

Meadow Spa



## TREATMENTS AT THYME

Nurturing peacefulness, stillness and beauty from within, the botanical spa is an idyllic haven of peace and tranquillity; a place for calm, mindfulness and meditation that provides respite from our busy lives.

Guests are welcomed into the Greenhouse reception before being shown through to the Meadow Cottage for a bespoke menu of Thyme treatments in partnership with award-winning, natural British brand, Aurelia Probiotic Skincare. Sharing a mutual philosophy for natural ingredients and a 'love of the land', treatments are tailored specifically for mind and body harnessing unique probiotic ingredients to protect, restore and balance the skin from within. Aurelia's first foray into the world of spa, together, we have made a commitment to the scientific use of natural ingredients.

The spa also encompasses a natural black slate swimming pool filled with our own spring water, as well as a yoga & pilates studio.

*I would like it to be a place which instills a love of nature and the land, that leaves an enriching, happy and lasting impression on guests.*

*Caryn Hibbert  
Founder, Thyme*



## MASSAGE

60 mins - £95 /30 mins - £65

Our bespoke massage uses Aurelia Probiotic Skincare oils and includes acupressure points and back stretching together with deep breathing to focus the mind.

## DEEP TISSUE MASSAGE

60 mins - £125

Focusing on specific areas of concern, this bespoke treatment is designed to alleviate deep-seated tension & muscular stress.

## AURELIA PROBIOTIC FACIAL\*

60 mins - £110

This holistic probiotic facial designed to lift, define and sculpt features Aurelia's Natural Face Lift™ and includes unique *Moments to Remember* to help you achieve your desired mindset, alongside radiant, glowing skin.

## THYME BODY RITUAL

90 mins - £150

Our bespoke, deeply nurturing, ritualistic full body massage using Aurelia Probiotic Skincare oils.

## AURELIA RITUAL FOR SKIN, BODY & MIND\*

90 mins - £165

The ultimate indulgence from head to toe, each ritual features Aurelia's Signature Probiotic Facial, to lift and define the face alongside traditional, expert healing therapies for the body. Holistic, luxurious techniques will transform your skin and enhance your physical and emotional wellbeing.



## AURELIA'S DESIRED STATES OF MINDFULNESS

Aurelia Probiotic Skincare seamlessly combines heartfelt mindfulness elements, chosen by you, with the power of probiotic technology to protect, restore and balance the skin from within. Think about how you are feeling at this present moment and how you would like to feel after your treatment to help you choose your desired state of mindfulness.\*

### CLARITY OF THOUGHT

When life lacks focus or you're finding it hard to navigate through, these treatments will help you to see things clearly and guide you back to the present. Mindful elements will enhance your memory capabilities and help you find purpose again with the ability to see more clearly and appreciate the present moment, rather than feeling wrapped up with the thoughts in your head.

### WAKEFULNESS

When energy levels are low and you need a kick-start, these treatments will help lift your spirits and enliven your inner vitality, by stimulating energy and invigorating your senses while guiding you towards feeling more refreshed and alert. Your awareness will be improved, empowering you to take steps forward, to feel lighter on your feet and able to achieve your ambitions.

### PEACEFULNESS

If you're in need of deep tranquillity or have felt unsettled, anxious or stressed, Aurelia's peacefulness treatments will give you the space to breathe, unwind and find a new sense of calm. Your mind and body will be anchored, enabling you to release negative thoughts.



## FOR MEN

Indulge in deeper brush cleansing, invigorating massage, skin-calming techniques or deep tissue pressure point massage to help revive your skin and mind.

## PREGNANCY

Aurelia's products are all safe for use during pregnancy. We understand that your skin may have changed and be sensitive, specific massages are available to ensure you feel comfortable and nurtured. However, we do recommend delaying body treatments until after the first trimester of pregnancy.

## MANICURES & PEDICURES

Experience an indulgent and relaxing spa ritual treatment for nails, hands and feet, using Aurelia Probiotic Skincare oils to nurture skin & nail health. Includes painting, if desired.

Spa manicure	60 mins - £65
Spa pedicure	60 mins - £85
Spa manicure & spa pedicure	1 hour 45 mins - £135

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*Double treatment room available, please enquire on booking.*

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*If you are undergoing any medical treatment or have had surgery in the last 12 months, please advise at the time of booking as this may affect the treatments we are able to offer you.*



# AURELIA

Intelligent skincare with integrity:

Aurelia Probiotic Skincare is a multi-award-winning, British skincare brand having won over 100 awards in just five years.

As one of the first brands to pioneer the use of probiotics in skincare, Aurelia's probiotic ingredients protect, restore and balance the skin from within.

These probiotics are expertly combined with ethically sourced BioOrganic botanicals, the finest natural ingredients and exquisite essential oils for skin that radiates luminosity.

# AURELIA

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PROBIOTIC SKINCARE





THYME

*'for the love of the land'*

[www.thyme.co.uk](http://www.thyme.co.uk)

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