

The Spa at
Norwich Inn

MENU OF SPA SERVICES

MASSAGES

Any 50-minute massage treatment with a (p) after its name and all 80-minute massages are not recommended for pregnant women. Pricing plus applicable gratuity, service charge and sales tax. When booking your treatment, consider customizing your experience with one or more of the perfectly paired enhancements included below. Please note: Enhancements do not add time to the treatment.

Norwich Custom Massage (p) 50 Min \$165 | 80 Min \$245

Fully customized to your unique needs. You request the pressure and any areas you'd like targeted. Your choice of CBD, Aromatherapy and if desired, the use of hot stones.

Detox Foot +\$50 Warm Spinal Compress +\$50
Valmont Medical Grade Collagen Face Mask +\$110

Cannabliss CBD Full Body Massage* 50 Min \$170 | 80 Min \$250

Surrender yourself to the opulent fully body massage (including abdomen if desired) using high quality CBD that penetrates the muscles working in harmony with the skilled massage therapist touch and you will emerge with less discomfort and fully relaxed. At the end of this treatment you will be offered 2 CBD gummies that do contain 0.03% of THC with instructions on how to use them if you desire.

*Must be 21 years old to receive this service.

Deep Tissue Massage (p) 50 Min \$165 | 80 Min \$250

The combination of specialized techniques and the option of CBD cream alleviates deep-seated muscle tension.

Targeted Toning +\$35 Detox Foot +\$50 Warm Spinal Compress +\$50
Valmont Medical Grade Collagen Face Mask +\$110

The Signature Massage (p) 50 Min \$145 | 80 Min \$225

Choose your aromatherapy to begin the full body, firm pressure massage with an emphasis on the back, neck and shoulders.

Hot Stones +\$20 (1 area), +\$25 (2 areas), +\$30 (3 areas)
Detox Foot +\$50 Dry Brushing +\$25
Valmont Medical Grade Collagen Face Mask +\$110

Body Blend 50 Min \$150 | 80 Min \$245

A guest favorite. A light exfoliation combined with a Signature massage.

Detox Foot +\$50 Warm Spinal Compress +\$50
Valmont Medical Grade Collagen Face Mask +\$110

The Relaxation Ritual 50 Min \$125

Concentration on the head, neck, shoulders, lower leg and feet with both touch and warm stones ease the strain of both thought and movement. Note: You are on your back for the entire treatment.

Aromatherapy +\$20 (p) Warm Spinal Compress +\$50
Valmont Medical Grade Collagen Face Mask +\$110

Mommy to Be 50 Min \$135

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

Valmont Medical Grade Collagen Face Mask +\$110

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.

Valmont Medical Grade Collagen Face Mask +\$110

Express Massage 25 Min \$75

Target two areas that need the most attention and experience relief.

Aromatherapy +\$20 (p) Detox Foot +\$50

Rapid Recovery Percussion Massage 15 Min \$45 | 25 Min \$80

The Massage Therapist works with a percussion massage tool to quickly relax thickened connective tissue and break down adhesions resulting in a greater range of movement, relief from pain, especially in areas such as sciatica, IT Band, lower back, shoulder, and legs. Perfect before or after a massage, sports activity, or just a quick treatment to relieve discomfort and increase circulation.

Scalp Massage 25 Min \$75

The face, neck and scalp massage that relieves stress and clears the mind.

Aromatherapy +\$20 (p) Warm Spinal Compress +\$50

Foot Massage 25 Min \$75

A nurturing massage that uses hot stones and targeted massage techniques to de-stress lower legs and feet.

BODY WRAPS

Wraps include an application of an exfoliant or customized masque designed to nourish your body both inside and out. Any 50-minute body wrap treatment with a (p) after its name are not recommended for pregnant women. Pricing plus applicable gratuity, service charge and sales tax. When booking your treatment, consider customizing your experience with one or more of the perfectly paired enhancements included below. Please note: Enhancements do not add time to the treatment.

Island Bliss Ritual (p) 100 Min \$265

Enjoy an island escape anytime! All natural botanical ingredients polish and awaken tired, dull skin as you receive a face, scalp, neck and shoulder massage. Shower then return to the warm bed and enjoy a full body massage with the addition of warm Himalayan salt stones. An unforgettable full body experience.

Detox Foot +\$50 Targeted Toning +\$35
Valmont Medical Grade Collagen Face Mask +\$110
Valmont Medical Grade Collagen Eye Mask +\$75

Cannabliss CBD Body Wrap* 100 Min \$265

Indulge in the ultimate relaxation experience. High quality CBD salts are applied to the body, providing a gentle exfoliation. Followed by an application of CBD oil to help alleviate tension, reduce stress and promote a sense of tranquility. At the end of this treatment you will be offered 2 CBD gummies that do contain 0.03% of THC with instructions on how to use them if you desire.

