

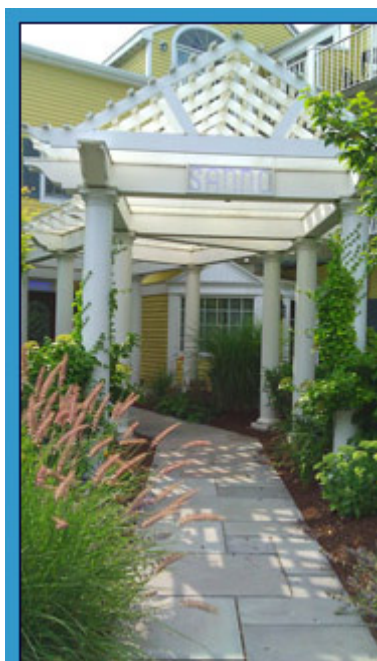
Created by: Debra C. Argen and Edward F. Nesta

Sanno at Saybrook Point Inn and Spa, Old Saybrook, CT, USA



Enter the full-service luxurious [Sanno spa at Saybrook Point Inn & Spa](#) in [Old Saybrook, Connecticut](#) via their private entrance where a whimsical stone seahorse sculpture greets guests and leave the world behind. Once inside the Spa, the soothing waterfall and light fragrance in the air create a visual, auditory, and olfactory experience. The Spa's philosophy is, "Be well, look well, feel well, and eat well," with a diverse menu of treatments from which to select, in addition to a nail salon, beauty treatments, and multiple relaxation rooms making it ideal for couple Spa weekends, girlfriend getaways, and wedding party preparations.

A visit to a Spa should be about relaxation, making time in our lives to slow down at least for a few hours to renew, refresh, and to restore and nourish our bodies and minds. The attractive and well-equipped Spa has eleven well-appointed treatment rooms, spacious men's and women's locker rooms offering a selection of amenities along with plush spa robes and rubber spa shoes, multiple relaxation rooms indoors, as well as a tranquil outdoor garden to rest pre-or-post treatment.



Sanno - Saybrook Point Inn & Spa

Their philosophy is, "At Sanno we believe that a visit to the spa should nourish people. Our name comes from the Latin word meaning to make sound or to heal. Our goal is to help our guests be well, look well, feel well, eat well, and enjoy our spa as part of all things they do to take care of their body and spirit. We will design a unique experience derived from your preferences and deliver a memorable experience. We will work to make sure that with each visit we do more to collaborate and create an exceptional spa day ... your way."

Sanno's diverse menu includes specialized treatments "For Your Body," "For Your Face," "For Your Beauty," "For Your Hands & Feet," and "Your Wellness." and includes a variety of different massages, along with body wraps and scrubs for the body, and facials, peels, polishes, and lip and eye treatments for the face. Beauty services include make-up application, eye artistry, and waxing services, and their nail

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salon offers a variety of manicures and pedicures, and there is a shop where you can make purchases to bring home the experience of Sanno. They also offer fitness services, sauna, whirlpool, and therapeutic indoor and outdoor saltwater pools.



Sanno - Gardens

During our June 2016 spa experience we indulged in pampering treatments of the Éminence Arctic Berry Peel & Illuminating Peptide Facial, and a Customized Sanno Swedish Massage.

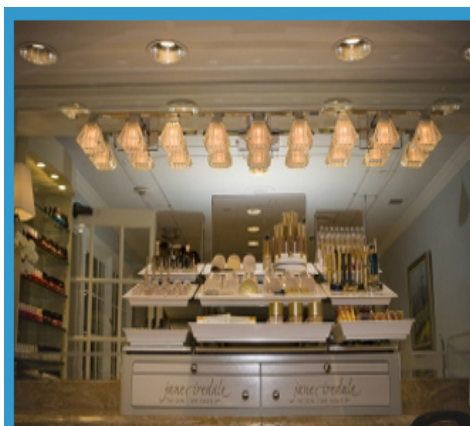
Debra: The Éminence Arctic Berry Peel & Illuminating Peptide Facial was 50 minutes of pure relaxation and pleasure. A facial is essentially a massage for the face that hydrates, nourishes, and focuses on skin types: dry, combination, oily, or normal skin, and addresses skin concerns: aging/fine lines and wrinkles, hyper-pigmentation, sensitive/redness, rosacea, or acne prone/blemished skin.



