

HOURS OF OPERATION:

GRAND PEQUOT POOL, FITNESS CENTER, LOCKER ROOMS AND SPA

Sunday - Saturday
8:00am - 9:00pm

THE SPA

Sunday - Saturday
9:00am - 9:00pm

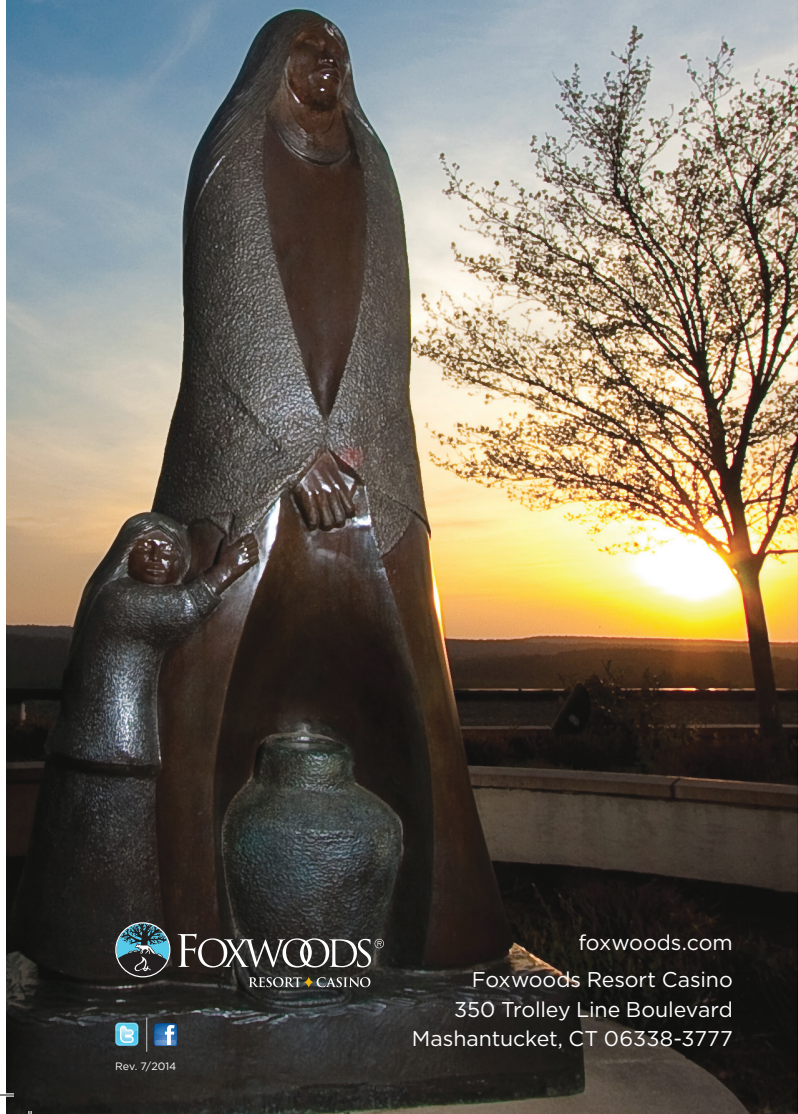
THE SALON

Sunday - Wednesday
9:00am - 6:00pm

Thursday - Saturday
9:00am - 7:00pm

SPA LIFE-STYLE BOUTIQUE

Sunday - Saturday
9:00am - 9:00pm



Rev. 7/2014

foxwoods.com

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



The Norwich Spa

AT FOXWOODS

Menu of Services

Spa Treatments | Salon Services
Spa Life-Style Boutique | Day Spa Packages

For Reservations and Information

SPA: 1-860-312-4901

SALON: 1-860-312-4096

For all other calls, including calls to guests

1-800-FOXWOODS



Perched high above the treeline, sharing an ever-changing snapshot of Mother Nature, is The Norwich Spa at Foxwoods. Treat yourself to a day of relaxation and escape from the heightened activities of gaming, entertainment and shopping. Explore the variety and appeal of our extensive menu of spa services, offering a selection of massage therapies, body treatments, facials and skin care enhancements. Our salon proudly offers multi-cultural hair care services, waxing services, hand & foot therapies, and Youngblood® Mineral makeup. Enjoy family time and recreation at the Grand Pequot Pool and poolside veranda. Maintain your exercise regimen in our Fitness Center, offering cardiovascular and strength training equipment, including Lifecycle®, Stairmaster®, elliptical runners, treadmills and a complete line of Paramount® machines and free weights. Or just soak away your stress in the whirlpool bath or enjoy a cleansing steam bath and sauna in our private gentlemen's and ladies' locker facilities.

