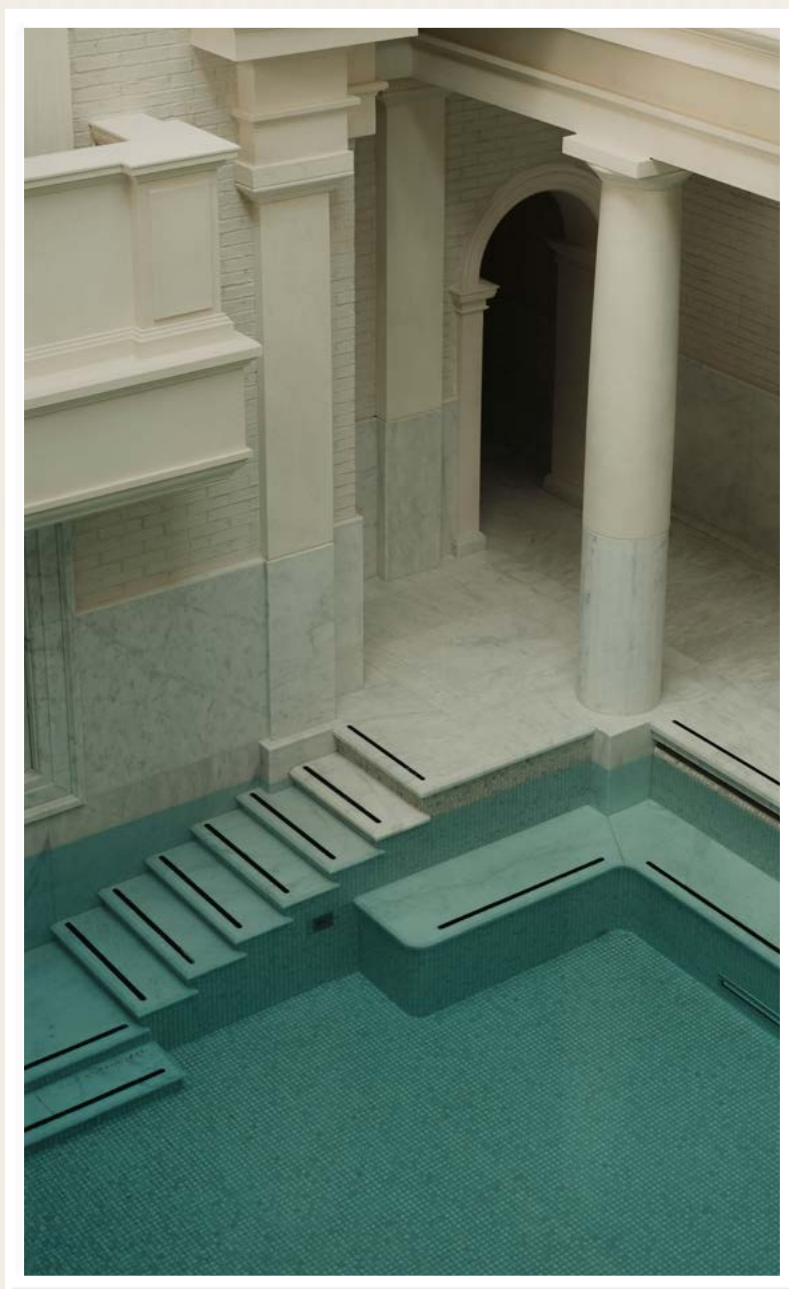




EYNSHAM BATHS



EYNSHAM PARK
OXFORDSHIRE





THE FALL OF
DROPPING
WATER
WEARS AWAY
THE STONE

– *Lucretius, Roman philosopher*

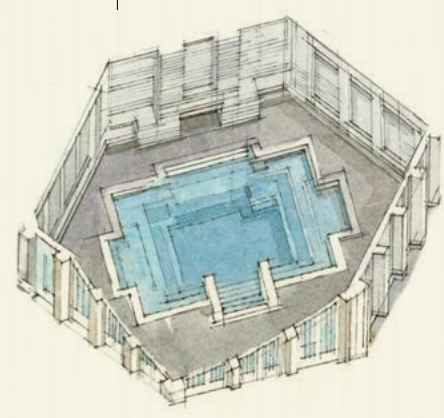


A remarkable space inspired by the bathhouses of the ROMAN ERA, we welcome you to the HEALING WATERS and sacred rituals of EYNSHAM BATHS. Here, the gentle wisdom of water can WEAR AWAY the TENSION of modern life.

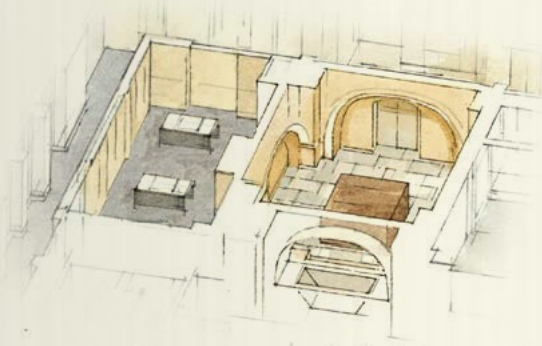
SITE MAP

During the time of the ROMAN EMPIRE, THE BATHS were an IMMERSIVE SPACE that provided a PLACE TO CLEANSE, RELAX and experience the HEALING TRADITION of moving from HOT to COLD.

