EYNSHAM BATHS



EYNSHAM PARK

OXFORDSHIRE

THE FALL OF

DROPPING WATER

WEARS AWAY

THE STONE

– Lucretius, Roman philosopher

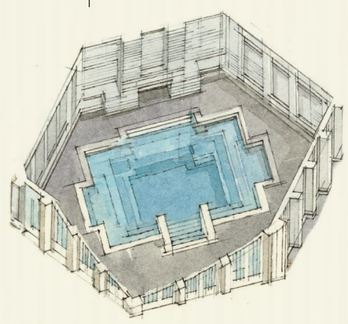


A remarkable space inspired by the bathhouses of the ROMAN ERA, *we welcome you to the* HEALING WATERS *and sacred rituals of* EYNSHAM BATHS. *Here, the gentle wisdom of water can* WEAR AWAY *the* TENSION *of modern life.*

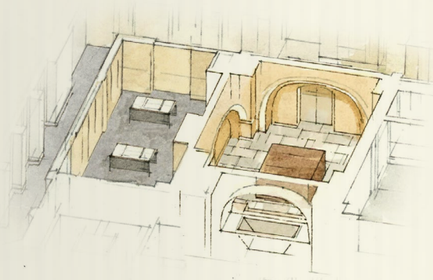
SITE MAP

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

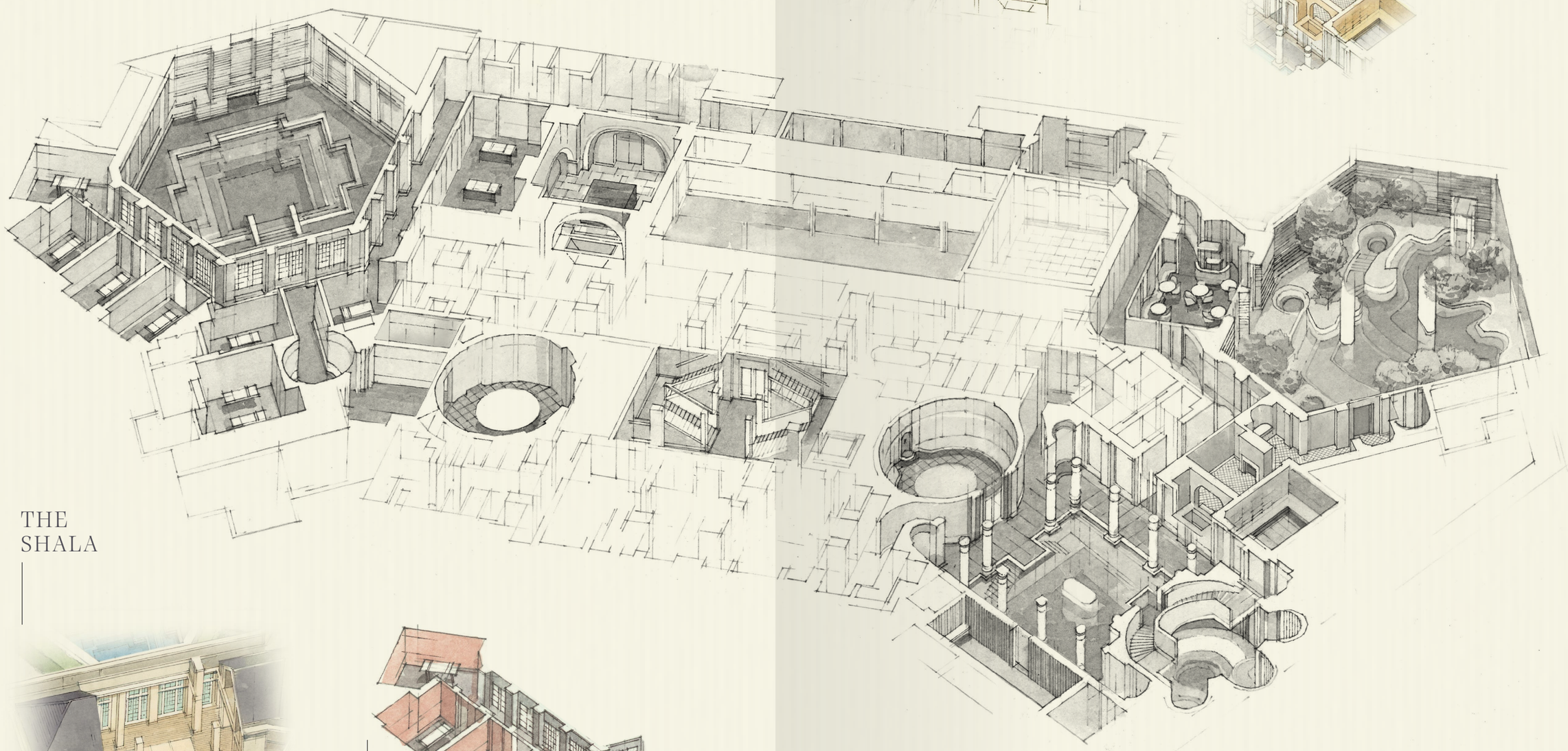


CEREMONY SUITE



OPEN-AIR HIDEAWAY AND ESCAPE RITUAL

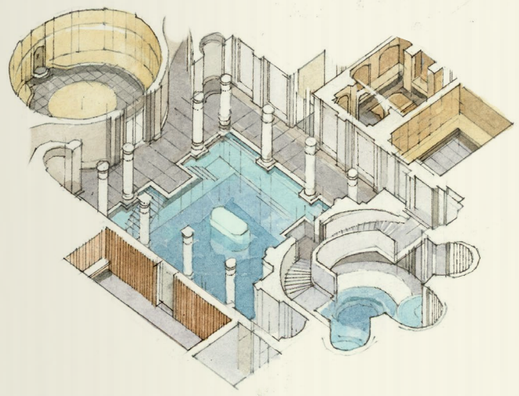




THE SHALA

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.



EYNSHAM BATHS



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, boosting your immune system and metabolism. Used by athletes to repair damaged tissues, expect rapid pain relief and muscle regeneration. 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.



EYNSHAM BATHS

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.

THERMAL JOURNEY

180 MINUTES

COMPLIMENTARY FOR MEMBERS

GBP 95 FOR MEMBERS' GUESTS

GBP 155 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.



EYNSHAM BATHS



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 five 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 five 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

