

# *The Spa at Norwich Inn*

## MENU OF SPA SERVICES

607 West Thames Street | Norwich, CT | 860.425.3500

To ensure you have the most up-to-date information, including any changes, additions, or price adjustments to our spa services, please visit our website at [thespaatnorwichinn.com](http://thespaatnorwichinn.com).

Our online menu is regularly updated to provide you with the latest offerings and details.

# FACIALS

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*In the privacy of your treatment room, you may discuss your current regimen and future goals. After examining your skin, your Esthetician may recommend a different facial than the one you initially selected. Any facial treatment with a (p) after its name are not recommended for pregnant women. Pricing plus applicable gratuity, service charge and sales tax. When booking your treatment, consider customizing your experience with one or more of our enhancements. Please note: Enhancements do not add time to the treatment.*

## **Valmont Energy of the Glaciers Facial** 50 Min \$300 | 80 Min \$400

Immerse yourself in the pure essence of the Swiss Alps with the renowned Valmont skincare line. This transformative facial harnesses the power of Valmont's signature glacial spring water. exclusive cellular ingredients combined with the potent benefits of medical grade collagen which penetrates deep onto the dermis working to plump and smooth fine lines while boosting your skin's natural ability to repair and regenerate. The centerpiece of this facial is the exquisite massage and the iconic Valmont Prime Renewing Pak which further enhances the lifting and tightening while imparting a velvety, hydrated finish. You will emerge from this facial with your skin deeply revitalized, visibly lifted and radiantly alive as if touched by the glaciers themselves.

## **Valmont Lift from the Peaks Facial** 50 Min \$300 | 80 Min \$400

This premier anti-ageing treatment combines the benefits of Valmont's NEW V-Lift products and the targeted massage techniques that offers an ultra effective lifting experience. The deep and slow massage focuses on facial mobility, releasing muscle tension that targets both superficial and deep wrinkles, combined with the Iconic regenerating collagen face mask, this facial is the "Ultimate Lift".

## **HydraFacial\* (p)** 25 Min \$190 | 50 Min \$250 | 80 Min \$325

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

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

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

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

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

## **HydroLight LED Facial** 80 Min \$285

80 minutes to create a complexion that is moisturized with this hydration-focused treatment that cleanses, peels, 2 masks and serum is formulated with potent ingredients including hyaluronic acid, peptides and antioxidants that are amplified with the led light therapy that boosts all the benefits leaving the skin, firm, nourished and healthy.

## **Glass-Like Glow LED Facial** 50 Min \$265

The ultimate glow enhancing experience designed to deliver flawless glass like skin. Using the ultra-luxurious product line, Valmont, this facial begins with a thorough cleansing, toning, exfoliation, the iconic Valmont medical grade collagen face mask is dramatically enhanced with red LED light therapy that amplifies the active ingredients to enhance overall texture then finished with treatment serum and moisturizing. The result is a luminous glass-like glow. (No extractions with this facial.)

## **Dermalux LED Facial** 50 Min \$175

Every step of this treatment is customized to your current skin condition while working towards your skin goals. Your esthetician and you will decide together which LED light therapy will be used based for your unique needs. Combine the best results driven products with the technology of LED light therapy and the addition of a highly trained esthetician, your skin will be on the path to healthy, smooth and vibrant

## **Rose City Custom Facial** 80 Min \$265

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

## **The Luminous Facial** 50 Min \$160

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

## **Power Lift Facial** 50 Min \$160

A fan favorite. Embrace the power of peptides with a mild microdermabrasion action that works on a cellular level to visibly reduce the appearance of fine lines.

## **Radiance Neck & Décolleté Treatment** 25 Min \$85

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

## **Renewal Facial** 50 Min \$135

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

## **The Gentlemen's Facial** 50 Min \$120

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

## **Pout Perfection & Eye Brightening Bliss** 25 Min \$85

Medical grade collagen eye mask rich with caffeine, arnica and green tea and lips that are exfoliated masked with a rich collagen and both eyes and lip are treated with rich cream/serum leaving the eyes brighter and lips smoother and more plump.

# MASSAGES

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

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

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

## **Cannabliss CBD Full Body Massage\* (p)** 50 Min \$170 | 80 Min \$250

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

*\*Must be 21 years old to receive this service.*

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

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

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

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

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

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

## **The Relaxation Ritual** 50 Min \$125

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

## **Mommy to Be** 50 Min \$135

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

## **Duet Massage**

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

## **Express Massage** 25 Min \$75

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

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

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

## **Scalp Massage** 25 Min \$75

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

## **Foot Massage** 25 Min \$75

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

# BODY WRAPS

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

## Island Bliss Ritual (p) 100 Min \$265

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

## Cannabliss CBD Body Wrap\* (p) 50 Min \$175

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

\*Must be 21 years old to receive this service.

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

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

\*Contraindicated for iodine & seaweed allergies.

## Detox Body Wrap (p) 50 Min \$145

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

## Vitamin Wrap (p) 50 Min \$145

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

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

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

# NAILS

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All 50-minute manicures & pedicures include nail shaping, cuticle grooming and finish with polish or buff shine. Please advise at time of booking if you are wearing long-wear polish.