*Must be 21 years old to receive this service.

Sea Foam Body Smoothie* (p) 50 Min \$165

Nourish and detoxify the skin and body with this warm mud filled with 100 trace minerals that soothe aching muscles, aid in eliminating toxins and feed the skin. This wrap is truly one of a kind.

Detox Foot +\$50 Valmont Medical Grade Collagen Eye Mask +\$75
*Contraindicated for iodine & seaweed allergies.

Detox Body Wrap (p) 50 Min \$145

The combination of dry brushing with an application of a seaweed featuring aromatic essential oils eliminates excess fluid while reducing tension in tired and heavy muscles. Finishes with an application of a marine lotion, leaving the skin soft.

Detox Foot +\$50 Valmont Medical Grade Collagen Eye Mask +\$75

Vitamin Wrap (p) 50 Min \$145

A longtime favorite combats the visible effects of aging skin and restores the appearance with this collagen boosting body wrap. The botanical blends create a glowing skin with a gentle body scrub followed with a lovely application of lotion to enchant the senses.

Detox Foot +\$50 Valmont Medical Grade Collagen Eye Mask +\$75

Honey "Be" Wrap (p) 50 Min \$145

Honey from our apiary enhance this wonderful wrap with the gentle exfoliation and luxurious application of a rich lotion. Feel clean, smooth and relaxed.

Valmont Medical Grade Collagen Eye Mask +\$75

HOLISTIC

Holistic Services focus on the health of the entire body and mind and not just individual parts. Integrating both traditional and non-traditional treatments, the goal is to help our clients develop a deeper understanding of themselves on a spiritual, physical, mental, and emotional level. Addressing the whole person in mind-body-spirit can bring out the healthiest, happiest version of ourselves. **Holistic services do not qualify for graduated discounts.**

Reiki 25 Min \$75 | 50 Min \$125

Reiki helps promote stress reduction and relaxation. In this fully-clothed or in a robe session, you will release tension and stress bringing balance to the mind, body and soul to leave in a state of peace and well-being.

Tarot 25 Min \$85 | 50 Min \$150

25 Minute Tarot: To gain guidance and insight into one or two questions.
50 Minute Tarot: To gain guidance and insight into several questions and their underlying issues.

Life Coach Session 50 Min \$150

A Life Coach Session may provide objective guidance to assist with setting goals, calming techniques and many other aspects including public speaking tips. If it is on your mind, this offers the ear to listen, hold space and provide suggestions for you to have a feeling of focus, clarity and hope.

FACIALS

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. Pricing plus applicable gratuity, service charge and sales tax. When booking your treatment, consider customizing your experience with one or more of the perfectly paired enhancements included below. Please note: Enhancements do not add time to the treatment.

Valmont Energy of the Glaciers Facial 60 Min \$300 | 90 Min \$400

Journey into luxury skin care with Valmont's signature anti-aging facial. Advanced massage techniques, triple DNA and ionic medical grade collagen stimulate cell renewal, erase signs of fatigue and provide intense, immediate results. Specialized acupressure and smoothing techniques increase the effectiveness of the active ingredients, elevating your complexion to look and feel better than ever before.

Valmont Medical Grade Collagen Eye Mask +\$75

Valmont Medical Grade Collagen Neck & Decollete Mask +\$95

Valmont Discovery Facial 50 Min \$195

Discover the beauty and elegance of Valmont facials and their iconic, luxury, highly results driven products that create long lasting benefits to a beautiful complexion. The ultimate in reducing the signs of aging and environmental damage. This discovery facial may take you onto a journey of Valmont's next step facials.

HydraFacial* 25 Min \$190 | 50 Min \$250 | 80 Min \$325

The newest advance in non-laser skin resurfacing. Hydradermabrasion cleanses and exfoliates simultaneously. Painless extractions and an infusion of antioxidants result in a clearer more beautiful skin with no discomfort or down time.

The Signature: (25 Minutes) The core 4 steps of HydraFacial, cleanse, exfoliate, extract then finish with an infusion of antioxidants.

The Deluxe: (50 Minutes) The core 4 steps of HydraFacial with the addition of a booster and LED light to address specific skin concerns.

The Ultimate: (80 Minutes) The core 4 steps of HydraFacial with the customized booster plus the added benefit of a lymphatic therapy to promote a less puffy appearance to the face. LED light to address specific skin concerns.

