MEN U O F S PA S ERV I CES

TREATMENTS • FITNESS • SALON • BOUTIQUE
DAY & OVERNIGHT PACKAGES

For Reservations, Information & Sales:
1-800-ASK-4-SPA (275-4772)

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

TheSpaAtNorwichInn.com

607 West Thames Street, Norwich, CT 06360
For over 75 years, The Spa at Norwich Inn has been a destination for discerning guests seeking luxury, comfort and tranquility. Located in the Connecticut woods, The Spa boasts a landscape of manicured lawns, perennial gardens, and spring-fed ponds making it an ideal place to unwind, relax and renew. In this New England setting you will find an intimate resort with a nationally-recognized spa that attracts both discriminating spa-goers and celebrity guests alike. We are the perfect destination for a girlfriends’ getaway or a quiet, romantic retreat away from home.

We offer a total of 100 guest rooms. The Historic Inn houses 49 beautifully appointed rooms featuring refined décor, plush bathrobes, and spa amenities. The remaining 51 rooms are in the townhouse condominiums. Each townhouse offers a bedroom, living room with wood-burning fireplace, galley kitchen and private deck for the ultimate in privacy. All guest rooms offer complimentary high-speed wireless internet.

Dining options include Kensington’s Restaurant, serving healthful spa cuisine and Ascot’s Pub, for a more casual atmosphere and lighter pub-style fare. The Juice Bar, located off the Spa Lobby, offers a variety of smoothies, beverages, and snacks. During the warmer months, dining is offered on the Terrace Deck, overlooking the landscaped grounds and reflecting pool. Our extensive, award-winning wine list includes some of the finest local, California varietal and international wines.

For more information and directions, please call 1-800-ASK-4-SPA (275-4772) or visit our website at TheSpaAtNorwichInn.com.

An extraordinary spa set amidst historic country surroundings: there is no place quite like The Spa at Norwich Inn.

Our elegant, full-service spa has thirty-seven treatment areas offering a wide variety of services ranging from traditional massage therapies, hand and foot therapies, facial and body treatments and skin care enhancements, to specialized treatments designed especially for our clients. We offer a la carte services as well as a variety of day spa packages. Explore our menu of services and find just the right treatment for you. You’ll find a complete Health and Fitness Center offering group fitness classes or one-on-one personal training.

Our Salon offers hair styling, color and conditioning treatments. The talented Salon stylists are skilled at creating fresh, new looks for our guests. A visit to the Salon is a great addition to your Spa experience.

We strongly recommend that all salon, make-up, spa, waxing and fitness offerings be booked prior to your arrival as they are subject to availability. It is best to plan 2-4 weeks ahead for a mid-week visit and 4-6 weeks for weekend visits. A $20 daily spa admission fee is charged to non-resort guests receiving spa treatments, salon services and fitness offerings. The daily admission fee includes use of the sauna, steam room, whirlpool, indoor exercise pool, fitness room, locker, robe, slippers, a complete line of locker room amenities and participation in guest activities for the day. A 15% gratuity for your therapists, fitness instructors, salon stylists and make-up artists, a 4% service charge and applicable CT sales tax is automatically added to your bill.

Experience the uniqueness of The Spa at Norwich Inn.
The Salon

prices starting at* prices starting at*

<table>
<thead>
<tr>
<th>Service</th>
<th>Short</th>
<th>Long</th>
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<th>Long</th>
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</thead>
<tbody>
<tr>
<td>Wash &amp; Blow Dry</td>
<td>45 mins</td>
<td>$35</td>
<td>60 mins</td>
<td>$45</td>
</tr>
<tr>
<td>Wash, Cut &amp; Blow Dry</td>
<td>45 mins</td>
<td>$55</td>
<td>60 mins</td>
<td>$65</td>
</tr>
<tr>
<td>Men's Cut &amp; Style</td>
<td>30 mins</td>
<td>$30</td>
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<tr>
<td>Beard and Moustache Trim</td>
<td>20 mins</td>
<td>$15</td>
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<tr>
<td>Up-Do – dry hair</td>
<td>45 mins</td>
<td>$55</td>
<td>60 mins</td>
<td>$75</td>
</tr>
<tr>
<td>Bridal Up-Do Consultative Trial</td>
<td>90 mins</td>
<td>$85</td>
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<tr>
<td>Wedding Day Bridal Up-Do – dry hair</td>
<td>75 mins</td>
<td>$85</td>
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<td></td>
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<tr>
<td>Wedding Day Style &amp; Finish - Child</td>
<td>30 mins</td>
<td>$30</td>
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Goldwell Brilliant Hair Color Services
Includes blow dry & style

Goldwell Single Process – all over permanent one color application

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<thead>
<tr>
<th></th>
<th>Short</th>
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<tbody>
<tr>
<td></td>
<td>60 mins</td>
<td>$80</td>
<td>90 mins</td>
<td>$110</td>
</tr>
<tr>
<td>with cut</td>
<td>90 mins</td>
<td>$105</td>
<td>120 mins</td>
<td>$140</td>
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Goldwell Root Touch-Up – root only one color application

<table>
<thead>
<tr>
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<tr>
<td></td>
<td>60 mins</td>
<td>$75</td>
<td>90 mins</td>
<td>$105</td>
</tr>
<tr>
<td>with cut</td>
<td>90 mins</td>
<td>$105</td>
<td>120 mins</td>
<td>$135</td>
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Goldwell Double Process – root and ends color balance

<table>
<thead>
<tr>
<th></th>
<th>Short</th>
<th>Long</th>
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<tbody>
<tr>
<td></td>
<td>120 mins</td>
<td>$100</td>
<td>150 mins</td>
<td>$130</td>
</tr>
<tr>
<td>with cut</td>
<td>125 mins</td>
<td>$105</td>
<td>150 mins</td>
<td>$160</td>
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Goldwell Partial Foil

<table>
<thead>
<tr>
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<th>Long</th>
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<tr>
<td></td>
<td>90 mins</td>
<td>$75</td>
<td>120 mins</td>
<td>$115</td>
</tr>
<tr>
<td>with cut</td>
<td>105 mins</td>
<td>$105</td>
<td>150 mins</td>
<td>$145</td>
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Goldwell Full Foil: Highlights & Lowlights

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<thead>
<tr>
<th></th>
<th>Short</th>
<th>Long</th>
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<tr>
<td></td>
<td>90 mins</td>
<td>$120</td>
<td>120 mins</td>
<td>$150</td>
</tr>
<tr>
<td>with cut</td>
<td>120 mins</td>
<td>$150</td>
<td>160 mins</td>
<td>$180</td>
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Goldwell Glaze / Glossing – clear shine or semi-permanent color application

