests must be 14 years or older to enter the spa and partake of treatments, services and fitness classes. Guests 14 - 16 years old must be accompanied by a parent and proof of age is required.

Cancellation

Reserved appointments for all Spa, Salon, Waxing and Makeup services and Fitness offerings require a 24-hour advance notice of cancellation or revision or a full charge will apply. Golf packages require 72 hours notice.

Fees

A \$20 Daily Spa Admission Fee is charged to non-Resort guests receiving Spa treatments, salon services and wellness offerings. The daily admission fee includes use of the sauna, steam room, whirlpool, indoor exercise pool, fitness room, locker, robe, slippers, and a complete line of locker room amenities and guest activities for the day.

15% Gratuity is automatically added to your bill for your therapists, fitness instructors, salon stylists, and makeup artists. If you choose, you may arrange to leave more for your provider at the Spa Front Desk.

4% Service Charge is automatically added to your bill for all Spa treatments, fitness offerings, waxing and makeup, and Salon services.

CT Sales Tax will be applied to all taxable products and services at the appropriate rate.

Important Note: Rates, Packages, Promotions, Spa, Fitness, Boutique and Salon offerings are subject to change without notice.

Hours of Operation	Spa	Salon	Boutique
Sunday - Thursday	7am - 8pm	9am - 5pm	9am - 8pm
Friday & Saturday	7am - 9pm	9am - 5pm	9am - 9pm

FAQs & POLICIES

What makes The Spa at Norwich Inn different from other spas?

Our award-winning therapists are trained in the art of pampering. Our facilities offer sauna, steam and whirlpool tubs. Our environment encourages a rejuvenation of the body, mind and spirit. The Spa at Norwich Inn subscribes to the International Spa Association's "Code of Comfort."

How do I schedule my Spa visit?

Call 1-800-ASK-4-SPA (800-275-4772) and one of our trained reservation consultants will help you to schedule your stay. They will explain each treatment in detail and send an itinerary prior to your arrival.

How early should I arrive?

Arrive at least 30 minutes prior to your first appointment to allow time to check-in at the Spa front desk, receive a tour to familiarize yourself with our facility and to change into your robe or fitness wear.

What do I need to bring with me?

Bring a bathing suit for the pool, sauna, steam or whirlpool, appropriate workout attire and sneakers. We'll supply you with a one-size-fits-all bathrobe, spa slippers and locker. You may choose to bring your own robe and slippers. Locker rooms are equipped with changing rooms, showers, shampoo, conditioner, lotions, razors, deodorant, hairspray, mouthwash and hair dryers. Our Boutique carries personal items, should you leave something at home.

What if I have allergies, am pregnant, or have other health concerns?

You should have clearance from your physician if you suffer from any illness or allergy. It is your responsibility to advise your therapist of any medical conditions that could put you at risk. If a treatment is deemed inappropriate for your current state of health, adjustments will be made. Treatments marked with the *P* are not recommended for pregnant women. Information provided to our staff is held in strictest confidence.

May I request a male or female therapist or the same therapist I had last visit?

While we will make every effort to honor your requests, we cannot guarantee a specific therapist will be available to you. All therapists are trained in both treatment and draping protocols to ensure your comfort at all times.

Am I required to completely disrobe during my treatments?

You are not required to do anything that may make you feel uncomfortable. Ask your reservation consultant which body treatments require nudity. Undergarments may be worn for certain treatments. Clothing is required in all public areas and suits are required in the swimming pools.

Is it unusual to visit alone?

No. Many guests travel alone. Enjoy personal seclusion or take the opportunity to meet other guests in the Spa's warm, friendly atmosphere.

Should I participate in wellness activities after a treatment?

It is best to rest for at least one hour after any heat treatment or after using the sauna, steam or whirlpool prior to exercise.

What type of cuisine do you offer?

