

The Norwich Spa

AT FOXWOODS



PLAN YOUR ESCAPE.



The Norwich Spa

AT FOXWOODS

DEFINING HEALTH & WELLNESS.

THE 9TH FLOOR

Well above the bells, whistles and excitement of the gaming floor lies a place of comfort, and seclusion. A place that will be known to you as your personal escape, a place that defines wellness... The Norwich Spa at Foxwoods. Spend an hour or spend a whole day. You are in control of your getaway.

MASSAGES

We live busy, constantly changing lives and lifestyles. Sometimes (most times), we feel the weight of the world on our shoulders. Allow our professional massage staff to relieve that stress and fatigue at least for a little while. Your body is asking for help... let the wellness begin.

FACIALS

It's the first thing that everyone sees coming. In one brief-moment, you can be summed up as happy or sad, tired or energized, sleepy or alive, all by looking at your face. Fool them by always having the healthiest looking skin. Take care of your most important asset by starting with a Luminous or Infinity Facial. Reverse the effects that the sun, wind, salt and cold have on your face and keep everyone guessing what your glow is really all about...let the games begin.

BODY

It remains hidden in winter under layers of sweaters and in summer is exposed to the harshness of the sun and sand. Your body is screaming for attention all year round, asking to have tired, dehydrated and damaged skin woken-up and revitalized...let the healing begin.



SALON

There are few places on this earth that have the therapeutic qualities like The Salon. Everything just seems to be aligned perfectly here. However you felt when you entered through the doors melts away, from your head to your hands to your toes. The Salon is the place to indulge, to try something new or to maintain the same path that has served you so well over the years...let the transformation begin.

INDOOR POOL & WHIRLPOOL

Family time and recreation is important as well and you'll find that poolside at the Grand Pequot Pool and Veranda located on the 9th Floor.

FITNESS CENTER

Stress relief comes in many forms. While you are away, continue your daily workouts in our Fitness Center on the latest cardiovascular and strength training equipment including Lifecycle®, Stairmaster®, elliptical runners, treadmills, a complete line of Paramount® machines and free weights.

LOCKER ROOMS

Personal seclusion is just steps away in our private men's and women's locker rooms, whirlpool, steam, sauna and lounge area.

GIFT CARDS

Take the guesswork out of the next gift for your mother, aunt, father, teacher or friend. Gift cards are perfect for most occasions, but even better than that—you are giving the gift of wellness. A gift card to the spa shows that you care about their health and well-being. Relaxation—sure—rejuvenation...let the thank yous begin.



MASSAGE TREATMENTS

Signature Massage^P (50 or 80 minutes) \$125, \$180

A classic full body Swedish massage. Relax your mind and soothe your muscles.

Pregnancy Massage (50 minutes) \$125

When your body is asking so much of you, we are here to bring you comfort and honor this sacred time. Prenatal massage can bring relief to the temporary changes your body is experiencing and bring a sense of well-being to both you and your baby.

Deep Tissue Massage^P (50 or 80 minutes) \$150, \$240

Muscle relief is the goal for this therapeutic session. Your therapist will use a custom blend of deep pressure, trigger point therapy, stretching and other advanced techniques to free even the most tenacious "knots."

Native Hot Stone Massage^P (50 or 80 minutes) \$135, \$225

A cohesive combination of heated basalt stone technique and traditional European style massage. This style of massage will ground the body and achieve a peaceful state of mind.

Express Massage (25 minutes) \$75

A massage on the fly. Choose up to two areas for your therapist to focus on.

Feet Treat^P (25 minutes) \$75

An exfoliation using Turkish sea salt followed by a reflexology inspired foot treatment.

NOTE: P denotes contraindicated during pregnancy. Please shower prior to any scheduled massage treatment. All pricing is subject to a 18% gratuity and a 4% service charge. Age requirement for spa/salon services is 18 years or older, except for children's haircut service.