A visit to The Norwich Spa at Foxwoods is a must to make the most of your Foxwoods® Resort Casino experience. Our therapists are experts in the art of pampering, making you feel relaxed and restored. Slip into a robe and slippers upon arrival and partake in an indulgent spa treatment. Our professional Salon staff, with artistry and technical skill, can help bring out the best in all of us. So why not end your spa experience with a visit to the Salon? We promise the ultimate Salon experience.

Throughout your visit, Spa associates will recommend various products to complement our therapies and services. Our Spa Life-Style Boutique features our private label signature products and apparel line.

We are conveniently located on the 9th floor of the Grand Pequot Tower. Welcome to The Norwich Spa at Foxwoods!

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INTERNATIONAL SPA ASSOCIATION: CODE OF COMFORT

Your Rights and Responsibilities as a Spa Guest

Although there is a wide array of spas around the world, each offering a unique experience, they are all devoted to enhancing overall well-being through a variety of professional services that encourage the renewal of mind, body and spirit.

To enjoy your spa experience to the fullest, observe the Code of Comfort, act responsibly, and understand that common sense and personal awareness can help ensure your satisfaction, comfort and safety, as well as that of others.

As a Spa Guest, You Have The Right To:

- ▶ A clean, safe and comfortable environment
- ▶ Stop a treatment at any time, for any reason
- ▶ Be treated with consideration, dignity and respect
- ▶ Confidential treatment of your disclosed health information
- ▶ Trained staff who respectfully conduct treatments according to treatment protocols and the spa's policies and procedures
- ▶ Ask questions about your spa experience
- ▶ Information regarding staff training, licensing and certification

As a Spa Guest, It Is Your Responsibility To:

- ▶ Communicate your preferences, expectations and concerns
- ▶ Communicate complete and accurate health information and reasons for your visit
- ▶ Treat staff and other guests with courtesy and respect
- ▶ Use products, equipment and therapies as directed
- ▶ Engage in efforts to preserve the environment
- ▶ Adhere to the spa's published policies and procedures

Officially endorsed and prepared in partnership with International SPA Association and Resort Hotel Association.

FACIAL TREATMENTS

We proudly use Pevonia Botanica® and our own Norwich Spa at Foxwoods skin care brands in our treatment rooms. It is especially important to continue your facial care at home. Our skincare products, with daily application, help protect facial tissue from the ravages of aging due to environmental stressors, dehydration and vitamin deficiency. Kindly consider your Estheticians' recommendations as your personal prescription for effective long-term home care.

Gentle Reminder: Please do not use Retin A or Renova-based products for 72 hours prior to a facial.

Anti-Aging Action Plan (50 minutes)

Weekday: \$110 Weekend: \$125

Our Botanical Bio-Peptide™ and Amino-Lift Peptide™ Complex, with advanced amino acids, plant-derived neuropeptides, matrixyl, minerals and vitamins provide the backbone of this repairing and restoring therapy.

Oxygenating Sensitive Skin Healing Ritual (50 minutes)

Weekday: \$105 Weekend: \$115

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 traumatized skin. The outcome is definitely optimistic!

Essential European Experience (50 minutes)

Weekday: \$95 Weekend: \$110

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

SpaTeen™ Hydrating or Soothing Facial (50 minutes)

Weekday: \$95 Weekend: \$105

Be Sensational! Teen skin has a life of its own - dehydrated and flaky, oily and inflamed, or a combination at any given time. Rejuvenation begins with a 'Strawberry Hydraboost' or 'Papaya Hydrasoothe' teen spa facial. Your Esthetician will instruct you on how to get consistent results with an easy take-home recommendation and steps geared for sensational success.

