

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

30 min. £105 for one / 60 min. £210 for couples*

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 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.

**As a couple's treatment, 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. A Turkish scrubbing mitt or '*kese*' is used to exfoliate the skin, after which your therapist will use Turkish soap and a cotton pouch known as a '*torba*' to produce a luxurious silky foam in which to envelope you from top to toe. This is massaged into your skin with long, 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.

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.

SPA GARDEN SIGNATURE MASSAGE

90 min. £220

A truly grounding experience that goes beyond the treatment room. Our signature massage begins with a barefoot stroll through our medieval herbal garden, to invigorate the senses and harvest the herbs of your choosing with your therapist to weave into your treatment. Back in the treatment room, you'll start with a warm herbal footbath, followed by a bespoke full-body massage to leave you feeling balanced and relaxed, with the fragrance of fresh herbs lingering in your memory.

SPA GARDEN SIGNATURE BODY & FACE TREATMENT

90 min. £220

Your experience begins with a stroll through our medieval herbal garden, to invigorate the senses and harvest the herbs of your choosing with your therapist to weave into your treatment. Arriving in the treatment room, you will be pampered with a back massage, followed by a regenerative facial with our beautiful products from The Organic Pharmacy. Get that inner and outer glow, with the fragrance of fresh herbs lingering in your memory.

SIGNATURE BODY & FACE RITUAL

75 min. £185

Using handpicked herbs from our medieval herb garden, this massage targets the back, neck and shoulders to help alleviate muscle tension, followed by a beautifully relaxing 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 for one / £110 for couples

A mud rasul is a deeply restorative wellness ritual. Our therapists will prepare the rasul chamber and guide you through the muds and masks that you will need for your 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 types of rasul inspired by the estate to tailor to your needs.

ROMAN

Drawing inspiration from our Roman Villa and its abundance of rosemary, this rasul experience is designed to revitalise, purify, and rejuvenate, leaving you feeling energised 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

Using natural ingredients of apple, cucumber, honey and orange inspired by our agricultural heritage to enrich the skin and calm the senses. The perfect contrast to the stresses of daily life.

Massage

HERBAL POULTICE

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 body.

REFLEXOLOGY

60 min. £165

Working with the reflex zones of your feet, your therapist will identify any areas of your body that need some extra attention. An initial foot and leg massage opens the energy lines of your body according to Traditional Chinese Medicine. This treatment works on targeted pressure points on your feet, bespoke to your individual needs, with effective and soothing results for a variety of health-related goals that will leave you feeling more balanced.

INDIAN HEAD

45 min. £125

Highly recommended for those who spend long hours in front of a computer. Focusing on the acupressure points in the shoulders, neck and head, this massage combines brisk friction movements and slow petrissage techniques to stimulate blood flow to the scalp. A treatment to reduce stress and tension, leaving 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 body and mind. Your treatment begins with a foot bath and consultation to discuss your aims. A clothed hands-on method will follow. This powerful therapy is beneficial for balancing areas of stress and tension to leave you feeling energised and relaxed.

UPPER BODY RELEASE

60 min. £175 / 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.

RELAXING FULL BODY

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.

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 the muscles. This slow massage enables knotted and hardened areas to become more pliable and mobile. Your therapist can focus on any areas of concern more deeply before using a combination of dynamic and softer strokes, pressure points and kneading techniques to increase circulation, stretch and soften tight muscles.

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 a deeply hydrating rose & jasmine body oil and rose cream to leave skin feeling plump, renewed, and deeply hydrated.

DETOX 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 improve microcirculation and leave your skin smoother, firmer and well-hydrated.

BEST OF BOTH CLEANSING RITUAL

90 min. £220

Enjoy a top-to-toe ritual combining a purifying seaweed, lemon and eucalyptus salt scrub, detoxifying seaweed mud wrap and a powerful antioxidant facial. Active ingredients include vitamins A, C, E, rosemary, marigold and minerals, with rosehip to tighten, brighten and tone the skin. Experience lymphatic drainage, foot, arm and facial massage, capped off with a green coffee & chilli sculpting body gel. This treatment will leave you feeling deeply cleansed and renewed, helping to kick-start the detox process for general wellbeing.

NEW LIFE PRE-NATAL

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 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 experience will continue with our Hydra-Dhara treatment.

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

FACIALS *with* THE ORGANIC PHARMACY

PRO FORMULA CRYO LIFTING

Lifting, contouring & smoothing

60 min. £185

A combination of thermotherapy, cryotherapy, and lymphatic drainage techniques with specialised 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.

SIGNATURE ROSE CRYSTAL LYMPHATIC

Clearing, soothing & hydrating

60 min. £165 / 90 min. £225

This rose and jasmine infused treatment is the signature facial of The Organic Pharmacy. Two luxurious masks cleanse, repair, and nourish skin. An acupressure massage enhances absorption and improves firmness. A lymphatic drainage massage with rose crystals and antioxidant serum leaves skin toned, balanced, and radiant. For relaxation, upgrade to a 90-minute treatment with a lifting collagen mask and refreshing foot and arm massage.

ANTIOXIDANT

Stimulating lymphatic flow, protecting & brightening

60 min. £165

This facial is packed with powerful ingredients such as hyaluronic acid, vitamin C, antioxidant serum and creams, ensuring rehydration and repair. Ideal for the urban lifestyle, the effective products provide protection from pollution, sun exposure and free radicals, while nourishing your skin to feel plump, toned and smooth. Gentle cupping and a lymphatic massage using smooth crystal stones drains 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 to reduce the appearance of fine lines and wrinkles, leaving the skin plump, smooth and radiant.

HAUTE COUTURE WITH OXYGEN

Purifying, detoxifying & gentle resurfacing

60 min. £165 / 90 min. £225

This facial incorporates an oxygen machine to help penetrate serum deep into skin. With its vitamin-enriched formula, containing high percentages of active ingredients such as hyaluronic acid and beta glucan, the skin will be left plump and firm, and results can be seen with just one treatment.

HYALURONIC WITH OXYGEN

Plumping, hydrating & evens out skin tone

90 min. £225

Firmness and Hydration are the focus in this facial. A single treatment can improve the skin's appearance, calm irritations, and boost moisture. A fine sheet of freeze-dried hyaluronic acid is moistened into the contours of your face, allowing active ingredients to absorb deep into the epidermal layers.

V-Tox & COLLAGEN WITH OXYGEN

Ultimate anti-ageing, firming & luxurious

90 min. £245

V-Tox moisturiser uses a botanical alga to relax the skin, thus promoting smoothing and line-diminishing effects naturally. It restores the skin's elastin, collagen, and moisture levels, earning its name, 'Botox in a bottle'.

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 WASH, CUT & BLOW DRY

30 min. £50

FRINGE TRIM

£5

Hair colour available on request.

PERSONAL TRAINING

Book one of our excellent personal trainers and yoga instructors for your own personal session: fitness, weights, Pilates, yoga, wild swimming, cycling and 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 and breathwork.

I : I
£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 or from hotel phone:

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 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.