We serve flavorful, healthy cuisine artistically presented in our dining rooms, accompanied by an extensive wine list. Our Juice Bar has a selection of smoothies and healthful snacks. It is perfectly acceptable for you to dine in your bathrobe at breakfast and lunch.

What can I do between treatments?

Aside from our relaxation room, guests often enjoy spending time at our Juice Bar or indoor pool. Attend our complimentary activities: Morning Walk, Meditation/Mindfulness Sampler, Afternoon Tea & Scones and Makeup Tips. Workout in our Fitness Center, plan to have your hair styled in our Salon or browse our wonderful Boutique.

Moments Away from Everything... ...or Nothing at All.



Ninety guest rooms, suites and villas are nestled on over 42 acres of countryside in a town named long ago as The Rose of New England. There are many theories as to where the name came from, but we think it means as a rose opens fully to its surroundings and shows its true beauty, so does this historic Inn, in the center of Eastern Connecticut and close to just about everything.

Each of our 49 inn rooms and suites

have unique character, dating to the Inn's opening in 1930. The features will delight you as the decor is elegantly refined, the robes plush, and the views remarkable. Our 41 villas offer the ultimate in privacy and comfort with galley kitchens, private balconies, living rooms and fireplaces...all the comforts of home.

Mohegan Sun Casino is located just minutes away. A short scenic drive will land you at Foxwoods Resort Casino. And only a few miles further is Mystic Seaport, situated on the banks of the Mystic River. Choose to be on the go if you like, or drift off in your own world behind the hedges.

STAY IN TONIGHT...

KENSINGTON'S RESTAURANT

Our renowned culinary team creates comfort foods with an upscale twist of flavors and textures. Always changing, never boring, choose the quiet of Kensington's or, weather permitting, the Terrace Deck.

ASCOT'S PUB

A Classic Pub...Knotty Pine Wood... Roaring Fireplace...and a Great Collection of Friends! Nightly Specials, Creative Cocktails, and Live Entertainment right off the Inn lobby. Call and find out what's happening tonight.



OVERNIGHT Country Getaway RETREAT



Sunday - Thursday	
Standard Rooms	From \$153* <i>double, triple or quadruple occupancy</i>
	From \$224* <i>single occupancy</i>
Country Rooms or Villa Studio Condominiums	From \$173* <i>double, triple or quadruple occupancy</i>
	From \$273* <i>single occupancy</i>

Fridays & Saturdays	
Standard Rooms	From \$185* <i>double, triple or quadruple occupancy</i>
	From \$308* <i>single occupancy</i>
Country Rooms or Villa Studio Condominiums	From \$215* <i>double, triple or quadruple occupancy</i>
	From \$360* <i>single occupancy</i>

*All prices listed are per person, per night. *Pricing is subject to applicable gratuity, service charge, and tax.*

EACH NIGHT INCLUDES:

- A Beautifully Appointed Guestroom**
- Breakfast in Kensington's Restaurant**
- Two-Course Dinner in Kensington's Restaurant**
- Full Use of the Spa Facility**
Sauna, Steam Room, Whirlpool, Indoor Pool, Relaxation Room, Fitness Center, Robe, Slippers, & Locker Room
- Daily Complimentary**
Morning Walk, Morning Meditation/Mindfulness Sampler, Makeup Tips, Afternoon Tea & Scones

CONDITIONS

- Advance reservations required, space and date available.
- A \$5.50 per person, per night Resort Fee will be assessed to all overnight guests 14 years and older.
- Breakfast and Dinner include coffee or tea. Other beverages will incur an additional charge.
- Packages are not available with, and may not be combined with any other promotional offer. Pricing and content are subject to change without notice.

OVERNIGHT
Renewal

P A C K A G E

Available Sunday - Thursday	
Standard Rooms	From \$250* <i>double, triple or quadruple occupancy</i>
	From \$325* <i>single occupancy</i>
Country Rooms or Villa Studio Condominiums	From \$275* <i>double, triple or quadruple occupancy</i>
	From \$375* <i>single occupancy</i>

All prices listed are per person, per night. *Pricing is subject to applicable gratuity, service charge, and tax.