NOTE: Must be 16 or older to access the locker room facilities.

"For Men Only" Caviar Therapy (50 minutes)

Weekday: \$105 Weekend: \$120

Gentlemen, make a positive impression. This targeted, effective treatment provides a strategic and sustainable anti-aging therapy. Pure Russian Caviar extract, Escutox™ and a blend of effective ingredients improve elasticity, soothe razor-ravaged skin and provide a first line of defense against free radicals and dehydration. Continue at home for ongoing visible results.

"Watch Your Back!" Back Facial (50 minutes)

Weekday: \$105 Weekend: \$115

Get ready to showcase your hidden asset. Relax during the purifying, cleansing and gently exfoliating scrub. We choose a masque to treat your issues. The emollient benefits of masque, serum and moisturizing Avocado Body Lotion will balance and protect dehydrated skin. When we're finished, your back will have much to look forward to! An all-season must.

Vitamin C & Seaweed Duo (80 minutes)

Weekday: \$150 Weekend: \$165

Light up your skin with this signature treatment. High-potency stabilized Vitamin C from Italian Calabria oranges and a high-tech formulation of freeze-dried seaweed from Brittany, France offer balanced anti-aging nutrition. Ingredients are designed to reduce fine lines, strengthen elasticity, counteract photo-aging and enhance the luminosity of your skin. You will see and feel positive results.

Adult Skin Therapy (80 minutes)

Weekday: \$155 Weekend: \$170

Try this adult therapy for inflamed, oily, congested or combination skin. Exfoliation, deep pore cleansing, lacto Peel and enzyme delivery provide intense therapy and immediate results.

Pevonia Myoxy-Caviar Signature Facial (80 minutes)

Weekday: \$195 Weekend: \$225

Dramatic performance brings rave reviews. Curtain calls will be in order after this elite, super-hydrating signature facial. Russian Caviar, pearl extracts and Escutox™ are key ingredients in this award-winning therapy. Escutox™ is a natural herbal topical alternative to Botox.® Formulated with the finest marine ingredients, this therapy helps smooth fine lines, improve elasticity and promote cellular activity.

Express Facial Renewal (25 minutes)

Weekday: \$65 Weekend: \$75

When your skin needs a quick rescue and you need advice for longer-term facial care, this efficient treatment offers analysis, cleansing, toning, exfoliation, a masque and moisturizer application. A big WOW in a short amount of time. **NOTE: No extractions.**

Eyebright Enhancement (25 minutes)

Weekday: \$70 Weekend: \$80

This enhancing makeover helps achieve an alert, wide-eyed look and refreshes tired eyes. Gentle massage of your eye area diminishes puffiness and improves circulation. Your Esthetician will perform a 'De-stress Eye Puffiness Treatment' with Ginko Biloba' and a 'De-stress Eye Wrinkle Treatment' with 100% Marine Collagen.'

Facial Enhancements: \$25 each

Add a Facial Enhancement to any 50 or 80 minute Facial Treatment

- ▶ De-stress Eye Puffiness Treatment with Ginko Biloba
- ▶ De-stress Eye Wrinkle Treatment with 100% Marine Collagen
- ▶ Lip Treatment with Retinol Serum
- ▶ Upgrade your masque
- ▶ Facial paraffin



All pricing is subject to a 15% gratuity and a 4% service charge.

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BODY WAXING

Arms – Full

Weekday: \$50 | Weekend: \$55

Arms – Half

Weekday: \$40 | Weekend: \$45

Back

Weekday: \$75 | Weekend: \$80

Bikini

Weekday: \$40 | Weekend: \$45

Full Leg

Weekday: \$75 | Weekend: \$80

Half Leg

Weekday: \$60 | Weekend: \$65

Underarm

Weekday: \$30 | Weekend: \$35

MAKEUP APPLICATION

Youngblood Makeup Application

Weekday: \$55 | Weekend: \$60

Youngblood is the premier mineral cosmetic line available at select spas and salons throughout the United States. Made of micronized, highly reflective crystals, mineral cosmetics reflect light to smooth fine lines and blemishes. And since mineral cosmetics are made with pigments from the earth, they're much healthier than cosmetics containing petroleum dyes. 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 Youngblood makeup purchase.