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<thead>
<tr>
<th></th>
<th>Short</th>
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<th>Short</th>
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<tbody>
<tr>
<td></td>
<td>60 mins</td>
<td>$50</td>
<td>90 mins</td>
<td>$80</td>
</tr>
<tr>
<td>with cut</td>
<td>90 mins</td>
<td>$80</td>
<td>120 mins</td>
<td>$110</td>
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Goldwell Corrective Color Conversion

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<tbody>
<tr>
<td></td>
<td>180 mins</td>
<td>$250</td>
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Enhancements

Finishing Goldwell Intense Serum Treatment – before a blow dry

<table>
<thead>
<tr>
<th>Choice of serum applications:</th>
<th>per serum</th>
</tr>
</thead>
<tbody>
<tr>
<td>lock-in color • boost curls • add volume • deep condition</td>
<td>$10</td>
</tr>
<tr>
<td>Rebalancing: Restores &amp; enhances lasting color &amp; body</td>
<td>$25</td>
</tr>
<tr>
<td>Toning: A color refinement for hi-lift color or highlighted hair</td>
<td>$25</td>
</tr>
</tbody>
</table>

Fashion Foils – add up to 10

<table>
<thead>
<tr>
<th></th>
<th>30 mins</th>
<th>per foil</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>7</td>
<td></td>
</tr>
</tbody>
</table>

Style & Finish

<table>
<thead>
<tr>
<th>Style &amp; Finish</th>
<th>Short</th>
<th>Long</th>
<th>Short</th>
<th>Long</th>
</tr>
</thead>
<tbody>
<tr>
<td>Style Roller Set</td>
<td>30 mins</td>
<td>$40</td>
<td>45 mins</td>
<td>$50</td>
</tr>
<tr>
<td>Hot Iron Style &amp; Finish</td>
<td>25 mins</td>
<td>$25</td>
<td>30 mins</td>
<td>$35</td>
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</table>

Hair Conditioning Ritual

Our relaxing and conditioning ritual begins with a thorough analysis of your hair and scalp. Your stylist begins with a massage of conditioning hair oil. Using a personalized treatment approach, we’ll address chemically treated hair and hair that needs volume and repair. An intense leave-in serum application will boost instant results. The Ritual concludes with a blow dry and style.

NOTE: Do not book this treatment 48 hours before or after a chemical service, including hair coloring and perms.

<table>
<thead>
<tr>
<th>Hair Conditioning Ritual</th>
<th>Short</th>
<th>Long</th>
<th>Short</th>
<th>Long</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conditioning Ritual</td>
<td>60 mins</td>
<td>$75</td>
<td>75 mins</td>
<td>$85</td>
</tr>
<tr>
<td>with cut</td>
<td>90 mins</td>
<td>$105</td>
<td>105 mins</td>
<td>$125</td>
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</tbody>
</table>

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.
Proper fitness attire is required in all classes. Sneakers are not required for Pilates Mat, Yoga and Belly Dancing. Closed-toe foot gear required for Morning Walk and Hikes.

Classes are subject to change without notice. Reservations are required for fitness classes, personal training, hikes and tennis court rentals.

**Waxing Services**

**Facial Waxing**
- Brow Shaping  allow 15 mins $23
- Lip or Chin  allow 15 mins $15
- Cheeks or Jaw line  allow 30 mins $30
- Three Area Combination  allow 30 mins $50

**Body Waxing**
- Full Chest/Stomach  allow 45 mins $75
- Back  allow 45 mins $70
- Tummy (women)  allow 15 mins $20
- Under Arms  allow 30 mins $30
- Half Arms  allow 30 mins $40
- Full Arms  allow 45 mins $50
- Half Legs  allow 45 mins $60
- Full Legs  allow 85 mins $80
- Bikini  allow 30 mins $40
- Beyond Bikini*  allow 45 mins $55

*Approx 2 inches further than regular bikini. Please allow 2 weeks after shaving or at least a half inch of hair growth before booking the bikini or beyond bikini waxing service.

**Make-up Services**

**Make-up Application Service**
(60 minutes) $40

**Pre-Wedding Day Make-up Consultation and Application Service**
(60 minutes) $50

Allow our professional Make-up Artists to guide you through the latest tips, trends, techniques and color recommendations designed to enhance your individual sense of style and beauty. We are a leader in the art of custom blending foundation, tinted moisturizer and concealer to perfectly match your skin tone. Formulas and colors are recorded on your personal prescription card to make re-ordering a breeze!

**BONUS**
The Make-up Application service fee will be waived with a $100 make-up purchase!

**GROUP FITNESS CLASS AND PERSONAL TRAINING OPPORTUNITIES**

<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>7:00</td>
<td></td>
<td></td>
<td>Morning Walk</td>
<td></td>
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<td>Morning Walk</td>
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<tr>
<td>8:30</td>
<td>FIT TIPS</td>
<td>Mediation</td>
<td>Meditation</td>
<td>Meditation</td>
<td>9:00</td>
<td>Hatha Yoga</td>
</tr>
<tr>
<td>9:00</td>
<td>Morning Walk</td>
<td></td>
<td>Personal Training</td>
<td>Meditation</td>
<td>10:30</td>
<td>Hatha Yoga</td>
</tr>
<tr>
<td>10:30</td>
<td>Personal Training</td>
<td>Mediation</td>
<td>Meditation</td>
<td>Meditation</td>
<td>Makin’ Waves!</td>
<td>Personal Training</td>
</tr>
<tr>
<td>11:30</td>
<td>Personal Training</td>
<td>Makin’ Waves!</td>
<td>Rhythms</td>
<td>Personal Training</td>
<td>Limber &amp; Tone</td>
<td>Personal Training</td>
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<tr>
<td>12:00</td>
<td>Person with Props</td>
<td>Plates Mat</td>
<td>Plates Mat</td>
<td>Plates Mat</td>
<td>Plates Mat</td>
<td>Plates Mat</td>
</tr>
<tr>
<td>1:30</td>
<td>Personal Training</td>
<td>Limber &amp; Tone</td>
<td>Get on the Ball</td>
<td>Creative Conditioning</td>
<td>Personal Training</td>
<td>Plates Mat</td>
</tr>
<tr>
<td>2:30</td>
<td>Makein’ Waves!</td>
<td>Plates Mat</td>
<td>Plates Mat</td>
<td>Plates Mat</td>
<td>Plates Mat</td>
<td>Plates Mat</td>
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<tr>
<td>3:30</td>
<td>Plates with Props</td>
<td>Plates Mat</td>
<td>Plates Mat</td>
<td>Plates Mat</td>
<td>Plates Mat</td>
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<tr>
<td>4:30</td>
<td>Personal Training</td>
<td>Get on the Ball</td>
<td>Plates Mat</td>
<td>Plates Mat</td>
<td>Plates Mat</td>
<td>Plates Mat</td>
</tr>
<tr>
<td>5:30</td>
<td>Plates with Props</td>
<td>Plates Mat</td>
<td>Plates Mat</td>
<td>Plates Mat</td>
<td>Plates Mat</td>
<td>Plates Mat</td>
</tr>
<tr>
<td>6:30</td>
<td>Personal Training</td>
<td>Get on the Ball</td>
<td>Plates Mat</td>
<td>Plates Mat</td>
<td>Plates Mat</td>
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</tr>
</tbody>
</table>

Proper fitness attire is required in all classes. Sneakers are not required for Pilates Mat, Yoga and Belly Dancing. Closed-toe foot gear required for Morning Walk and Hikes.