Valmont Medical Grade Collagen Eye Mask +\$75 (The Ultimate Only)

Valmont Medical Grade Collagen Neck & Decollete Mask +\$95 (The Ultimate Only)

Valmont Medical Grade Collagen Face Mask +\$110 (The Ultimate Only)

*Contraindicated for pregnancy, certain autoimmune disorders, and during the use of anti-coagulants.

Rose City Custom Facial 80 Min \$265

Fully customizable facial to meet each and every one of your concerns at the same time, providing a relaxing experience that includes a luxurious foot detox experience.

Brow Wax +\$15

Lip Wax +\$15

Chin Wax +\$15

Warm Spinal Compress +\$50

Valmont Medical Grade Collagen Eye Mask +\$75

Valmont Medical Grade Collagen Neck & Decollete Mask +\$95

Valmont Medical Grade Collagen Face Mask +\$110

The Luminous Facial 50 Min \$160

Peel away the signs of stress to reveal a more youthful, luminous appearance.

Customized design to deeply cleanse, exfoliate and infuse the skin with collagen.

Detox Foot +\$50

Brow Wax +\$15

Lip Wax +\$15

Chin Wax +\$15

Valmont Medical Grade Collagen Eye Mask +\$75

Valmont Medical Grade Collagen Neck & Decollete Mask +\$95

Valmont Medical Grade Collagen Face Mask +\$110

Power Lift Facial 50 Min \$160

A fan favorite. Embrace the power of peptides with a mild microdermabrasion

action that works on a cellular level to visibly reduce the appearance of fine lines.

Brow Wax +\$15

Lip Wax +\$15

Chin Wax +\$15

Warm Spinal Compress +\$50

Valmont Medical Grade Collagen Eye Mask +\$75

Valmont Medical Grade Collagen Neck & Decollete Mask +\$95

Valmont Medical Grade Collagen Face Mask +\$110

Power Lift Plus Facial 50 Min \$175

The new Power Lift Facial is three times more deep cleaning and resurfacing, provides an even better canvas for your serums and moisturizers to work, creating a glass like texture to the complexion.

Brow Wax +\$15

Lip Wax +\$15

Chin Wax +\$15

Warm Spinal Compress +\$50

Valmont Medical Grade Collagen Eye Mask +\$75

Valmont Medical Grade Collagen Neck & Decollete Mask +\$95

Valmont Medical Grade Collagen Face Mask +\$110

Radiance Neck & Décolleté Treatment 25 Min \$85

Elevate your neck & décollete from neglected to nourished! Special attention, a tightening mask, and repair cream revitalize the targeted area, resulting in a youthful and smooth appearance.

Detox Foot +\$50

Warm Spinal Compress +\$50

Resilient Facial

50 Min \$150

Building the skin surface to better protect against the natural and artificial environments and addresses signs of damage leaving the skin strong and beautiful.

Foot Detox +\$50

Warm Spinal Compress +\$50

Brow Wax +\$15

Lip Wax +\$15

Chin Wax +\$15

Valmont Medical Grade Collagen Eye Mask +\$75

Valmont Medical Grade Collagen Neck & Decollete Mask +\$95

Valmont Medical Grade Collagen Face Mask +\$110

Renewal Facial

50 Min \$135

Deep cleansing, gentle exfoliation, extractions if needed and a customizable mask provide a clean hydrated complexion.

Warm Salt Stones (for neck and décolleté massage) +\$35

Lip Wax +\$15

Brow Wax +\$15

Chin Wax +\$15

Valmont Medical Grade Collagen Eye Mask +\$75

Valmont Medical Grade Collagen Neck & Decollete Mask +\$95

Valmont Medical Grade Collagen Face Mask +\$110

The Gentlemen's Facial

50 Min \$120

Decongests the skin and infuses moisture to overstressed complexion while protecting from future damage.

Detox Foot +\$50

Warm Spinal Compress +\$50

Valmont Medical Grade Collagen Eye Mask +\$75

Valmont Medical Grade Collagen Neck & Decollete Mask +\$95

Valmont Medical Grade Collagen Face Mask +\$110

NAILS

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. Pricing plus applicable gratuity, service charge and sales tax.

Irish Coastal Manicure

50 Min \$65

This delightful journey that combines expert nail care with the nourishing properties of handcrafted products sourced from the Irish coast, will leave your hands beautiful, soft and nourished from the sea minerals.

Honey "Be" Pedicure

50 Min \$70

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 feet.

Honey "Be" Manicure

50 Min \$55

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.

CBD Pedicure

50 Min \$70

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 and feet. This service comes with a buff shine or nail polish color of your choice.

CBD Manicure

50 Min \$55

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 and hands. This service comes with a buff shine or nail polish color of your choice.

