



MENU OF SPA SERVICES

MASSAGES

Any 50-minute massage treatment with a (p) after its name and all 80-minute massages are not recommended for pregnant women. Please note: Enhancements do not add time to the treatment.

Providence 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.

Deep Tissue Massage (p) 50 Min \$155 | 80 Min \$245
The combination of specialized techniques and a therapeutic muscle gel alleviates deep-seated muscle tension.

The Signature Massage (p) 50 Min \$135 | 80 Min \$210
Choose your aromatherapy to begin the full body, firm pressure massage with an emphasis on the back, neck and shoulders.

Cannabliss CBD Full Body Massage* 50 Min \$170 | 80 Min \$250
Surrender yourself to the opulent fully body massage (including abdomen if desired) using high quality CBD that penetrates the muscles working in harmony with the skilled massage therapist touch and you will emerge with less discomfort and fully relaxed. At the end of this treatment you will be offered 2 CBD gummies that do contain 0.03% of THC with instructions on how to use them if you desire.
**Must be 21 years old to receive this service.*

The Relaxation Ritual Massage 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 Massage 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.

Express Massage 25 Min \$75
Target two areas that need the most attention and experience relief.

Scalp Massage 25 Min \$75
The face, neck and scalp massage that relieves stress and clears the mind.

Foot Massage (p) 25 Min \$75
Lower legs and feet get all the love to relieve the tension and discomfort in the feet.

Body Blend Massage 50 Min \$145 | 80 Min \$220
A light exfoliation refreshes and awakens the skin and is followed by a gentle massage using luxurious shea butter.

Thai Massage (p) 50 Min \$165 | 80 Min \$245
Thai massage combines compression, acupressure, and passive stretching increasing range of motion in joints and muscles. You are fully clothed during the session so wear clothing that is comfortable and can stretch easily.

BODY WRAPS

Body wraps include an application of an exfoliant or customized masque designed to nourish your body both inside and out. Any 50-minute massage treatment with a (p) after its name is not recommended for pregnant women.

Island Bliss Ritual 100 Min \$245
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* 100 Min \$265
Indulge in the ultimate relaxation experience. High quality CBD salts are applied to the body, providing a gentle exfoliation. Followed by an application of CBD oil to help alleviate tension, reduce stress and promote a sense of tranquility. At the end of this treatment you will be offered 2 CBD gummies that do contain 0.03% of THC with instructions on how to use them if you desire.
**Must be 21 years old to receive this service.*

Sea Foam Body Smoothie* 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 \$135
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.

Honey "Be" Wrap 50 Min \$135
Honey from our apiary enhance this wonderful wrap with the gentle exfoliation and luxurious application of a rich lotion. Feel clean, smooth and relaxed.

Vitamin Wrap 50 Min \$135
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.

FACIALS

In the privacy of your facial 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. Please note: Enhancements do not add time to the treatment.

Valmont Energy of the Glaciers Facial 60 Min \$300 | 90 Min \$400
Journey into luxury skin care with Valmont's signature anti-aging facial. Advanced massage techniques, triple DNA and iconic medical grade collagen stimulate cell renewal, erase signs of fatigue and provide intense, immediate results. Specialized acupressure and smoothing techniques increase the effectiveness of the active ingredients, elevating your complexion to look and feel better than ever before.

Custom Facial 80 Min \$245
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.

Detox Facial 50 Min \$165
Blue light exposure along with environmental pollutants increase inflammation that accelerates the signs of aging. The results to expect are a clearer skin appearance along with a balance of hormonal and environmental defenses.

Luminous Facial 50 Min \$165
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.

Powerlift Facial 50 Min \$165
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.

Resilient Facial 50 Min \$150
Organic extracts combined with herbal complexes balance the skin and improve the natural barrier function to reveal a natural radiant glow.

Renewal Facial 50 Min \$145
Deep cleansing, gentle exfoliation, extractions if needed and a customizable mask provide a clean hydrated complexion.

Glow & Go Facial 50 Min \$165
Put your best face forward with this result driven facial. A Collagel Face Mask along with powerful peptides will have your skin glowing and red carpet ready. This non invasive facial is perfect for a same day event.

Rapid Radiance Facial 25 Min \$75
Fast and effective. Gentle exfoliation followed with a vitamin C boost and a copper activating serum and your complexion will be radiant.

