

SPA MENU

“I love that The Newt is set deep in the Somerset Countryside. Here, nature makes it so easy for you to lower your shoulders and take a deep breath. Our spa is closely connected to nature and having a herbal garden at our doorstep that we can work with is such a luxury. At the spa we would like to invite our guests to experience this simple luxury: a barefoot walk, picking some herbs, smiling at the birds. All this brings you back to yourself, which is the greatest luxury of all, isn't it?”

Franziska Lang, Head of Wellbeing

TREATMENTS

We feel that wellbeing is an important part of life. It is how you feel and who you are. It is more than a trend or an add-on. And it does not need to be complicated. To become aware of your own state of being is the first step. Wellbeing feels good, and at The Newt we believe that it can be enhanced any time, it can be promoted anywhere.

We would like to intrigue you to become aware and to experience it for yourself.

Our spa offers a beautiful medieval herbal garden that invites you to take a stroll all year round, connecting you to English history when natural remedies were an integral part of life. Touch, feel, smell our herbs and flowers.

Our Head of Wellbeing Franziska recommends:

The cooler months of the year are a time to rest, digest and look inwards. We therefore have added treatments that offer an extra sense of relaxation and gentleness. Offering a slowing down and creating space that allows you to easily let go and receive. Our Warm Candle Massage is magical for a cold day.

The Turkish hammam is THE place to be during the winter months since it is experienced in our warm hammam steam chamber. It convinces me through its simplicity: soap, a scrub glove, beautiful products and lots of warm water. Surrounded by the most stunning Italian Carrara marble. Nothing more is needed for this incredibly luxurious ritual. A hammam treatment in the UK is something truly unique since only few places here call a hammam their own. Our therapists are trained inspired by authentic Turkish traditions and techniques, ensuring high quality and personalised service.

OUR SIGNATURE TREATMENTS

Hamмам and Massage

For the ultimate spa experience, combine any of our Hammam treatments below with a 60 minute massage of your choice. This is an exceptionally beneficial combination since the warmth of the hammam primes and softens your muscle tissue, making the following massage very effective. Also available as a couples treatment.

HAMMAM ORANGE, HONEY & OLIVE EXFOLIATION

For one 30 min £95

Receive this luxurious treatment in our hammam marble chamber. Enjoy a full body exfoliation with our aromatic Detoxifying Body Balm from MarocMaroc. The balm exfoliates with argan powder and orange peel while hydrating and softening the skin with honey extract, argan oil and natural bees wax. Warm steam ensures to soften your skin. Your body is then deeply cleansed and detoxified with a rehydrating olive soap. A divine scalp massage helps you release tension while your hair is nourished with a hair mask infused with shea butter, sweet almond and bitter orange. All products will be rinsed off with warm water, leaving you relaxed, refreshed and balanced.

For couples 60 min £190

Available as a couples treatment, performed by one therapist. You relax in our marble treatment chamber while your partner is pampered, then you switch over. The couples treatment lasts 60 minutes, giving each person a 30 min. hands on experience.

HAMMAM TURKISH SOAP TREATMENT

60 min £195

A hammam experience inspired by traditional Hammams in Istanbul. Warm water is poured over your body while you warm up in the private steam chamber of our marble lined hammam room. With your skin now beautiful and soft, you receive an exfoliation with a Turkish scrubbing mitt “kese”. The central pieces of this ritual are two humble items: a bar of Turkish soap and a cotton pouch called “torba”. With both, your therapist uses specific techniques to produce a luxurious silky foam and envelopes you in it from top to toe. The foam is massaged into your skin with deep and slow strokes. A hydrating honey and milk mask for the body and nourishing argan oil for your hair complete this absolutely wonderful experience, leaving you feeling revitalised, nourished and relaxed at the same time.

HAMMAM MOROCCAN SOAP TREATMENT

60 min £195

Inspired by oriental traditions, this luxurious treatment in our Hammam steam chamber will leave you rosy-cheeked and feeling refreshed. Begin reclined on the warm marble bench as your therapist pampers you with a deeply cleansing olive soap treatment for the body. Using authentic Moroccan products suitable for royalty, a thorough and renewing sugar peeling infused with orange peel and sesame oil ensures the entire body is awakened. An exfoliating face balm with almond grains buffs away impurities while a cream mask with argan oil and almond milk nourishes your hair. Your journey concludes with an application of argan oil on your body to leave your skin hydrated and soft.

