



T H Y M E

# MEADOW SPA



'Patterns of Nature'

“I would like Meadow Spa to be a place which instils a love of nature & the land, that leaves an enriching, happy & lasting impression. Whether guests enjoy a summer’s afternoon in dappled shade or take a moment’s pause under their umbrella to breathe in the fragrance of our English garden and enjoy the fresh air. The outside spaces have been created to complement our unique range of treatments.”

Caryn  
Hibbert  
Founder, Thyme



## AN UPDATE FROM OUR SPA TO OUR GUESTS

We are so happy to have our beautiful Meadow Spa open again and would like to update you on the following changes

### TREATMENTS AT MEADOW SPA

*If you have a treatment booked with us, you should have received our pre-arrival information and medical questionnaire. If you have not received this, please do let us know.*

We kindly ask for all guests to book in advance as we may not be able to accommodate walk in appointments. You can register your interest with the Thyme Reception team or at the Spa Greenhouse.

We are delighted to be offering all listed treatments with our only restriction being on treatment length. Our Rituals have been adjusted accordingly.

We are currently unable to offer treatments in our double room.

### OUR POOL AND HOT TUB

Pool use will be bookable for 60-minute slots with additional time allocated to thoroughly clean the area. If you are staying in one of our cottages with children, please check with the team for available swimming times.

*Although we use natural spring water, we are temporarily chlorinating the pool to ensure safe use during this time.*

Our changing space will remain closed, so we kindly ask for all guests to arrive ready to use the pool and to sign in at the Spa Greenhouse. We can provide you with towels.

We are unable to serve food or drink at the pool but will provide water. *Please refrain from bringing glass into the pool area.*

Our hot tub remains closed for the time being.



## OPEN TO NON-RESIDENTS

Experience Meadow Spa's inside outside spaces, our outside relaxation areas are as important to the spa experience as the Greenhouse and the Meadow Cottage. Each space is designed to nurture and encourage guests to embrace the peace associated with country living, to breathe deeply and stretch into an environment that echoes the well-being engendered by the natural world.

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

We offer 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. Together, we have made a commitment to the scientific use of natural ingredients.

## FOR HOTEL GUESTS ONLY

The outside pool & hot tub...enclosed by Cotswold stone walls and sheltered even on winter days, we offer guests the opportunity to swim in pure spring water. Drawn from our own spring, a subterranean river 50 meters down, the water is filtered through Cotswold limestone and a revolutionary bio-filtration system, to deliver crystal clear water. *Please note, we are temporarily chlorinating the pool to ensure safe use during this time.*



## MASSAGE

60 mins - £105 / 30 mins £75

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.

## THYME BODY RITUAL

60 mins - £125

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

## 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.

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

60 mins - £140

The ultimate mindfulness 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.



## BESPOKE PREGNANCY TREATMENTS

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.

### MASSAGE

60 mins - £105

### AURELIA PROBIOTIC FACIAL

60 mins - £110

### PREGNANCY FACE & BODY

60 mins £140

### 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 - £75 |
| Spa Pedicure | 60 mins - £85 |

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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 your treatment.*



## 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.



## 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







T H Y M E

## 'Our village within a village'

Thyme includes our hotel, Ox Barn restaurant,  
Meadow Spa, Cookery School, The Baa, shop,  
farm & kitchen garden, Tithe Barn private event space  
and village pub – The Swan

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