LUXURY MASSAGE TREATMENTS

Personal Prescription Plan (110 minutes) \$325

An ultimate massage that is customized by our expert therapists to give you an experience you won't forget. Select either a Swedish or Deep Tissue style massage and choose any 3 of our massage enhancements – Hot Stone, Acupressure, Sole Scrub, Dry Brush, Frankincense Hair & Scalp Treatment or a luxury aromatherapy oil.

Emerge Massage (50 or 80 minutes) \$145, \$240

Like the life that rises from the ground in spring, you will emerge. A dry brush exfoliation to rid the body of the old, an uplifting massage using a citrus energy aromatherapy blend, finished with a refreshing cold stone face massage.

Milk & Honey Melt Massage (50 or 80 minutes) \$145, \$225

This nourishing massage will transform your skin using the traditional healing combination of milk and honey. Treat your back to a sugar scrub exfoliation and then a full body massage using drift nut oils. Your body is then gently cocooned while you surrender to a hair and scalp treatment using an exotic blend of vanilla and coconut oil.

Ginger Mineral Body Treatment (50 or 80 minutes) \$160, \$250

Brighten your skin with an invigorating full body exfoliation using a re-mineralizing salt scrub. Warm ginger oil is massaged into the skin to nourish the body and enliven the spirit.

MASSAGE ENHANCEMENTS

Enhancements do not increase time of service.

Aromatherapy \$15

Embark on a sensory journey with consciously crafted aromatherapy oil.

Clear Mind \$30

Release your worries and find your center with a personalized scalp massage and hair treatment using Frankincense essential oil.

Sole Scrub \$30

Finish your massage with an energizing foot scrub.

Dry Brush Exfoliation \$30

A full body exfoliation to prep the skin. The dry brush is our gift to you so you can continue treatments at home.

Duet Massage

All massage treatments are priced per person and are available to be booked in our duet room. When booking the duet room, there is an additional \$40 reservation charge that includes a glass of champagne for each guest.

FACIAL TREATMENTS

Infinity Facial (50 minutes) \$140

Enjoy a non-surgical face lift! Lift, tone and firm the skin in this facial, leaving you with a flawless healthy and younger looking complexion. A gentle natural enzyme peel works to resurface and illuminate. Smooth, tighten and restructure areas such as the forehead, mouth and eye area.

Firming Facial (50 or 80 minutes) \$140, \$195

Peptides are infused into the face, neck and décolleté to increase production of collagen. A more youthful, firmer texture appears! Your hands are also treated to rejuvenation with a collagen mask. A must-have facial!

Luminous Facial (50 minutes) \$150

This resurfacing facial minimizes the appearance of pores and leaves skin glowing and luminous. Due to the active ingredients used, extractions are not needed. A luxurious masque, along with a complete facial massage, leaves you looking and feeling radiant with a sense of well-being.

Oxygenating Sensitive Skin Healing Ritual (50 minutes) \$125

The opportunity to address fragile, dehydrated and sensitive skin begins with our positive, one-on-one approach. This ritual uses a Collagen masque, Aloe Vera, Chamomile and Calendula. These are nature's organic ingredients for calming and soothing the skin. The outcome is definitely optimistic!

Signature Facial (50 minutes) \$125

Our customized approach to this classic deep cleansing facial pampers environmentally stressed skin. It is an essential start to a long term therapy giving your complexion a vibrant, restored and hydrated glow!

Signature HydraFacial™ (25 minutes) \$130

Deeply cleanse, extract and hydrate the skin through our super serums filled with antioxidants, pep-tides and hyaluronic acid.

HydraFacial (50 or 80 minutes) \$190, \$290

These invigorating treatments include all of the essentials of the Signature HydraFacial™ while addressing specific skin concerns through HydraFacial's boosters and protocols.

Back Treatment (25 or 50 minutes) \$75, \$115

Get ready to showcase your hidden asset. Relax during the purifying, cleansing and gently exfoliating scrub. The benefits of masque, serum and moisturizing lotion will balance and protect dehydrated skin. An all-season must.

