

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:

A speciality at our spa at The Newt is our Garden Signature Massage, where your therapist accompanies you through our medieval herbal garden, inviting you to perceive with all your senses. Providing an experience that reaches beyond the treatment room, extending the spa to the outdoors, uniting nature and your personal care.

SIGNATURE TREATMENTS

SPA GARDEN SIGNATURE MASSAGE

90 min - £185

Get truly grounded with this experience that goes beyond the treatment room. Your therapist starts your treatment by inviting you on a barefoot stroll through our medieval herbal garden. There, all your senses get inspired when you touch and smell the herbs and flowers. Your therapist will freshly harvest the herbs of your choosing and weave them into your treatment experience. Arriving in the treatment room, you start with a warm herbal footbath, followed by a bespoke full-body massage. We hope you will leave feeling balanced and peaceful, with a fragrance of fresh herbs lingering in your memory.

SPA GARDEN SIGNATURE BODY & FACE TREATMENT

90 min - £185

You start your experience with a stroll through our medieval herbal garden. There, all your senses get inspired when you touch and smell the herbs and flowers. Your therapist will freshly harvest the herbs of your choosing and weave them into your treatment experience. Back in the treatment room, your therapist will pamper you with a back massage, followed by a regenerating facial with our beautiful products from The Organic Pharmacy. We hope you will leave with that inner and outer glow and a fragrance of fresh herbs floating in your memory.

MASSAGES

HAMMAM SOAP BODY TREATMENT

60 min - £185

Inspired by oriental traditions, this luxurious treatment in our Hammam steam chamber will leave you rosy-checked and feeling refreshed. Begin reclined on the warm marble bench as your therapist pampers you with a deeply cleansing soap treatment of the body. Using authentic Moroccan products suitable for royalty, a thorough and renewing body exfoliation, including the face, ensures the entire body is awakened. Following is a hair treatment and application of a nourishing body cream to complete the journey. Circulating steam keeps your skin soft while enabling the products to penetrate deeply.

HAMMAM SOAP TREATMENT TOP TO TOE INDULGENCE

120 min - £245

Inspired by oriental traditions, this luxurious treatment in our Hammam steam chamber will leave you rosy-checked and feeling refreshed. Begin reclined on the warm marble bench as your therapist pampers you with a deeply cleansing soap treatment of the body. Using authentic Moroccan products suitable for royalty, a thorough and renewing body exfoliation and total body stretching ritual will leave your skin soft and your body energised. Circulating steam keeps your skin soft while enabling the products to penetrate deeply. The journey continues into one of our treatment rooms for a purifying facial mask. Whilst the mask works deep into the skin, your therapist performs a scalp massage, completing the journey with a facial massage using a mixture of hands and smooth basalt stones for the ultimate relaxation.

HERBAL POULTICE MASSAGE

60 min - £160 / 90 min - £190

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

60 min - £150 / 90 min - £180

This treatment works on reflex zones on 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 MASSAGE

60 min - £150

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 - £150 / 90 min - £180

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 MASSAGE

60 min - £160 / 90 min - £190

A firm massage to work deeper on the muscles and tailored to suit your needs. Your therapist will use a combination of dynamic and softer strokes, pressure points and kneading techniques to increase circulation, stretch and soften tight body tissue.

REFRESHING MASSAGE

30 min - £75

Choose one of the following three areas and receive a restorative and refreshing massage:

- Back, neck & shoulder
- Hips, legs & feet
- Scalp, neck & shoulder

MOTHER-TO-BE BODY & FACE EXPERIENCE

90 min - £180

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 - £150

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 cosmeceutical standard. They are sustainably sourced, cruelty-free and where available, organic.

BODY TREATMENTS *with* THE ORGANIC PHARMACY

ROSE HYDRATING BODY RITUAL

90 min - £180

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 - £180

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 resculpting body gel. This ritual will help improve microcirculation and leaves your skin smoother, firmer and well-hydrated.

BODY & FACE CLEANSING RITUAL

90 min - £180

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 resculpting body gel, this ritual will leave the whole system feeling deeply cleansed and renewed, helping to kick-start detox processes for general wellbeing.