Fashion Lashes (15 minutes)

From \$25

SPA LIFE-STYLE BOUTIQUE

Throughout your visit, Spa Associates will recommend results-oriented body and skin-care products which complement our therapies so your Spa experience may be enhanced long after your departure.

Browse our select collection of signature spa products, fitness attire and lifestyle accessories. We are proud of our signature offerings and invite you to visit our Salon and Spa Boutique to find just the right therapy and memory to take home.

The Spa Life-Style Boutique is open seven days a week, 9:00am to 9:00pm. All retail products are subject to applicable CT sales tax and Mashantucket tax.

FACIAL WAXING

Brow Shaping

Weekday: \$25 | Weekend: \$28

Brow, Lip or Chin Waxing

Weekday: \$15 | Weekend: \$18

Cheeks and Jaw line

Weekday: \$18 | Weekend: \$20

Three area combination of Lips, Chin, Cheeks and Jaw Line

Weekday: \$42 | Weekend: \$45

BODY TREATMENTS

NOTE: Do not expose yourself to the sun and/or combine two heat treatments and/or the use of Sauna, Steam and Whirlpool closely together on the same day. We suggest a rest period of one hour prior to exercise, and increased fluid intake after these treatments.

Body treatments identified with a ^P after the title are not recommended during pregnancy.

Apricot Harvest Body Polish ^P (50 minutes)

Weekday: \$110 | Weekend: \$125

This signature polish begins with a body scrub with Apricot, Dead Sea and mineral salts. Shower off and return to the table for a massaged application of our own Apricot Harvest lotion.

Aromatherapy^P Signature Body Work (50 or 80 minutes)

Weekday: \$110 or \$190 | Weekend: \$125 or \$215

This exquisitely fragrant, graceful body work uses pure essential oils, which you choose, and a combination of massage techniques, including lymphatic drainage and energy balancing, designed to specifically clear congestion and relax, stimulate and detoxify your body. This treatment helps reduce swelling and improves lymphatic flow. A "scent-ual" yet powerful stress-relieving treatment.

Ayurvedic Mud Wrap^P (50 minutes)

Weekday: \$115 | Weekend: \$130

Auomere Ayurvedic Herbal-Based Mud imported from India gently balances circulation and cleanses your system. An Ayurvedic oil application finishes this treatment.

Jasmine Java Hydrating Wrap^P (80 minutes)

Weekday: \$175 | Weekend: \$195

This hydrating body wrap restores inner balance while nourishing outer beauty. A gentle **Espresso Citron Foaming Body Exfoliant** made from finely milled organic espresso and vibrant citrus oil soothes and softens skin. Next, a cocoon of moisturizing wild orchid extract and powerful antioxidants envelops you from head to toe, renewing your skin's natural defenses. Then your body is massaged and replenished with a sumptuous **Jasmine Java Nourishing Crème** made from coffee, cocoa and shea butters infused with decadent floral notes of exotic jasmine and organic ylang ylang. You will emerge revived and refreshed.

Thalassotherapy^P (50 minutes)

Weekday: \$115 | Weekend: \$130

This thermal algae body masque, rich in nutrients from the sea, is designed to cleanse, tone and detoxify the system. A finishing application of our **Avocado Body Lotion** provides a dense layer of vitamin-enriched protection and nutrition.

Vitality Vitamin Wrap (50 minutes)

Weekday: \$125 | Weekend: \$140

This treatment begins with a gentle exfoliation with natural and aromatic **BABOR[®] Body Gommage**. Once you have showered, your therapist applies a skin-nourishing, anti-oxidant-filled **BABOR Vitamin A, C and E Cream** for maximum skin hydration.



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MASSAGE TREATMENTS

NOTE: Treatments identified with a ^P after the title are not recommended during pregnancy.

Please shower prior to any scheduled massage treatment.