Groups are subject to change without notice. Reservations are required for fitness classes, personal training, hikes and tennis court rentals.
Fitness

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 fitness service today!

Fitness Assessment: Personal Training Services

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

Fitness Assessment (50 minutes) $75
A fitness assessment provides a baseline measurement of your body composition, cardiovascular endurance, muscle endurance, muscle strength and flexibility. Consider measuring your current level of fitness today.

The Take Home Session (50 minutes) $75
Design a fitness plan with your Personal Trainer that will achieve your goals, meet your needs and fit into your schedule.

One on One Workout (50 minutes) $75
Your Personal Trainer will guide you through a customized workout of your choice. Try a private session today.

Group Fitness Classes

Morning Walk, Meditation and FIT TIPS are complimentary. Reservations are required for all fitness offerings. Each fitness class accommodates all fitness levels. Weather permitting, they may be conducted outside.

Belly Dancing (50 minutes) $18
Shake, shimmy your way to fitness in this exotic blend of “East meets West.”

Candlelight Yoga (50 minutes) $18
Hatha Yoga, performed by candlelight, is designed to help you unwind, relax and restore!

Cardio Boot Camp (50 minutes) $18
A perfect balance of strength and cardio training that will make you move and provide an entire body workout. All fitness levels from beginner to advanced are encouraged to attend.

CardioSculpt (50 minutes) $18
Blast your metabolism and have fun in this high energy class that combines aerobic and strength training components.

Creative Conditioning (50 minutes) $18
This class is a total body workout that combines a variety of training modalities to strengthen and sculpt muscles.

FIT TIPS (20 minutes) Complimentary
Questions are answered by a Fitness Instructor to facilitate your fitness success. Meets in the Fitness Center.

Get on the Ball (50 minutes) $18
A fun and creative combination of balance, resistance and strength training that conditions your body from head to toe!

Hatha Yoga (50 minutes) $18
A mixed level class consisting of a sequence of postures to reconnect mind, body and breath.

Limber & Tone (50 minutes) $18
This class will firm, tone and tighten. It concludes with an enjoyable, relaxing stretch.

Makin’Waves! (50 minutes) $18
Looking for the best of both worlds? This invigorating water workout combines cardio with resistance.

Meditation (20 minutes) Complimentary
NOTE: Starts promptly at 9am. Late arrivals cannot be accommodated.

Morning Walk (50 minutes) Complimentary, weather permitting
Get up and start the day with a brisk 2.5 mile walk guided by a Fitness Instructor. Meets in the Inn Lobby.

Pilates Mat (50 minutes) $18
A complete mind-body workout to enhance core strength and improve flexibility through gentle yet focused exercise.

Pilates with Props (50 minutes) $18
A mat pilates class designed to enhance your strength utilizing a variety of exercise props.

Progressive Relaxation (50 minutes) $18
Engage in a journey that teaches you how to reduce stress, relieve muscle tension and calm your mind.

Rhythms (50 minutes) $18
A dance-inspired routine that’s fun, imaginative and will motivate you to move! Each instructor brings a unique style into the studio.

Svaroopa Yoga (50 minutes) $18
A supported style of yoga that uses props, angles and alignments to release deep spinal tension. A mat is used to lie on and a chair is used to angle your legs and feet. Deep relaxation will be achieved.

Zumba (50 minutes) $18
An effective, fun, easy-to-follow dance-fitness program for participants of all shapes, sizes and ages!

Seasonal (Saturday) Devil’s Hopyard Hike (Plan 3 hours) $40
Leaves at 9am and returns by noon. Enjoy New England at its best from May to November, weather permitting. Our 2-hour hike is more challenging than a nature walk yet easier than rock climbing. Trek through a spectacular Hemlock forest with scenic views of the Eight Mile River. Wear your hiking shoes and bring your camera. We provide water, fruit and energy bars. NOTE: This aggressive hike is contraindicated for guests with health limitations.

Tennis Court Rental (60 minute sessions) $25 per hour per court
Har-tru court rental from Memorial Day Weekend to October 13th, weather permitting. Proper tennis attire required.
Facial Treatments

In the privacy of your treatment room, you may discuss your current regimen and future goals. After examining your skin, your Esthetician will recommend a different facial than the one you initially selected. Extractions may be performed if needed during all facials except the Express Facial and the Luminous Signature Facial.

NOTE: Do not use Retin A or Renova based products 72 hours prior to a facial. Avoid exposure to heat or sun for two hours before and after these treatments.

Luminous Signature Facial (50 minutes) $150
Did you know that aside from a more youthful appearance, resurfacing the skin allows all other products to perform optimally? This resurfacing facial minimizes the appearance of pores and leaves skin glowing and luminous. Due to the active ingredients used, extractions are not needed. Two luxurious masques, which vary depending on your skin type, along with a complete facial massage leave you looking and feeling radiant with a sense of well-being.

NOTE: Available in packages at an additional charge.

Face Firming Facial (50 minutes) $150
Do you love instant results?
The primary focus of this treatment is to infuse the face, neck and décolleté with Peptides - the skin care wonder that increases collagen production to achieve a firmer, more youthful appearance. As an added bonus, we also treat your hands to a “facelift”. Perfect for providing instant results before any special occasion. Your skin care professional will advise you if extractions are needed.

NOTE: Available in packages at an additional charge.

European Deep Cleansing Facial (50 minutes) $95
Does your skin need a deep cleansing with extractions?
In the classic European tradition, we will analyze, cleanse, tone, exfoliate, extract, masque and hydrate your skin. Our Fruit Enzyme Peel gently removes impurities and dull surface cells. Our Vitamin C Crème leaves your complexion vibrant, restored and hydrated.

Anti-Aging Facial (50 minutes) $110
Want to diminish fine lines and improve your skin’s elasticity?
Choose this defense strategy to combat aging. Our Botanical Bio-Peptide™ and Amino-lift Peptide™ Complex therapy repairs, restores and produces maximum hydration.

Antidote for Fragile & Sensitive Skin (50 minutes) $115
Is your skin sensitive and reactive?
We have an effective, calming, vitamin-rich strategy specifically designed to reduce sensitivity. Our Rosacalm™ Serum application immediately soothes. Cold ‘Derm-A-Globes’ provide for a relaxing facial massage. An application of a deeply hydrating, protective moisturizer is the finishing touch.