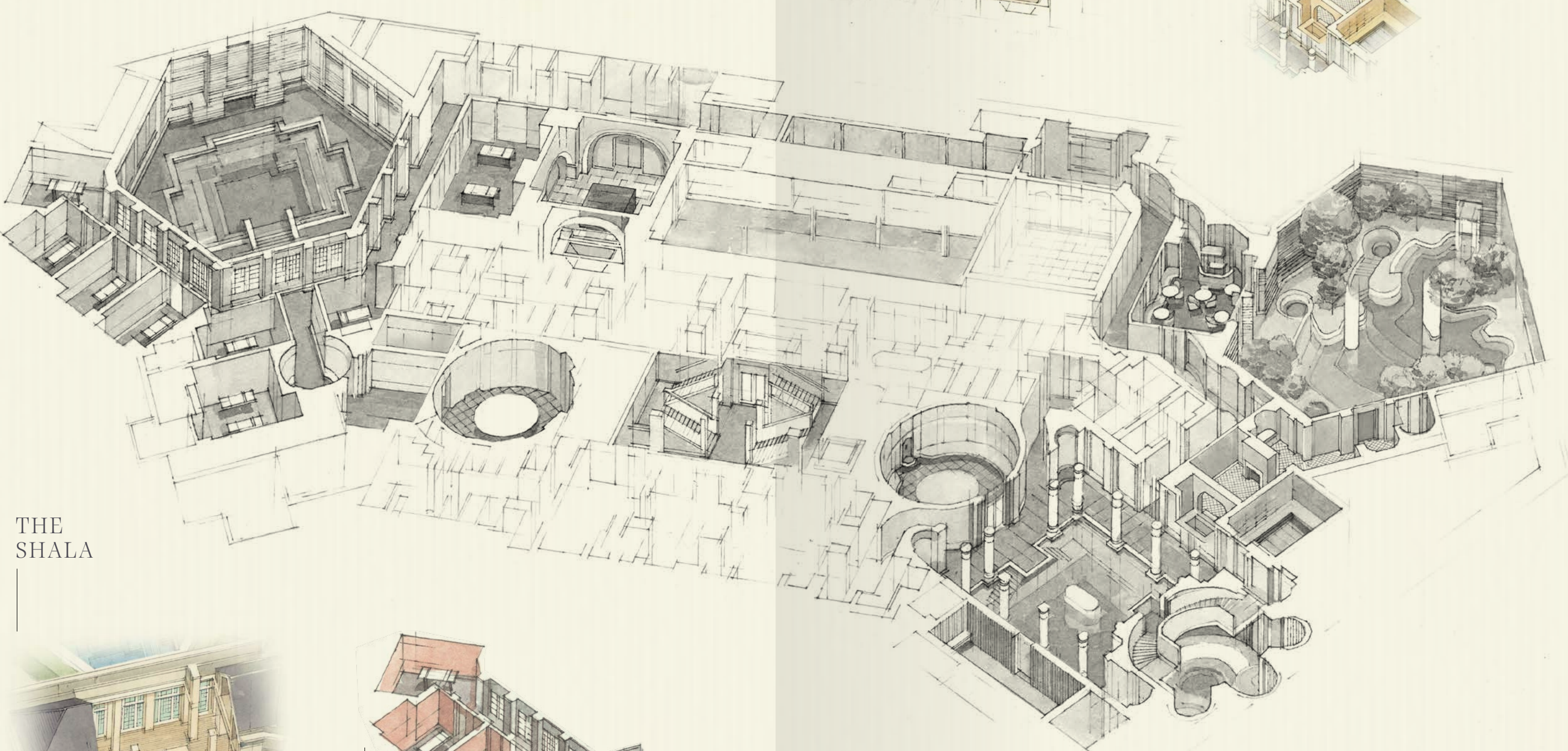
BREATHWORK POOL



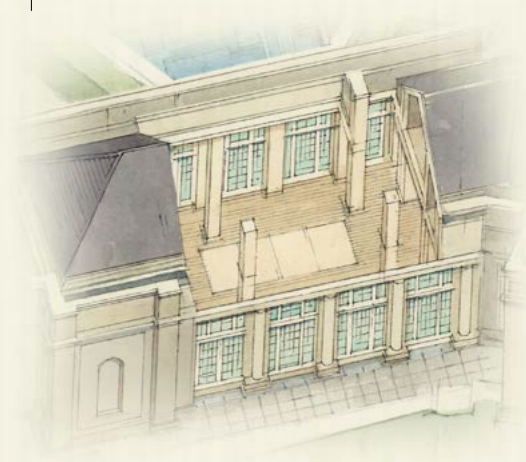
CEREMONY SUITE



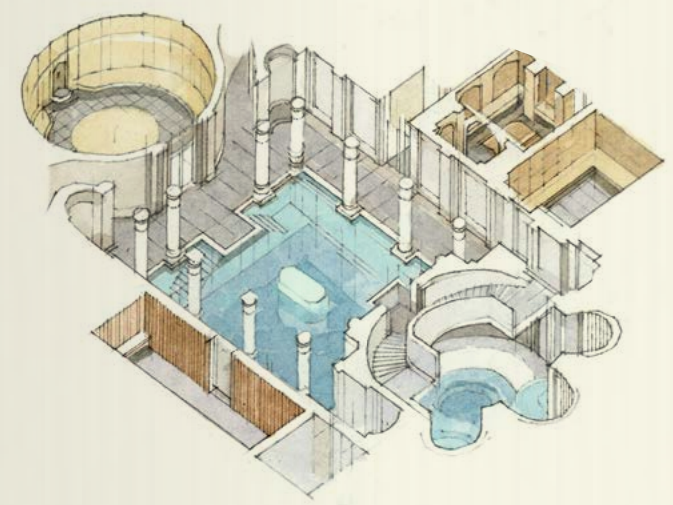
OPEN-AIR HIDEAWAY & ESCAPE RITUAL



THE SHALA



TREATMENT ROOMS



BATHS AND THERMAL JOURNEY

THERMAL JOURNEY:
Hammam, Hay Sauna, Steam Room

BATHS:
Tepidarium, Caldarium, Frigidariums,
Scottish Buckets

Nestled between Elms and towering Redwoods in the Oxfordshire woodland, this first-of-its-kind sanctuary is conceived as a labyrinth of intimate and social spaces. The soul of the bathhouse is its colossal tepidarium, offering space for congregation and relaxation. Beyond there, you will find a series of thermal pools designed for hot and cold contrast therapy, a hammam, steam room, and sauna.

Ancient rituals, informed by the world's oldest philosophies of health and longevity take place behind the doors of the treatment rooms, offering bespoke healing for the skin, psyche, and soul.

In this time that celebrates busyness above all else, Eynsham Baths is a subversion. We believe it is well within our body's right to request a short pause in the usual pace of life.

The baths await you.



THE BATHS

Not far from here, the remains of centuries-old ROMAN VILLA ruins lie partially discovered. From this same soil we built the foundation of EYNSHAM, which is conceived with respect for the HEALING PRACTICES of the PAST. We have taken the most efficacious TIMEWORN TECHNIQUES and combined them with MODERN THINKING to create an experience that combines past and present, East and West, RESTORATION and RENEWAL.





TEPIDARIUM: *36 degrees celsius*

This social bath occupies the heart of our space, and is where your journey begins. Maintained at a restful temperature, fatigue will begin to dissipate.