Express Facial (25 minutes) \$75

This efficient treatment offers analysis, cleansing, toning, exfoliation, masque and moisturizer application in a quick rescue format. A big WOW in a short amount of time.

NOTE: No extractions.



NAIL CARE SERVICES

Apricot Harvest Spa Manicure (50 minutes) \$60

Apricot Harvest Spa Pedicure (50 minutes) \$75

Our lush Apricot Harvest nail therapies include exfoliation, massaged Apricot Harvest Lotion application and warming paraffin.

Awaken Manicure (50 minutes) \$60

Awaken Pedicure (50 minutes) \$75

An invigorating scrub removes dry skin and the hydrating Lemongrass Lotion leaves your skin smooth and silky. Service concludes with warming paraffin & polish color of your choice.

"Chocolate Overload" Spa Manicure (50 minutes) \$60

"Chocolate Overload" Spa Pedicure (50 minutes) \$80

Our specialty cocoa-based services include a Chocolate Sugar Scrub, massage with a decadent Chocolate Lotion and a paraffin treatment and finish. Your treatment is complemented with an Irish Cream beverage and chocolate. **NOTE: Must be 21 to consume alcohol. Proof of age required.**

Milk & Honey Spa Manicure (50 minutes) \$60

Milk & Honey Spa Pedicure (50 minutes) \$80

This therapy offers a warmed milk and honey soak and Dead Sea salt scrub. The deep dermal transforming masque, infused with comfrey root extract, promotes skin cell regeneration. The soothing and hydrating finishing lotion contains a complex including milk, honey, Calendula, vitamin B5, vitamin E, and kola nut oil.

"Down to Earth" Spa Pedicure (80 minutes) \$110

Float away. Our earth-based therapy uses gifts from Mother Nature's bounty. Embrace the relaxing aroma-therapeutic scents of ylang ylang, lavender and geranium, as the exfoliating Dead Sea scrub nourishes your skin. The conditioning volcanic clay masque, rich in vitamins and minerals, continues your grounding. Using hot stone massage with deep-heat therapy, the final "step" includes a generous application of a hydrating and healing lotion.

"Prince of Tides" Spa Pedicure (50 minutes) \$75

Enjoy this royal treatment and awaken a sense of privilege with this cooling marine-based pedicure. Like a refreshing stroll on the beach, your exfoliation, masque, foot buffer massage and finish feels like a mini-vacation.

Express Manicure (25 minutes) \$40

An alpha-hydroxy treatment is applied to your cuticles and followed by shaping, massage and finish. A tidy treatment that will fit easily into your schedule.

Express Pedicure (25 minutes) \$55

Soak, Shape, Scrub, Rub and Polish. Then off you go!

NAIL CARE ENHANCEMENTS

Hot Stone Leg Massage \$25

Shellac Finish \$15

Shellac Finish on French \$20

French Finish \$15

Paraffin \$15

File/Soak-off Faux Nails \$15

Nail Art Design starting at \$25

Acrylic Sculptured Nail Enhancement Services

Full Set starting at \$110

Fill or maintenance starting at \$80



THE SALON

NOTE: Additional fees apply for service enhancements including texture, length, design and chemical enhancements above and beyond the service menu. Short hair is defined as above the shoulders and long hair is defined as touching or below the shoulders. Please consult with your stylist for an accurate understanding of fees and charges. We proudly offer multi-cultural haircare services.

CUT & STYLE

Cut & Style

Short scissor cut - above shoulder	\$65
Long scissor cut - shoulder and below	\$75

Barber Cut	\$40
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Children's Cut & Style (10 Years and Under)	\$35
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Bang Trim (15 minutes)	\$25
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Blowdry Style & Finish

Short - above shoulder	\$45
Long - shoulder and below	\$55

Hot Tool/Style/Finish	\$25
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Special Occasion Style & Consultation	\$85
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Special Occasion Style	\$110
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Consultation recommended prior to occasion

TREATMENT MENU

Premium conditioning services that add nourishment and body to the hair. Book in addition to any hair service.

