TABLE OF CONTENTS

HISTORY OF THE INN
FACT SHEETS
IN THE NEWS
ADVERTISEMENTS
CONTACT INFORMATION
HISTORY

For over 75 years, The Spa at Norwich Inn has been a destination for discerning guests seeking luxury, comfort and tranquility in the Connecticut woods.

Built in 1929, the original Norwich Inn was a haven for the rich and famous of the day, drawing such luminaries as George Bernard Shaw, Charles Laughton, Frank Sinatra, and the Prince of Wales. The Inn benefited not only from its premium location, midway between New York and Boston in beautiful eastern Connecticut, but also from the word-of-mouth inspired by its architectural elegance and unrivaled surroundings. The classic Georgian Colonial revival structure, with its handsome front portico, door, and fanlight, included 75 guestrooms and boasted an expansive, rolling golf course.

The Inn changed hands several times in the years surrounding the Second World War, and eventually, a period of gradual decline set in. The fortunes of the property hit bottom when, having been purchased by the City of Norwich, the core structure was operated as a boardinghouse, while the basement was used as a holding tank for overflow prisoners from the police department. Finally, there was good news. In 1983, the Edward J. Safdie Group recognized the Inn’s potential and made an offer to purchase the property. The group immediately set out to create a truly exceptional inn and spa facility, modeled after one of their most successful properties, the Sonoma Mission Inn and Spa in California.

Mr. Safdie commissioned a complete renovation of the inn, including all guestrooms and public spaces, and built a freestanding Spa building. He also developed 160 condominium villas on the 42-acre property. Safdie created a style for The Norwich Inn and Spa that was the epitome of glamour and beauty. The property soon attracted a new generation of celebrities, including Barbara Streisand, Joan Rivers, Michael Douglas, and a bevy of super models such as Cheryl Tiegs, Elle Macpherson and Rachel Hunter.

In 1994, the Mashantucket Pequot Tribal Nation purchased the Norwich Inn and Spa. Continuing the Safdie Group’s precedent, the tribe instituted a forward-looking plan of expansion and improvement. Most significantly, in 2000 the tribe completed a $15 million renovation that doubled the size of the Spa, making it the largest spa on the East Coast at project completion. This renovation project also included the redecoration of the property’s 100 guest rooms, in both the inn and the adjacent villas. To signify the importance of these changes, the renovation project concluded with the renaming of the facility as The Spa at Norwich Inn.

Today, The Spa at Norwich Inn is an intimate retreat and home to an elegant, full-service spa offering a blend of fitness programs, nutritional instruction and beauty and body treatments designed to restore and rejuvenate the mind, body and spirit. The essential ingredient to a stay at The Spa at Norwich Inn is personal attention. Guests do not have to conform to routines, regimens or schedules; instead, the Spa’s staff makes it a point to conform to the individual needs of guests who come for a day, a long weekend or an extended vacation. Guests may choose from a range of program packages or select from an a la carte menu of services and amenities.

At the beginning of the 21st Century, The Spa at Norwich Inn continues to welcome the celebrities of the day - stars like Robert De Niro - along with another generation of connoisseurs who come to be pampered, soothed, relaxed, and renewed in the privacy and peace of the Connecticut woods.

The Spa at Norwich Inn is a member of the Historic Hotels of America, a program of the National Trust for Historic Preservation. For information, visit on the web at www.historichotels.org.
Hidden within the tranquil woods of Southeastern Connecticut, The Spa at Norwich Inn is home to a world-renowned spa and offers an intimate sanctuary for guests to unwind, while restoring the mind, body and spirit. Built in the classic Georgian Colonial style, our welcoming historic inn is situated upon acres of beautifully landscaped lawns with spring-fed ponds and reflecting pools, in a private, country setting. With a blend of fitness programs and nutrition classes, complemented by invigorating body treatments, there is no better place to relax and rejuvenate your soul.

Our soothing and restorative world-class spa offers a variety of services, including:
- Full-Service Spa and Fitness Center
- Salon Services with hairstyling, color and conditioning treatments
- Indoor and Outdoor Pools
- Whirlpool, Steam Room and Sauna
- Meditation and Relaxation Room
- Wellness Classes including Meditation, Yoga, Fitness Classes, and Personal Training
- Spa Boutique offering our signature line of spa products, gifts and logo apparel
- Juice Bar
- Concierge

The Norwich Inn features 100 classically designed guestrooms and villas including a combination of hotel-style rooms and suites. Villas come complete with wood-burning fireplaces, private balconies and galley kitchens.