EACH NIGHT INCLUDES:

A Beautifully Appointed Guestroom

Your Choice of One 50-Minute Spa Service*

Breakfast in Kensington's Restaurant

Two-Course Dinner in Kensington's Restaurant

Full Use of the Spa Facility

Sauna, Steam Room, Whirlpool, Indoor Pool, Relaxation Room, Fitness Center, Robe, Slippers, & Locker Room

Daily Complimentary

Morning Walk, Morning Meditation/Mindfulness Sampler, Makeup Tips, Afternoon Tea & Scones



Stay and Spa

O V E R N I G H T P A C K A G E



Available Sunday - Thursday	
Standard Rooms	From \$200* <i>double, triple or quadruple occupancy</i>
	From \$275* <i>single occupancy</i>
Country Rooms or Villa Studio Condominiums	From \$225* <i>double, triple or quadruple occupancy</i>
	From \$325* <i>single occupancy</i>

All prices listed are per person, per night. *Pricing is subject to applicable gratuity, service charge, and tax.

EACH NIGHT INCLUDES:

A Beautifully Appointed Guestroom

Your Choice of One 50-Minute Spa Service*

Breakfast in Kensington's Restaurant

Full Use of the Spa Facility

Sauna, Steam Room, Whirlpool, Indoor Pool, Relaxation Room, Fitness Center, Robe, Slippers, & Locker Room

Daily Complimentary

Morning Walk, Morning Meditation/Mindfulness Sampler, Makeup Tips, Afternoon Tea & Scones

CONDITIONS

- Advance reservations are required. Package is available Sunday-Thursday night and based on availability. Not available Sunday nights on holiday weekends.
- A \$5.50 per person, per night Resort Fee will be assessed to all overnight guests 14 years and older.
- Breakfast and Dinner include coffee or tea. Other beverages will incur an additional charge.
- ***Services selected with a base price of \$150 or more will incur an additional charge.**
- Tarot card readings are excluded.
- Packages are not available with, and may not be combined with any other promotional offer. Pricing and content are subject to change without notice.

CONDITIONS

- Advance reservations are required. Package is available Sunday-Thursday night and based on availability. Not available Sunday nights on holiday weekends.
- A \$5.50 per person, per night Resort Fee will be assessed to all overnight guests 14 years and older.
- Breakfast includes coffee or tea. Other beverages will incur an additional charge.
- ***Services selected with a base price of \$150 or more will incur an additional charge.**
- Tarot card readings are excluded.
- Packages are not available with, and may not be combined with any other promotional offer. Pricing and content are subject to change without notice.

Rejuvenation

OVERNIGHT PACKAGE



Available Sunday - Thursday	
Standard Rooms	From \$365* <i>double, triple or quadruple occupancy</i>
	From \$436* <i>single occupancy</i>
Country Rooms or Villa Studio Condominiums	From \$385* <i>double, triple or quadruple occupancy</i>
	From \$485* <i>single occupancy</i>

All prices listed are per person, per night. *Pricing is subject to applicable gratuity, service charge, and tax.

EACH NIGHT INCLUDES:

A Beautifully Appointed Guestroom

Your Choice of Two 50-Minute Spa Services*

Your Choice of One Wellness Class

Breakfast in Kensington's Restaurant

Two-Course Dinner in Kensington's Restaurant

Full Use of the Spa Facility

Sauna, Steam Room, Whirlpool, Indoor Pool, Relaxation Room, Fitness Center, Robe, Slippers, & Locker Room

Daily Complimentary

Morning Walk, Morning Meditation/Mindfulness Sampler, Make-up Tips, Afternoon Tea & Scones

CONDITIONS

- Advance reservations are required. Package is available Sunday-Thursday night and based on availability. Not available Sunday nights on holiday weekends.
- A \$5.50 per person, per night Resort Fee will be assessed to all overnight guests 14 years and older.
- Breakfast and Dinner include coffee or tea. Other beverages will incur an additional charge.
- Forfeited Wellness classes do not change the package price and are subject to charge. Wellness classes are not substituted, credited or exchanged for treatments.
- *Services selected with a base price of \$150 or more will incur an additional charge.
- Tarot card readings are excluded.
- Packages are not available with, and may not be combined with any other promotional offer. Pricing and content are subject to change without notice.

