

SPA MENU

Set in the heart of the Estate, our spa is closely linked to the gardens. We invite you to take a stroll around our beautiful medieval herb garden, connecting you to English history when natural remedies were an integral part of life. Touch, smell and lose yourself among the homegrown herbs and flowers. Slow down and float in the pool. Enhance your wellbeing with our holistic, deeply relaxing and targeted treatments.

OUR SIGNATURE TREATMENTS

HAMMAM ORANGE, HONEY & OLIVE EXFOLIATION

For one 30 min £105 / For couples 60 min £210

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. The steam softens your skin. Following which 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.

Available as an individual treatment or as a couple's treatment where you both receive a 30 min treatment one after the other while your partner relaxes in the chamber with you.

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 hammam room. With your skin now beautiful and soft, you receive an exfoliation with a Turkish scrubbing mitt "kese". The central aspects of this ritual are our Turkish soap and a cotton pouch called "torba". With both, your therapist produces 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 wonderful experience, leaving you feeling revitalised, nourished and relaxed at the same time.

HAMMAM MOROCCAN SOAP TREATMENT

60 min £195

This luxurious treatment 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 for the body. Using authentic Moroccan products, a thorough and renewing sugar scrub 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.

This treatment can be expanded into our Top to Toe Indulgence.

TOP TO TOE INDULGENCE

120 min £295

Your argan oil application is replaced with gentle stretches designed to leave your body energised. After which your 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.

BODY AND FACE RITUAL

75 min £185

Start your treatment with a relaxing foot cleanse. Using handpicked herbs from our medieval herb garden. The massage targets the back, neck and shoulders to help alleviate muscle tension, followed by a 45-minute facial. The formulas from The Organic Pharmacy will leave your skin renewed, soft and supple, while its relaxing natural oils helps calm the mind.

Rasul

30 min £55 per person / For couples 30 min £110

A mud rasul is a deeply restorative wellness ritual offering you a tranquil self-care experience with an abundance of wellness.

Our therapists will prepare the rasul chamber for you and guide you through all the muds and masks that you will need for your exciting and literal self-care experience.

Begin with a full-body scrub, complemented by a rejuvenating face, hair and body mask. Unwind and enjoy your private steam chamber while the products work their magic. Finish with a refreshing body spritz. This mud treatment will leave your skin smooth, deeply cleansed, mineralised and nourished.

We have curated three different types of rasul inspired by the estate to tailor to your needs.

ROMAN

Drawing inspiration from our Roman Villa and its plethora of Rosemary, this Rasul experience is crafted to revitalize, purify, and rejuvenate, leaving you feeling energized and refreshed.

BOTANICAL

Infused with the delicate essences of rose and geranium, this treatment offers abundant hydration. Your skin will be left nourished and silky smooth and your spirits lifted.

HARVEST

In honour of our agricultural heritage, the natural ingredients of apple, cucumber, honey and orange will enrich the skin and calm the senses. A complete contrast from the stresses of a busy life.

Massage treatments

WARM CANDLE MASSAGE

60 min £175 / 90 min £230

This treatment takes you into deep relaxation with lavish warm oil poured from a massage candle, scented with soothing and grounding Vanilla and Neroli. 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 / available in a couple's room

Handmade warm poultices crafted using fragrant ingredients, provide a beautifully warming experience. The combination of heat and herbs stimulates blood flow, relaxes muscles, and penetrates into the tissue while using light pressure. This deeply relaxing and soothing treatment is particularly effective for relieving tension in both mind and muscles.

REFLEXOLOGY MASSAGE

60 min £165

Working with the reflex zones of your feet, areas of your body that need some extra attention will be identified. An initial foot and leg massage will warm up your feet and 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. An effective and soothing treatment for a variety of health-related goals that will leave you feeling more balanced.

INDIAN HEAD MASSAGE

45 min £125

Highly recommended for those who spend long hours in front of electrical equipment. Focusing on the acupressure points in the shoulders, neck and head, the massage combines brisk friction moves and slow petrissage movements which can stimulate blood flow to the scalp. The added benefits will reduce stress, tension and leave you totally relaxed.