INN ROOMS:
9 Double/Doubles, 6 Standard Kings, 19 Standard Queens, 11 Junior Suites and 4 Signature Suites.

Kensington’s Restaurant seats 70 guests and features unique flavors and textures with fresh, local ingredients.

Ascot’s Pub welcomes guests with its knotty pine bar, cozy New England feel and weekly entertainment.

- Afternoon Tea
- Daily Wine Tastings
- Coffee Service in the lobby
- Room Service
- Golf Nearby
MEETINGS AT NORWICH INN: From executive retreats and high-level conferences to informative seminars and team building events, Meetings at Norwich Inn is home to over 6,000 square feet of meeting space, including a ballroom, boardrooms, garden terraces and covered patios.

WEDDINGS AT NORWICH INN: Nestled at the end of a winding country road with acres of manicured lawns, Weddings at Norwich Inn offers a serene backdrop to share your vows, with a ballroom that comfortably seats 160 guests, and options for smaller, more intimate celebrations as well.

KENSINGTON’S RESTAURANT: Kensington’s Restaurant serves ‘comfort foods with an upscale twist of flavors and textures’, all made with the freshest local ingredients. With an intimate seating capacity of 70, Kensington’s Restaurant is located within the inn and is open to guests of the inn as well as the public.

ASCOT’S PUB: Ascot’s is a welcoming, classic pub, with its knotty pine walls, roaring fire and great friends. Ladies Night every Tuesday and weekly Thirsty Thursdays: $5 drink specials with live local entertainment.

RATES AND PACKAGES: Weekdays starting at $150; Weekends starting at $225

The Spa at Norwich Inn offers a variety of packages including:

Rejuvenation Package ($369 - $439):
Overnight stay, two 50 minute Spa Services, 1 Fitness Class, Dinner and Breakfast at Kensington’s Restaurant, Full Use of Spa Facility, Afternoon Tea and Wine Tasting.

Spaliday Package ($302 - $473):
Overnight stay, $100 in Spa Credits, Dinner and Breakfast at Kensington’s Restaurant, Full Use of Spa Facility, Afternoon Tea and Wine Tasting.

Inquire at 800-ASK-4-SPA

LOCATION: Located off Interstate 395 and Route 2 on Route 32 in Norwich, Connecticut; minutes from Foxwoods Resort Casino and Mohegan Sun Casino, and the historic Seaport town of Mystic.
IN THE NEWS

March 1, 2018
New York Lifestyles Magazine
The Spa at Norwich Inn

November, 2017
CTVisit.com
Great Ways to Use Your Vacation Days

February, 2017
CTVisit.com
5 Great Ways to Relieve Your Cabin Fever

February, 2017
Jetsetter.com
11 Dreamy Winter Spa Retreats

December, 2016
Serendipity Social
The Perfect Spa for Every Occasion

December, 2016
CTVisit.com
6 Winter Wonderland Destinations in Connecticut

March 1, 2015
The Journal News
Try a Girls Getaway at a Spa

January, 2015
Norwich Magazine
Different Ways to Get Fit

January 6, 2015
Fodor’s Travel
10 Best Winter Spas
The Spa at Norwich Inn

Lea Salonga on Theater, Song & Family

NEW YORK LIFESTYLES MAGAZINE

TRAVEL

THE LATEST FOR YOU & HOME

REAL ESTATE

BEST BUYS

IN TOWN

FASHION

MUST-HAVE

STYLES

DINING

ASIAN CUISINE

WITH FLAIR

March, 2018 • New York Lifestyle Magazine • The Spa at Norwich Inn
Spots to Treat Yourself

Maybe, you just want to relax on your day off?
Go hunting for one-of-a-kind antiques, indulge with a day at the spa and take advantage of all-in-one inclusive stops in Mystic Country.

Escape to the countryside and reserve a spot at the Inn at Woodstock Hill, a restored country estate in Connecticut’s quiet northeast corner. Stay in one of the inn’s 18 cozy and uniquely decorated guest rooms – all fully furnished with rare and unique antiques. From here, the choice of activity is yours!

Antiques Marketplace
Search for treasures at this multi-dealer shop in Putnam.