Crystal Peel™ Cream Microdermabrasion (50 minutes) $110
Do you know you can improve skin’s texture and decrease fine lines without chemical peels?
This machine-free process is designed to gently and progressively stimulate the production of collagen. Our Crystal Peel™ Microdermabrasion cream will refine skin texture and clarity, reduce fine lines and enlarged pores, even out skin tone, and help control acne.

Organic Facial (50 minutes) $125
Are you looking for an organic approach to skin care?
This wholly organic approach is comprised of pure, naturally derived products formulated using a medley of mineral-rich Swiss glacial water, calming Edelweiss extract, moisturizing Meadowfoam seed oil extract and white lentil extract. Appropriate for all skin types.

Men’s Energizing Facial (50 minutes) $95
Are you looking for a way to enhance your skin’s appearance?
Let us help you address the specific needs of your skin. We use our own Men’s Facial Line to achieve a thorough facial cleansing and exfoliation. Then, a specially chosen serum and masque are applied to calm irritated skin. You will look refreshed and re-energized.

Teen Facial (50 minutes) $95
Are you frustrated with daily skin care results?
Teen skin can be dry and flaky, oily and inflamed, or a combination of the two. After a deep cleansing, extractions and a healing masque, we apply Bee Propolis Serum, Blemish Fix and a moisturizer.

Back Facial (50 minutes) $105
Is your back in need of deep cleaning and hydration?
This purifying, cleansing, gently exfoliating Natural Grain Scrub gets results. Then we choose a masque to meet your needs. To balance and protect dehydrated skin we finish with our emollient-rich Avocado Body Lotion. An all-season must.

The Myoxy-Caviar Facial™ (80 minutes) $225
Seeking a lavish experience with unsurpassed anti-aging results?
Russian Caviar, pearl extracts and Escutox™ are key ingredients in this award-winning therapy. Escutox™ is a natural, herbal, topical alternative to Botox®. Formulated with the finest marine ingredients, this therapy helps improve skin texture, enhance tone, and promote cellular activity.

Express Facial (25 minutes) $65
Does your skin need a quick rescue?
This efficient treatment offers analysis, cleansing, toning, exfoliation, Milk + Honey Masque and moisturizer application. A big WOW in a short amount of time. NOTE: No extractions.

Eyebright (25 minutes) $65
Are your eyes feeling tired?
We cleanse, tone and moisturize your skin. The use of pressure point techniques around your eyes helps to diminish puffiness and improve circulation. We finish with an application of our Eyebright Intensive Crème or Gel.
Spa Manicures
All 50-minute manicures include a hand soak, nail shaping, gentle cuticle grooming, exfoliating scrub, nourishing masque, paraffin dip and massage. Finished with polish or buff shine. Please advise at time of booking if you are wearing long-wear polish.

NOTE: Add $10 for French polish.

Signature Apricot Manicure (50 minutes) $65
Our signature manicure includes a soak that will soothe, soften and moisturize, followed by an apricot scrub. A moisturizing masque is then applied. This treatment is finished with a massage using our signature Apricot Lotion.

Moroccanoil Manicure (50 minutes) $75
This top-of-the-line manicure uses the well-known Moroccanoil body line. Receive a gentle exfoliation using Moroccanoil Body Buff with orange peel and argan oil followed by an anti-oxidant rich treatment to hydrate rough skin. Luxuriate in a hand massage using Moroccanoil Hand Cream followed by an application of the polish of your choice. **NOTE:** Does not include paraffin dip.

Citrus Peptide Manicure (50 minutes) $55
The combination of orange, lemon and lime citrus oils with grape seed and jojoba oils provide the foundation for this vitamin-rich, fragrant therapy. The illuminating masque contains a peptide-rich complex to encourage natural collagen production and increased skin’s firmness.

Sweet Almond Manicure (50 minutes) $55
This fragrant therapy uses a warmed sweet almond oil soak followed by a mineral salt, sugar and jojoba bead scrub. The luxurious hand masque deeply conditions and refines skin’s texture while adding vitamin E. This treatment is finished with an application of sweet almond hydrating lotion.

Milk & Honey Manicure (50 minutes) $50
This soothing treatment uses the nutritive properties of milk and honey to defy aging. The other active ingredients include aloe, calendula, vitamin B5, vitamin E and koala nut oil.

Express Manicure (25 minutes) $35
This abbreviated manicure fits perfectly into a busy schedule. It includes nail shaping, push-back of cuticles, an application of avocado lotion, and polish or buff shine. **NOTE:** Does not include a hand massage or paraffin dip.

Shellac Manicures
This revolutionary product applies like polish and wears flawlessly with a high gloss shine for up to 14 days. Shellac is applied like polish – base coat, color, top coat – and is cured with a UV light so there is zero drying time. The process causes absolutely no damage to the natural nail.

50-minute Shellac Manicure $70
Includes scrub, masque, massage and polish application.

25-minute Shellac Service $40
Dry push back of cuticles and polish application only. If cuticles need more attention, we suggest the 50-minute Shellac Manicure.

Spa Pedicures
All 50-minute pedicures include a foot soak, nail shaping, gentle cuticle grooming, callus removal, exfoliating scrub, nourishing masque and massage. Finished with polish or buff shine. Please remove long-wear polish prior to any pedicure service. **NOTE:** Add $10 for French polish.

Signature Apricot Pedicure (50 minutes) $70
Our signature pedicure includes a soak that will soothe, soften and moisturize, followed by an apricot scrub. A moisturizing masque is then applied. This treatment is finished with a massage using our signature Apricot Lotion.

Moroccanoil Pedicure (50 minutes) $75
This top-of-the-line pedicure uses the well-known Moroccanoil body line. Receive a gentle exfoliation using Moroccanoil Body Buff with orange peel and argan oil followed by an anti-oxidant rich treatment to hydrate rough skin. Luxuriate in a foot massage using Moroccanoil Body Soufflé followed by an application of the polish of your choice.

Volcanic Clay Pedicure (50 minutes) $75
Enjoy the relaxing aroma-therapy scents of ylang ylang, lavender and geranium while the exfoliating raw-sugar scrub warms your skin. The final step includes the application of a hydrating, healing lotion containing cucumber and fruit extracts.

Peppermint Pedicure (50 minutes) $65
We start with a marine-based scrub that exfoliates using natural beach sand. A cooling masque of sea extracts, mineral clay, peppermint, menthol and spearmint awakens your senses and provides a lift for tired feet.

Milk & Honey Pedicure (50 minutes) $65
This soothing treatment uses the nutritive properties of milk and honey to defy aging. The other active ingredients include aloe, calendula, vitamin B5, vitamin E and koala nut oil.
Body Polish Treatments

NOTE: Body Polish treatments take place under a Vichy Shower on a scrub table. Not recommended for recently waxed and/or shaved skin, or for women in their third trimester of pregnancy.