Relaxer & Style	<i>starting at \$100</i>
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Goldwell Kerasilk Repower and Goldwell Kerasilk Reconstruct	\$45
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Olaplex	\$35
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Please consult with your Stylist regarding best treatment for your hair.

GK Moisturizing Treatment	\$35
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Goldwell Keratin Smoothing Treatment	<i>Starting at \$350</i>
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Soothing treatment designed to soften waves and eliminate frizz. This treatment is formaldehyde free and safe for even the most sensitive scalps.

Perm	<i>Starting at \$100</i>
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All pricing is subject to a 18% gratuity and a 4% service charge. Age requirement for spa/salon services is 18 years or older, except for children's haircut service.

COLOR SERVICES

Goldwell Brilliant Color Services *INCLUDES STYLE*

Corrective Color and foil services do not include reshaping.

Refresh Color & Finish \$100

Corrective Color Starting at \$135

Based on consultation

Full Foils Starting at \$175

Partial Foils Starting at \$120

Fashion Foils \$10 each, maximum 8 foils

Specialty Hair Painting Starting at \$165

Upon consultation, one of our professional Stylists will consider the appropriate color application to best create the desired result being requested. Pricing is mainly based on varying color application techniques and time. Based on consultation.

Color Enhancements \$25 each

Protects and extends the life of your color service.

Add a cut to any Color or Rertexturing Services \$25



WAXING SERVICES

Facial Waxing

Brow Shaping	\$30
Brow, Lip or Chin Waxing	\$20
Cheeks and Jaw line	\$20
Three area combination of Lips, Chin, and Cheeks/Jaw line	\$45

Body Waxing

Arms - Full	\$55
Arms - Half	\$45
Back	\$80
Bikini	\$45
Brazilian	\$90
Full Leg	\$80
Half Leg	\$65
Underarm	\$35

MAKEUP

Jane Iredale® Makeup Application (50 minutes) \$60

Add runway style drama to your Spa experience and Salon makeover. Get ready for your night on the town or prepare for your wedding day or special occasion. Allow our professionals to guide you through the latest tips, trends, techniques and color recommendations designed to enhance your individual sense of style and beauty.

Bonus

The Makeup Application service fee will be waived with a \$150 Jane Iredale® makeup purchase!

Fashion Lashes

(15 minutes)

Starting at \$25

Brow Tinting \$30

Lash Tinting \$30



All pricing is subject to a 18% gratuity and a 4% service charge. Age requirement for spa/salon services is 18 years or older, except for children's haircut service.

FAQs & POLICIES

Is it unusual to travel there alone?

No. Many guests travel alone. Experience personal seclusion or enjoy the opportunity to meet other guests in the warm and friendly atmosphere the Spa has to offer.

What if this is my first time at a spa?

The Norwich Spa at Foxwoods provides the perfect location for your first Spa experience. Our professional staff will help ease any apprehensions and answer any questions you may have.

How do I schedule my spa treatments, salon, waxing and makeup services?

For all services, please call the Spa at 1-860-312-4901. Our Spa and Salon reservation consultants will help you to schedule your experience. They will explain each treatment in detail and can e-mail your itinerary prior to your arrival.

When is it best to do fitness activities?

It is best to rest for at least one hour after any heat treatment, including sauna, steam and whirlpool, prior to exercise.

Am I required to totally disrobe during my treatments?

We follow strict guidelines for massage and body treatment draping. Because we want you to feel totally at ease, please inquire, of your reservation consultant, which body treatments require draped nudity. Undergarments may be worn for certain treatments. Clothing or bathing attire is required in all public areas.

May I request a male or female therapist or the same therapist I had last visit?

While we will make every effort to honor your requests, we **cannot** guarantee a therapist request or gender. All therapists are trained in both treatment and draping protocols to ensure your comfort at all times.

What if I have allergies, am pregnant, or have other health concerns?