MORE →

The Spa at Norwich Inn
Unwind and relax with a pampering treatment. MORE

Foxwoods Resort Casino
Dine, dance and play a round or two. You can even shop for bargains at the outlet mall.

MORE →
Despite its star-studded past (the original 1930 inn hosted the likes of Sinatra)
For Couples: The Spa at Norwich Inn

The Vibe: The stately brick building on gorgeous grounds calls to mind Downton Abbey—only with modern upgrades including an indoor pool, sauna, steam room and hot tub. Between treatments, swimming, soaking, afternoon tea, early evening wine tastings (they have a vast wine list) and fresh seafood at the on-site Kensington restaurant, you might not even make it across the street to try your luck at the Mohegan Sun casino.

Treatments to Try: The Norwich Signature Massage ($125 for 50 minutes, $200 for 80) is a hit with men and women, making it a popular couples choice. Repeat guests come several times a year for the seasonal treatments, such as winter’s exfoliating Chocolate Mandarin Spice Body Wrap ($125).

607 West Thames St., Norwich, CT, thespaanwichinn.com
Rooms from $175
6 Winter Wonderland Destinations in Connecticut

Find Blissin Norwich

Located about halfway between Boston and New York, Norwich is “the town” central and an ideal weekend trip.

- Backs a multi-deck spa-lounging spa at the Spa at Norwich Inn. With 1,000 guest rooms, suites, and villas, an expansive spa with 37 treatment rooms, this historic hamlet is a premier destination.
- You don’t need to trek to the coast for a fancy spa. Also at Bliss in a cozy pub with a menu that transcends its casual vibe.
- Take a few spins on the ice during public skating sessions at The Ice Garden Arena.
- Year-round roller skating at Norwich Ice. The city’s indoor roller skating is open year-round.
- Revisited: A weekend getaway to get away from the crowds at the Carpenter Library.
- The annual Wine Festival at nearby Merwin Park in January is a guaranteed sell-out finger-licker.
If your dream is to go someplace where you can happily relax in your robe all day – in public – and with a glass of wine if you like – then the Spa at Norwich Inn is for you. Fluffy white robes are de rigueur throughout the historic inn from the spa to the dining room, up to and including the well-attended late afternoon wine tasting. This spa is about indulgence, not austerity. It does offer detox elixirs (the spa juice bar is great) and low-calorie menu options (with calorie counts), but who wants to skip the more lavish options, like the “spumone” salmon, rack of lamb and black forest cake martini?

**Where:** The Spa at Norwich Inn. It’s one of the Historic Hotels of America and is owned by the Mashantucket Pequot Tribe, which also owns Foxwoods.

**Why we chose it:** The spa was close to home, it’s high-end, yet reasonably priced and cost is predictable. A package gives you spa options so you choose services you want, and you pay only for classes that you take. Gratuities are included so no worries about how to tip. The Girlfriends Getaway Package is for 10 or more, but the reservationist can arrange the same services for smaller groups or singles.

**Good to know:** You will pay additional fees for fitness classes (about $18) that include yoga, boot camp, Pilates, etc., and you have to reserve your spot in these classes.

**What to pack:** Not much (especially if you like to stay in your robe). Pack your gym gear for working out or whatever is appropriate for classes and a bathing suit (lap pool is small but calming). You will need a little tote bag for stuff when you are going back and forth to your room. Wear something casual but chic for happy hour at Ascot’s (the pub) and/or dinner in the elegant dining room.

**Don’t miss:** Any of the complimentary stuff that comes with your room rate. This includes the morning meditation – a magical start to the day, it precedes the yoga class. Like the yoga savasana, the meditation is a complete body relaxation. You don’t have to sign up for these treats, but it’s a good idea.

I did a traditional massage and facial (and enjoyed them both); next time I will go for the more exotic treatments (and highly recommended by others) like the body polishes or Ayurvedic mud wrap (“At the end made you feel luxuriously pampered and relaxed – delicious!”).

**On the way:** Foxwoods or Mohegan. Why not? Both are close. Maybe luck will be with you. Travel to Foxwoods is complimentary from the spa.

**Takeaway:** Like most of the clients, I’ll go back (75 percent of clients are repeats). The staff is happy and accommodating. There’s a lot of personal attention. The website is the weak link (it’s dense and can be confusing), and supposedly being updated, but if you call, the reservationists will very patiently answer questions and help you put your stay together.