The Gentlemen's Facial 50 Min \$120
Decongests the skin and infuses moisture to overstressed complexion while protecting from future damage.

Back Facial 25 Min \$75 | 50 Min \$135
This customized treatment leaves your skin soft, hydrated and clean. Removing dead skin cells along with any build-up will help heal and clear breakouts and restore moisture to this often-forgotten area of the body. The Back facial includes cleansing, steaming, exfoliating, extractions, and a customized mask.

HYDROMASSAGE

HydroMassage 15 Min \$30 | 30 Min \$50 | 45 Min \$80
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.

NAILS

Add \$10 for French polish. Removal of gel polish starts at \$10. Gel polish can be added to any spa mani or pedi services for additional fee. Inquire about Acrylic sets and fills. Please note: Enhancements do not add time to the treatment.

Honey "Be" Pedicure 50 Min \$65
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 \$50
Enjoy the benefits of our natural homegrown treatment. With honey harvested from our own apiary, a gentle polish has been formulated to rejuvenate tired skin. This hydrating treatment finishes with our custom blend moisturizer, massaged into overworked hands and/or feet.

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, hands or feet. 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 \$65
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.*

Man's Manicure 25 Min \$30
A refresh on the nails to include nail filing, buffing and cuticle work.

Man's Pedicure 50 Min \$65
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.

Express Manicure 25 Min \$30
Don't let the name fool you. This quick clean up and polish will leave your nails red carpet ready. NOTE: Does not include a hand massage.

Express Pedicure 25 Min \$40
A bit more than a polish change, a "freshen up."

Revival Pedicure 50 Min \$65
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 \$65
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.

Acrylic Services & Nail Art

Acrylic Set & Gel Polish Starting at \$75 Nail Art \$10

Acrylic Fill & Gel Polish \$50 French Tip \$10

Acrylic Fill & French \$60

Princess Nails (12 and Under)

Manicure \$15 Pedicure \$20

INFRARED SAUNA

Enter our Infrared Therapy Cabin (Sauna) and be surrounded by Infrared Light. The results are a deeper sweat at lower air temperatures. Added benefits include Red Light Therapy which helps promote cell growth and regeneration by increasing cell energy and performance. Stronger cells increase healing time and improve the condition of ailments and damage. Our infrared sauna is also Bluetooth(R) ready to help you create your own personal experience.

15 Minutes* \$10 45 Minutes* \$30
30 Minutes* \$20 60 Minutes* \$40

*Add a friend for only \$5 each session. Available for sale in the Retail boutique, sugar-free Electrolyte powder for before and after your session

HAIR

NOTE: Price of service may increase due to hair density, texture and length. Exact quotes cannot be given without a formal consultation.

Wash, Cut & Style

Wash & Blow Dry Starting at \$40
Wash, Cut & Blow Dry Starting at \$58
Hot Iron Styling (Add to Any Service) Starting at \$20
Men's Cut & Style Starting at \$40
Men's Color Starting at \$45
Children's Cut Girls (12 and Under) Starting at \$45
Children's Cut Boys (12 and Under) Starting at \$40

Special Occasions & Bridal Services

Formal Blowout \$65
Formal Style Starting at \$95
Formal style can include curling/pinning, half up and up-do looks.
(Remember your hair should be clean and dry for this service.)
Wedding Trial for Bride \$120
Wedding Day Bride Only \$150

Hair & Scalp Treatment 50 Min \$65

Hydrate your hair and scalp with a tailor made cocktail of products. Includes a luxurious massage and finishes with a customized blowout.

With Haircut Starting at \$75

Goldwell Brilliant Hair Color Services*

Includes Blow Dry & Style
Single Process - One Color Application Starting at \$90
With Cut Starting at \$115
Color Balance Starting at \$110
With Cut Starting at \$140
Highlights & Lowlights
Partial Starting at \$120
Full Starting at \$150
Partial With Cut Starting at \$165
Full With Cut Starting at \$185
Corrective Color Conversion Starting at \$250
Specialty Hair Painting/Balayage Starting at \$160

* Color consultation recommended for all color services.

HOLISTIC

Holistic Therapy focuses on the health of the entire body and mind and not just individual parts of the body. 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.

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

Reiki is a gentle and safe energy healing technique that helps cleanse, balance, and restore the energy field. Reiki is known to increase relaxation and help us to navigate our emotions more effectively. It is often used to help reduce physical discomfort and pain. Guest is fully clothed for the duration of the session.

