



Wellness

AT THE NEWMAN

Our Philosophy

Rooted in Nordic bathing culture and attuned to the pace of modern urban life, our philosophy blends science with soul and innovation with tradition. We offer a holistic, lifestyle-driven approach prioritising resilience, balance and long-term vitality.

From contrast therapy and mindful movement to cutting-edge recovery tools, every element is thoughtfully designed to support the body's innate ability to heal and restore.

WELLNESS REDEFINED

Guided by the pillars of EXPLORE, ENGAGE, and RECOVER, Wellness at The Newman offers a space for purposeful renewal. Here, guests are invited to reconnect with themselves – physically, mentally, and emotionally – to cultivate a rhythm of well-being that extends far beyond their time with us.

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Book your treatment with us.

Facials

THERMAL BLISS FACIAL

75 MINUTES | £210

Targeted to revitalise the skin with alternating hot and cold sensations. This facial embraces Nordic elements of temperature contrasts to enhance skin immunity and vitality.

RESULTS

Improves circulation, reduces puffiness, tightens, smooths, hydrates

SIGNATURE AGE-DEFYING FACIAL

75 / 90 MINUTES | £215 / £245

Our most luxurious facial, designed to combat visible signs of aging. This comprehensive treatment uses top-of-the-range products for the ultimate rejuvenation and radiant glow while Déesse techtools enhance results.

RESULTS

Plumps and firms, brightens, smooths, hydrates

75 MINUTES

Déesse LED Face Mask and Sculpta Trigen

TRIPLE PEEL GLOW

60 MINUTES | £190

A targeted three-step peeling treatment to boost the skin's renewal for a radiant, plumped and hydrated complexion.

RESULTS

Brightens, smooths, hydrates

Personalisation is at the heart of every treatment. Explore our add-ons on page 7 to customise your experience, our spa team will be happy to guide you.

Facials

PURE CALM FACIAL

60 MINUTES | £190

Ideal for sensitive and sensitised skin, this is a heat-free facial designed to provide a calming, hydrating and healing experience. Also a great option for mums-to-be or anyone struggling with menopause symptoms.

RESULTS

Calms, soothes, smooths, hydrates, heals

GLOW & GO FOR MEN

60 MINUTES | £190

A results-driven peel treatment that purifies, energises, and hydrates. Skin feels clear, calm, and visibly recharged.

RESULTS

Brightens, smooths, hydrates

EXPRESS FACIAL

30 MINUTES | £95

Pressed for time? This targeted face treatment offers a revitalising cleanse, smoothing exfoliation and nourishing mask for a quick 'pick-me-up', leaving your skin with a healthy glow. All products tailored to your skin's needs.

RESULTS

Revitalises, smooths, nourishes

Personalisation is at the heart of every treatment. Explore our add-ons on page 7 to customise your experience, our spa team will be happy to guide you.

Massages

PURIFYING DETOX MASSAGE

60 / 90 MINUTES | £190 / £230

A massage with a difference, and perfect for detoxifying both the skin and muscles.

This Swedish style massage includes a dry body brushing experience paired with drainage techniques for an all-over cleanse. Cupping is targeted to select areas to ensure toxin release.

RESULTS

Improved circulation, boosts lymphatic flow, eliminates toxins, reduces swelling

SIGNATURE MUSCLE RECOVERY

60 / 90 MINUTES | £190 / £230

A comprehensive treatment designed for muscle recovery, perfect for fitness enthusiasts and those seeking more than a regular massage.

This holistic approach ensures optimal muscle recovery and overall well-being by blending and customising different massage techniques.

RESULTS

Improved function, enhanced mobility, overall well-being

ULTRA SWEDISH MASSAGE

60 / 90 MINUTES | £190 / £230

Choose between a deep tissue or restorative Swedish massage. A top-to-toe, Swedish massage tailored for either deep muscle therapy or a more restorative experience with a slow-paced, relaxing flow. Totally customisable with pressure and techniques to suit your needs.

RESULTS

Relives muscle tightness, improves circulation, mental and physical tranquillity

Personalisation is at the heart of every treatment. Explore our add-ons on page 8 to customise your experience, our spa team will be happy to guide you.