**What you can expect to pay:** The spa Girlfriends Getaway is $245 per person per night (plus gratuity, tax and service change) based on double occupancy and gets you breakfast, dinner, use of spa (hot tub, steam room, sauna, pool), one spa treatment plus the complimentary items such as morning walk and meditation, afternoon tea and scones, wine tasting. The rooms at the inn are elegant and comfortable.

**Details:** 607 W. Thames St., Norwich, Conn., thespaatnorwichinn.com or 1-800-275-4772. Distance from White Plains: About 105 miles.

**Where do you like to get away?**

For this Sunday feature, we want to hear about your favorite places. Tell us about where you like to go for your summer vacation, a weekend getaway, a golf destination, honeymoon or other hidden hotspots. Contact Karen Croke for details: 914-696-8267 or at kcroke1@lohud.com
From traditional gyms, to yoga studios to Crossfit – there is no shortage of places in Norwich to get moving.

Danielle Knerr, the spa director at the Spa at Norwich Inn, said people who visit her facility often make a day out of it – taking a fitness class, enjoying a massage or facial, meditating and relaxing. In addition to exercising, said Knerr, it is important to take time for yourself for the sake of your health.

"Do something you enjoy – take a walk, go to the movies, get your hair and nails done, take a yoga class, schedule a massage," said Knerr. "Just take an afternoon nap. Make a phone call and catch up with a family member or an old friend. Have a cup of tea and actually read that magazine that has been sitting on your coffee table for a month."

The spa offers day packages for people wanting to take a special personal day. You can belly dance, participate in a candlelight yoga class, swim or take pilates. Get a massage and relax in the meditation room or the sauna.

"We have people who just come in for a service, but most guests will make it a day here," said Knerr.

Since everyday can’t be a spa day, we’ve listed here a few places in Norwich where you can work on your fitness regularly.

Spa at Norwich Inn
607 West Thames St., Norwich
thespaatnorwichinn.com

Yoga

Get Bent
207 North Main St., Norwich
getbentinnorwich.com

A Peace of Space
22 Hunters Ave., Taftville
apeaceofspace.com

All Hearts Hatha Yoga
12 Case St., Norwich
allhyyoga.com

Gym

Summit Fitness
2 Wisconsin Ave., Norwich
summitfitnessandsports.com

Planet Fitness
42 Town St., Norwich
planetfitness.com

WOW – Work Out World
113 Salem Turnpike, Norwich
www.workoutworld.com

Crossfit

CrossFit Payback
539 Norwich Ave., Taftville
crossfitpayback.com

January, 2015 • Norwich Magazine • Different Ways to Get Fit
January 6, 2015 • Fodor’s Travel • 10 Best Winter Spas

10 BEST WINTER SPA RETREATS

January 08, 2016 1:00 pm

Post a comment

SPA AT NORWICH INN

Where: Norwich, Connecticut

The classic red brick is perhaps the first thing you’ll notice as you approach The Spa at Norwich Inn, the stately Georgian Colonial manor retreat situated on 42 acres of lush Connecticut countryside. The spa is the main attraction at this 100-guestroom resort, featuring an indoor pool, a long list of spa and salon services, and an active fitness program that often offers more than a dozen fitness classes each day. Special for the winter season, indulge in the Chocolate & Orange Body Wrap (60 minutes, $125), an exfoliating treatment that invigorates the senses. Newly introduced to the spa, Healing with a Medium (50 minutes, $125) is a fully-clothed Heiki experience that uses spirits and energy to balance and change the body. Not for the faint of heart, the Healing with a Medium offers the unique chance to connect with the great unknown.

Plan Your Trip: Visit Fodor’s New Haven, Mystic, and The Coast Travel Guide

January, 2014 • USA Today • Beautiful State Photos

Photo tour: Beautiful Connecticut

For a bit of relaxation and pampering, it doesn’t get much better than The Spa at Norwich Inn, a 42-acre property in eastern Connecticut. With 30 treatment areas and a variety of services, it’s a perfect place to unplug and unwind. Connecticut Office of Tourism
BEYOND THE HEDGES
Rediscovering the iconic Norwich Inn

Local brews
Hop on the Connecticut Beer Trail

Combining histories
Heritage groups team up to spur tourism
Beyond the hedges

Story and Photography by
Linda Orlemoski

Approximately one-half mile north of the Montville town line on West Thames Street (Route 32) you may have noticed a towering line of shrubbery on the western side of the road, accompanied by a tasteful sign announcing the location of "The Spa at Norwich Inn." The name alone makes one immediately think "exclusive," but venturing to the other side of the hedge row provides for a refreshingly friendly and accommodating experience.