Milk & Honey Body Polish (25 minutes) $70
This nourishing blend of milk, honey and dead sea salt will leave your skin feeling hydrated. Continue this therapy at home with our Milk & Honey Sea Salts and our Milk & Honey Butter Blend.

Cocoa Paradise Body Polish (25 minutes) $70
This fragrant, botanical body buff features a blend of coconut oil, aloe vera, chamomile, lavender, lemon balm, jojoba oil, apricot and honey. It finishes with a generous application of moisturizing body balm. Continue this therapy at home with our Surf & Sand Body Buff and our Coconut Vanilla Lotion.

Coffee Body Polish (25 minutes) $70
A gommage of Arabica coffee, nature’s own micro-cellular stimulant, detoxifying Dead Sea salts and essential oils of rosemary, mint and citrus will enliven your senses. A Coffee Blossom Essence Lotion with shea butter and aloe vera application restores skin’s glow.

Crystal Sea Salt Glow (25 minutes) $70
This invigorating full-body exfoliation, using very fine mineral salts followed by an application of our Avocado Body Lotion, leaves your skin thoroughly smooth and re-mineralized. NOTE: Not recommended for sensitive skin.

Sensitive Skin Conditioning Body Polish (25 minutes) $70
This full-body exfoliation is done using a soothing natural Loofah Bath & Shower Scrub and finishes with a generous application of our Avocado Body Lotion. This treatment dramatically smooths and softens the skin.

Teen Tip-to-Toe Body Glow (25 minutes) $70
This is a favorite among teens. Exfoliation is accomplished using a blend of micro-buff body beads, apricot seed powder, wheat and apricot amino acids, and alpha-hydroxy lactic acid. A lavish application of our Apricot Harvest Lotion finishes this ultra-hydrating treatment.

Body Wraps

Wraps include an application of an exfoliant or customized masque followed by a cleansing shower. A nutritious lotion is applied before wrapping. While wrapped in a warming blanket, your therapist will massage your face and head. NOTE: Do not expose yourself to the sun, combine two heat treatments or use the sauna, steam or whirlpool closely together on the same day. We suggest waiting one hour prior to exercise, and drink extra fluids after these treatments. Any wrap with a P after its name is not recommended for pregnant women.

Ayurvedic Mud Wrap® (50 minutes) $115
Auromere Ayurvedic Herbal-based Mud imported from India gently balances circulation and cleanses your system. An Ayurvedic oil application finishes this treatment.

Jasmine Java Hydrating Wrap® (80 minutes) $175
This treatment begins with a gentle, Espresso Citron Foaming Body Exfoliant made from finely milled organic espresso and citrus oils that smooth and soften skin. Next, an application of wild orchid extract and powerful antioxidants renews skin’s natural defenses. After a massage with Jasmine Java Nourishing Crème made with coffee, cocoa and shea butter that is infused with jasmine and ylang ylang, you emerge revived and refreshed.

Milk & Honey Body Wrap® (50 minutes) $115
An exfoliation using a Milk & Honey Salt Scrub is followed by a shower. Antioxidants, alpha hydroxy acids plus the humectant property of honey combine to promote healthier skin. Finally, a wrap in Milk & Honey Butter Lotion melts away stress and tension.

Thalassotherapy® (50 minutes) $115
Rich in nutrients from the sea, this thermal algae body masque is designed to cleanse, tone and detoxify the system. A finishing application of our Avocado Body Lotion provides vitamin-enriched protection and nutrition.

Vitality Vitamin Wrap® (50 minutes) $125
This luxurious treatment begins with a gentle exfoliation using an aromatic natural algae followed by a stimulating and fragrant application of Body Peeling Shower Gel. Once showered, your therapist applies a skin nourishing, antioxidant-dense Vitamin A, C, and E Cream.
 Massage Treatments

**NOTE:** Any 50-minute massage treatment with a P after its name and 80-minute or 100-minute massages are not recommended for pregnant women.

**Swedish Spa Massage** (50, 80 or 100 minutes) $95, $152, $190
This light, soothing, massage will ease tension in your body and calm your mind, leaving you feeling peaceful and relaxed.

**Norwich Signature Massage** (50 or 80 minutes) $125, $200
This beautifully choreographed, full-body, firm massage will release the tension in the entire back and shoulders, leaving you with a renewed sense of well being.

**Duet Massage** (50 minutes)
Spend some relaxing time with a spouse, friend or family member. Individual therapists massage each person on separate tables in our Duet Treatment room. Any of our 50-minute massage treatments can be scheduled as a Duet Massage. The charges are per person and depend on the treatment selected.

**Deep Tissue Massage** (50 or 80 minutes) $150, $240
This specialized technique uses direct pressure to release chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia. This massage can include the use of thumbs, elbows, knuckles and forearms. Your therapist will frequently ask how you are and will also give you information on what to expect in the days following your deep tissue massage. **NOTE:** Not for those in fragile physical condition or for pregnant women. Available in packages at an additional charge.

**Swedish Spa Massage with PhytoTherapy**
(50, 80 or 100 minutes) $100, $160, $200
This classic Swedish massage is complemented by the use of custom blended aromatic plant oils. Make your choice from a variety of oils based on it’s specific benefit to your body, mind and spirit.

**Native Hot Stone Massage** (50, 80 or 100 minutes) $115, $184, $230
This massage uses a combination of soothing Swedish 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.

**Native Hot Stone Massage with PhytoTherapy**
(50, 80 or 100 minutes) $120, $192, $240
Complement the Native Hot Stone Massage described above with the use of custom blended aromatic plant oils. Make your choice from a variety of oils based on each one’s specific benefit to your body, mind and spirit.

**Relaxation Ritual** (50 minutes) $95
Your therapist targets two areas that harbor stress. Imagine your tension melting away with a lingering head, neck and shoulder massage followed by a foot massage with hot stones. **NOTE:** You will be on your back for this entire treatment.

**Site-Specific Massage** (50 or 80 minutes) $125, $200
This therapy uses advanced massage techniques such as trigger point release, movement therapy, skin rolling and compression to provide relief from aches and discomforts associated with overworked muscles.

**Pregnancy Massage** (50 minutes) $95
Especially now, your body and back need nurturing, relaxation, and tension relief. Treat yourself to a Swedish massage on a pregnancy massage table.

**Teen Swedish Massage** (50 minutes) $95
Gentle Swedish massage techniques are performed with sensitivity to ensure comfort and achieve total relaxation.

**Hand & Arm Massage with Vacuum Cupping** (50 minutes) $100
This highly therapeutic treatment penetrates deep into the muscle. The therapist will use site-specific massage techniques as well as suction using a hand-held cupping tool. This treatment is excellent for reducing adhesions and increasing circulation. Particularly helpful for those with carpal tunnel and/or tendonitis.