FRIGIDARIUM: *15 degrees celsius*

This cold pool provides an instant boost of neurochemicals to sharpen the mind, reducing cortisol, brain fog, and chronic fatigue. Gain resilience and marvel at how your body naturally adapts to the elements.

FRIGIDARIUM X: *10 degrees celsius*

Initiate radical healing with this ultimate biohack. Plunge into the freezing waters to instantly reset and recover all systems. Used by athletes to repair damaged tissues, expect rapid pain relief and muscle regeneration. Boost your immune system and metabolism. This is an exercise in mind over matter.

CALDARIUM: *40 degrees celsius*

The hottest bath of all, our Caldarium is a sunken bath which targets neuro-relaxation and reduction of adrenal stressors. Regenerative heat increases the blood flow, improving circulation throughout the body.

SCOTTISH BUCKET: *8 degrees celsius*

A rapid route to stimulating all systems. With the pull of a chain, an invigorating deluge of icy water drenches the body from head to toe. Feel alert from the endorphin boost that immediately improves your mind-body connection, stimulating happiness and creativity.



HAY SAUNA: *70-100 degrees celsius*

Sourced from our adjacent farm, allow the aroma of warm English Hay to induce relaxation. Proven to have a significant and lasting effect on stress, our sauna releases endorphins, improves the metabolism, and boosts your circulation and immune system. The results arrive in minutes but last for hours.

BOTANICAL STEAM ROOM: *42-48 degrees celsius*

Dense with atmospheric fog and natural botanicals, steam infuses warmth into the body, providing physical and mental relaxation, while soothing the nervous system. Breathe deeper and more effectively, while speeding up toxin removal.

BREATHWORK POOL: *12-17 degrees celsius*

This outdoor marble pool draws your eyes toward the sky, which provides a magnificent distraction from the pool’s frigid temperature. From guided group plunges to solo breathwork sessions, this is a transformative experience under nature’s roof.

HAMMAM

Drawing inspiration from the thermal springs of North Africa and the revered marble chambers of the Middle East, our Hammam has three traditional marble kurna basins and an imposing central table. A deeply purifying ritual, the hammam aids in detoxification, resulting in a radiant and velvety feel across the body.





CONTRAST THERAPY

LEAD YOUR OWN *experience, or follow our MORNING or EVENING circuits for a MULTI-LAYERED, thermodynamic RITUAL that works for your schedule. We have drawn upon the clinical research from Dr. Huberman and Dr. Søberg on THERMODYNAMICS and the proven benefits of cold water and CONTRAST THERAPY.*

Our breathwork master, EMMA ESTRELA, who is currently the only Level 3 Wim Hof instructor in the UK, has crafted a protocol for STIMULATION and one for RELAXATION.

THERMAL JOURNEY

180 MINUTES

GBP 95 FOR MEMBERS' GUESTS

GBP 145 FOR HOTEL GUESTS

Our signature Thermal Journey moves you between our six different thermal areas, stimulating the body’s immune system and metabolic rate, while soothing the nervous system. Choose between the Metabolic Evolution or Circadian Rest & Recover circuit depending on your state of need.

The Thermal Journey also includes access to The Hideaway, an open-air hidden oasis complete with a cascading waterfall, natural wildflowers and woodland ferns, as well as a restorative healing tea served in The Tea Lounge, to be enjoyed at your preferred time during the experience.

Please note that the Thermal Journey is a 180-minute experience, from your arrival at the baths to the end of the session (including changing time). Thermal Journeys are available daily at the following times: 9am, 12pm, 3pm, 6pm.



*METABOLIC
EVOLUTION*

This science-backed circuit focuses on accelerating your metabolic rate and slowing down the ageing process.

RECOMMENDED MORNING CIRCUIT

Awaken and complete your exercise regimen of choice

Start by spending 10 - 15 minutes in the Tepidarium

10 -15 minutes in the Sauna, Steam, or Caldarium

30 seconds - 2 minutes in the Frigidarium

Repeat points 3 and 4 for a total of 3 rounds, alternating the Frigidarium pools and heat experiences

Finish with an icy pour from the Scottish Bucket

Should you wish to exercise after this circuit,
finish with 5 - 10 minutes in the Tepidarium before
you begin your workout

*If you'd like to rest between cycles, return to
The Tea Lounge for your restorative tea.*

CIRCADIAN REST
& RECOVER

Reset your sleep patterns and rewire the parasympathetic nervous system for deep rest and recuperation.

RECOMMENDED EVENING CIRCUIT

10 - 15 minutes in the Tepidarium

10 - 15 minutes in the Hay Sauna

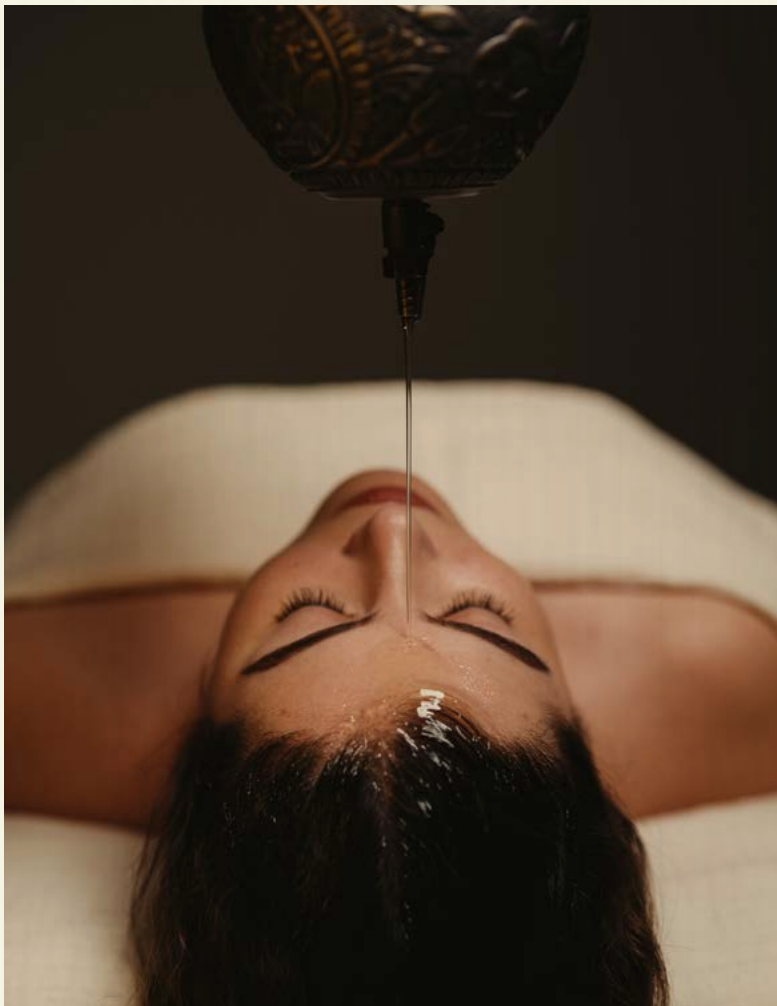
→ Frigidarium
(depending on comfort level,
for up to 2 minutes)