We are pleased to feature **Duet Massage Treatments**. The sharing of time and space is very popular amongst couples, friends, mothers and daughters, fathers and sons. Individual therapists massage each person on separate tables in our Duet Treatment room. All 50-minute and 100-minute massage treatments are available to be booked in our Duet Treatment room. The charges listed for each treatment are per person.

Swedish Spa Massage (50, 80 or 100 minutes)

Weekday: \$95, \$150 or \$190 Weekend: \$110, \$165 or \$205

Developed in Sweden, this gentle massage technique is the most widely practiced form of classic therapeutic spa massage in the Western world. It is known for lighter touch, long, flowing strokes and subtle transitions designed to warm and relax tissues. Benefits include increased blood and lymph circulation, eased tension and energetic revitalization.

Note: This is not deep tissue or sports therapy work.

Swedish Massage with PhytoTherapy (50, 80 or 100 minutes)

Weekday: \$100, \$155 or \$200 Weekend: \$115, \$170 or \$220

The Swedish massage is embellished with the addition of custom blended plant oils. Each oil gives specific benefit to your body, mind and spirit, and the choice is yours to make.

Relaxation Ritual ^P (50 minutes)

Weekday: \$95 Weekend: \$110

Your therapist addresses the two geographically opposed areas which harbor stress. Imagine your tension melting away with a lingering head, neck and shoulder massage followed by a foot massage with hot stones. You will be on your back for this entire treatment.

Teen Swedish Massage (50 minutes)

Weekday: \$95 Weekend: \$110

The gentle, flowing Swedish massage techniques, delivered with utmost sensitivity to ensure comfort and total relaxation, make this a perfect teen treatment.

NOTE: Must be 16 or older to access the locker room facilities.

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Pregnancy Massage (50 minutes)

Weekday: \$100 Weekend: \$110

Especially now, when your body and back need nurturing, relaxation and tension relief, enjoy this specially administered Swedish massage.

Sports Massage (50 or 80 minutes)

Weekday: \$125 or \$200 Weekend: \$135 or \$215

In our Sports massage, we target two specific sites using advanced massage techniques such as trigger point release, movement therapy, skin rolling and compression to help provide relief from aches and discomforts that typically accompany overworked muscles.

Norwich Signature Massage ^P (50 or 80 minutes)

Weekday: \$130 or \$210 Weekend: \$145 or \$225

This beautifully choreographed, full-body, firm massage will release the tension in the entire back and shoulders, leaving you with a renewed sense of well-being.

Personal Prescription Plan ^P (80 minutes)

Weekday: \$210 Weekend: \$225

Collaboration begins when you and your therapist create a personalized prescription for therapy based on your personal needs. This session may include a combination of Deep Tissue, Sports or Swedish massage with Phytotherapy and Hot Stone therapy.

Deep Tissue Massage ^P (50 or 80 minutes)

Weekday: \$140 or \$215 Weekend: \$150 or \$225

A therapeutic massage aimed at the deeper tissue structures of the muscle and fascia, or connective tissue. While using many of the same movements and techniques as Swedish massage, the pressure is generally more intense and focused, as the therapist works to release chronic muscle tension. Though a full-body massage, deeper techniques are best used in the body areas with larger muscles. **NOTE: Not for those in fragile physical condition or during pregnancy. Not included in any package or discount program.**

Native Hot Stone Massage ^P (50 or 80 minutes)

Weekday: \$125 or \$200 Weekend: \$135 or \$215

This massage uses a combination of soothing Swedish Massage with the centuries-old use of heated, water-smoothed stones to bring relief to sore muscles. A warm, peaceful state and deeper muscle relaxation is achieved.

Native Hot Stone Massage with PhytoTherapy ^P (50 or 80 minutes)

Weekday: \$130 or \$205 Weekend: \$140 or \$220

Complement the Native Hot Stone Massage described above with the use of custom blended aromatic plant oils. Make your choice from a variety of oils based on each one's specific benefit to your body, mind and spirit.

Express Massage (25 minutes)

Weekday: \$65 Weekend: \$70

This session is dedicated to relieve tension from two sites of your choice and works well within the framework of your schedule.