HAMMAM TOP TO TOE INDULGENCE

120 min. £295

Inspired by oriental traditions, this luxurious treatment in our Hammam steam chamber will leave you rosy-cheeked and feeling refreshed. Begin reclined on the warm marble bench as your therapist pampers you with a deeply cleansing olive soap treatment of the body. Using authentic Moroccan products suitable for royalty, a thorough and renewing sugar peeling infused with orange peel and sesame oil exfoliates and softens your skin. Gentle stretches applied by your therapist will leave your body energised. The journey continues into one of our treatment rooms for a purifying facial. Warm and cool elements are incorporated during the facial massage using hands and smooth basalt stones for the ultimate relaxation experience.

MASSAGES

Time for Two

Any of our massages can be experienced in a couple's room, subject to availability.

WARM CANDLE MASSAGE

60 min £165 / 90 min £220

This treatment takes you into deep relaxation with lavish warm oil poured from a massage candle, scented with soothing and grounding scents of vanilla and musk. Your therapist applies gentle and flowing strokes inspired by Lomi Lomi techniques, giving you that deep relaxation for your muscles and mind. This massage is gentle yet very effective on tensions, aches and pains, leaving you feeling nourished and well rested.

HERBAL POULTICE MASSAGE

60 min £175 / 90 min £230

A beautifully warming treatment that incorporates heated poultices filled with herbs and warm massage oil. The heat and herbs stimulate blood flow, soften your muscles, and work deep in the tissue without using much pressure. A deeply relaxing and soothing treatment that works effectively on a tired mind and tense muscles.

REFLEXOLOGY MASSAGE

30 min add-on £55 / 60 min £165 / 90 min £220

This treatment works on the reflex zones of your feet, targeting certain areas of your body that need some extra attention. An initial foot and leg massage will warm up your feet and will open the energy lines of your body according to Traditional Chinese Medicine. Your therapist works on targeted pressure points at your feet, bespoke to your individual needs. A very effective and soothing treatment for a variety of health-related goals that will leave you feeling more balanced.

UPPER BODY RELEASE

60 min £175

Your therapist will work with bespoke pressure focusing on the upper body – back, neck, shoulders, arms, face and head. This highly targeted treatment aims to release common tensions of a busy life. Ideal for those who spend long hours in front of electrical equipment.

RELAXING FULL BODY MASSAGE

60 min £165 / 90 min £220

A gentler massage with flowing strokes and medium pressure to balance a tired body and mind. Drift away while your therapist massages away tension and helps you reduce stress levels in your body and mind.

DEEP TISSUE RELEASE

60 min £175 / 90 min £230

This Deep Tissue massage differs from the usual. We start on your back, with very slow movements and without massage oil, working to release restrictions in your myofascial tissue - the fascia surrounding and supporting all muscles as a fibrous network. This slow massage enables knotted and hardened areas to become more pliable, soft and mobile and are an ideal preparation to focus on any areas of concern more deeply. Your therapist will then use a combination of dynamic and softer strokes, pressure points and kneading techniques to increase circulation, stretch and soften tight muscles.

MOTHER-TO-BE BODY & FACE EXPERIENCE

90 min £220

A wonderfully restorative treatment for mothers-to-be. This treatment is specifically designed to meet the unique needs of expectant and new mothers. Enjoy nourishing organic oil blends of Calendula, Jojoba, Rose Hip and Chamomile. The massage focuses on back, shoulders and feet and helps to alleviate muscle tension and fatigue while assisting to ease any discomfort during your pregnancy. During the 45-minute facial, the organic formulas from The Organic Pharmacy will leave your skin renewed, soft and supple while its relaxing fragrance of natural oils helps calm the mind. Suitable from the second trimester onwards.

NEW LIFE PRE-NATAL MASSAGE

60 min £165

Soothing and relaxing massage techniques will provide you with that much needed time out for your body. Take care of yourself and your little one during this very precious and unique time in your life. Suitable from the second trimester onwards.

TREATMENTS *with* THE ORGANIC PHARMACY

Founded in 2002 with their own laboratory and factory in London, two decades of knowledge infuse formulations that integrate herbal, homeopathic and cosmetics to create new standards in clean, high performance beauty. The Organic Pharmacy uses ingredients of the highest pharmaceutical and cosmetic standard. They are sustainably sourced, cruelty-free and where available, organic.