10 -15 minutes in the Steam Room

Repeat 2 - 3 cycles (of steps 2 - 4)

Finish with a warm shower

*If you'd like to rest between cycles, return to
The Tea Lounge for your restorative tea.*



OUR
ETHOS

At Eynsham Baths, we have taken the principles of the 5 Koshas from ancient Indian wisdom and applied them to the philosophy of our treatments, products, and our music.

Koshas can be translated to mean sheaths or layers. By acknowledging these Koshas, we are able to interact with the mind and body at a far deeper level. These 5 Koshas are as follows:

1. ANNAMAYA KOSHA
(PHYSICAL SHEATH)

This Kosha relates to your physical-material body. It is the sheath by which we sense, feel, and move. It is best looked after by the food we consume, daily movement, and body rituals.

2. PRANAMAYA KOSHA
(VITAL ENERGY SHEATH)

Prana in Sanskrit means ‘breath’ and is one’s life force. Awareness of one’s breath allows us to breathe more consciously and deeply therefore forcing stagnant energy to shift and fuelling the body with vitality.

3. MANOMAYA KOSHA
(MENTAL SHEATH)

This layer constitutes our thoughts. When the mind becomes still, we give our emotions the space they need to process correctly. It is where we seek clarity.

4. VIJNANAMAYA KOSHA
(WISDOM SHEATH)

This Kosha is the home to our inner wisdom and knowledge. It is this aspect of being which knows life intimately and from where can tap deeply into our intuition, free from all outward influences.

5. ANANDAMAYA KOSHA
(BLISS SHEATH)

This is the most subtle and innermost of the five Koshas. It is the sweetness of all life when we experience sheer bliss and unity. It is this essence that embodies ultimate peace.

*A NOTE
ON OUR
PRODUCTS*

Products—good ones—are an exercise in patience. Ours were many years in the making. They are a form of natural medicine, informed by the wisdom of plants, which should never be underestimated.

We use only the finest oils, derived from the finest growers and suppliers. They are hand-blended and coaxed to life while mantras play.

We don’t blend on a full moon. Nor do we blend in a bad mood (it would be a lie to say we didn’t encounter them).

Our intention is to create complex, efficacious formulations.

And now, it is a pleasure to offer them to you as a small prayer of health.

EYNSHAM BATHS’
BESPOKE OIL REMEDIES

We have developed five oil remedy pathways to deepen your connection with the Koshas. We invite you to select a pathway to complement your treatment.

1. WALKING ON AIR

Orange Blossom, Ginger, Vanilla

2. THE CALM THAT SLIPPED AWAY

Jasmine, Indian Sandalwood, Tuberose

3. FINDING THE MARBLES

Vetiver, Palo Santo, Frankincense

4. LITTLE SONG FOR THE SELF

Marjoram, Sandalwood, Copaiba

5. GOING INWARD, MOVING ONWARD

Lavender, Amber, Juniper Berry

OUR
TREATMENTS



FACIALS



EYNSHAM BATHS FACIAL

60 MINUTES / GBP 190

Indulge in our exquisite facial, a 60-minute treatment that synergistically redefines contours and releases tension locked in your jaw, restoring a healthy appearance while enhancing skin rejuvenation. Through the use of herbal elixirs and sculpting strokes, this treatment works to release facial tension, nurture muscle tone, enhance circulation, and reveal an immediate glow.

*Enhance with:
Foot Reflex Zone or Champi Head Massage*

90 MINUTES / GBP 260

Experience an enhanced 90-minute treatment that incorporates intricate nerve point therapy on the trigeminal nerve - the largest nerve in our face. This, along with a fusion of myofascial release, cranial holds, and the gentle touch of a Kansa wand, redefines contours and enhances the overall health of your skin.

*Enhance with:
Foot Reflex Zone or Champi Head Massage*

ANANDA FACIAL

60 MINUTES / GBP 190

Ananda in Sanskrit means ‘pure bliss’. This divinely healing facial delicately weaves the ancient art of Marma point therapy and gentle lymphatic drainage to detoxify the skin and encourage a clearer, glowing complexion.

*Enhance with:
Foot Reflex Zone or Champi Head Massage*

Each soothing touch in this treatment harmonizes the spirit, while simultaneously working to enhance your skin’s vitality and restore its natural balance. The gentle lymphatic drainage technique reduces puffiness, detoxifies the skin, and encourages a clearer, more refined complexion. Meanwhile, Marma point therapy on the face stimulates circulation and promotes a natural glow from within.

BODY



CBD THERAPEUTIC MASSAGE

60 MINUTES / GBP 220
90 MINUTES / GBP 290

Experience the therapeutic power of our highest-quality CBD oil, sourced from Colorado, combined with the transformative benefits of personalized massage. CBD interacts with the body's endocannabinoid system, providing relief from pain, insomnia, anxiety, and inflammation and promoting a state of equilibrium. Enhanced with botanicals for added comfort and emotional healing, our massage offers a holistic approach to well-being. Recognized as a remarkable remedy, CBD becomes your steadfast ally, supporting you through life's transitions.

Enhance with: All. We are here to guide you, so please ask for recommendations.

CHI NEI TSANG

60 MINUTES / GBP 190

The gut is the centre of our emotion and our second brain. Nearly 90% of the body's serotonin is released from the gut. This unique treatment is performed on the abdomen, loosening ingrained, unhelpful emotions and providing a detox for the mood and mind.

*Enhance with:
Foot Reflex Zone or Champi Head Massage*

Poor 'emotional digestion' is one of the main reasons for ill health. Translated as 'working the energy of the internal organs', Chi Nei Tsang is remarkably effective for individuals experiencing lethargy or seeking emotional processing. This complex treatment, which uses our signature smoked balm enriched with Castor Oil, Shea Butter, and Calendula, also aids in alleviating bloating and improving overall digestive health.