REIKI

60 min £165

Reiki is a gentle, focused treatment, where the therapist channels 'universal life force' energy, for the wellbeing of the body and mind. This powerful treatment is beneficial in balancing areas of stress and tension to leave you feeling energised and relaxed. Your treatment begins with a foot bath and detailed consultation. A clothed hands-on method will follow.

UPPER BODY RELEASE

60 min £165 / available in a couple's room

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.

DEEP TISSUE RELEASE

60 min £175 / 90 min £230 / available in a couple's room

Our Deep Tissue massage starts on your back, 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. The perfect 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.

RELAXING FULL BODY MASSAGE

60 min £165 / 90 min £220 / available in a couple's room

A gentler massage with flowing strokes 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.

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.

OWAY BOTANICAL SCALP DETOX TREATMENT

75 min £140

Start your treatment with a botanical herb and clay cleanser, using plant based and mineral ingredients to purify, nourish and exfoliate the scalp. Your journey will then continue with our Hydra-Dhara treatment.

Inspired by the healing rituals of ayurveda, this relaxing experience uses a beneficial flow of hydrolats and essential oils. A gentle flow of water alleviates stress, tiredness and emotional tensions, rebalancing the nervous system whilst you unwind with a relaxing pressure point massage. The treatment ends with a scalp massage, leaving you feeling grounded and rebalanced.

TREATMENTS *with* THE ORGANIC PHARMACY

For these treatments we have partnered with The Organic Pharmacy, who have more than two decades of knowledge. Their formulations 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

60 min £165

A rejuvenating and hydrating treatment that envelops your body with the nourishing essences of rose and 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

60 min £165

This revitalising and cleansing body treatment starts with an invigorating body polish with seaweed, sea salt and oils of lemon and eucalyptus. Enjoy a mud wrap infused with rosemary, juniper, fennel and grapefruit to promote detoxification while your therapist pampers you with a vitalising scalp massage. The finishing touch is the application of The Organic Pharmacy's detox cellulite body oil and sculpting body gel. This ritual will help improve microcirculation and leave 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 and eucalyptus salt scrub and detoxifying seaweed mud wrap alongside a powerful antioxidant facial. 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 finished 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

PRO FORMULA CRYO LIFTING FACIAL

75 min £185

By combining thermotherapy, cryotherapy, and lymphatic drainage techniques with specialized Cryo tools, this facial boosts skin circulation, reduces inflammation, and naturally lifts and contours the face. The treatment encourages an increase in oxygen and nutrient supply, promoting collagen production and improving skin elasticity. A deeply relaxing experience suitable for all skin types and concerns.

SIGNATURE ROSE CRYSTAL LYMPHATIC FACIAL

60 min £165 / 90 min £225

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. An acupressure facial massage aids better penetration of the products and firms the skin. Following this a facial lymphatic drainage massage, using smooth rose crystals and The Organic Pharmacy Antioxidant Serum ensures 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 and refreshing foot and arm massage.

ANTIOXIDANT FACIAL

60 min £165

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 and sinuses, revealing bright glowing skin.

FACIALS *with*
LINDA MEREDITH

EYE TREATMENT

45 min - £125

This treatment is wonderful for rejuvenating a tired and stressed eye area. Your therapist will use medical grade oxygen and highly effective products from Linda Meredith to reduce the appearance of fine lines and wrinkles, leaving the skin plump, smooth and radiant.

HAUTE COUTURE FACIAL WITH OXYGEN

60 min - £165 / 90 min - £225

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

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

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.

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. Kindly 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. Kindly 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 - £60

LADIES WASH, CUT & BLOW DRY

60 min - £75

Add heated styling to either of these appointments (curl iron or straighteners) for an additional £15

MEN'S CUT & BLOW DRY

30 min - £50

FRINGE TRIM

£5

Hair colour on request.

PERSONAL TRAINING

Book one of our excellent personal trainers and yoga instructors for your own personal session: fitness, weights, Pilates, Yoga, cold dips, 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'

All treatments are subject to a discretionary 12.5% service charge.

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 - 8pm
Spa treatments daily 9am - 8pm

FARMYARD POOL

Open daily 8am - 8pm

FAMILIES

Our Farmyard pool welcomes families all day from 8am - 8pm.
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 7am - 7pm.
Scan below to view our class timetable.



Our Host team will gladly assist you for
enquiries outside hours.