Those imposing hedges weren’t there back in 1930 when a group of investors formed the Norwich Inn Company and constructed a beautiful Georgian Colonial Revival-style brick structure. Featuring 75 luxuriously appointed guestrooms, a golf course that meandered through the Norwich hills and all of the comforts and amenities that the rich and famous expected and enjoyed. Along with many others, British actor Charles Laughton, Irish playwright George Bernard Shaw and New Jersey crooner Frank Sinatra found their way to "The Rose of New England" to enjoy the peace, quiet and obscurity of the Norwich Inn.

With railroad lines and passenger ships bringing visitors to Norwich – conveniently located between New York and Boston – the luxurious and secluded country inn enjoyed a thriving business. Following World War II that changed, though, as a downward trend in shipping along with the advent of jet travel left the Norwich Inn as less of a destination for the well to do. Ownership of the inn changed several times before it slid into a long period of decline and for a time became a boarding house, with rented rooms for the general population at the rate of $50 a week. The basement was used as a holding tank for the overflow of prisoners from the downtown police station. The once-glamorous property had indeed fallen on tough times and in 1978, the Norwich Inn and its private golf course were sold as separate parcels. The City of Norwich purchased the golf course in lieu of back taxes that were owed on the property.
Even though things were looking grim for the building with its pretty portico and fanlight above its wide and welcoming front door, all was not lost. In 1983, the Edward J. Safdie Group purchased the property. The author of Spa Food and creator of the Greenhouse Spa in Texas, the Sonoma Mission Inn and Spa in California, and the California Terrace Spa in Monte Carlo, Safdie saw the payoff in restoring the inn to its former splendor. He also added the same improvements by adding a separate spa facility with treatment and exercise rooms pivoted around a 40-foot indoor swimming pool. Three million dollars later, the Norwich Inn and Spa once again attracted the rich and famous to Norwich to relax and destress in the very first spa of its kind on the East Coast. Barbara Streisand, Phyllis Diller, Michael Douglas, Gloria Estefan, Barbara Walters, Yoko Ono, Placido Domingo, Joan Rivers, Bill Blass, a trio of supermodels – Cheryl Tiegs, Elle MacPherson, and Rachel Hunter – and more came to Norwich to experience lush Californiastyle spa treatments, dine on innovative and healthy cuisine, and to simply relax in the serenity of the grove of century-old maples that shade the property.

In 1994 the Norwich Inn and Spa changed hands once again when it was purchased by the current owners — the Mashantucket Pequot Tribal Nation — who completed a $15 million renovation in 2000, doubling the size of the spa and extending it by building a new main building. Upon completion of the project, which also included redecoration of the guest accommodations (49 rooms including 4 suites in the original Georgian Colonial building and another 51 condominiums in the adjacent villas), the facility was renamed The Spa at Norwich Inn. Acclaim poured in: “Best Destination Spa” by readers of Connecticut Magazine; “Best Resort in Connecticut” by New England Travel & Life; and “Editor’s Choice Award, Best Pompering in CT” by Yankee Magazine’s Guide to New England. Along with the praise came even more celebrities like Steven Tyler, David Lee Roth, Chris Rock, Mary J. Blige, Jon Secada, Hillary Swank, and others who still visit and whose presence (and names) are discreetly kept quiet.

The question begs to be asked though, “Does the inn cater to locals (and the local wallets) along with its rich and famous guests?”

Well, yes, they do.

Let them eat

John G. O’Shaughnessy, a native of Adare, County Limerick, Ireland, brought years of hospitality experience and expertise with him in 2001 when he was named general manager. He is quick to point out that not only are local folks welcome but they are encouraged to come and experience the many amenities the spa has to offer. Make a reservation.
to try a treatment or take a class and then spend the rest of the day enjoying the spa amenities. Or, for an extra treat, stop in and enjoy a meal prepared by the talented Executive Chef Edward Estes at one of the inn's two dining venues.