We encourage all, regardless of their treatment, to massage their stomach for 5 minutes before bed, offering a daily emotional release. For your comfort and to fully benefit from the treatment, please arrive on an empty stomach or with only a light meal eaten at least 2 hours prior to your massage.

INDIAN POTLI MASSAGE

90 MINUTES / GBP 260

Like taking a nap under the boughs of a tree, this unique treatment offers a deeply restorative release with the application of heated poultices with Ayurvedic herbs, such as Turmeric, Amla, and Harad. This improves circulation, relaxes muscles, and stimulates energy pathways.

*Enhance with:
Foot Reflex Zone or Champi Head Massage*

Potli massage therapy aims to balance the body’s energies, known as doshas. The application of heated herbal poultices infused with Ayurvedic herbs are used as an extension of the therapist’s hands, inducing a profound release in the body. It is ideal for those who tend to feel the cold and crave heat, or individuals who suffer from stiff joints, muscle tension, or poor blood circulation.

TIBETAN KU NYE

90 MINUTES / GBP 260

Ku Nye is suitable for morning sessions or for those feeling depleted, heavy, or lacking in energy, especially ideal for jetlag or travel fatigue.

*Enhance with:
Sculpting Facial or Foot Reflex Zone*

Tibetan Ku Nye offers a revitalizing experience rooted in ancient Tibetan healing traditions. It comprises an invigorating full-body massage meticulously following the energy lines, awakening the system and fostering a harmonized flow of energy. Through the expert integration of stretching and acupressure techniques, the significance of meridian lines is emphasized, serving as a transformative ritual that not only revitalizes but also aligns the body’s energy.

CRAFT YOUR OWN MASSAGE

60 MINUTES / GBP 190
90 MINUTES / GBP 260

A personalised journey guided by skilled hands that blends diverse techniques and honours your body’s unique needs, promoting restoration and a sense of natural balance.

*Enhance with:
All. We are here to guide you, so please ask for recommendations.*

Our practitioners intuitively integrate methods from various modalities. We will adapt techniques and pressure to invigorate and nurture your physical, emotional, and energetic wellbeing, ensuring a deeply rejuvenating and customised experience.

WARRIOR MASSAGE

90 MINUTES / GBP 260
120 MINUTES / GBP 330

When pain is felt, in place of ignoring tensions, we can learn to breathe into it. This treatment targets muscular holding patterns through a broad range of deep massage techniques, assisted stretching, and joint mobilization.

Expertly and intuitively tailored, this treatment is designed to dissolve stiffness, chronic discomfort, to regenerate tissues and realign the central nervous system. Our signature liniment, a blend of cold-pressed potent raw extracts enriched with Amanita muscaria is applied topically, offering added relief for targeted pain management. The 120-minute treatment incorporates the use of hot stones, releasing muscle tension on a deeper level, while promoting increased circulation, enhancing the overall therapeutic experience.

TRADITIONAL THAI MASSAGE

60 MINUTES / GBP 190
90 MINUTES / GBP 260

A combination of acupressure, gentle stretching, and rhythmic compression techniques to stimulate energy flow and release muscular tension. The therapeutic benefits of Thai Massage extend beyond the physical body, promoting mental clarity, emotional balance, and overall vitality.

Indulge in the therapeutic touch as it relieves muscle stiffness, improves flexibility, and restores energy levels. Feel tensions melt away and a sense of inner harmony restored as you surrender to the healing power of this ancient practice. This treatment is performed on a mattress and over comfortable clothing that is provided to you.

REIKI

60 MINUTES / GBP 190
90 MINUTES / GBP 260

Immerse yourself in the gentle yet profound healing energy of Reiki, a deeply transformative experience that restores harmony to the body, mind, and spirit.

During this nurturing session, our skilled practitioner will channel life force energy, guiding it through their hands. As the soothing energy flows, it works to dissolve energetic blockages, promoting a state of deep relaxation and inner peace. Reiki is known for its ability to reduce stress, alleviate physical discomfort, and enhance emotional well-being.

REFLEXOLOGY

60 MINUTES / GBP 190

The soothing touch of Reflexology encourages deep relaxation and enhances the body’s innate healing abilities. Feel tensions melt away as you experience the profound benefits of this ancient healing art. Our practitioner will apply pressure to specific reflex points on the feet, corresponding to different organs and systems within the body. As these reflexes are stimulated, they help to release tension, improve circulation, and restore balance to the body’s natural energy pathways.

MARMA CHIKITSA WITH CHAKRA HEALING

120 MINUTES / GBP 330

Healing is a process that requires time. This exclusive full-body experience seamlessly blends elements from Eastern practices to address the 5 layers of the body; physical, vital, mental, intellectual, and bliss, collectively known as Koshas.

Crafted for individuals feeling emotionally drained or disconnected from themselves, this treatment offers a meditative journey. 107 of our Marma points are found within the physical body while the 108th point represents the soul. This treatment weaves together a symphony of modalities focusing on the 7 chakras, Marma points therapy, delicate strokes of light effleurage, gentle abdominal work and cranial holds. These are orchestrated to restore equilibrium to your body’s energy points.

HAMMAM

50 MINUTES / GBP 190

Drawing inspiration from the thermal springs of North Africa and the revered marble chambers of the Middle East, Hammam means ‘spreader of warmth.’ This ritual deeply purifies the skin, aiding in detoxification and promoting a radiant and velvety feel across the body.

Performed on our warm, marble navel table, this Hammam ritual offers body exfoliation, personalised plant blends and mineral rich mud application. Tailored for skin health, nourishment and recovery, this rejuvenating experience ends with a body pour of invigorating Eucalyptus, leaving you feeling energetically renewed. The Hammam can be enjoyed alone, as a couple, or enquire for smaller groups.

RASUL

30 MINUTES /
GBP 140 (PER COUPLE)

Rasul is an ancient Middle Eastern ritual that can be enjoyed as a shared experience, ideal for connecting with a loved one or friend. This exceptional treatment begins with a self-administered exfoliation and application of nourishing, mineral-rich muds selected for their distinct ionic properties. As you bask in the enveloping steam, these high-vibrational muds work synergistically to detoxify and rejuvenate the skin. This is ideal prior to another body treatment.