Spaliday!

OVERNIGHT PACKAGE

Relax with us in one of our beautifully appointed guest rooms and savor a two-course dinner in Kensington's Restaurant. With the \$100 spa credit, indulge in one of our luxurious spa services. Wake up refreshed and enjoy a leisurely breakfast in Kensington's Restaurant before returning to the real world.

Available Fridays & Saturdays	
Standard Rooms	From \$288* <i>double, triple or quadruple occupancy</i>
	From \$412* <i>single occupancy</i>
Country Rooms or Villa Studio Condominiums	From \$315* <i>double, triple or quadruple occupancy</i>
	From \$467* <i>single occupancy</i>

All prices listed are per person, per night. *Pricing is subject to applicable gratuity, service charge, and tax.

EACH NIGHT INCLUDES:

A Beautifully Appointed Guestroom

\$100 in Spa Credits**

Breakfast in Kensington's Restaurant

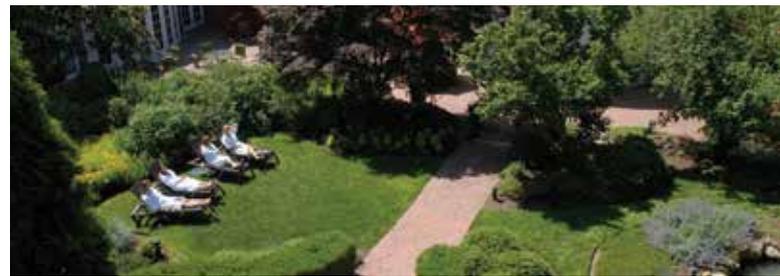
Two-Course Dinner in Kensington's Restaurant

Full Use of the Spa Facility

Sauna, Steam Room, Whirlpool, Indoor Pool, Relaxation Room, Fitness Center, Robe, Slippers, & Locker Room

Daily Complimentary

Morning Walk, Morning Meditation/Mindfulness Sampler, Make-up Tips, Afternoon Tea & Scones



CONDITIONS

- Advance reservations are required. Package is available Friday and Saturday nights only and is based on availability.
- A \$5.50 per person, per night Resort Fee will be assessed to all overnight guests 14 years and older.
- Breakfast and Dinner include coffee or tea. Other beverages will incur an additional charge.
- **Spa credit must be used in full during your stay, has no cash value, is non-refundable and non-transferable.
- Packages are not available with, and may not be combined with any other promotional offer. Pricing and content are subject to change without notice.

Golf

OVERNIGHT PACKAGES

Stay with us and play with us with exclusive greens fees and incredible room rates.

NORWICH GOLF PACKAGE

A Beautifully Appointed Guestroom

18 Holes with Golf Cart at the Norwich Golf Course Including a \$10 Voucher for Food or Beverage at the Norwich Golf Course Breakfast in Kensington's Restaurant

Sunday - Thursday	Friday & Saturday
\$155.00* <i>double, triple or quadruple occupancy</i>	\$199.00* <i>double, triple or quadruple occupancy</i>
\$240.00* <i>single occupancy</i>	\$330.00* <i>single occupancy</i>

*Packages are available April through October, weather permitting. All prices listed are per person, per night. Based on availability. *Pricing is subject to applicable gratuity, service charge, and tax.*