Guided Meditation Energy

Clearing & Empowerment 25 Min \$75 | 50 Min \$125 | 80 Min \$210

With creative visualization and energy practices, you will be guided on a personalized inner journey to bring clarity, expansion, and alignment to your life. This session brings transformation and a deeper connection with your unique truth. Includes crystal and sound healing.

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

Reflexology is a deeply relaxing footwork therapy, which applies specialized techniques on reflex points to revitalize the entire body as a whole. This stress relieving therapy promotes the alpha state of relaxation which in turn improves circulation.

MAKEUP

Meet with our Providence Spa Makeup artists and create your best daytime look, evening look, and special event sparkle. You'll be photo (selfie) ready every day.

Makeup Special Occasion 50 Min \$85

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

Wedding Trial* 90 Min \$125

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

*Please inquire about our Personalized Wedding Services and Bridal Lounge.

Makeup Application 30 Min \$50

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

LASHES & BROWS

Lash Lift	\$75
Lash Tint	\$45
Lash Lift & Tint	\$100
Brow Tint	\$30
Brow Lamination	\$110
Fashion Lashes	Starting at \$25

WAXING

Professional waxing services help hair grow back remarkably finer, exfoliation creates healthier skin, skin is less itchy and less likely to inflame. The end result is silky smooth skin.

Eyebrows	Allow 15 Min	\$25
Lip	Allow 15 Min	\$15
Chin	Allow 15 Min	\$15
Brows & Lip	Allow 30 Min	\$35
Brows & Chin	Allow 30 Min	\$35
Full Chest & Stomach	Allow 45 Min	\$75
Chest	Allow 45 Min	\$75
Back	Allow 45 Min	\$75
Under Arms	Allow 30 Min	\$30
Half Arms	Allow 30 Min	\$40
Full Arms	Allow 45 Min	\$55
Half Legs	Allow 45 Min	\$60
Full Legs	Allow 85 Min	\$80
Bikini	Allow 30 Min	\$40
Brazilian	Allow 45 Min	\$90

ENHANCEMENTS

CBD \$15
The anti-inflammatory and analgesic properties of CBD make this the perfect enhancement for any sore, achy or tired muscles *(Massage Only)*

Aromatherapy \$15

Eye Enrichment \$35
Collagen and hyaluronic acid rich eye pads that address tired eyes and reduce the appearance of fine lines.

Hot Stones - 1 Area \$20
Hot stones to 1 area of the body. *(Massage Only)*

Hot Stones - 2 Areas \$25
Hot stones to 2 areas of the body. *(Massage Only)*

Hot Stones - 3 Areas \$30
Hot stones to 3 areas of the body. *(Massage Only)*

Detox Foot Enhancement \$35
Self-heating effervescent marine-rich mud applied to the bottom of the foot helps release toxins in the body.

Targeted Toning \$35
Visibly refine the silhouette. Choose your targeted area: Upper Arms or legs. *(Massage Only)*

Warm Spinal Compress \$35
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.

Collagen Mask \$35
Collagen supporting peptides and potent hydrating nutrients reduce the appearance of fine lines and wrinkles while brightening age spots. *(Facial Only)*

Vitamin C Brightening Mask \$35
Collagen-boosting and wrinkle-relaxing peptides to augment the activity of the Vitamin C. Firms sagging skin, brightens accumulated pigmentation, protects skin using potent antioxidants, and reduces inflammation. *(Facial Only)*

Lip Enhancement \$35
A renewing lip treatment designed to offer a surge of nourishment and hydration to dry, lackluster lips. Instantly revitalizes and restores with a potent blend of elasticity-enhancing and skin-plumping ingredients, resulting in visibly fuller, younger-looking lips. *(Facial Only)*

Warm Salt Stones \$20
Warm Himalayan salt stones on the neck and decollete. *(Facial Only)*

Paraffin \$35
Relaxing, moisturizing and healing. *(Nails Only)*

Three Unique Destinations,
One Gift Card, Endless Possibilities.

The Norwich Spa e-Gift Cards can be redeemed at any of the three locations.

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

The Spa at
Norwich Inn

The Norwich Spa
AT FOXWOODS

The Norwich Spa
AT
Graduate
PROVIDENCE