Sanno - Garden Seahorse

The Éminence Arctic Berry Peel & Illuminating Peptide Facial began with a monoi cleanser, neroli to tone the skin, a strawberry/rhubarb scrub to exfoliate, followed by a citrus and kale masque. Soothing strokes to massage and tone the skin felt fantastic, and the room smelled heavenly, fresh, and relaxing. The therapist then applied a bamboo lotion, a peptide cream to moisturize, smoothed neroli around my eyes, and vanilla to protect my skin.

Also included in the facial treatment was a foot and calf massage which included having lotion applied to my feet which were then wrapped in warm booties, as well as a hand and arm massage. At the end of the treatment, my skin looked wonderful from my head to my toes, with my skin had an inner glow which was the result of massage, peeling, polishing, and moisturizing.

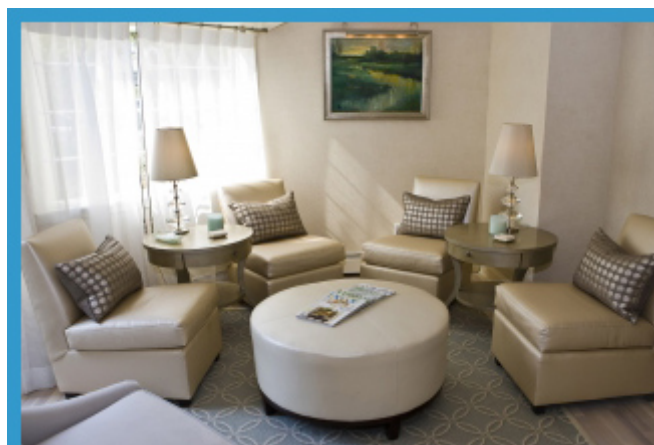


Make Up Area

Edward: The 50-minute Customized Sanno Swedish Massage consisted of systematic strokes and kneading on targeted areas to relieve tension and muscle stress utilizing aromatic oils and lotions. The massage started with a discussion on areas to target for additional work, which in my case was the upper back caused from extensive time on a computer.

I prefer a firmer Swedish Massage and this was conveyed at the beginning, and I was not disappointed. Even with a firm massage, mid-way through the treatment, my body gave in to deep relaxation and I fell asleep, only to be woken to turn over on my back. I wish I could schedule a weekly session as I feel so relaxed and at ease, and my upper back is in pure relief.

After our treatments we relaxed in one of the attractive relaxation rooms with glasses of citrus water, cups of herbal teas, and complimentary snacks. Sanno also has wine and champagne available for purchase for guests who want to indulge before or after their Spa services.



Relaxation Room

Sanno has many wonderful treatments to select from and on a prior visit, we experienced "For Your Body" treatments, "The Kate" their signature treatment named in honor of Saybrook's former neighbor, the legendary American actress Katherine Hepburn (1907 - 2003), and "Ocean Memory" to commemorate our experience by the sea.

The Kate is a "signature body ritual and is a tribute to the late neighbor Katherine Hepburn. Embracing her affection for the outdoors and her zest for life, this ritual includes a polish, a refreshing rinse, and a body wrap blended together with grounding and energy techniques to nourish the mind and body."



Pedicure Room

"Ocean Memory," described on the menu as an 80-minute treatment to "help revitalize and perk up the skin with this marine based treatment. The skin will be polished and moisturized. A full marine massage completes this service, along with a self-heating mousse applied to the back to relax tight muscles," which definitely lived up to its description.

Whether you are a Spa novice or a regular, Sanno is sure to live up to your expectations with its diverse treatment menu, inviting and tranquil ambience, and professional and caring therapists that ensure that each guest has a memorable Spa experience.



Your chair is waiting - "See You at Sanno Spa"

Read about our stay at the **Saybrook Point Inn & Spa** in the [Hotels and Resorts](#) section, , about our dining experience in the [Restaurants](#) section and in the [Chefs' Recipes](#) section where Chef de Cuisine Gese Rodriguez graciously shares a few of his tempting recipes.

Please visit their website, www.Saybrook.com, for more information on special packages and upcoming events.



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Read more about the **Old Saybrook** and the surrounding towns in [Destinations - A Romantic Weekend in Connecticut](#), [Destinations - Florence Griswold Museum - The Center of Impressionism in America](#), [Destinations - Gillette Castle - Where Fantasy and Romance Come to Life](#), and [Adventures - The Essex Clipper Dinner Train - 1920s Dinner Romance, Essex, CT](#).

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