LAKE OF ISLES GOLF & SPA PACKAGE

A Beautifully Appointed Guestroom

18 Holes on Lake of Isles North Course

Unlimited Use of the Practice Facility

Golf Cart & On-course Water

\$50 per person Dining Credit at The Spa at Norwich Inn

\$50 per person Spa Credit at The Spa at Norwich Inn

Sunday - Thursday	Friday & Saturday
\$330.00* <i>double, triple or quadruple occupancy</i>	\$370.00* <i>double, triple or quadruple occupancy</i>
\$400.00* <i>single occupancy</i>	\$500.00* <i>single occupancy</i>

*Packages are available April through October, weather permitting. All prices listed are per person, per night. Based on availability. *Pricing is subject to applicable gratuity, service charge, and tax.*

BOTH GOLF PACKAGES INCLUDE:

Full Use of the Spa Facility

Sauna, Steam Room, Whirlpool, Indoor Pool, Relaxation Room, Fitness Center, Robe, Slippers, & Locker Room

Daily Complimentary

Morning Walk, Morning Meditation/Mindfulness Sampler, Makeup Tips, Afternoon Tea & Scones

CONDITIONS

- *Advanced reservations are required and 72 hours advanced notice of cancellation. Some black-out days.*
- *A \$5.50 per person, per night Resort Fee will be assessed to all overnight guests 14 years and older.*
- *Norwich Golf Package Breakfast includes coffee or tea. Other beverages will incur an additional charge.*
- *Packages are not available with, and may not be combined with any other promotional offer. Pricing and content are subject to change without notice.*

Wine Tasting

OVERNIGHT PACKAGE



Available Sunday - Thursday	
Standard Rooms	From \$115* <i>double, triple or quadruple occupancy</i>
	From \$200* <i>single occupancy</i>
Country Rooms or Villa Studio Condominiums	From \$140 <i>double, triple or quadruple occupancy</i>
	From \$250* <i>single occupancy</i>

Available Fridays & Saturdays	
Standard Rooms	From \$152* <i>double, triple or quadruple occupancy</i>
	From \$272* <i>single occupancy</i>
Country Rooms or Villa Studio Condominiums	From \$169* <i>double, triple or quadruple occupancy</i>
	From \$307* <i>single occupancy</i>

*All prices listed are per person, per night. *Pricing is subject to applicable gratuity, service charge, and tax.*

EACH NIGHT INCLUDES:

A Beautifully Appointed Guestroom

A Voucher for One Classic Tasting of 7 Wines at Jonathan Edwards Winery in North Stonington, CT

Breakfast in Kensington's Restaurant

Full Use of the Spa Facility

Sauna, Steam Room, Whirlpool, Indoor Pool, Relaxation Room, Fitness Center, Robe, Slippers, & Locker Room

Daily Complimentary

Morning Walk, Morning Meditation/Mindfulness Sampler, Makeup Tips, Afternoon Tea & Scones

CONDITIONS

- *Advance reservations are required, space and date available. Some black-out days.*
- *A \$5.50 per person, per night Resort Fee will be assessed to all overnight guests 14 years and older.*
- *Breakfast includes coffee or tea. Other beverages will incur an additional charge.*
- *Packages are not available with, and may not be combined with any other promotional offer. Pricing and content are subject to change without notice.*



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FOR RESERVATIONS, INFORMATION & SALES

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For all other calls, including calls to guests:
860-425-3500

The Spa at Norwich Inn
607 West Thames Street
Norwich, CT 06360

TheSpaAtNorwichInn.com



Rated Excellent

by Zagat Survey of Top U.S. Hotels,
Resorts & Spas

Voted Best Resort in Connecticut

by New England Travel & Life Magazine

Editor's Choice Award, Best Pampering in CT

by Yankee Magazine's Guide to New England

Best of the East

by the readers of Meetings Focus Magazine

Named Best Destination Spa in New England

by Yankee Magazine

Voted Best Destination Spa

by the readers of Connecticut Magazine

HISTORIC HOTELS
of AMERICA

National Trust for Historic Preservation



10/2019