Long Wear Gel Pedicure*

50 Min \$85

Impeccable nail care and expert gel polish application make this the perfect spa treatment. You can immediately go into any spa service after as well as use the pool, sauna and steam room. Price includes removal of gel polish if required.

*Price includes removal of gel polish if required.

Long Wear Gel Manicure*

50 Min \$70

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.

Revival Pedicure

50 Min \$70

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.

Detox Pedicure

50 Min \$70

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.

Man's Pedicure

50 Min \$70

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.

TREATMENT ENHANCEMENTS

See individual treatments for enhancement pairing suggestions.

Detox Foot \$50

During this enhancement your feet will be wrapped in foil with effervescent warming mud, rich with trace elements, minerals and purifying properties. This process will help the body release toxins through the bottom of the foot.

Foot Exfoliation \$40

A healing scrub will be applied that addresses dry skin and cleans the energy off your feet.

Targeted Toning \$35

Choose either you arms or legs for this targeted toning enhancement. Then our specially formulated serum, rich in trace elements of the sea and 4 different algae, will be applied to selected areas using specialized massage techniques. This treatment will help to stimulate the body's fat burning process as well as limit the amount of fat entering the fat cells and the micro-circulation helps improve drainage and eliminate fat leaving the skin a stronger better toned structure.

Aromatherapy \$20

Add aromatherapy to any massage, that addresses your needs for today's journey.

Hot Stones - 1 Area \$20

Hot stones to 1 area of the body.

Hot Stones - 2 Areas \$25

Hot stones to 2 areas of the body.

Hot Stones - 3 Areas \$30

Hot stones to 3 areas of the body.

Warm Spinal Compress \$50

Self-heating, effervescent, marine-rich mud applied to the spinal column helps release toxins in the body creating a sense of relaxation and total well being.

Dry Brushing \$25

Quick dry brushing gently exfoliates and powerfully moves lymph.

Warm Salt Stones \$20

Warm Himalayan salt stones on the neck and décolleté.

Valmont Medical Grade Collagen Face Mask \$110

An icon of luxury and Valmont expertise. Uses the latest medical data to imbue the skin with reparative, dermo-tensor collagen. Intensely hydrates, soothes and plumps tissue, and smooths wrinkles and fine lines. The face looks transformed. The complexion breathes radiant freshness. *Suitable for all skin types.*

Valmont Medical Grade Collagen Eye Mask \$75

Inherited from brand's medical roots, this premier mask imbues the skin with reparative, dermo-tensor collagen. Intensely hydrates and soothes, smoothing wrinkles and fine lines. It's decongesting ingredients reduce the appearance of puffiness, activate microcirculation, and fight against dark circles. Eyes appear fresh, sparkling and visibly well rested. *Suitable for all skin types.*

Valmont Medical Grade Collagen Neck & Decollete Mask \$95

The gold standard firming and repairing treatment that restores and revitalizes the neck and décolleté. *Suitable for all skin types.*

LASHES

Lash Lift & Tint 75 Min \$100

A perm for the lashes that lasts about 6-8 weeks including adding color for a "mascara" look.

Lift Only 60 Min \$75
Tint Only 20 Min \$25

Lash Extensions

Classic 120 Min \$140
Single lash on each natural lash - adds length.

Hybrid 160 Min \$160
Mix of classic and fan lashes to create more dimension and fuller appearance.

Volume 180 Min \$180
Fan lashes for a full lash look

INFRARED SAUNA

Infrared Sauna 20 Min \$25 | 50 Min \$55

Improve circulation and respiratory systems, immunity, stabilize the autonomic nervous system. Aids in reducing inflammation, blood pressure and arterial stiffness. Detoxes the body, killing many resistant types of bacteria and pathogens in our systems. Stimulates collagen production which can reduce the appearance of wrinkles and improves overall skin tone.

Add a Friend +\$10

HYDROMASSAGE

HydroMassage 20 Min \$40 | 30 Min \$50 | 40 Min \$70

Pressurized warm water travels through the unit to targeted areas of your body, which you can adjust through a touch screen. Targets up to 60 different areas of your body. You choose the areas and pressure for a truly customized experience! Located in our Gym, HydroMassage can be enjoyed fully clothed or in a robe.

Three Unique Destinations,
One e-Gift Card, Endless Possibilities.

Signature spa treatments and products, culinary experiences delivered by classically trained chefs, and luxurious guest rooms provide the finest rest. The Norwich Spa e-Gift Cards can be redeemed at any of the three locations.

Visit www.thespaatnorwichinn.com
to purchase a Norwich Spa e-Gift Card!

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