

THE NEWT IN SOMERSET

TREATMENT MENU



*Orange Blossom*

“Our bodies are our gardens,  
to the which our wills are gardeners.”

- *William Shakespeare*

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Set in the heart of the estate, our spa menu is closely linked to the gardens. We invite you to take a stroll around the 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.

Your herbal journey continues into the treatment room, with inspiration from our gardens woven into every step. From grounding foot soaks and aromatic inhalations to botanical enriched oils, each element invites you to reconnect with nature, leaving you deeply restored and fully immersed in its embrace.

## SEED TO SKIN

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Alongside the treatments inspired by our land, we have looked beyond the estate to find an approach that mirrors our own.

Seed to Skin is developed entirely on a regenerative estate in Tuscany, where botanicals are grown, processed and formulated on site. Through advanced molecular science, each treatment works with precision on the skin, while its textures, aromas, and rituals create a deeply immersive experience – restoring balance to the skin, body, and mind.



## HAMMAM

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Inspired by Turkish and Moroccan bathhouses, this steam-based ritual purifies the body and quiets the mind. Begin with a soap-based cleanse, followed by full body exfoliation and a soothing rinse. This treatment leaves you feeling revitalised, nourished and deeply relaxed.

## ORANGE, HONEY & OLIVE

45 min. £210

An exfoliation ritual for two, enjoyed side-by-side. Enveloped in aromas of orange, neroli, olive and honey – this treatment leaves skin silken and spirit renewed.

## HYDRA

60 min. £195

Indulge in a black soap inspired exfoliation to purify the skin before continuing with a harmonious hydra massage.

## TURKISH

60 min. £195

Inspired by Turkish baths, this treatment incorporates a white soap bag for luxurious long lasting skin softness.

## MOROCCAN

60 min. £195

Using authentic Moroccan products, including a renewing sugar scrub, exfoliating balm, a nourishing hair mask and hydrating argan oil to leave you feeling truly refreshed.

## TOP TO TOE

120 min. £295

The Moroccan treatment teamed with a relaxing facial to leave your skin soft and purified – the ultimate relaxing experience.

## SPA GARDEN SIGNATURE MASSAGE

90 min. £235

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

## SPA GARDEN BODY & FACE TREATMENT

90 min. £235

Your experience begins in our medieval herbal garden, grounding in nature while collecting herbs of your choosing alongside your therapist to weave into your therapy. In the treatment room, you'll be pampered with a back massage, followed by a regenerative facial with beautiful products from Seed to Skin. Get that inner and outer glow, while the fragrance of fresh herbs rouses the senses.



## RASUL

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Experience an ancient treatment that's as kind to the planet as it is to your skin. This ritual uses the power of earth's purest minerals to leave your skin feeling renewed and radiant.

Begin with a full-body scrub, complemented by a rejuvenating face, hair and body mineral mud. Unwind and enjoy your private steam chamber while the products work their magic.

Finish with a refreshing body spritz.

We've curated three different types of rasul inspired by the estate.

For one 30 min. £55 / For couples 30 min. £110

### ROMAN

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

### BOTANICAL

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

### HARVEST

In honour of our agricultural heritage, refresh and renew with our harvest rasul, enriched with the crisp, soothing essence of cucumber.



### REST

Soothe your body and mind with our deeply relaxing treatments designed to calm the nervous system and promote restful balance. From gentle massages to toning facials, each experience invites you to slow down, unwind, and reconnect with a sense of inner peace.

### REFLEXOLOGY MASSAGE

60 min. £180

This ancient therapy works along the body's meridian lines to restore balance and support overall wellbeing. Precise pressure, combined with precious botanical oils, helps release tension to leave you feeling grounded and rebalanced.

### RELAXING FULL BODY MASSAGE

60 min. £170 / 90 min. £225

Slow, flowing strokes, kneading and circular movements work to calm the nervous system, while pure botanical oils guide the body into a state of rest, supporting deeper, more restorative sleep.

### PRE-NATAL MASSAGE

60 min. £170

A gentle, nurturing massage tailored to pregnancy (from the second trimester). Designed to ease tension and heaviness, offering a well-earned pause for a body that's working overtime.

### SCALP RENEW

45 min. £130

A treatment for when the head feels full. Warm towels, targeted pressure, and potent herb-infused botanical oils work through the neck and shoulders, easing deep-set tension. A jade comb scalp massage completes the ritual, leaving you totally at ease.

### HERBAL POULTICE MASSAGE

60 min. £180 / 90 min. £235

This full body treatment uses handmade warm linen poultices filled with essential oils to melt away aches and pains.