SHIRODHARA

60 MINUTES / GBP 220

An ancient Ayurvedic tradition that welcomes a gentle stream of herbal nectar, cascading in rhythmic harmony onto your scalp and the Anja chakra, intricately linked with intuition, mental clarity, and spiritual awareness. Alongside this sacred oil pouring, a soothing head massage melts away tension and enhances the experience. Embrace this ceremony, where mind and body are rebalanced, bestowing tranquility, inner harmony, and an enduring ode to profound relaxation.



GARBH SANSKAR



PREGNANCY *is one of the most SACRED times in a WOMAN’S LIFE. During this period, a child’s MENTAL, PHYSICAL, EMOTIONAL, and SPIRITUAL development begins. Through the art of GARBH SANSKAR, we support a deep CONNECTION between mother and child.*



PRE & POST NATAL MASSAGE

60 MINUTES / GBP 190
90 MINUTES / GBP 260

Tailored for mothers past the first trimester and up to 3-months postnatal, this treatment delivers a holistic approach specifically designed to promote relaxation, stress reduction, and a deep sense of wellbeing. Our 90-minute version includes a gentle back exfoliation and a soothing facial, enhancing the connection through gentle touch and nurturing ritual.

ANANDA FACIAL

60 MINUTES / GBP 190

Ananda in Sanskrit means ‘pure bliss’. This divinely healing facial delicately weaves the ancient art of Marma point therapy and gentle lymphatic drainage to detoxify the skin and encourage a clearer, glowing complexion.

Each soothing touch in this treatment harmonizes the spirit, while simultaneously working to enhance your skin’s vitality and restore its natural balance. The gentle lymphatic drainage technique reduces puffiness, detoxifies the skin, and encourages a clearer, more refined complexion. Meanwhile, Marma point therapy on the face stimulates circulation and promotes a natural glow from within.



ENHANCE

YOUR
TREATMENT

Foot Reflex Zone

Experience the artistry of foot reflex zone massage, where skilled practitioners target specific areas of the feet, meticulously addressing reflex points corresponding to various body systems, aiming not only to ease tension and promote deep relaxation but also to restore balance and harmony.

Champi Head Massage

This Ayurvedic treatment is believed to promote hair growth and restore the natural sheen and glossiness of the hair fibre. Our proprietary blend formulated in India with Ayurvedic ingredients is proven to have immense benefits. This massage releases muscular tension from the head, neck and shoulders, creating a deep sense of relaxation and joy as well as clarity of thought.

Sculpting Facial Massage

This massage involves precise techniques to tone facial muscles, boost circulation, and promote lymphatic drainage. This rejuvenating practice aims to sculpt and contour, reducing puffiness and promoting a radiant complexion.

Skin Renewal

A gentle yet effective exfoliation using mineral-rich salts and nourishing oils to smooth and soften the skin. This treatment encourages healthy circulation, helps remove dull surface layers and leaves the body feeling refreshed and renewed. Designed to complement your massage, it prepares the skin to receive deeper nourishment and enhances the overall experience.

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30 MINUTES / GBP 95



RITUALS



Our curated RITUALS are for those wishing to explore more of the EYNSHAM BATHS offerings. We have paired our most LUXURIOUS SPACES with a selection of DEEPLY HEALING treatments. These journeys are a simple way to experience numerous ANCIENT THERAPIES.



A TALE OF MANY SENSES

120 MINUTES
GBP 360

This ritual includes a Hammam followed by a 60-minute personalised massage. When we pay close attention to our senses, they can be a discerning guide that helps us to understand what our body needs more or less of. With this in mind, we invite you to select an oil remedy, and experience the distinctive effect of this formulation on your wellbeing.

A REVELRY OF RENEWAL

120 MINUTES
GBP 495 PER COUPLE

Shed what you don't need. This ritual is designed for 2 and centres on the healing effects of exfoliation combined with a mineral rich mud in our private rasul. It is followed by a 60-minute personalised massage in our double treatment room.

HIDEAWAY ESCAPE RITUAL

60 MINUTES
GBP 190 PER COUPLE

Indulge in pure relaxation as you sink into a serene bath, choosing from a selection of the finest bath oils, nurturing body milks, salts and soaks. Each blend is enriched with essential oils and herbal elixirs, crafted to soothe the body and calm the mind. The experience takes place in our secluded Hideaway, offering you a quiet moment to unwind.

CEREMONY FOR THE SOUL

240 MINUTES
GBP 1800 PER COUPLE

Step into our Ceremony Suite, an immense, breathtaking space which becomes your own private spa for the duration of your treatment. Imagine yourself at the beginning of a happy migration from the chaos of your day.

Begin your journey with a traditional Hammam experience on our exquisite warm marble stone bed, where gentle exfoliation renews your skin and uplifts your spirit.

Next, indulge in a bespoke treatment of your choice over two hours, thoughtfully designed to restore balance and serenity

You will then immerse yourself in a vast marble-clad bath, from a choice of four beautiful bath soaks. Complete this journey of renewal with a light snack from our carefully curated menu.

A butler will be assigned to you throughout the ritual, available at the call of a bell. Please contact the reception team to curate and personalise your experience.



TREATMENTS

FROM OUR

MASTER IN RESIDENCE

MANOS DIMOUDIS



With over two decades of dedicated experience in health and wellness across Asia, South Africa, and Europe, Manos’ journey embodies a diverse array of techniques and approaches. He is deeply knowledgeable in holistic practices, having trained in Thai massage and Chi Nei Tsang training in Chiang Mai, Advanced Clinical and Sports Massage, Reiki, Reflexology, Aquatic Bodywork, Lymphatic Drainage, and Yoga training in India, as well as a variety of other modalities.



BIODYNAMIC THAI MASSAGE

60 MINUTES / GBP 230
90 MINUTES / GBP 310

Rooted in the philosophy of Traditional Thai therapy, biodynamic bodywork is effective in restoring equilibrium and relieving both physical and emotional imbalances. Through a combination of muscle and tendon manipulation, rhythmic therapeutic touch, energy realignment and deep drainage, this treatment is performed over comfortable clothing that is provided to you.

CRAFT YOUR OWN MASSAGE

60 MINUTES / GBP 230
90 MINUTES / GBP 310
120 MINUTES / GBP 390

This tailored therapy is designed to address a spectrum of physical conditions through a comprehensive approach. It targets personal areas of need, including anything from myofascial and soft tissue release, trigger point therapy, precise stretching and joint mobilizations to alleviate issues such as lower back pain, neck and shoulder tension, TMJ syndrome, and more. Particularly effective for individuals experiencing chronic pain, this treatment aims to optimize physical wellbeing and relief.