BODY TREATMENTS *with* THE ORGANIC PHARMACY

ROSE HYDRATING BODY RITUAL

90 min £220

A rejuvenating and hydrating treatment that envelops your body with the nourishing essences of rose & jasmine. Ideal for dry, sun exposed or mature skin. This comforting body therapy includes a gentle, yet effective body scrub enriched with ylang ylang and rose geranium, followed by a warm rose mud wrap. Your therapist will pamper you with a scalp massage during the wrap. The treatment concludes with the application of the deeply hydrating rose & jasmine body oil and rose cream. Your skin will feel plump, renewed, and deeply hydrated.

BODY CLEANSING RITUAL

90 min £220

This revitalising and cleansing body treatment starts with an invigorating body polish with seaweed, sea salt and oils of lemon and eucalyptus. You enjoy then a detoxing mud wrap infused with rosemary, juniper, fennel and grapefruit to promote detoxification while your therapist pampers you with a vitalising scalp massage. The rituals finishing touch is the application of The Organic Pharmacy detox cellulite body oil and sculpting body gel. This ritual will help improve microcirculation and leaves your skin smoother, firmer and well-hydrated.

BODY & FACE CLEANSING RITUAL

90 min £220

Experience a renewing ritual from top to toe. Combining a purifying seaweed lemon & eucalyptus salt scrub and detoxifying seaweed mud wrap with a powerful antioxidant facial with active ingredients such as vitamins A, C, E, rosemary, marigold, minerals, and rosehip to tighten, brighten and tone the skin. Complimented by lymphatic drainage, foot, arm and facial massage and rounded up with the application of green coffee & chilli sculpting body gel, this ritual will leave the whole system feeling deeply cleansed and renewed, helping to kick-start detox processes for general wellbeing.

FACIALS *with* THE ORGANIC PHARMACY

ROSE DIAMOND FACIAL

60 min £195 / 90 min £245

Pro-ageing, contour defining, natural glow

A truly luxurious pro ageing facial that helps reduce fine lines with the help of diamonds. Diamond powder is said to have an exceptionally high absorption rate and when infused with active anti-ageing ingredients, can penetrate deep within the skin cells and help reduce signs of ageing, improve skin texture and bestow a beautiful natural glow. This is a sumptuous pro-ageing facial with diamond powder. This diamond facial works to hydrate, firm and brighten your skin. A deep exfoliation using diamond dust and an enzyme peel are followed by a lifting massage leaving the skin looking instantly refreshed and rejuvenated.

SIGNATURE ROSE CRYSTAL LYMPHATIC FACIAL

60 min £165 / 90 min £225

Cleansing, soothing and hydrating

This rose and jasmine infused treatment is the signature facial of The Organic Pharmacy. It provides you with two luxurious masks that deeply cleanse, repair and nourish. A facial acupressure massage is performed to allow better penetration of the products and to firm the skin. Following this a facial lymphatic drainage massage, using smooth rose crystals and The Organic Pharmacy Antioxidant Serum to ensure that your skin will feel toned, balanced and firm. The result: a glowing complexion. For the ultimate relaxation, upgrade to the 90 minute treatment to experience all of the above, as well as a lifting collagen mask plus a luxurious foot and arm massage.

ANTIOXIDANT FACIAL

60 min £165

Stimulating lymphatic flow, balancing and brightening

This facial is packed with powerful ingredients like hyaluronic acid, vitamin c, antioxidant face serum and cream. Your skin will receive a boost in re-hydration and repairing. Ideal for the urban lifestyle, the highly effective products provide protection from pollution, sun exposure and free radicals, whilst nourishing your skin to feel plump, toned and smooth. Gentle facial cupping and a facial lymphatic massage using smooth crystal stones is performed to drain excess fluid from the face, sinuses and skin, revealing bright glowing skin.

FACIALS *with*
LINDA MEREDITH

HAUTE COUTURE FACIAL

60 min - £165 / 90 min - £225

Purifying, detoxifying, gentle resurfacing

This facial incorporates the use of the Linda Meredith oxygen machine and works the brand's top-selling serum deep into your skin. With its vitamin enriched formula, containing high percentages of active ingredients such as hyaluronic acid and beta glucan, Linda Meredith's serum visibly plumps and firms your skin, and results can be seen with just one treatment.

HYALURONIC FACIAL WITH OXYGEN

90 min - £225

Plumping, hydrating, evening out skin tone

With this hyaluronic facial, we focus on the skin's hydration and firmness. Just a single treatment can greatly improve the appearance of the skin, calm and soothe irritations and improve moisture levels. A fine sheet of freeze dried hyaluronic acid is moistened into the contours of your face, allowing the active ingredients to absorb deep into the epidermal layers of the skin. Hyaluronic acid binds huge amounts of water and keeps your collagen hydrated and nourished.