NOTE: Add \$10 for French polish. Pricing plus applicable gratuity, service charge and sales tax.

## Irish Coastal Manicure 50 Min \$65

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

## Honey "Be" Pedicure 50 Min \$70

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

## Honey "Be" Manicure 50 Min \$55

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## CBD Pedicure 50 Min \$70

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

## CBD Manicure 50 Min \$55

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

## Long Wear Gel Pedicure\* 50 Min \$85

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

\*Price includes removal of gel polish if required.

## Long Wear Gel Manicure\* 50 Min \$70

Using a gel polish application, this manicure will give your polish staying power. Nails will cure in a UV light in this service. Finish with a hand massage, you will leave relaxed with perfect polish. \*Price includes removal of gel polish if required.

## Acrylic Nail Couture 120 Min \$150

A luxurious experience designed to pamper your hands with the utmost care and precision. Unlike traditional methods, our skilled nail artist uses a gentle drill-free technique to sculpt and perfect your acrylic nails, ensuring a serene and relaxing experience ending with beautifully sculpted nails.

## Remove & Reset Acrylic Nail Couture 150 Min \$160

A soothing and clean environment to remove your acrylics without drills and the rebuilding or filling to create beautiful nail fashion.

## Revival Pedicure 50 Min \$70

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

## Detox Pedicure 50 Min \$70

In a world filled with toxins, we recommend this detox therapy. This pedicure includes all the finest products to help you to expel unwanted toxins.

## Man's Pedicure 50 Min \$70

For the guy who needs attention on those tired and overworked feet. This pedicure includes filing and buffing of nails, work on cuticles and refreshing care on the sole.

# ENERGY & BODYWORK

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*This transcendent experience begins with a consultation with the energy expert then a treatment to address your needs will be designed and performed. This treatment can include weighted medical tuning forks that can work on the connective tissue and fascia fibers to loosen restricted fibers, induce target relaxation, and recalibrate the body's vibrational rhythms, digestive issues, thyroid issues, sleep disorders, post-traumatic stress, allergies, and fatigue. **Energy & Bodywork services do not qualify for graduated discounts.***

## Gua Sha Fusion Therapy 60 Min \$175 | 90 Min \$250

Begin this treatment with a consultation with our energy expert to confirm the areas of discomfort you wish to address. Gua Sha bodywork assists with soft tissue mobilization that aids in alleviating pain and increase range of motion. Depending on your needs, other tools and skills may be used such as Medical grade tuning forks, Reiki, and Chinese Acupressure.

## Gua Sha Total Body Treatment 80 Min \$225

Indulge in our Total Body Gua Sha Treatment, a luxurious and comprehensive experience designed to rejuvenate the body from head to toe. This ancient Chinese healing technique can relieve pain from muscle tension, arthritis, inflammation and over use and unlock the body's natural healing powers. A smooth Gua Sha tool glides across the entire body targeting areas of tension and imbalance.

## Gua Sha Upper Body Treatment 50 Min \$125

Ideal relieve for active individuals and those that suffer from Carpal Tunnel, Cubital Tunnel, Tennis Elbow and those that have desk jobs. Blending Gua Sha and other techniques on the neck, shoulder, arms and through the hands, the relief will be welcome.

## Gua Sha Mid Body Treatment 50 Min \$125

Lower back/lumbar, sciatica, glutes, hips, hip flexors, extensors, rotators, hamstrings and quads will benefit from this targeted treatment using Gua Sha and other modalities to relieve tension, increase mobility and aid in restoring alignment.

## Gua Sha Lower Leg & Foot Treatment 50 Min \$125

This treatment provides relieve from conditions such as plantar fasciitis, arthritis, bunions, and achilles tendonitis and relieves the discomfort in the lower legs that is often associated with these conditions.