**Personal Prescription Plan** (80 minutes) $240
A collaboration between you and your therapist to create a personalized prescription for therapy based on your needs. This session can include a combination of Deep Tissue, Site-Specific, Swedish Spa Massage with PhytoTherapy and Hot Stone therapies.

**Express Massage** (25 minutes) $85
Designed to relieve tension from two sites of your choice.

**Hand Massage** (25 minutes) $65
This treatment stimulates energy pathways from your elbows to fingertips. Great for carpal tunnel relief.

**Foot Massage** (25 minutes) $65
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.
**Specialty Services**

*NOTE:* P denotes contraindication during pregnancy.

**Aromatherapy**  (50 minutes) $100
This fragrant body treatment uses pure essential oils of your choosing. A combination of gentle, choreographed, light-touch techniques, including lymphatic drainage and energy balancing, are used to clear congestion, relax, stimulate or detoxify your body. Great for reducing swelling and improving lymphatic flow. A powerful stress reliever.

**Ayurvedic Herbal Body Exfoliation**  (50 minutes) $100
This full-body exfoliation uses a blend of high-potency Ayurvedic herbs including sandalwood, coriander, cardamom and valerian, followed by a warmed Bindu oil application. It is designed to calm the central nervous system, balance the body and mind, improve circulation and promote detoxification.

**Blissful Body Brushing**  (50 minutes) $135
Dry skin brushing is one of the best techniques to exfoliate dead skins cells, open up pores and stimulate and detoxify the lymphatic system. The health of your whole body is improved by dry skin brushing. This treatments includes dry skin brushing followed by an application of nourishing oil to feed the skin. After your head, neck, hands and feet are massaged, body lotion is applied leaving you with soft healthy skin.

**CranioSacral Therapy**  (50 or 80 minutes) $95, $152
By allowing the entire body to relax and self-correct, CranioSacral Therapy releases tension built up from every day stress and strain. Using light pressure, practitioners evaluate your internal environment. Then they use a distinctive light-touch technique to release any restrictions they find. By freeing the central nervous system to perform optimally, pain and stress is naturally eliminated and your sense of well-being is improved. Because it’s so gentle, CranioSacral Therapy is appropriate for all ages. *NOTE: Developed by Dr. John E. Upledger (The Upledger Institute), this therapy requires specialized training. Therefore, it has limited availability. In order for this treatment to be effectively performed, please wear comfortable clothing and not your robe.*

**Rain Drop Therapy**  (50 minutes) $125
This hypnotic ritual employs the use of nine aromatherapy essential oils that have anti-viral/anti-spasmodic properties. They are applied in a ‘drop-by-drop’ ceremony. Then, using gentle strokes, the oils are delivered to your system leaving you with a feeling of pure bliss.

**Reiki**  (50 minutes) $95
Reiki is a centuries-old Japanese healing technique that activates and balances your life force energy to re-energize and relax you. Your Reiki therapist will use gentle, focused hand placement techniques to channel energy to organs and glands, and align the chakra energy centers. *NOTE: In order for this treatment to be effectively performed, please wear comfortable clothing and not your robe.*

**Shirodhara**  (50 minutes) $100
A classic Ayurvedic healing practice, Shirodhara calms the central nervous system by the use of a stream of warmed, herbal-infused oil positioned to flow onto your third eye. This lulls the entire body into a state of profound calmness and tranquility. After a Marma Point facial massage you will enjoy a cup of cleansing Ayurvedic Vatta herbal tea. *NOTE: You will be on your back for this entire treatment.*

**Nirvana**  (80 minutes) $175
Nirvana is described as a state of deep peace and bliss. Achieving Nirvana is the goal of this treatment which combines the rituals of Ayurvedic Herbal Body Exfoliation and Shirodhara.

**EMF Balancing Technique**  (50 or 80 minutes) $95, $152
The Electromagnetic Field Balancing Technique (EMF) is an energy method that encourages a greater sense of stability and balance in one’s life. The primary benefit of the session is the strengthening of the chakra system. Additional benefits include a sense of profound peace and well-being along with a greater mastery of one’s life.
The Fragile Client

What better way to boost your spirits than with a spa treatment? The Spa at Norwich Inn, in partnership with The ECHO Cancer Foundation, has developed a menu of Fragile Client Treatments to support your recovery in a warm, welcoming setting. We are ever mindful of your comfort and privacy and understand that each Fragile Client 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 Fragile Care Advisors at 860-425-3601 or 860-425-3506.

Wellness Massage Therapy (50 minutes) $95

This massage includes a private consultation with your therapist to discuss any special needs you may have or any medications you are taking that could require some modification to your treatment. Some accommodations may include special positioning or avoidance of sensitive areas. Your therapist will use gentle pressure to induce relaxation and ease tension.

Relaxation Facial (50 minutes) $95

This extraction and steam-free facial gently cleanses and removes impurities with unscented products. A relaxing facial massage and masque application stimulates circulation that leaves your complexion looking vibrant and restores hydration. We gently massage your hands and cocoon them in warmed mitts, leaving them silky soft.

Manicure • Pedicure (25 minutes each) $30 each

This pampering nail therapy is a great boost for your spirits! After a warm soak, your nails are shaped. Then your hands or feet are gently massaged with unscented créme followed by an application of the polish of your choice. Note: Cuticle trimming or foot callus removal is not included.

Hydrating Body Antidote (50 minutes) $135

We incorporate a very gentle exfoliation using a fine grain organic salt. This salt is then removed with warmed towels. A luxurious unscented créme is applied to your body. Allow yourself to quiet your mind during the gentle face and head massage.

Fitness Classes That Enhance Your Health

Hatha Yoga • Makin’ Waves! • Progressive Relaxation
Easy Does It! • Morning Meditation

NOTE: Reservations are required. Morning Meditation is complimentary. Please notify us in advance if you prefer a chair for any of these classes. A chair is not available for the pool water class, Makin’ Waves.

Mystical Tarot Reading

Paula assists in creating life shifts that illuminate and awaken your spirit, alter your outlook and approach to life, and inspire you to make changes that may improve your relationships, well-being, and career.

Sessions are helpful for providing insight and guidance into any area of your life you are concerned about, such as wellness, career, and relationships. You may also discuss the spiritual path or an extraordinary, unexplained encounter. Since the Tarot was designed as a mystical tool to answer questions, bring at least one to your session. Sessions start with a protective prayer, a spiritual invocation, and a transmission of healing. They close with a blessing of grace. The Rider Waite tarot deck is used in the Celtic cross layout. First, the spread is read and interpreted for general themes, patterns, and messages. Next, the session is opened for your specific questions and issues so that Paula can intuitively bring forth deeper and more specific insight. Bring recent photos of people involved, if you’d like. Sessions are inter-faith, can be spiritual in nature, and often reference the body, mind and soul. You may ask your loved ones who have crossed over to come through the veil but it is not guaranteed that they will show up upon demand.