Massages

THERMAL BALANCE MASSAGE

75 / 90 MINUTES | £215 / £245

Embracing Nordic traditions, this Swedish hot stone massage includes a gentle touch of cool elements for a harmonious contrast. Allow the heat to relax the muscles and release tension while the cool sensations awaken the body for renewed energy. Perfect for anyone needing relaxation and a 'pick-me-up' at the same time. A relaxing yet invigorating experience.

RESULTS

Relieves muscle tightness, relaxes, invigorates, improves circulation

KLORIS CBD SWEDISH STILLNESS

60 / 90 MINUTES | £210 / £330

A luxurious reimagining of the classic Swedish massage. This restorative treatment uses flowing, rhythmic strokes with personalised light-to-medium pressure. Enriched with KLORIS's high-performance CBD oils and balms, it supports the body's endocannabinoid system – helping to and promote a deeper state of physical and mental balance.

WELLNESS PILLAR

Promote a deeper state of physical and mental balance

Personalisation is at the heart of every treatment. Explore our add-ons on page 8 to customise your experience, our spa team will be happy to guide you.

Massages

KLORIS CBD REVIVE & RESTORE RITUAL

90 MINUTES | £330

A rejuvenating experience designed to ease muscles, enhance circulation and promote deep physical relaxation.

Starting with an invigorating body scrub followed by a deeply restorative massage using potent doses of KLORIS' award-winning balms and oils.

WELLNESS PILLAR

Physical recovery

PREGNANCY MASSAGE

60 MINUTES | £190

A deeply soothing and gentle massage tailored for expectant mothers, designed to provide relief from tension, ease swelling and promote relaxation during this special time.

RESULTS

Soothes muscles, reduces swelling and offers mental tranquillity

Personalisation is at the heart of every treatment. Explore our add-ons on page 8 to customise your experience, our spa team will be happy to guide you.

Add-ons for Face

DÉESSE PRO FACE (TECH ADD-ON)

15 / 30 MINUTES | £30 / £45

SCULPTA

Harnessing the power of TriGen technology, Sculptaby Déesse Pro combines three clinically proven energies to promote optimum skin health.

This technology increases hydration levels, stimulates collagen and elastin production, and promotes a radiant and rejuvenated complexion.

ELECTRICAL MUSCLE STIMULATION

Delivers low-level electrical currents to stimulate facial muscles, promoting increased blood flow and muscle contraction.

RADIO FREQUENCY (RF)

Uses low-frequency electromagnetic waves to gently heat the deeper layers of the skin to approximately 45-50°C.

RED LED LIGHT THERAPY

At a wavelength of 630nm, red light penetrates the skin to stimulate cellular activity.

EYE TREAT

30 MINUTES | £95

A revitalising eye treatment designed to awaken and refresh. Whether you're concerned with dark circles, fine lines, or signs of fatigue, this targeted experience leaves your eyes looking brighter, smoother and well-rested.

RESULTS

Awaken, refresh, energise.

Add-ons for Body

SCRUBS

BACK SCRUB
15 MINUTES | £30

Remineralising lavender and eucalyptus sea salt back scrub.

FULL BODY SCRUB
(includes shower)
30 MINUTES | £85

HYPERICE BODY (TECH ADD-ON)

HYPERICE NORMATEC
COMPRESSION BOOTS
15 / 30 MINUTES | £15 / £30

Recover like a professional athlete with the HyperIce compression boots. These boots use dynamic air compression to improve circulation, reduce swelling and speed up muscle recovery.

Perfect for post-travel fatigue or as an add-on after an intensive workout or massage. Also great for jet lag, leg fatigue or anyone wanting improved lymphatic drainage.

HYPERICE BODY (TECH ADD-ON)

VENOM INFRARED HEAT
THERAPY BELT
15 / 30 MINUTES | £15 / £30

Experience the ultimate relief with this belt, combining soothing infrared heat, compression and vibration to ease tension and melt away stress from your core.

Guided Wellness Journeys

Transformative wellness experiences designed around the pillars of EXPLORE, ENGAGE, and RECOVER.

EXPLORE

NORDIC AWAKENING

2 HOURS | £350

IDEAL FOR

Guests seeking sensory activation, circulation support, and an introduction to the therapeutic power of contrast therapy.