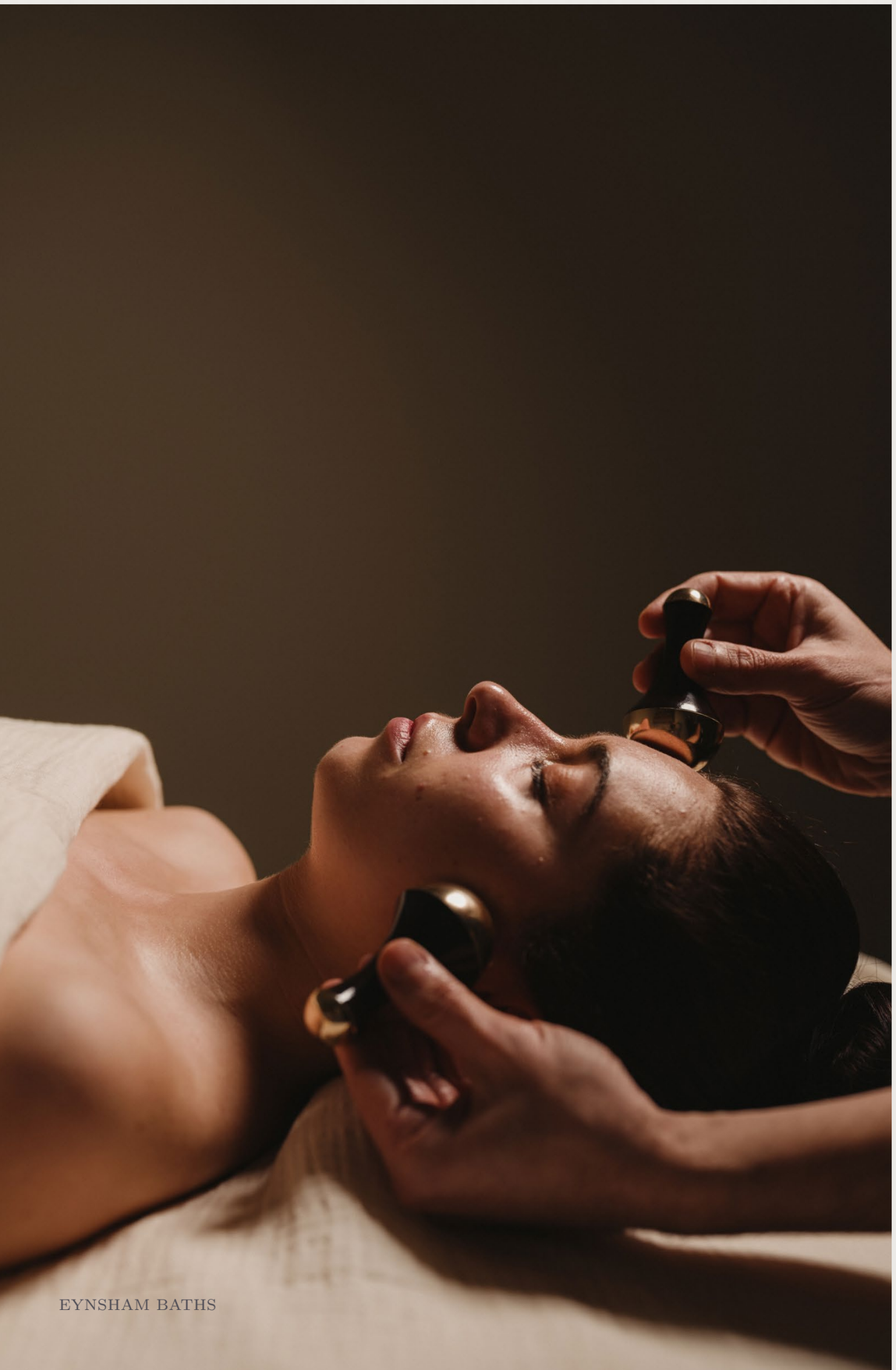
Lavender, Amber, Juniper Berry



OUR

TREATMENTS

FACIALS



EYNSHAM BATHS

EYNSHAM BATHS FACIAL

60 MINUTES / GBP 195

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 280

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 195

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 harmonises 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 230
90 MINUTES / GBP 310

Experience the therapeutic power of our highest-quality CBD oil, sourced from Colorado, combined with the transformative benefits of personalised 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. Recognised 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 195

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 five 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 two hours prior to your massage.

INDIAN POTLI MASSAGE

90 MINUTES / GBP 280

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 280

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 revitalising 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 harmonised flow of energy. Through the expert integration of stretching and acupressure techniques, the significance of meridian lines is emphasised, serving as a transformative ritual that not only revitalises but also aligns the body's energy.

CRAFT YOUR OWN MASSAGE

60 MINUTES / GBP 195
90 MINUTES / GBP 280

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 280
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 mobilisation.

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 195
90 MINUTES / GBP 280

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 195
90 MINUTES / GBP 280

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 wellbeing.

REFLEXOLOGY

60 MINUTES / GBP 195

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 five 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 seven 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 195

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 95 FOR ONE
GBP 140 FOR TWO

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 230

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.

MANUAL LYMPHATIC DRAINAGE

60 MINUTES / GBP 195
90 MINUTES / GBP 280

A targeted treatment designed to reduce fluid retention and support the efficient movement of the lymphatic system. Using slow, rhythmic techniques, manual lymphatic drainage encourages lymph flow, supports circulation and helps to reduce swelling and congestion within the tissues. Performed on dry skin to ensure maximum precision and control, allowing each movement to be delivered with purpose.

The 60-minute treatment focuses on the body, while the 90-minute also includes a facial sequence to reduce puffiness, refine contours and improve skin clarity.

Particularly beneficial for water retention, heavy legs and after periods of travel, this is a precise and effective treatment, leaving the body feeling lighter, less congested and rebalanced.