You should have clearance from your physician if you suffer from any illness or allergy. The recent privacy laws limit our ability to inquire regarding medical and health issues. However, it is up to you to divulge, to your therapist, all medical conditions that will put you at risk. Sometimes, it may be determined if the treatment you chose is inappropriate for your current state of health and adjustments will have to be made. Treatments marked with the P are contraindicated during pregnancy. Information provided to our staff is held in strictest confidence.

What do I need to bring with me?

Bring a bathing suit to swim in the pool or for comfort in the

FAQs & POLICIES

sauna, steam or whirlpool, and appropriate workout attire and sneakers for the fitness center. We'll supply you with a one-size-fits-all bathrobe, spa slippers and locker. You may bring your own robe and slippers for comfort. Locker rooms are equipped with a changing room, showers, shampoo, conditioner, lotions, razors, deodorant, hair spray, mouthwash and hairdryers.

How early should I arrive?

Arrive at least 30 minutes prior to your first appointment to allow time to check in at the Spa and Salon reception desk, have a tour to familiarize yourself with our facility and to change into your robe.

What can I do between treatments?

If you schedule your treatments over the course of the day, our Spa offers areas to relax and enjoy, such as our seasonal outdoor terrace deck and indoor pool. Room service is available year-round for a poolside snack. Rev up with a workout in our fitness center. Have your hair designed in our Salon. Indulge in a makeup application. Of course, the world of gaming, shopping and dining awaits just a few floors away!

Preserving the Spa Environment:

Cell phones of every kind, cameras, beepers, pagers and noise-emitting or recording devices, as well as high-volume conversations, are prohibited throughout the Spa. To protect everyone's privacy and experience, this rule is strictly enforced. Smoking is prohibited except in designated outdoor areas.

We request parents enforce, with their children, mindfulness of the quiet and peaceful environment expected by Spa guests.

Reservations:

We strongly recommend that all Spa and Salon offerings be

HOURS OF OPERATION

The Norwich Spa at Foxwoods is located on the 9th Floor of Grand Pequot Tower.

Spa appointments are available 8:00am to 8:00pm every day. Advance reservations are suggested.

Salon appointments are available Sunday through Wednesday, 9:00am to 6:00pm; Thursday through Saturday, 9:00am to 7:00pm. Advance reservations are suggested.

The Grand Pequot Pool, Fitness Center, and Locker Rooms are open daily 8:00am to 9:00pm. For the convenience of Grand Pequot and Great Cedars registered hotel guests, key card access to the fitness center is available 6:00am to 9:00pm daily. The Grand Pequot Pool offers an adult swim from 5:00pm to 9:00pm daily. Adult swim hours are subject to change without notice.

FINAL THOUGHTS

booked prior to your arrival as they are subject to availability. It is best to plan a minimum of 2 weeks prior to arrival.

Age Requirements and Family Access:

Guests must be 18 years or older to enter the Spa Locker Rooms, receive spa services and use the fitness center, except for children's haircuts. Proof of age is required.

All children under the age of 18 must be accompanied by an adult at all times.

No pool toys or any kind of "horseplay" permitted in the Pool area for safety reasons.

Cancellation:

Reserved appointments for all Spa, Salon, Waxing and Makeup services require a 24-hour advance notice of cancellation or revision (48 hours for packages), or a 50% cancellation charge will apply. Reservations require a valid credit card guarantee, and a credit card will be required upon arrival.

Gratuity:

A 18% gratuity is automatically added to your bill for each service provided by your Massage Therapists, Estheticians, Nail Professionals, Salon Stylists, and Makeup Artists. If you choose, you may arrange to leave more for your provider at the Spa or Salon Reception Desk. Additional gratuity is not payable using your rewards card.

Service Charge:

As is customary in the hospitality industry, a service charge (4%) is added to help defray administrative, operating and service expenses.

Sales Tax:

All retail purchases are subject to applicable CT sales tax and Mashantucket tax.

Rates, Packages, Promotions, Spa, Salon and Retail Products are subject to change without notice.

DAILY SPA ADMISSION & POOL FEES

Grand Pequot Tower Pool & Fitness Center

▶ Open 8:00am to 9:00pm daily.