BEGIN YOUR JOURNEY WITH A THERMAL EXPERIENCE

This 30 minute circuit stimulates circulation, awakens the body, and prepares the mind for deeper therapeutic benefits.

15 MINUTES - Sauna (80–85 °C)

2 MINUTES - Cold Experience Shower

2 MINUTES - Warm Experience Shower

2 MINUTES - Ice Lounge (16 °C)

5 MINUTES - Hydrotherapy Pool

FOLLOWED BY

A facial or massage treatment (60 minutes) of your choice.

COMPLETE WITH

Hyperice Normatec Compression Boots (20 minutes), served with a herbal infusion or cooling wellness elixir and healthy snack.

Guided Wellness Journeys

ENGAGE

CONNECTIONS IN HARMONY

2 HOURS 30 MINUTES | £800

IDEAL FOR

Couples, friends, or companions seeking to reconnect through shared rest and rejuvenation.

BEGIN WITH A MOMENT OF INTENTION

Connect in the Halotherapy Room (10 minutes) to ground the senses and create a shared space of calm.

SHARED THERMAL RITUAL

50 MINUTES

5 MINUTES - Warm Experience Shower

10 MINUTES - Steam Room with Aromatherapy

5 MINUTES - Cool Mist Experience Shower

15 MINUTES - Sauna (80-85°C)

2 MINUTES - Ice Lounge (16°C)

10 MINUTES - Hydrotherapy Pool

SIGNATURE RITUAL FOR TWO

90 MINUTES

Choose one of the following massages

THERMAL DETOX MASSAGE

A massage alternating hot and cold elements on the back with dry body brushing on the front body to support emotional balance (exclusive to this Wellness Journey).

KLORIS CALMING CBD MASSAGE

A nurturing CBD oil massage to reduce tension and deepen restorative connection.

UNWIND TOGETHER

Unwind with seasonal herbal infusions or botanical tonics in the Relaxation Lounge and a healthy snack.

Guided Wellness Journeys

RECOVER

SANCTUARY OF RESILIENCE

3 HOURS | £430

IDEAL FOR

Guests recovering from physical exertion, chronic stress, or needing deep nervous system reset.
A restorative, tech-enhanced journey supporting deep recovery, energy balancing and mental clarity.

ACTIVATE WITH ADVANCED RECOVERY 70 MINUTES

30 MINUTES - Alternating Sauna and Ice Lounge
contrast therapy

20 MINUTES - Steam Room, Ice Lounge and
Experience Shower circuit

20 MINUTES - Déesse Pro LED Face Mask and
Hyperice Normatec Compression Boots

FOLLOWED BY ONE OF THE FOLLOWING 90 MINUTES

MUSCLE RECOVERY AND PEMF MAT

A deep tissue massage with Hypervolt Percussion (60 minutes) and PEMF mat for muscle repair (30 minutes).

KLORIS DEEP REST RITUAL

A deeply calming massage using premium CBD oils to support sleep and calm the nervous system.

CLOSE IN STILLNESS

End with self-guided breathing in the Halotherapy Room (10 minutes).
Guest receives a take-home recovery kit featuring a CBD sleep patch or mineral-rich soak to continue their recovery at home.

How To Spa

OPENING HOURS

Spa treatments are available from 10:00am to 6:00pm. Hotel guests may access the Fitness Centre 24 hours a day using their room card. Wet areas and changing rooms are open from 7:00am to 9:00pm.

BOOKINGS

To book a treatment, please use the 'guest services' button on your hotel room phone, call Spa Reception on +44 20 3989 8100, or email wellness@thenewman.com. A valid credit card is required to confirm all bookings. All prices are quoted in GBP and subject to change without notice. Payment is taken upon booking.

PRE-ARRIVAL

Please arrive 15 minutes before your appointment to begin your treatment feeling relaxed and unhurried. Sessions begin promptly, and late arrivals may result in a shortened experience so we can honour the time of all guests.

HEALTH CONSIDERATIONS

For your comfort and wellbeing, please let us know of any allergies, medical conditions, or specific needs when booking, especially if you are pregnant or have high blood pressure. Our team will guide you toward the treatments best suited to you. To help us personalise your visit, please complete the health consultation form ahead of your appointment. We also recommend avoiding alcohol before, during, or immediately after treatments.