Paula is Clairvoyant (sees images and visions), Clairaudient (hears words, phrases, and sounds), and Empathic (perceives emotions, feelings, and sensations).

Please avoid using fragrances and turn off your cell phone. You may record the session but not post it on the internet.

25 MINUTE SESSIONS • $70
To gain guidance and insight into one or two questions.

50 MINUTE SESSIONS • $105
To gain guidance and insight into several questions and their underlying issues.

Pricing is subject to applicable gratuity, service charge, and tax.

Paula is a contemplative mystic who began the spiritual path in the mid 1980’s and received enlightenment in 1994. As a teacher, seer, and healer, she has offered spiritual guidance and inspiration to thousands of seekers since her illumination. She is devoted to helping others heal, transform their lives, unveil their higher natures, and tap the great fountain of love that springs within the cavern of the mystical heart. She is trained as a psychotherapist, has a Master’s Degree in Clinical Mental Health Counseling with a focus on Mental Health Counseling and Career Counseling from Antioch University New England and a Bachelor’s Degree with a focus in holistic health studies. Continued Education: Certified in Pastoral Counseling–Saint Francis Academy for Clinical Pastoral Training, Reiki Master, EMF Balance Technique, Angelic Attunement Practitioner.
The Classics
DAY SPA PACKAGES
All Classic Packages Include:
One Fitness Class of Your Choice
Lunch in Kensington’s Restaurant
Spa Boutique Item to Take Home
Full Use of the Spa Facility
Sauna, Steam Room, Whirlpool, Indoor Pool, Relaxation Room,
Fitness Center, Robe, Slippers, & Locker Room
Daily Complimentary
Morning Walk, FIT TIPS, Morning Meditation, Make-Up Color Analysis Q&A,
SPA 101, Afternoon Tea & Scones, Wine Tasting

QUICK FIX
Also includes your choice of a 50-minute Swedish massage or a European facial.
$149

THE REVITALIZER
Also includes your choice of one 50-minute service* and one 25-minute service or a pedicure.
$189

RENEW YOU
Also includes your choice of two 50-minute services*.
$239

CONDITIONS
• Pricing is subject to applicable gratuity, service charge, and tax.
• Advance reservations are required. Packages are available Sunday after 2:30pm, Monday-Friday all day, and based on availability.
• Lunch includes coffee or tea. Other beverages will incur an additional charge.
• Forfeited Fitness class subject to charge. Fitness classes are not substituted, credited or exchanged for treatments.
• Tarot card readings are excluded.
• *An additional charge of $55 applies for Deep Tissue Massage, Signature Facial and Face Firming Facial.
• Packages are not available with and may not be combined with any other promotional offer. Pricing and content are subject to change without notice.

Tips & Tricks
FOR HEALTHY COOKING
Saturdays • 2:30pm-3:20pm

An Interactive Demonstration & Tasting
This class is designed to cover a broad range of food topics and cooking techniques using foods high in nutrients that combat stress and aging. Our approach is practical and easy to understand, with a focus on flavor and enjoyment. Our understanding is that nobody will eat food that doesn’t taste great, no matter how good it is for you. Delicious tasting samples will be provided at the end of the class.

Participants Will:
Learn to identify nutrient-dense foods.
See cooking techniques that enhance flavor and concentrate nutrients.
Taste sample foods that flavorfully illustrate the class theme.

Guests with allergies or special food preferences are welcome.
Substitutions can be fun & delicious, too.
Advance reservations required.
$25 per person
Pricing is subject to applicable gratuity, service charge, and tax.
**Real Men Do Spa**

**DAY SPA PACKAGE**

**PACKAGE INCLUDES**

- Your Choice of 50-Minute Swedish Massage, or Men’s Energizing Facial
- Your Choice of Any 25-Minute Service
- Men’s Hair Cut and Style
- 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, FIT TIPS, Morning Meditation, SPA 101, Afternoon Tea & Scones, Afternoon Wine Tasting

**CONDITIONS**

- Pricing is subject to applicable gratuity, service charge, and tax.
- Advance reservations are required. Packages are available Sunday after 2:30pm, Monday-Friday all day, and based on availability.
- Lunch 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.

**Teen Spa**

**DAY SPA PACKAGE**

**PACKAGE INCLUDES**

- One Fitness Class of Your Choice
- Fab Feet Pedicure and Express Manicure
- Your Choice of Teen Swedish Massage or Teen Facial
- Lunch in Kensington’s Restaurant
- Spa Boutique Item to Take Home

**Full Use of the Spa Facility**

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

**Daily Complimentary**

- Morning Walk, FIT TIPS, Morning Meditation, Make-Up Color Analysis Q&A, SPA 101, Afternoon Tea & Scones

**CONDITIONS**

- Only for teens 14 years and older. Proof of age and parental supervision required.
- Pricing is subject to applicable gratuity, service charge, and tax.
- Advance reservations are required. Packages are available Sunday after 2:30pm, Monday-Friday all day, and based on availability.
- Lunch includes coffee or tea. Other beverages will incur an additional charge.
- Forfeited Fitness class subject to charge. Fitness classes are not substituted, credited or exchanged for treatments.
- Packages are not available with and may not be combined with any other promotional offer. Pricing and content are subject to change without notice.
THE Signature PACKAGE

Our guests have been asking for a weekend overnight package at The Spa at Norwich Inn. In response to their requests we’ve developed The Signature Package. Now you can enjoy an exciting or relaxing weekend here.

EACH NIGHT INCLUDES

- A Beautifully Appointed Guestroom
- Breakfast in Kensington’s Restaurant
- Your Choice of One 50-Minute Spa 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, FIT TIPS, Morning Meditation, Make-Up Color Analysis Q&A, SPA 101,
  - Afternoon Tea & Scones, Afternoon Wine Tasting

Available Friday and Saturday

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<td>From</td>
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<td>$242*</td>
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Available in triple and quadruple occupancy. All prices listed are per person, per night. *Pricing varies by room type and is subject to applicable gratuity, service charge, and tax.

OVERNIGHT Personal Escape PLAN

Design your own Personal Escape Plan! Customize your stay according to your own personal needs and unique preferences.

Available Sunday - Thursday

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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
- Your Choice of Two 50-Minute Spa Services *
- Your Choice of Two Fitness Classes
- Full Use of the Spa Facility
  - Sauna, Steam Room, Whirlpool, Indoor Pool, Relaxation Room, Fitness Center, Robe, Slippers, & Locker Room
- Daily Complimentary
  - Morning Walk, FIT TIPS, Morning Meditation, Make-Up Color Analysis Q&A, SPA 101,
  - Afternoon Tea & Scones, Afternoon Wine Tasting

Available Friday and Saturday

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Available in triple and quadruple occupancy. All prices listed are per person, per night. *Pricing varies by room type and is subject to applicable gratuity, service charge, and tax.