### UPPER BODY RELEASE

60 min. £170

For when tension settles where it shouldn't. A focused treatment for the back, neck and shoulders, where targeted techniques and botanical oils work deep into areas of strain, releasing tightness and restoring ease and mobility.



## RESTORE

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Nurture your body back to equilibrium with treatments that support deep healing and renewal. Using restorative techniques and nourishing ingredients, these therapies are designed to ease tension, replenish energy, and support your natural ability to heal from within.

### THE RESTORATIVE FACIAL

60 min. £170

A considered approach to treating sensitive, reactive and compromised skin. Advanced bioactive formulas calm inflammation, strengthen the barrier and restore comfort, leaving skin soothed and more resilient.

### BEST OF BOTH RITUAL

75 min. £190

Combines a soothing face and body treatment to restore harmony and ease tension. This deeply relaxing experience targets areas where tension builds, gently releasing tightness in the neck and shoulders.

The ritual is completed with an express facial and a jade comb scalp massage, leaving the skin cleansed, refreshed and revitalised.

### THE DEEPLY HYDRATING FACIAL

60 min. £170

This restorative facial will firm and brighten the complexion. Deep cleansing actives and signature masks target impurities and boost collagen, while sculpting techniques lift, tone and tighten for resilient, radiant skin.

### THE COCOON

90 min. £230

A full-body, sensory ritual combining gentle body brushing to stimulate the lymphatic system with a Tuscan candle massage and restorative wrap. A revitalising facial follows to leave a lasting sense of wellbeing.

**MOTHER-TO-BE**

90 min. £230

This nourishing ritual begins with a tension-relieving lower back treatment, followed by a soothing foot and leg massage, then a jade comb scalp massage. The experience continues with a restorative express facial, bringing comfort, ease, and a moment to reset.

**THE REVERSE SIGNATURE FACIAL**

90 min. £230

Indulge in high-performance sculpting and hydration. A 'Black Magic' oxygen mask delivers deep detoxification and resurfacing, while myofascial and gua sha techniques lift and tone. A cryotherapy massage follows, boosting circulation and revealing a more refined, radiant complexion.

**SWEDISH FULL BODY MASSAGE**

60 min. £180 / 90 min. £235

A nurturing Swedish massage to ease tension, boost circulation, and relax the body. A soothing scalp massage completes the treatment, restoring balance and leaving you refreshed and renewed.

**RESET**

Reawaken your senses and restore clarity with treatments focused on renewal and rejuvenation. Whether through holistic therapies, beauty treatments or invigorating massage, each experience is designed to bring you back into balance – mind, body, and spirit.

### DEEP TISSUE MASSAGE

60 min. £180 / 90 min. £235

Releases deep-set tension through slow, grounding touch. Myofascial release and stretching techniques work into the muscles to restore mobility and ease.

### THE JETLAG REMEDY

90 min. £230

Help your body catch up with a signature Seed to Skin treatment combining dry body brushing, self-heating mineral mud, and a warm Tuscan candle massage. A cryotherapy facial follows, awakening the skin and senses, and bringing you fully back to yourself.

### THE WILD BLOOM BODY RITUAL

90 min. £230

Treat dry, depleted skin to a mineral-rich sea salt exfoliation that smooths and invigorates, followed by a deeply relaxing massage using botanical oils and herbs tailored to your skin's needs. A cooling cryotherapy touch refreshes the face, bringing back comfort, softness and a natural glow.

### PURIFYING FACIAL

60 min. £170

A detoxifying facial to purify and re-energise the skin. Targeted actives help rebalance and refine, revealing a clearer, more radiant complexion.

### THE NEWT MANICURE

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

This luxury manicure will leave you with soft, nourished, beautiful hands and nails.

### THE NEWT PEDICURE

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

Walk away on pampered and hydrated feet thanks to this relaxing pedicure.

### GENTLEMAN'S MANICURE

45 min. £70

A luxury manicure tailored to gents, for soft, nourished, well-groomed hands and nails. Polish available on request.

### 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. £40

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.

*Kindly note: existing gel polish must be removed prior to treatment.*

## BOOKING INFORMATION

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### 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](mailto: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 to pregnancy. Following established health guidance, we do not perform any treatments during the first trimester.

## OPENING HOURS

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### SPA

Pool facilities at Hadspen House and Farmyard open daily 8am - 8pm.  
Spa treatments daily 9am - 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.  
Our Host team will gladly assist you for enquiries outside hours.

Scan below to view our class timetable.



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