Foot Flexibility Massage ^P (25 minutes)

Weekday: \$65 Weekend: \$70

Regain footing and balance. This treatment pampers and revitalizes with a soothing massage to all muscles and tendons from your knees down to the feet. Skillful application of pressure points will help stimulate energy through your body to enable your body to relax.

Hand Flexibility Massage ^P (25 minutes)

Weekday: \$65 Weekend: \$70

Hold on and get a grip. This treatment stimulates energy pathways from the elbow to fingertips while incorporating massage and pressure points. Great for Carpal Tunnel relief.

NAIL CARE SERVICES

Apricot Harvest Spa Manicure (50 minutes)

Weekday: \$55 Weekend: \$60

Apricot Harvest Spa Pedicure (50 minutes)

Weekday: \$70 Weekend: \$75

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

“Chocolate Overload” Spa Manicure (50 minutes)

Weekday: \$55 Weekend: \$60

“Chocolate Overload” Spa Pedicure (50 minutes)

Weekday: \$75 Weekend: \$80

Our specialty cocoa-based services include a chocolate sugar scrub, massage with a decadent chocolate cherry lotion and a paraffin treatment and finish. Your treatment is complemented with a beverage, Irish Cream, and chocolates.

NOTE: Must be 21 to consume alcohol. Proof of age required.

Sweet Almond Spa Manicure (50 minutes)

Weekday: \$55 Weekend: \$60

Sweet Almond Spa Pedicure (50 minutes)

Weekday: \$75 Weekend: \$80

Our Spa therapy vigorously addresses the visible signs of aging and leaves your hands or feet feeling well tended, super-hydrated and supple. This anti-aging treatment includes paraffin, exfoliation and moisturizing.

Milk & Honey Spa Manicure (50 minutes)

Weekday: \$55 Weekend: \$60

Milk & Honey Spa Pedicure (50 minutes)

Weekday: \$75 Weekend: \$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)

Weekday: \$100 Weekend: \$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 raw-sugar scrub warms 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 with cucumber and fruit extracts.

“Prince of Tides” Spa Pedicure (50 minutes)

Weekday: \$70 Weekend: \$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 butter massage and finish feels like a mini-vacation.

Express Manicure (25 minutes)

Weekday: \$35 Weekend: \$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)

Weekday: \$45 Weekend: \$55

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

Add Shellac Finish (15 minutes) \$15

Add Shellac Finish on French (15 minutes) \$20

Add a French Finish (15 minutes) \$15

Add a Paraffin (15 minutes) \$15

Add a File/Soak-off Faux Nails (15 minutes) \$15

Add Native Hot Stone Massage (30 minutes) \$25

Nail Art Design From: \$25

ARTIFICIAL NAIL ENHANCEMENTS

Acrylic full set

Weekday: \$75 | Weekend: \$85

Acrylic refill

Weekday: \$45 | Weekend: \$50

Acrylic backfill

Weekday: \$65 | Weekend: \$70

Acrylic full set custom french finish

Weekday: \$100 | Weekend: \$110

Reshape and finish of faux or natural nails

Weekday: \$25 | Weekend: \$30

Replacement per faux nail

From: \$5



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SALON STYLING & HAIR CARE SERVICES

Note: Additional fees apply for service enhancements including texture, length, design and chemical enhancements above and beyond the service menu. Please consult with your stylist for an accurate understanding of fees and charges. We proudly offer multi-cultural haircare services.

Women's Design/Style/Finish **Short - above shoulder**

Weekday: \$40 | Weekend: \$45

Long - shoulder and below

Weekday: \$50 | Weekend: \$55

Men's Design/Style/Finish

Weekday: \$35 | Weekend: \$40

Children's Design/Style/Finish

(10 Years And Under)

Weekday: \$30 | Weekend: \$35

Bang Trim (15 minutes)

Weekday: \$15 | Weekend: \$20

Awapuhi Wild Ginger **Keratiplex**

A new revolutionary Keratin treatment by Paul Mitchell® designed to restore dry damaged hair with immediate results. Great for sun damaged, chemically treated or highlighted hair. Book directly after a color service or with a style and finish.