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 195
90 MINUTES / GBP 280

Tailored for mothers past the first trimester and up to three months post-natal, 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 195

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 harmonises 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 380

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

90 MINUTES
GBP 495 PER COUPLE

Shed what you don't need. This ritual is designed for two 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 195 FOR UP TO TWO

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. An intimate ritual designed for two, imagine yourselves at the beginning of a peaceful migration from the chaos of your day.

Begin your shared journey upon our exquisite warm marble stone bed, where gentle exfoliation renews your skin and uplifts your spirit.

Next, retreat to the adjoining treatment room to indulge in two hours of bespoke treatments side by side, thoughtfully designed to restore balance and serenity.

Afterwards, immerse in the vast marble-clad bath, prepared with your choice of four beautiful bath soaks, before completing your journey of renewal with your choice of our specially curated dishes.

The space is entirely yours; a private sanctuary to rest, recuperate and connect. A butler will be available throughout the ritual at the call of a bell, ensuring your time remains uninterrupted. Please contact our reception team to curate and personalise your experience.



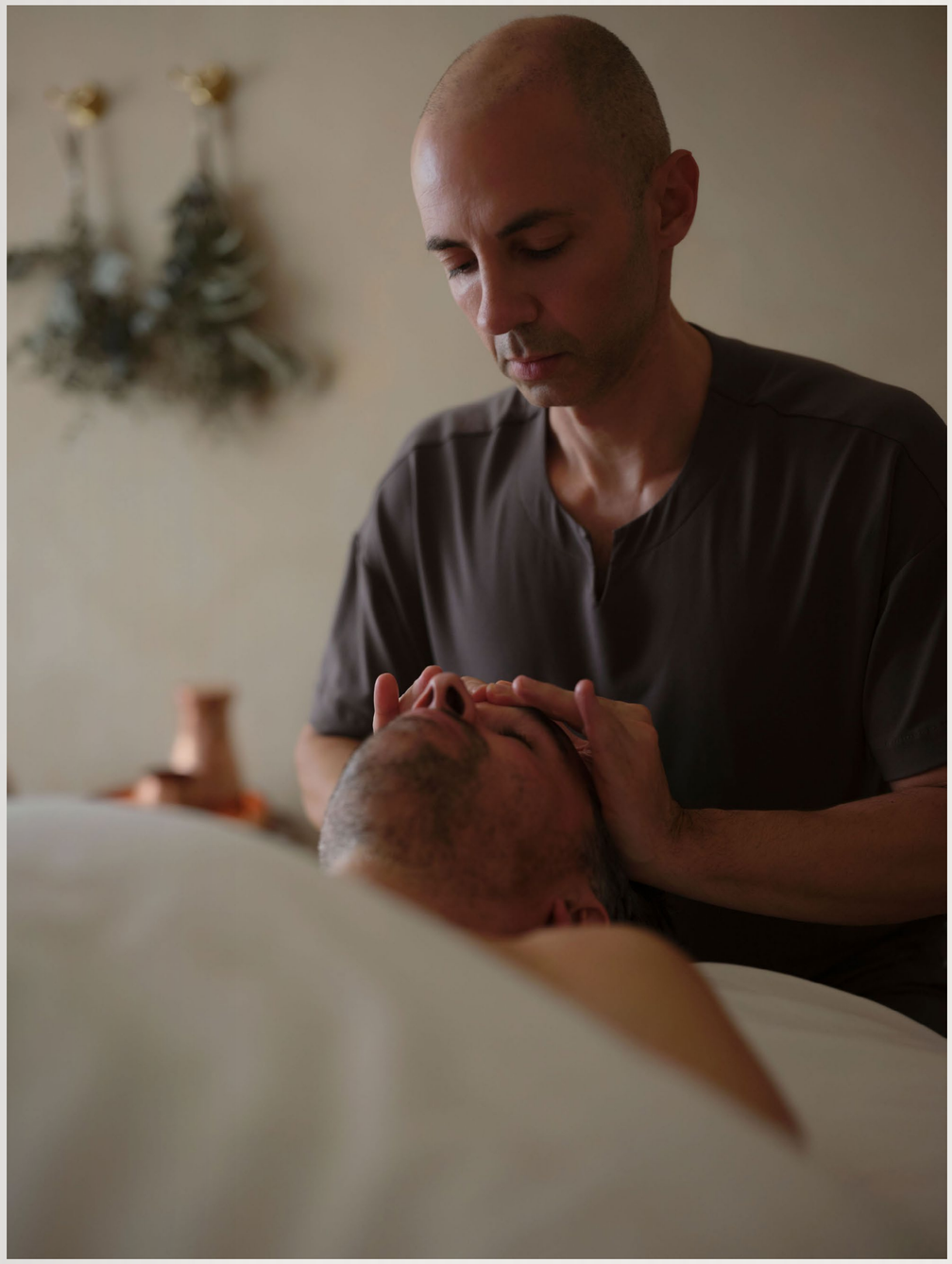
TREATMENTS

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 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 mobilisations 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 optimise 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 utilises 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. Recognising 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.

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 handheld 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 400

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

A top up will be required 12-18 weeks following the initial Microblading treatment, to ensure your desired look has been created once the ink and skin has settled.

STEP 3: ANNUAL TOUCH UP

GBP 550

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 100

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 silicone pads are placed over your upper eyelid. A bonding solution is then brushed over the eyelashes, pushing them against the curved silicone 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 neutraliser solution is applied and left to process. Finally, your therapist removes your lashes from the silicone 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.

EYNSHAM BATHS

ETIQUETTE

Welcome to Eynsham Baths, a sanctuary of stillness, care and renewal. To preserve a serene atmosphere for all our guests, we kindly ask that mobile phones and digital devices are silenced and put away. Photography and videography are not permitted inside Eynsham Baths.