PERSONAL BELONGINGS

Lockers are provided in our gender-separated changing areas for all spa guests. The spa cannot accept responsibility for lost personal items.

TRANQUILITY

We invite you to embrace the calm atmosphere of the spa. Please keep mobile phones on silent and refrain from using them in wet or heat areas. Voices should be kept low, and smoking or vaping is not permitted anywhere in the spa.

How To Spa

CHILDREN

All treatments are reserved for guests aged 18 and above.

Children between the ages of 13-18 are allowed to use the wet areas with parental consent, and legal guardians are required to sign a waiver before access to the Wellness Floor can be granted.

Children need to be accompanied by an adult at all times within the spa.

Access to the gym is available to guests aged 16 and over.

CANCELLATION POLICY

Please provide at least 24 hours' notice to cancel or change your booking. Cancellations made within 24 hours or no shows will be charged in full.

TAX AND SERVICE CHARGES

All prices are inclusive of VAT. Gratuities are welcomed and entirely at your discretion. All gratuities are fully shared amongst the team.

AFTERCARE

Hydrate well, rest and avoid alcohol or strenuous activity for 24 hours. Take your time leaving, the calm is part of your treatment.

Contrast Therapy Circuits

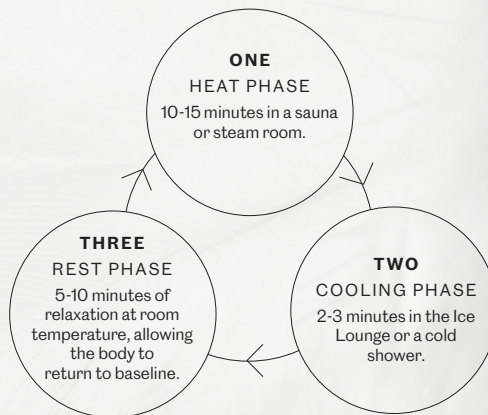
Inspired by Scandinavian traditions, Contrast Therapy is a time-honoured practice designed to promote recovery and rejuvenation. Transition between our sauna, cold room, steam room and hydrotherapy pool to experience the revitalising power of alternating hot and cold environments.

'HOW TO' GUIDE

A balanced Contrast Therapy session should include heat, cooling, and rest phases.
Here is a recommended protocol:

BENEFITS

- Boost overall recovery
- Promote detoxification
- Improve skin tone
- Boost circulation
- Relieve muscle tension
- Support lymphatic drainage
- Enhance overall recovery
- Strengthen the immune system
- Reduce stress and fatigue



BENEFITS

- Balance hormonal fluctuations
- Improve sleep quality
- Alleviate jet lag symptoms
- Ease menopause-related discomfort
- Restore balance and harmony
- Rejuvenate your body and mind
- Combat swelling and water retention
- Re-energise the body after travel or exhaustion

Repeat the cycle two to three times, always ending with the cooling phase to reduce inflammation.

Contrast Therapy Circuits

EXPRESS CIRCUIT

15 MINUTES

A quick and invigorating circuit ideal for busy guests or contrast therapy beginners. Perfect for boosting circulation, improving focus and awakening the senses.

Dry Sauna (80–85 °C)
5 MINUTES

Cool Experience Shower
1 MINUTE

Steam Room (40–42 °C)
4 MINUTES

Ice Lounge (~15 °C)
1-2 MINUTES

Halotherapy Rest and Recovery
2 MINUTES

CORE CIRCUIT

30 MINUTES

A balanced thermal wellness ritual combining detoxification, immune stimulation and deep relaxation.

Steam Room (42–45 °C)
6 MINUTES

Cold Shower
2 MINUTES

Dry Sauna (80–85 °C)
8 MINUTES

Ice Lounge (~15 °C)
2 MINUTES

Hydrotherapy Pool
5 MINUTES

Halotherapy Lounge
5 MINUTES

Rest and Hydration
2 MINUTES

SIGNATURE CIRCUIT

60 MINUTES

Our full contrast therapy journey – ideal for full-body recovery, lymphatic boost, and stress relief. Includes guided thermal exposure cycles, vitality immersion and halotherapy.