\$30

GOLDWELL

Brilliant Color Services

INCLUDES STYLE AND FINISH

Corrective Color re-design and foil services do not include reshaping. Cap highlights will be done on request only and priced accordingly.

Refresh Color/Style/Finish

Weekday: \$70 | Weekend: \$75

Refresh Color/Design/Style/Finish

Weekday: \$90 | Weekend: \$95

Corrective Color re-design

From:

Weekday: \$100 | Weekend: \$105

GOLDWELL

Color Add-on Service Enhancements \$25 each

Rebalancing: Restores and enhances lasting color and body

Serums: Color lock-in systems

GOLDWELL

Reconstructive Services \$30 each

May only be performed before GOLDWELL color services or 2 weeks after chemical services.

Please consult with your stylist for services offered.

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RETEXTURING HAIR SERVICES

Perm

From: Weekday: \$85 | Weekend: \$90

Perm with design

From: Weekday: \$100 | Weekend: \$105

Relaxer style and finish

From: Weekday: \$90 | Weekend: \$95

Relaxer design, style and finish

From: Weekday: \$115 | Weekend: \$120

GK Smoothing System

Professional smoothing system that boosts strength and manageability

From: \$300

SO CAP Hair Extensions

Priced Upon Consultation



DAY SPA PACKAGES

“ON THE GO”

- ▶ *Swedish Massage (50 minutes)*
- ▶ *Express Facial (25 minutes)*
- ▶ *Express Manicure or Express Pedicure (25 minutes)*
- ▶ *Day Spa Pass*

Only \$169.00
(a \$230.00 Value)

(Please allow a minimum of 3 hours)

“THE INDULGENCE”

- ▶ *European Facial (50 minutes)*
- ▶ *Express Massage (25 minutes)*
- ▶ *Express Manicure or Express Pedicure (25 minutes)*
- ▶ *Women’s Style & Finish or Men’s Design, Style and Finish*
- ▶ *Day Spa Pass*

Only \$199.00
(a \$270.00 Value)

(Please allow a minimum of 3 hours)

“JUST FOR HIM”

- ▶ *Swedish or Sports Massage (50 minutes)*
- ▶ *Men’s Caviar Therapy or Back Facial (50 minutes)*
- ▶ *Express Manicure or Express Pedicure (25 minutes)*
- ▶ *Day Spa Pass*

Only \$230.00
(a \$300.00 Value)

(Please allow a minimum of 3 hours)

DAY SPA PACKAGES

“THE SPA DECADENCE”

- ▶ *Swedish Massage (50 minutes)*
- ▶ *European Facial (50 minutes)*
- ▶ *Apricot Harvest Spa Manicure or Apricot Harvest Spa Pedicure (50 minutes)*
- ▶ *Women’s Style and Finish or Men’s Design, Style and Finish*
- ▶ *Day Spa Pass*

Only \$259.00
(a \$325.00 Value)

(Please allow a minimum of 4 hours)

“THE ULTIMATE”

- ▶ *Swedish Massage (50 minutes)*
- ▶ *European Facial (50 minutes)*
- ▶ *Apricot Harvest Spa Manicure (50 minutes)*
- ▶ *Apricot Harvest Spa Pedicure (50 minutes)*
- ▶ *Women’s Style & Finish or Men’s Design, Style and Finish*
- ▶ *Lunch Voucher*
- ▶ *Logo’d Shirt*
- ▶ *Day Spa Pass*

Only \$329.00
(a \$460.00 Value)

(Please allow a minimum of 6 hours)

Day Spa Package Conditions

- ▶ 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 subject to a 15% Gratuity and 4% Service Charge, assessed on Full Retail Price
- ▶ For packages with Lunch, the Lunch Voucher (\$25) is valid for Poolside Dining or the Veranda Café
- ▶ Lunch voucher and retail credit are only valid on the day of the package. Unused lunch voucher and retail credit balance is nonrefundable. Lunch voucher and retail credit have no cash value.
- ▶ Packages are not available with and may not be combined with any other promotional offers
- ▶ Day Spa Packages are available Sunday through Friday, some restrictions apply
- ▶ A 24-hour advanced notice of cancellation or revision is required or a 50% cancellation charge will apply
- ▶ Pricing, content and availability is subject to change without notice

FREQUENTLY ASKED QUESTIONS & POLICIES

What makes The Norwich Spa at Foxwoods different from other spas?