CBD THERAPEUTIC MASSAGE

60 MINUTES / GBP 260
90 MINUTES / GBP 340
120 MINUTES / GBP 420

This exclusive treatment combines the powerful anti-inflammatory, pain-relieving and calming properties of CBD with a customised therapeutic massage designed to meet your specific needs. Alleviate chronic pain, melt away tension and experience profound tranquility. This treatment promotes deep relaxation, emotional balance and enhanced overall wellbeing.

REFLEXOLOGY

60 MINUTES / GBP 230

Reflexology is a therapeutic practice addressing specific areas of the feet that correspond with various systems in the body. This time-honoured technique utilizes precise pressure and massage to stimulate these reflex points, while promoting relaxation, restoring natural balance, and encouraging the body to heal.

SCULPTURAL FACE LIFTING

60 MINUTES / GBP 230

Trained under Yakov Gershkovich himself, who is the pioneer of the revolutionary method of natural sculptural face lifting, Manos will combine myofascial and muscular release techniques with a diverse range of specialised methods such as intra-oral release. Recognizing that facial muscles retain tension and emotions, this treatment encompasses wrinkle reduction, toning, restoration of symmetry, sustained lifting effects, and lymphatic drainage. The results are outstanding.

ADVANCED
WELLNESS
AND
COSMECEUTICALS



ABOUT NAD+

The molecule nicotinamide adenine dinucleotide, otherwise known as NAD+, is a crucial coenzyme which can be found in every cell in your body.

As we age, our cells can no longer produce the energy of youth. An essential co-factor required for cellular energy transfer is NAD+, which plays a critical role in regulating the rate at which we biologically age. NAD+ is used by every cell in the body and works in two distinct ways to mitigate ageing. First, it increases mitochondrial activity and secondly, it activates specific Sirtuins shown to regulate life span.

As a result of the exhaustive amount of research being carried out, NAD+ has emerged as the best-known longevity and human performance supplement on the market today, and is more commonly known as the miracle molecule.

{ *Our NAD+ infusions can be experienced in
your bedroom or suite at no extra cost.* }



SINGLE INFUSIONS

COMBAT JET LAG IV

ESTIMATED DURATION:
40-60 MINS
GBP 349

Our Jet Lag infusion utilises NAD+ and essential vitamins to help reset your body clock, combatting lethargy, headaches, and disrupted sleep.

VITAMIN IMMUNE BOOST IV

ESTIMATED DURATION:
40-60 MINS
GBP 449

This vitamin infusion utilises immune-boosting ingredients to deter illness while enhancing energy and critical cell functions.

SIGNATURE DETOX IV

ESTIMATED DURATION:
30-50 / 40-60 / 50-70 MINS
100MG / GBP 180
250MG/ GBP 299
500MG / GBP 449

Our purest infusion, to sufficiently top up your NAD+ reserves, increasing energy, mental clarity, and resetting cellular functions.

EXECUTIVE PLUS IV

ESTIMATED DURATION:
60-120 MINS
GBP 749

Our Executive Plus IV is our most holistic infusion, to elevate mental alertness and focus, enhancing optimal performance while offering an overall wellness boost.

ANTI FATIGUE IV

ESTIMATED DURATION:
40-60 MINS
GBP 449

The ultimate energy boost to support your system in effectively fighting chronic fatigue, improving sleep quality and cellular DNA repair.

FAT BURNER IV

ESTIMATED DURATION:
40-60 MINS
GBP 449

Alongside a healthy lifestyle, this infusion is specifically designed to target stubborn areas of body fat by boosting your metabolism and generating a healthier appetite.

EXPRESS IV

ESTIMATED DURATION:
40-60 MINS
GBP 180

Ideal for when you feel low on energy and need a bit of a boost, this lower level NAD+ infusion will improve your overall wellbeing and provide the motivation you need.

ENHANCEMENTS

*Choose from the following enhancements
to accompany your Single Infusion*

ALA (ALPHA-LIPOIC ACID)

ESTIMATED DURATION:
40-60 MINS
GBP 120

ALA is produced naturally in small amounts by the body, but it can also be obtained from various foods and supplements to further benefit from its antioxidant properties. Refuel on this organic compound and protect your body from free radicals with our ALA infusion.

BIOTIN (VITAMIN B7)

ESTIMATED DURATION:
40-60 MINS
GBP 120

The perfect all-rounder to support overall wellbeing, Vitamin B7 supports the health of the skin, hair, eyes, liver and nervous system, making this infusion ideal for a one-stop health boost.

CURCUMIN RESVERATROL

ESTIMATED DURATION:
40-60 MINS
GBP 699

This anti-inflammatory infusion alleviates pain and chronic conditions, covering a wide plethora of ailments to provide much-needed relief.

ZINC

ESTIMATED DURATION:
40-60 MINS
10MG / GBP 80

A vital mineral in our body to support the health of hair, nails, skin and vision, choose a zinc infusion to support your natural beauty from within.

MODIFIED MYERS COCKTAIL

ESTIMATED DURATION: 40-60 MINS GBP 400	A potent infusion filled with magnesium, calcium, various B vitamins and vitamin C, ready to combat all manner of conditions from acute asthma to migraines, fatigue and cardiovascular disease.
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TAURIN

ESTIMATED DURATION: 40-60 MINS GBP 100	Top up on essential amino acids filled with sulfur to support the metabolism and boost energy levels. Benefits include protecting the retina, reducing risk of heart failure and maintaining muscle function.
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MAGNESIUM

ESTIMATED DURATION: 40-60 MINS 200MG / GBP 120	Our magnesium infusion offers a wide variety of both physical and mental benefits, particularly suited to those focussing on their exercise regime. Expect an enhanced mood, improved sleep, relaxed muscles and blood sugar regulation.
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CARNITIN

ESTIMATED DURATION: 40-60 MINS GBP 100	Naturally produced by the brain, liver and kidneys to help convert fat into energy, carnitin is vital to maintain heart, brain and muscle function for a sharper mind and body.
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VITAMIN C

ESTIMATED DURATION: 40-60 MINS 7500MG / GBP 100 15000MG / GBP 200	Restore a healthy glow with our Vitamin C infusion, famously known for its wide-ranging benefits from protecting the cells to maintaining brighter and healthier skin whilst supporting bone and cartilage health.
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GLUTATHIONE