V-Tox & COLLAGEN FACIAL WITH OXYGEN

90 min - £245

Ultimate pro-ageing, firming, luxurious

Voted in Tatler's magazine as the best alternative to Botox, Linda Meredith's own V-Tox moisturiser utilises a botanical algae to relax the skin, thus promoting smoothing, line-diminishing effects in a natural way. V-Tox restores the skin's elastin, collagen and moisture levels which results in firmer, smoother and more youthful looking skin.

**BE YOUR OWN
THERAPIST**

The following experience is designed to bring you the joy of trying it out yourself! Our therapists will prepare our rasul chamber just for you, present you with all lotions and potions that you will need for your exciting and literal self-care experience.

RASUL

30 min £55 per person

An experience designed for one or two and carried out by yourselves. Apply a scrub to the whole body, along with a hair mask, followed with an application of face and body mud while you enjoy a private steam chamber. Finish with a refreshing mint body spritz. When do you ever get requested to dig your hands elbow-deep in mud, literally? By the way, the mud will leave your skin smooth, deeply cleansed, mineralised and nourished.

HANDS & FEET

THE NEWT MANICURE

60 min £80 (with polish) / £85 (with shellac)

A luxury manicure to leave you with soft, nourished and beautiful hands and nails. Please note: existing gel polish must be removed prior.

GENTLEMAN'S MANICURE

45 min £70

A luxury manicure tailored to gents, to leave you with soft, nourished and beautiful hands and nails. Polish available on request.

THE NEWT PEDICURE

75 min £100 (with polish) / £105 (with shellac)

A relaxing pedicure designed to leave you with pampered and hydrated feet. Please note: existing gel polish must be removed prior.

GENTLEMAN'S PEDICURE

60 min £80

A relaxing pedicure designed to leave you with pampered and hydrated feet. Your therapist will concentrate on areas of concern and finish with a foot and leg massage. Polish available on request.

FILE & PAINT

30 min £45

A file and paint for the hands or feet. Includes a file, cuticle tidy and polish.

SHELLAC POLISH REMOVAL

30 min £45

Removal of your shellac polish and tidy of the nails.

HAIR SERVICES

BLOW DRY

45 min - £55-75

- As an add-on to any spa treatment £55
- As an individual booking £60
- With heated styling (curl iron or straighteners) allow an extra 15 min + £15

LADIES CUT & BLOW DRY

60 min - £75

- Wash, cut and blow dry
- With heated styling (curl iron or straighteners) allow an extra 15 min £90

MEN'S CUT & BLOW DRY

30 min - £50

- Wash, cut and blow dry

FRINGE TRIM

£5

Hair colour on request.

PERSONAL TRAINING

Book one of our excellent PTs and yoga instructors for your own personal session: Fitness, Weights, Pilates, Yoga, Wild Swimming, Cycling, Running. Our instructors are happy to assist with the above and more: Introduction to our gym, in-depth focus around your hobbies and workouts, injury rehabilitation, running video analysis, coaching on Natural Movement Patterns, personal conditioning, breathwork.

I : 1
£140

I : 2
£180

I : 4
£250

BOOKING INFORMATION

BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time and service are available. Bookings can be made by email:

reservations@thenewtinsomerset.com

or

from your room through extension '0'

CANCELLATION POLICY

Please allow 24 hours notice for cancelling your appointment to avoid a cancellation fee of 100%.

ARRIVAL

We suggest arriving 15 minutes prior to your booking. This allows you to get settled in and enjoy the full duration of your treatment.

TREATMENTS DURING PREGNANCY

We offer a selection of treatments that are tailored for the specific needs during pregnancy. Please be aware that for your own health and safety we do not perform any treatments during the first trimester.

OPENING HOURS

SPA

Pool and spa facilities open daily 8am - 7pm
Spa treatments daily 10am - 6pm

FARMYARD POOL

Open daily 8am - 7pm

FAMILIES

Our Farmyard pool welcomes families all day from 8am - 7pm.
Family swimming times at our Spa: 9 - 10am, 1 - 2pm, 4 - 5pm.
Children of nappy-wearing age must wear swim nappies at all times.

GYM

Open daily 6am - 7pm.
Scan below to view our class timetable.



Our House Lobby team will gladly assist you for
enquiries outside hours.