Our 9th floor location in the Grand Pequot Tower of Foxwoods Resort Casino adds a dimension to the brand already enjoyed at The Spa at Norwich Inn. We subscribe to the International Spa Association's "Code of Comfort," which is included for your reference within this menu of services.

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 & makeup services?

For Spa Services and Day Spa Packages, please call the Spa at 1-860-312-4901. For Hair, Makeup, Hand & Foot Treatments, and Waxing services, please call the Salon at 1-860-312-4096. 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 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 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. Browse in our wonderful Spa Life-Style Boutique. Of course, the world of gaming, shopping and dining awaits just a few floors away!

FINAL THOUGHTS

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

Weekday and Weekend Pricing:

Weekday pricing is applicable Monday through Friday. Weekend pricing is applicable Saturday, Sunday and some select Holidays.

Age Requirements and Family Access:

Guests must be 16 years or older to enter the Spa Locker Rooms, receive spa services and use the fitness center. Proof of age is required.

All children under the age of 16 must be accompanied by an adult at all times.

Cancellation:

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

Gratuities:

A 15% 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 Spa Life-Style Boutique offerings are subject to change without notice.

HOURS OF OPERATION

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

Spa appointments are available daily from 9:00am to 8:00pm. 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, Great Cedars and Two Trees registered hotel guests, key card access to the fitness center is available 6:00am to 8:00am daily. The Grand Pequot Pool offers an adult swim from 6:00pm to 9:00pm daily. Adult swim hours are subject to change without notice.

Great Cedar Hotel Pool is open seven days a week, 6:30am to 9:00pm.

foxwoods.com

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

DAILY SPA ADMISSION AND POOL FEES

Grand Pequot Tower Pool & Fitness Center

- ▶ Open 8:00am to 9:00pm daily.
- ▶ Fitness Center open daily 6:00am to 8:00am with key card access.
 - ▶ Some restrictions may apply.
- ▶ **An adult must accompany children under the age of 16 at all times. Proof of age may be required.***
- ▶ **ADULT SWIM:** Adult Swim (16 years and older) 6:00pm – 9:00pm daily at Grand Pequot Pool. Children under 16 years may use Great Cedar Hotel Pool during Adult Swim hours

Registered Hotel Guests of Grand Pequot Tower, Great Cedar & Two Trees Hotels		Non-Registered Hotel Guests/Day Guests of Grand Pequot Tower, Great Cedar & Two Trees Hotels
Complimentary	*16 years & older	\$35.00 / Day waived with a Spa treatment purchase
Complimentary	*children 6-15 years old	\$25.00 / Day
Spa Locker Room plus Pool & Fitness Center		
\$10.00 / Day	*16 years & older	\$40.00 / Day
Waived with a Spa treatment purchase		waived with a Spa treatment purchase
Spa Locker Room plus Pool & Fitness Center 3-Day Pass		
\$25.00	*16 years & older	Not available for purchase

DAILY SPA ADMISSION AND POOL FEES

Fox Tower Registered Hotel Guests

Great Cedar Hotel Pool & Fitness Center	*16 years & older *children 6-15 years old	Complimentary
Grand Pequot Tower Pool & Fitness Center	*16 years & older *children 6-15 years old	\$15.00 / Day \$5.00 / Day
Spa Locker Room plus Pool & Fitness Center	*16 years & older	\$25.00 / Day Waived with a Spa treatment purchase

Great Cedar Hotel Pool & Fitness Center

- ▶ Open 6:30am to 9:00pm daily.
- ▶ Some restrictions may apply.

- ▶ **An adult must accompany children under the age of 16 at all times. Proof of age may be required.***

Complimentary pool access for all registered hotel guests
Complimentary Fitness Center available 24 hours a day.



Rates are subject to change without notice.

All pricing is subject to a 15% gratuity and a 4% service charge.
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