For your comfort and wellbeing, we recommend refraining from alcohol before visiting the bathhouse, so you can fully embrace a restorative experience.

Opening Hours
The bathhouse is open daily from 9am - 9pm, with last entry at 8pm. Treatments are available from 11am - 7pm, with the last booking at 5.30pm. Out-of-hours appointments are subject to availability.

Thermal Journey
Our Thermal Journey is an immersive ritual of warmth and stillness, lasting 180 minutes from 9am, 12pm, 3pm and 6pm daily. We kindly remind you to bring your own swimming attire and respect the quietness of the space, allowing everyone to enjoy the calm atmosphere. You may arrive at any time after the start time of your Thermal Journey, yet your session will always conclude at the scheduled end time. The Thermal Journey must be booked in advance.

Treatments
Please arrive at least 15 minutes before your treatment time to settle into the rhythm of the bathhouse. If you arrive late, your treatment duration may need to be adjusted so the next guest is not delayed. We offer both female and male therapists – please let us know at the time of booking if you have a preference and we will do our best to accommodate your request.

The Tea Lounge
The Tea Lounge is open daily from 9am – 8.30pm, with last orders taken at 8.15pm. Guests are welcome to use The Tea Lounge wearing either their poncho or their normal clothing.

Cancellations
Should you need to change or cancel your appointment, please let us know at least 24 hours in advance. Please note, cancellations made within 24 hours and missed appointments will be charged in full.

Wellbeing, Pregnancy & Allergies
Your comfort and safety are our priority. Please let us know of any health concerns, injuries, allergies or pre- or post-natal care when making your reservation, so we may tailor your treatment with care. Most treatments can be adapted to accommodate allergies, sensitivities or injury. Due to the extreme and fluctuating temperatures, the use of our thermal spaces are not recommended at any stage of pregnancy. Pregnancy massages and facials are available once you have completed your 12th week of pregnancy – at this stage, we welcome you to experience our Garbh Sanskar Massage and Ananda Facial, both designed with gentleness and support in mind. If you are under 12 weeks pregnant, we are only able to offer Reiki, subject to availability.

Age Policy
Eynsham Baths welcomes guests aged 18 years and over.

What to Wear
Ponchos, footwear and lockers will be provided. For treatments, professional draping ensures your privacy is always respected.

Personal Belongings
Eynsham Baths cannot accept responsibility for lost items. We suggest leaving valuables in your room during your visit.

Gratitude
Should you wish to leave a gratuity for any member of our team, it is entirely at your discretion.



EYNSHAM PARK

OXFORDSHIRE