If you've never been beyond those imposing hedges, a good way to begin the de-mystification is at Ascot's Pub, a classic New England country inn pub located off the main lobby. Open for lunch or a casual dinner of lighter pub fare, you can sit in front of a roaring fire (while doing so look on the wall to the left of the beautiful mirror over the mantle and you'll see one of the original Certificates of Stock to the Norwich Inn Company) or take a seat at the knotty pine bar and enjoy the relaxing ambiance of the wood-paneled room with its hunting theme decor. On Tuesday nights from 6-9 p.m. Ascot's declares it "Ladies Night Out" with $5 drink specials that include Raspberry Cosmopolitans, Caramel Apple-tinis, and several other drink choices. There are also half-price appetizers for the ladies, while later in the week everyone can get in on "Thirsty Thursday" with $5 margaritas, a variety of food specials, and live entertainment from 6-9 p.m.

For a more upscale yet very comfortable dining atmosphere, Kensington's is the property's gourmet restaurant, with meals prepared with the finest and freshest ingredients available. As the main emphasis at The Spa at Norwich Inn is on the spa and its healthful benefits, approximate calorie counts and nutritional information are listed beneath menu items so that you can make a healthy choice – or splurge. A Morning Boost Smoothie made with banana, blueberries, agave nectar, and soy milk has 184 calories. The Crab Cake Benedict with poached eggs, jumbo lump crabmeat, hollandaise sauce, and breakfast potatoes for 720 calories. For lunch the classic New England Lobster Roll comes in at 467 calories while Kensington's Burger of the Moment (chef-inspired and varying daily) is estimated around 561 calories.

As tasty as breakfast and lunch may be, dinner is where Chef Ed's talents really shine with a menu of delectable choices encompassing appetizers, soups, salads, and entrees that are sure to make your mouth water. Choose Roasted Butternut Squash Bisque served with maple-brioche croutons (156 calories); Braised Swordfish with warm quinoa and edamame salad with roasted pumpkin seeds or Porcini-Crusted Filet Mignon accompanied by roasted Brussels sprouts, herb-roasted mashed potatoes, and truffle butter.

To go along with your meal, Kensington's boasts an extensive wine list which includes some of the finest vintages from a variety of International, American, and local wineries. Reservations and proper attire are required for dinner and if you're there in the warmer months, seating is offered on the expansive Terrace Deck.
overlooking the reflecting pool.

The Apiary
One of the newest and healthiest items offered to guests isn't a culinary creation of Chef Ed's. It is produced by two colonies of honey bees in the spa's Apiary, located on the front lawn of the inn. The apiculture venture was embarked upon last July by O'Shaughnessy, whose uncle was a beekeeper in Ireland, along with the spa's Director of Engineering Jim Pepas, who, though an 18-year employee of the spa, and well-versed in many things, knew nothing about the raising of honey bees. Since becoming a beekeeper, Pepas says he has learned just how important honey bees are and that "the hives almost did not survive without him.

Starting out with three Italian honey bees, the hives are doing well. In the summer, the population is now down to 20 and even though it will take time for the last year's harvest, the local honey that is being harvested is quite high in quality. With the help of honey produced in a local area (the bees get pollen from their hives while they are out foraging), it's hoped that this year's two harvests will provide the inn with at least 20 pounds of honey. If all goes well, the apiary will incorporate as many as 20 hives over the next five years, as well as be a tourist attraction.

A historic inn in Norwich
The inn in Norwich has the only property in the United States to be owned by the American Innkeepers Association, a group that was founded in 1966 by the National Trust for Historic Preservation. The hotel is located in the town center and offers guests a glimpse into the history, architecture, and ambiance.

Bedford Bliss
Located in the heart of New England, the inn offers guests a glimpse into the history, architecture, and ambiance. With its antique furniture and period decor, the inn provides a peaceful retreat from the hustle and bustle of everyday life. The inn offers a variety of amenities, including a restaurant, spa, and indoor pool.
there’s sure to be something that will appeal to you. In addition to your treatment or fitness class, you’ll have the opportunity to spend as much of the rest of the day as you want enjoying the entirety of the spa’s amenities like the steam and sauna rooms, the indoor pool, the Health & Fitness Center and the Jacuzzi.