Halotherapy Lounge
7 MINUTES

Sauna and Cold Shower cycle
12 MINUTES

Steam and Ice Lounge
10 MINUTES

Hydrotherapy Pool
6 MINUTES

Sauna and Cold Shower (final round)
7 MINUTES

Halotherapy Rest & Recovery
10 MINUTES

Our Curated Brands

The treatments at Wellness at The Newman are created in collaboration with a curated selection of forward-thinking wellness brands, each chosen for their commitment to sustainability, personalisation, and innovation. These partnerships ensure every treatment reflects the spa's core values while delivering exceptional, results-driven experiences.

K L O R I S

LET NATURE LOVE YOU

KLORIS is a multi-award-winning British wellness brand celebrated for its premium, intelligent CBD formulations. Expertly developed by leading plant scientists, KLORIS embodies a commitment to holistic wellbeing across four essential pillars: better sleep, mental wellbeing, pain and recovery, and menopause support. Trusted by top-tier luxury properties and wellness destinations around the world, KLORIS sets the standard in sophisticated, science-backed self-care.

DÉESSE PRO

A pioneer in advanced light therapy, Déesse PRO blends over 30 years of clinical research with precision Korean engineering. Rooted in science and guided by a deep respect for balance and renewal, its LED technology is designed to support skin health, cellular regeneration, and overall wellbeing. The result: transformative, non-invasive rituals that restore radiance and equilibrium.

NUORI

Nuori brings a fresh perspective to skincare. Handcrafted in Denmark and blended in small batches, each formula is free from synthetic additives and packed with active natural ingredients. With a focus on purity, potency, and transparency, NUORI treatments nourish the skin while honouring its natural vitality.

Hyperice

Born from a passion for movement and recovery, Hyperice is a global wellness brand dedicated to helping people feel their best. Originally developed for elite athletes, its innovative tools now support everyday wellbeing – blending technology and care to restore balance, enhance mobility, and encourage mindful living.

Our Wellness Studio

Connect with your body, breath, and mind through our wellness offerings. Whether you are a seasoned practitioner or new to the mat, our diverse range of yoga, Pilates, and sound bath sessions cater to all levels. Each session is thoughtfully designed to bring you a sense of calm, connection, and wellbeing, helping you find balance in your everyday life.

Pilates

Our Pilates programme is brought to Wellness at The Newman by Ashlea McKee, founder of Élan Wellbeing. Whether you're looking for a classical class to strengthen and balance, an energising dynamic session or looking to work on recovery and mobility, our diverse range of weekly classes has something for all abilities.

Yoga

Designed to unite the mind, body, and spirit through physical postures, breathing techniques, and meditation. We offer a wide range of yoga classes to appeal to all levels, from dynamic vinyasa yoga that strengthens and grounds the body and deeply calming, meditative yin yoga to support joint health, to unhurried Hatha yoga that encourages patience and alignment.



Scan the QR code to discover our full range of classes.

Sound Bath

A sound bath is a meditative experience where participants lie down and are "bathed" in sound waves, typically from instruments like gongs, singing bowls, and chimes. Designed for deep relaxation and stress reduction, the vibrations aim to calm the nervous system, lower anxiety, and improve sleep.

Our Gym

Guests aged 16+ staying at The Newman have exclusive 24/7 access to our state-of-the-art gym, fully equipped to support every aspect of your health and fitness journey. Featuring premium equipment, from TechnoGym treadmills, rowing machines and Peloton bikes to HyperIce massage guns and free-standing weights, the space is designed to energise, motivate and help you reach your full potential.

It remains open 24 hours a day for guest comfort.

Gift Vouchers

Looking for the perfect gift for someone special? Treat a loved one to a relaxing experience with a Wellness at The Newman Gift Voucher.

Our vouchers allow the recipient to enjoy a moment of calm and indulgence, whether it's a soothing massage, a rejuvenating facial, or simply time to unwind in our tranquil spa facilities. A Wellness at The Newman gift voucher is a thoughtful way to celebrate birthdays, anniversaries, special occasions, or simply to show someone you care. To purchase a voucher, please scan the QR code or speak to our Wellness team.





Wellness

AT THE NEWMAN

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