▶ Fitness Center open daily 6:00am to 9:00pm with Grand Pequot and Great Cedars Hotel registered guests key card access.

▶ Some restrictions may apply.

▶ **An adult must accompany children under the age of 18 at all times. Photo ID is required.* No pool toys or any kind of "horseplay" permitted in the Pool area for safety reasons.**

▶ **ADULT SWIM:** Adult Swim (18 years and older), 5:00pm-9:00pm daily at Grand Pequot Pool. Children under 18 years may use Great Cedar Hotel Pool during Adult Swim Hours.

Registered Hotel Guests

Non-Registered Hotel Guests/Day Guests

Pool Access

Complimentary	18 years & older**	
Complimentary	Children 6-15 years old*	

Spa Locker Room plus Pool & Fitness Center

\$25.00 / Day	18 years & older**	\$40.00 / Day
Waived with a Spa treatment purchase		Waived with a Spa treatment purchase





Fox Tower Registered Hotel Guests

Great Cedar Hotel Pool & Fitness Center		Complimentary
Grand Pequot Tower Pool & Fitness Center		\$15.00 / Day
Spa Locker Room plus Pool & Fitness Center	18 years & older**	\$25.00 / Day Waived with a Spa treatment purchase

► *An adult must accompany children under the age of 18 at all times. **Photo ID is required.

Complimentary pool access for all registered hotel guests.

PLEASE NOTE: During peak periods including weekends, holidays and school breaks, the spa cannot guarantee access without booking a service. We apologize for the inconvenience.



DESIGN YOUR OWN
**CUSTOM
DAY SPA
PACKAGE**

OR Choose Our Express Day Spa Package...

ON THE GO

Signature Massage (50 minutes)

Express Facial (25 minutes)

Express Manicure or Express Pedicure (25 minutes)

Day Spa Pass

Only \$199

A \$230 Value. Please allow a minimum of 3 hours.

CHOOSE ANY
THREE OR MORE
OF OUR
**50-MINUTE
SERVICES**

RECEIVE A
**20%
DISCOUNT**
APPLIED TO YOUR
"PACKAGE
COMBINATION"
AT THE TIME OF
CHECK OUT

Call a reservation
specialist at
860-312-4901,
or book online and enjoy
designing your own
day spa package.

Day Spa Package Conditions

- ▶ **A 48-hour advanced notice of cancellation or revision is required or a 50% cancellation charge will apply**
- ▶ Advanced reservations are required and subject to availability
- ▶ Package includes day spa pass (Indoor Pool, Fitness Center, Sauna, Steam Room, Hot Tub, Robe, Slippers & Spa Amenities)
- ▶ Pricing is per person, and subject to a 18% Gratuity and 4% Service Charge, assessed on **Full Retail Price**
- ▶ **Age requirement for spa/salon services is 18 years or older, except for children's haircut service.**
- ▶ Packages are not available with, and may not be combined with, any other promotional offers
- ▶ Day Spa Packages are available Sunday through Friday
- ▶ Pricing, content and availability is subject to change without notice

FOR RESERVATIONS & INFORMATION

SPA & SALON: 860-312-4901

For all other calls, including calls to guests:
1-800-FOXWOODS

Foxwoods Resort Casino
350 Trolley Line Boulevard
Mashantucket, CT 06338-3777

Foxwoods.com



**NOW YOU CAN BOOK
YOUR SERVICES ONLINE!**

foxwoods.com/norwich-spa-at-foxwoods/

HOURS OF OPERATION

**GRAND PEQUOT POOL, FITNESS CENTER,
LOCKER ROOMS AND SPA**

8:00am - 9:00pm

SPA TREATMENTS

8:00am - 8:00pm

SALON TREATMENTS

Sunday - Wednesday

9:00am - 6:00pm

Thursday - Saturday

9:00am - 7:00pm



FOXWOODS
RESORT CASINO

THE WONDER OF IT ALL

10/2018