CONDITIONS

- Advance reservations are required. Package is available Friday and Saturday nights only and is based on availability. 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.
- *An additional charge of $25 applies for Deep Tissue Massage, Signature Facial and Face Firming Facial.
- 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.
- forfeited Fitness class subject to charge. Fitness classes are not substituted, credited or exchanged for treatments.
- *An additional charge of $55 applies for Deep Tissue Massage, Signature Facial, and Face Firming Facial. 100-minute treatments will count as two treatments. 80-minute treatments will incur an up-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.
The Spa at Norwich Inn has been a pre-eminent country retreat since 1930! As an Historic Hotel of America, this restored Georgian Manor has received acclaim for her classic beauty and inviting grounds. Our serene New England setting has all the peace and quiet you need.

**E A C H  N I G H T  I N C L U D E S**

- A Beautifully Appointed Guestroom
- Breakfast in Kensington’s Restaurant
- Three-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, FIT TIPS, Morning Meditation,
  - Make-Up Color Analysis Q&A, SPA 101,
  - Afternoon Tea & Scones, Afternoon Wine Tasting

**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.
- Forfeited fitness class subject to charge. Fitness classes are not substituted, credited or exchanged for treatments.
- An additional charge of $55 applies for Deep Tissue Massage, Signature Facial and Face Firming Facial. 100-minute treatments will count as two treatments. 80-minute treatments will incur an up-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.

**Available Sunday - Thursday**

- From $150* double, triple or quadruple occupancy
- From $220* single occupancy

**Available Friday & Saturday**

- From $195* double, triple or quadruple occupancy
- From $325* single occupancy

All prices listed are per person, per night. *Pricing is subject to applicable gratuity, service charge, and tax.
The Spa at Norwich Inn is pleased to be affiliated with the award-winning Rees Jones designed Lake of Isles, recognized by Golf Magazine as one of the top 100 Courses in America and voted #1 in Connecticut by Golfweek Magazine.

The Spa at Norwich Inn and Lake of Isles are owned by the Mashantucket Pequot Tribal Nation and share a common commitment to excellence in guest service.

**Norwich Inn Golf & Spa Package**

- Guestroom at The Spa at Norwich Inn
- 18 Holes on Lake of Isles North Course
- Golf Cart & On-course Water
- Sleeve of Callaway SR2 Golf Balls
- Unlimited Use of the Practice Facility
- $50 per person Dining Credit at The Spa at Norwich Inn
- $50 per person Spa Credit at The Spa at Norwich Inn
- Full Use of the Spa Facility
- Sauna, Steam Room, Whirlpool, Indoor Pool, Relaxation Room, Fitness Center, Robe, Slippers, & Locker Room
- Daily Complimentary Morning Walk, FIT TIPS, Morning Meditation, SPA 101, Make-Up Color Analysis Q&A, Afternoon Tea & Scones, Afternoon Wine Tasting

Both packages are available seven days a week and are valid April through October, weather permitting.

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<thead>
<tr>
<th>Package</th>
<th>Monday - Thursday</th>
<th>Friday - Sunday</th>
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<td>Norwich Inn Golf Package</td>
<td>$204.50* double occupancy</td>
<td>$334.50* double occupancy</td>
</tr>
<tr>
<td></td>
<td>$254.00* single occupancy</td>
<td>$454.00* single occupancy</td>
</tr>
<tr>
<td>Norwich Inn Golf &amp; Spa Package</td>
<td>$254.50* double occupancy</td>
<td>$384.50* double occupancy</td>
</tr>
<tr>
<td></td>
<td>$304.00* single occupancy</td>
<td>$504.00* single occupancy</td>
</tr>
</tbody>
</table>

All prices listed are per person, per night. *Pricing is subject to applicable gratuity, service charge, and tax. A $5.50 per person, per night Resort Fee will be assessed to all overnight guests 14 years and older. 72 hours advanced notice of cancellation required.
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, make-up and accessories.

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.

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, have a tour to familiarize yourself with our facility and to change into your robe or fitness gear.

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, hair spray, 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 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 ☯ are contraindicated 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 totally 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 pool.

Is it unusual to travel there 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 fitness 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 in our Juice Bar or indoor pool. Attend our complimentary activities: Morning Walk, Meditation, FIT TIPS, SPA 101, Afternoon Tea & Scones, Afternoon Wine Tasting, and Make-up Color Analysis. Work out in our Fitness Center, plan to have your hair styled in our Salon or browse in our wonderful Boutique.
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, make-up, 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.

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 Make-Up services and Fitness offerings require a 24-hour advance notice of cancellation or revision, or a full charge will apply. Troon Golf packages require 72 hours notice. Reservations require a valid credit card guarantee in order to be secured.

Fees
A $20 Daily Spa Admission Fee is charged to non-Resort guests receiving Spa treatments, salon services and fitness 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 make-up 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 make-up, and Salon services.

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

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

<table>
<thead>
<tr>
<th>Hours of Operation</th>
<th>Spa</th>
<th>Salon</th>
<th>Boutique</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday - Thursday</td>
<td>7am - 8pm</td>
<td>9am - 5pm</td>
<td>9am - 8pm</td>
</tr>
<tr>
<td>Friday &amp; Saturday</td>
<td>7am - 9pm</td>
<td>9am - 5pm</td>
<td>9am - 9pm</td>
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Yours & Responsibilities

As a Spa Guest, It is Your Responsibility To:
- Communicate your preferences, expectations and concerns
- Communicate complete and accurate health information and reasons for your visit
- Treat staff and other guests with courtesy and respect
- Use products, equipment and therapies as directed
- Engage in efforts to preserve the environment
- Adhere to the spa’s published policies and procedures

Although there is a wide array of spas around the world, each offering a unique experience, all are devoted to enhancing overall well-being through a variety of professional services that encourage the renewal of mind, body and spirit.

To enjoy your spa experience to the fullest, observe the Code of Comfort, act responsibly, and understand that common sense and personal awareness can help ensure your satisfaction, comfort and safety, as well as that of others.

As a Spa Guest, You Have the Right To:
- A clean, safe and comfortable environment
- Stop a treatment at any time, for any reason
- Be treated with consideration, dignity and respect
- Confidential treatment of your disclosed health information
- Trained staff who respectfully conduct treatments according to treatment protocols and the spa’s policies and procedures
- Ask questions about your spa experience
- Information regarding staff training, licensing and certification

(Officially endorsed and prepared in partnership with the International Spa Association and Resort Hotel Association.)
The Spa at Norwich Inn

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 Meetings East Magazine

Named Best Destination Spa in New England by Yankee Magazine

Voted Best Destination Spa by readers of Connecticut Magazine

607 West Thames Street, Norwich, CT 06360