# HOLISTIC

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

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

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

## Tarot 25 Minute \$85 | 50 Minute \$150

25 Minute Tarot: To gain guidance and insight into one or two questions.

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

## Life Coach Session 50 Min \$150

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

# TREATMENT ENHANCEMENTS

<b>Detox Foot</b>	\$50
During this enhancement your feet will be wrapped in foil with effervescent warming mud, rich with trace elements, minerals and purifying properties. This process will help the body release toxins through the bottom of the foot.	
<b>Foot Exfoliation</b>	\$40
A healing scrub will be applied that addresses dry skin and cleans the energy off your feet.	
<b>Sole Relief CBD</b>	\$20
Powerful CBD Muscle and Joint rub to assist in pain relief. Does not add time to treatment.	
<b>Eye Enrichment</b>	\$40
Collagen and hyaluronic acid rich eye pas that address tired eyes and reduces the appearance of fine lines. Does not add time to treatment.	
<b>Targeted Toning</b>	\$35
Choose either you arms or legs for this targeted toning enhancement. Then our specially formulated serum, rich in trace elements of the sea and 4 different algae, will be applied to selected areas using specialized massage techniques. This treatment will help to stimulate the body's fat burning process as well as limit the amount of fat entering the fat cells and the micro-circulation helps improve drainage and eliminate fat leaving the skin a stronger better toned structure.	
<b>Aromatherapy</b>	\$20
Add aromatherapy to any massage, that addresses your needs for today's journey.	
<b>Hot Stones - 1 Area</b>	\$20
Hot stones to 1 area of the body.	
<b>Hot Stones - 2 Areas</b>	\$25
Hot stones to 2 areas of the body.	
<b>Hot Stones - 3 Areas</b>	\$30
Hot stones to 3 areas of the body.	
<b>Warm Spinal Compress</b>	\$50
Self-heating, effervescent, marine-rich mud applied to the spinal column helps release toxins in the body creating a sense of relaxation and total well being.	
<b>Dry Brushing</b>	\$25
Quick dry brushing gently exfoliates and powerfully moves lymph.	
<b>Warm Salt Stones</b>	\$20
Warm Himalayan salt stones on the neck and décolleté.	
<b>Valmont Medical Grade Collagen Face Mask</b>	\$110
An icon of luxury and Valmont expertise. Uses the latest medical data to imbue the skin with reparative, dermo-tensor collagen. Intensely hydrates, soothes and plumps tissue, and smooths wrinkles and fine lines. The face looks transformed. The complexion breathes radiant freshness. <i>Suitable for all skin types.</i>	
<b>Valmont Medical Grade Collagen Eye Mask</b>	\$75
Inherited from brand's medical roots, this premier mask imbues the skin with reparative, dermo-tensor collagen. Intensely hydrates and soothes, smoothing wrinkles and fine lines. It's decongesting ingredients reduce the appearance of puffiness, activate microcirculation, and fight against dark circles. Eyes appear fresh, sparkling and visibly well rested. <i>Suitable for all skin types.</i>	
<b>Valmont Medical Grade Collagen Neck &amp; Decollete Mask</b>	\$95
The gold standard firming and repairing treatment that restores and revitalizes the neck and décolleté. <i>Suitable for all skin types.</i>	
<b>Paraffin Hand Treatment</b>	\$35
Warm Paraffin mitts are placed on the hands to offer smooth and soothed hands.	
<b>Paraffin Foot Treatment</b>	\$35
Warm Paraffin mitts are placed on the feet to offer smooth and soothed feet.	
<b>Brow Wax Clean Up</b>	\$15
Eyebrow area clean up under the arch, between the brows and/or above the brows. Does not add time to treatment.	
<b>Lip Wax Clean Up</b>	\$15
Cleans up unwanted hair above the lip. Does not add time to treatment.	
<b>Chin Wax Clean Up</b>	\$15
Cleans up unwanted hair on chin. Does not add time to treatment.	

# LASHES & BROWS

<b>Lash Lift &amp; Tint</b>	75 Min \$100
A perm for the lashes that lasts about 6-8 weeks including adding color for a "mascara" look.	
Lift Only	60 Min \$75
Tint Only	20 Min \$25
Brow Wax +\$15 Lip Wax +\$15 Chin Wax +\$15 Eye Enrichment +\$40	
<b>Lash Extensions</b>	
Classic	120 Min \$140
Single lash on each natural lash - adds length.	
Hybrid	160 Min \$160
Mix of classic and fan lashes to create more dimension and fuller appearance.	
Volume	180 Min \$180
Fan lashes for a full lash look	
<b>Brow Tint</b>	\$30
Tint the brow hairs for a natural defined look.	
Brow Wax +\$15	

# MAKEUP LESSONS

<b>All About Eyes Lesson</b>	50 Min \$85
Discover your best eye enhancing colors and techniques. working with the skilled makeup artist, and your desired outcome, you will be confident with your new eye look.	
<b>Flawless Foundation Lesson</b>	50 Min \$85
Take the guess work out of what foundation color and formula that is best for you by allowing our makeup expert to take you from priming, to color correcting to contouring to finding the correct concealer and finding the perfect color foundation.	
<b>Enhance Lip &amp; Cheek Lesson</b>	25 Min \$50
Our makeup expert will help you select the best colors and techniques for you lips and cheeks to enhance your every mood and outfit.	

# MAKEUP SERVICE

<b>Makeup Application</b>	50 Min \$100
Enhance your beauty with a personalized makeup application by our skilled makeup artist. Using premium products, we create a look tailored to your style. Perfect for any occasion	

# INFRARED SAUNA

<b>Infrared Sauna</b>	20 Min \$25   50 Min \$55
Improve circulation and respiratory systems, immunity, stabilize the autonomic nervous system. Aids in reducing inflammation, blood pressure and arterial stiffness. Detoxes the body, killing many resistant types of bacteria and pathogens in our systems. Stimulates collagen production which can reduce the appearance of wrinkles and improves overall skin tone.	
Add a Friend +\$10	

# HYDROMASSAGE

<b>HydroMassage</b>	20 Min \$40   30 Min \$50   40 Min \$70
Pressurized warm water travels through the unit to targeted areas of your body, which you can adjust through a touch screen. Targets up to 60 different areas of your body. You choose the areas and pressure for a truly customized experience! Located in our Gym, HydroMassage can be enjoyed fully clothed or in a robe.	