Choose the Norwich Signature massage, which is a full-body firm massage given by one of the spa’s 10 trained massage therapists and you’ll leave your therapy room not just relaxed but rejuvenated. Afterwards enjoy a complimentary cup of tea and snack of fresh fruit, or head to the spa’s Juice Bar and order a healthy smoothie to enjoy while sitting by the fireplace or outside on the terrace. Better yet, stay cozy and comfortable in your spa provided plush robe and slippers and head up to Kensington’s or Ascot’s Pub for lunch. The Palm Court hosts a complimentary Afternoon Tea & Scones or Afternoon Wine Tasting. As it’s perfectly acceptable to wear your robe to breakfast or lunch, you’ll be one among many resort guests walking around in their white robe.

One of the spa’s newest offerings is Healing with a Medium. Nanni, a Licensed Massage Therapist, Reiki Master-Teacher, and Psychic Medium, uses her talents to balance and re-charge your body’s natural energy field.

Beginning at your feet, Nanni gently lays her hands on specific energy points of the body while delivering messages from loved ones that have passed as well as spirit guides. Spa Director, Danielle Knerr, who started at the inn as a night housekeeper in 1997 and became director in 2010, said the treatment has become quite popular.

“There is no way that Nanni would know beforehand any of the messages that she delivers to guests during the sessions,” said Knerr.

Approximately 15 percent of the guests who visit the spa are male with that number continually climbing. To help introduce men to the spa culture, The Spa at Norwich Inn offers a day package entitled “Real Men Do Spa” that even includes a haircut and style in the salon.

A historic gem in Norwich
The Spa at Norwich Inn is the only property in Connecticut that is a member of the prestigious Historic Hotels of America, a program that was founded in 1989 by the National Trust for Historic Preservation to recognize and celebrate the finest Historic Hotels who have faithfully maintained their historic integrity, architecture and ambiance.

Wedded bliss
With destination weddings becoming more and more popular, The Spa at Norwich Inn markets itself as an ideal choice for couples who want nothing but the best for their special day at a venue that will be theirs alone. A bride at the inn will never see another bride. Michele Strobel, a former executive meeting planner at MGM Foxwoods, became the weddings and special events manager at the spa in 2013 and is the point person for clients planning weddings, elopements, vow renewals, bridal or baby showers, banquets, and other special events.

As a full-service, world-class spa with terrific dining choices as well as producers of their own local honey, the Spa at Norwich Inn is indeed a very special place here in Norwich. There’s a lot going on beyond these hedges.
Ascots Pub
Kensington’s at Norwich Inn
Meetings at Norwich Inn
Weddings at Norwich Inn
The Spa at Norwich Inn Destination Spa
The Spa at Norwich Inn Day Spa
The Spa at Norwich Inn Girls Getaway
Classic Pub... Knotty Pine... Roaring Fire... Great Friends.

Ladies Night Out
Every Tuesday | 6:00 PM–9:00 PM
• $5.00 Drink Specials
• Half price appetizers off the Ascot’s All Day Dining Menu for Ladies Only!
• Acoustic Jazz Entertainment

Thirsty Thursdays
Every Thursday | 6:00 PM–9:00 PM
• $5 Margaritas
• Live Entertainment
• Weekly Appetizer Specials

860.425.3630
www.thespaatnorwichinn.com
West Thames Street, Norwich
Locals agree that Chef Lee Masten’s new winter menu guarantees a second date. Call us at 860.425.3630 to set your date.

www.thespaatnorwichinn.com | Norwich, Connecticut
“I want to say thanks-and to let you know that all the feedback I’ve been getting has been extremely positive. Thank you for everything you did for our group! I know you worked hard to make it all flow smoothly and that is greatly appreciated. Can’t wait to come back.”

- Elise S.

Find out how we can make you happy too.

www.meetingsatnorwichinn.com | Norwich, CT
Just Two Hours from NYC and Boston.
Swept Off Her Feet... Again.

One place where family gathers to celebrate life’s events.

www.weddingsatnorwichinn.com | 860.425.3680 | Norwich, Connecticut
Moments Away
From Everything...
or Nothing at All.

www.thespaatnorwichinn.com | Norwich, Connecticut
Moments away from Foxwoods Resort Casino, Mohegan Sun, Downtown Mystic.

Weekdays, Weekends…
Plan your next distraction.
Finding the place is easy...
It’s once you’re here that you’ll get lost.

See how easy it is to lose yourself.

www.thespaatnorwichinn.com | Norwich, Connecticut
Girl’s Getaway... Real FaceTime.

Visit us online to set your date for your Girlfriends Getaway Package.

www.thespaatnorwichinn.com | Norwich, Connecticut