ESTIMATED DURATION: 40-60 MINS 1800MG / GBP 225 2400MG / GBP 300 3000MG / GBP 350	Offering the ultimate renewal, Glutathione is a hugely powerful antioxidant ready to boost liver function, regulate your inflammatory response and boost antibody production, fighting off symptoms of illness for instant rejuvenation.
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EYNSHAM BATHS

{ PROGRAMMES }

3-DAY IMMUNE BOOST IV PROGRAMME

ESTIMATED DURATION PER SESSION: 40-60 MINS GBP 2200	Incorporating a variety of vital minerals and vitamins along with NAD+ to boost the immune system’s general wellness.
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EXECUTIVE PLUS IV PROGRAMME

ESTIMATED DURATION PER SESSION: 60-120 MINS GBP 2800	This 5-day programme offers powerful NAD+ based infusions that replenish essential vitamin and mineral levels to target stress release, reducing fatigue and detoxification to increase metabolism.
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BESPOKE IV PROGRAMME

PRICE AND DURATION WILL VARY	Based on your requirements, a programme can be curated with your needs in mind. Whether this is NAD+, vitamins or minerals, an individualised programme can be created for you.
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SKIN BRIGHTENING IV PROGRAMME

8 DAYS ESTIMATED DURATION PER SESSION: 40-60 MINS GBP 2000	Enjoy a brighter and more even skin tone with this rejuvenating programme. Ingredients include Vitamin C and glutathione to enhance the complexion whilst collagen production is boosted to promote longevity and regeneration.
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FAT BURNER IV PROGRAMME

10 DAYS ESTIMATED DURATION PER SESSION: 40-60 MINS GBP 4000	A more intensive version of the single Fat Burner IV infusion, this programme is a transformative weight management solution. Specifically designed to help shed the most stubborn areas of fat with a proprietary blend of vitamins, minerals, amino acids and NAD+.
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$$\left\{ \begin{array}{l} \text{BOOSTER SHOTS} \end{array} \right\}$$

GLUTATHIONE

1200MG / GBP 150

Powerful antioxidant which boosts liver function, regulates the inflammatory response, and boosts antibody production.

VITAMIN D3

GBP 75

Regulates immune response and promotes bone and muscle health.

VITAMIN B12

GBP 40

Regulates the metabolism, promotes cell regeneration and energy enhancement.



TREATMENTS

FROM OUR VISITING

MASTER
PRACTITIONER

ALISTAIR RICHARDSON



World-leading Osteopath, Alistair Richardson, has experience across physical activity, mental health support and nutrition guidance.

Alistair has treated all ages, pathologies and sporting abilities and his dedication to a holistic recovery plan sets him apart. With a Masters in ‘Sport Science: Bio-Mechanics’ from Middlesex University, he also has a further degree in ‘Osteopathy’ from the London School of Osteopathy (LSO).

OSTEOPATH TREATMENT

55 MINUTES / GBP 295

By treating the body through correct nutrition, emotional wellbeing, physical activity and manual therapy, Alistair aids recovery when the body is in need whilst also preventing future ailments.



SUMAN JALAF



Award-winning Suman Jalaf is the leading authority in custom brows. Suman has been professionally tending to brows for over 20 years, having cut her teeth with eyebrow threading before leaning into her innate skill. She first developed her signature brow technique in 2013 with Microblading and later, much more cutting-edge techniques such as Nanoblading and Diamant (diamond-tip) blading, to achieve for the most precise and natural finish.

STEP 1: MICROBLADING

120 MINUTES / GBP 700

Microblading is a remarkable technique that transforms once rebellious brows into polished, preened, perfect arches, that frame and lift the face. Microblading – or eyebrow embroidery as Suman calls it – is fast becoming the go-to beauty treatment thanks to the minimal downtime and low maintenance finish. The Microblading method adopted by Suman is a hybrid of learnings so it’s truly unique. First the ‘brow architecture’ is measured and analysed with a Brow Ruler to ensure the perfect size width, depth and shape is achieved, Suman also considers face shape, features, hair type and growth patterns.

The treated area is numbed using a light cream, before Suman begins the process. Using delicate strokes, the hand held micro needles manually implant feather light strokes with a medical grade approved pigmented colour into the epidermis layer of the skin. There is no downtime with the treatment, but a follow up appointment is required 12-18 weeks after to simply top up and ensure the desired look has been created.

STEP 2: TOUCH UP

90 MINUTES / GBP 350

Suman will see the clients after 5 months as she will make a trip again.

Top up is required after 12-18 weeks after the initial treatment is done to ensure the desired look has been created once the ink and skin has settled.

STEP 3: ANNUAL TOUCH UP

GBP 560

This is done after the touch up and is required after 10-12 months.

BESPOKE BROW METHOD (SHAPE AND TINT)

45 MINUTES / GBP 80

Beautiful eyebrows mean beautiful arches. First, you and your therapist discuss your preferences and how you want your brows shaped. Your brows are then mapped out so that we only remove the excess hair. You will be left with stunning, fluffy brows.

SHAPING

25-30 MINUTES / GBP 55

Using thread to shape and map the brows to perfection.

BROW LAMINATION

45 MINUTES / GBP 110

A ‘lash lift’ for your brows designed to open up your eyes and give you a fuller, bushier brow without microblading or semi-permanent makeup. This process uses a chemical solution to adjust your eyebrow hairs by straightening them to stay in place and can last for up to 2 months. It’s great for taming thick, unruly brows and encourages the hair to grow in the same direction.

Wake up every morning to perfect brows and flawless arches with this non-invasive treatment. It’s vegan and cruelty-free. Don’t get your brows wet or apply makeup, cream or oil to them for at least 24 hours after your treatment.

LASH LIFT

45 MINUTES / GBP 150

First, your lash therapist places cotton pads over your lower eyelids and curved silicon pads are placed over your upper eyelid. A bonding solution is then brushed over the eyelashes, pushing them against the curved silicon pad. Next, your therapist checks for clumping and ensures that each of your lashes is equally spaced. Following this, a perming solution is applied and left to process for around ten minutes. After that, the solution is removed, and a neutralizer solution is applied and left to process. Finally, your therapist removes your lashes from the silicon pad using a moist cotton swab and cleans your eyelids.

The lash lift is the ideal treatment to make your lashes flutter and shine. Please note: A patch test may be required 24-48 hours prior to treatment.



EYNHAM PARK
OXFORDSHIRE