DETOX-KIT 10 DAY HOME PROGRAMME

£100 add-on

Receive with your treatment a 10-day dietary supplement programme from The Organic Pharmacy to help deepening the benefits of your cleansing Ritual. It is designed to cleanse the body gradually and gently from toxins and replenish with essential nutrients. The home-kit contains The Organic Pharmacy capsules “detox”, “phytonutrients + MSM”, “essential acids & vitamin B complex” and “superantioxidants”. Recommended for both of the above cleansing rituals.

FACIALS *with*
THE ORGANIC PHARMACY

SIGNATURE ROSE CRYSTAL LYMPHATIC FACIAL

60 min - £145 / 90 min - £180

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.

IMMUNE RECOVERY FACIAL

60 min - £145

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.

MEN'S FACIAL

60 min - £125

This deep-cleansing treatment combines natural bio plant actives with rich and nourishing ingredients to deeply cleanse the face, clear pores and smooth the skin. An indulgent face-toning massage completes the experience, leaving the skin clearer, brighter, and thoroughly cleansed. A de-stressing foot, hand, and scalp massage completes this experience tailored to men's skin.

FACIALS *with*
LINDA MEREDITH

HAUTE COUTURE FACIAL

60 min - £125

This facial allows you the benefits of a deep cleanse, extraction and gentle re-surfacing, followed by a mask with personalised products chosen by your therapist. Highly effective products help you to achieve the best results in a shorter time frame.

HAUTE COUTURE FACIAL WITH OXYGEN

60 min - £145 / 90 min - £185

The unique difference of our oxygen treatment, using medical-grade oxygen, is Linda Meredith's serum. A vitamin enriched formula with high percentages of effective ingredients such as hyaluronic acid and beta glucan. This serum visibly plumps and firms your skin, and results can be seen with just one treatment. This facial incorporates the use of the Linda Meredith oxygen machine.

V-TOX OXYGEN FACIAL

90 min - £190

The Haute Couture Oxygen Facial is taken one step further by incorporating Linda Meredith's own V-Tox moisturiser which 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 experiences are designed to bring you the joy of trying it out yourself! Our therapists will prepare either our hammam or 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 - £40pp

An experience designed for 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.

SELF-CARE HAMMAM EXPERIENCE

30 min - £45pp

Our luxurious hammam marble chambers are reserved just for you. Your therapist prepares traditional hammam face and body products, including a bowl with silky soap-water and the original “Kese”, a coarse exfoliating glove traditionally used in Turkish baths, or “Hammams”. Your therapist will ensure to leave you well instructed before you carry out yourselves this private experience in the marble steam chamber. As in Turkey, you wash the products off by pouring warm water over your or your partner’s body; a truly luxurious experience, leaving your body deeply cleansed and nourished.

HAIR & BEAUTY MENU

HAIR

AFTER-SUN DEEP CONDITIONING HAIR TREATMENT

60 min - £45pp

Recline in our salon-massage chair, receive a hair wash with O-Way's After-Sun Hair Bath which gently removes any chlorine and salt residue. Following, your hair is treated to O-Way's After-Sun Deep Conditioning Mask, complemented by a lovely hair and scalp massage. The treatment concludes with a revitalising blow dry to seal the cuticle, leaving a natural, healthy sheen to every fibre.

- Removes residue on the cuticle and gives new shine to your hair
- Nourishes deeply and restores the lipid balance of the hair fibre
- Repairs and seals the cuticles

BLOW DRY

45 min - £35-50

- As an add-on to any spa treatment £35
- As an individual booking £40
- With heated styling (curl iron or straighteners): allow an extra 15 min +£10

LADIES CUT & BLOW DRY

60 min - £55

- Wash, cut and blow dry
- With heated styling (curl iron or straighteners): allow an extra 15 min + £10

MEN'S CUT & BLOW DRY

30 min - £45

- Wash, cut and blow dry

DRY CUT

30 min - £45

- Please arrive with pre-washed and dry hair

FRINGE TRIM

£5

BEAUTY

LASH TINT

30 min - £30

BROW TINT

30 min - £15

LASH & BROW TINT

30 min - £35

WAXING

On request

HANDS & FEET

GARDENIA MANICURE

60 min - £65 (with polish) / £70 (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.

GARDENIA PEDICURE

60 min - £65 (with polish) / £70 (with shellac)

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

FILE & PAINT

30 min - £40

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

SHELLAC POLISH REMOVAL

30 min - £40

Removal of your shellac polish and tidy of the nails.

PERSONAL TRAINING

1 : 1

45 min - £75

1 : 2

45 min - £100

1 : 4

45 min - £120