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THERMAL JOURNEY

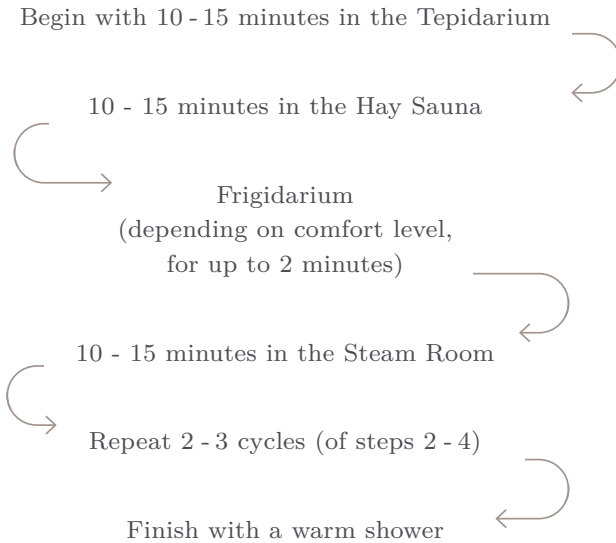
Lead your own experience, or follow our morning or evening circuits for a multi-layered, thermodynamic ritual that works for your schedule. We have drawn upon the clinical research from Dr. Huberman and Dr. Sjøberg on thermodynamics and the proven benefits of cold water and contrast therapy.

Our signature Thermal Journey moves you between 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. If you'd like to rest between cycles, retreat to our open-air Hideaway or 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



METABOLIC EVOLUTION

Accelerate your metabolic rate and slow 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



FOOD

Our food philosophy has a focus on health and well-being, with ingredients to complement your need state. To be enjoyed as part of your Thermal Journey, before and after your rituals and treatments.

All dishes can be ordered ahead of time in preparation for your return to The Tea Lounge, between time spent in the baths as a moment to relax and dine at your leisure.

A 15% discretionary service charge will be added to your bill. The daily recommended adult intake is approximately 2,000 kcal a day. Please let us know if you have any allergies or dietary requirements.

FOOD

BITES

Super seeds bar **v**..... £5

Roasted seeds & estate honey kcal 338

Fruity bar **v**..... £5

Fig, cranberry & toasted oats kcal 301

Jaggery & cardamom delight **v**..... £5

Cardamom & chickpea gluten-free flour kcal 216

Ayurvedic peach & turmeric loaf **v**..... £6

Turmeric, almond flour & coconut sugar kcal 478

Energy balls **v**..... £2

Cacao, coconut & mixed seeds kcal 106

BATHS GRANOLA

White chocolate, macadamia,
ashwagandha & lion's mane **v**..... £9

Served with coconut or Greek yoghurt & fresh berries kcal 312

Cacao, hemp seed & cranberry **v**..... £9

Served with coconut or Greek yoghurt & fresh berries kcal 323

Guanaja chocolate, peanut & cordyceps **v**..... £9

Served with coconut or Greek yoghurt & fresh berries kcal 315

BOWLS

Chia seed pudding **PB**..... £6

Coconut yoghurt, blueberries kcal 198

Fresh fruit salad **PB**..... £8

Assorted seasonal fruits kcal 50

Kheer **v**..... £6

Basmati rice, milk, cardamom, saffron & pistachio kcal 254

FOOD

BATHS CLASSICS

- Green papaya & baby spinach **PB**..... £14
Fermented sesame dressing, toasted seeds kcal 196
- Tomato & citrus salad **PB**..... £14
Baby gem lettuce, pickled red onion kcal 248
- Roast onion squash & new season kale salad **v** £14
Wild rice, Graceburn, cranberry molasses dressing kcal 395
- Balik smoked salmon..... £18
Crème fraîche, pickled shallots & pumpernickel kcal 261
Add 5g Estelle caviar supplement £17
- Lamb bone broth £14
Grated ginger, spring onion kcal 90
- Kitchari **v**..... £14
Mildly spiced basmati rice & mung beans kcal 174

CAVIAR

Petrossian Ossetra Royal 50g £170 | 125g £370

Served with blinis, crème fraîche & chives

kcal 561 per 50g serving



DRINKS

*Our selection of drinks
comprises teas, tonics and
juices designed to complement
and enhance your time at
Eynsham Baths, to be introduced
at various stages of your
experience.*

SMOOTHIES & BLENDS

Ayurvedic Power Smoothie..... £12

Cordyceps, pumpkin seeds, maca powder, cardamom, chia seeds, dates, ghee, coconut milk

COGNITIVE SUPPORT | ENERGY & STAMINA

Ashwa Glow Harmony..... £12

Ashwagandha, dried beetroot, cinnamon, sunflower seeds, nutmeg, dates, almond milk

ADAPTOGENS | RESTORATIVE & NOURISHING

Blue Vitality Fuel..... £12

Blue spirulina, vegan protein, super mushroom blend, cardamom, sabja seeds, dates, oat milk

COGNITIVE & CELLULAR SUPPORT

Mindful Matcha..... £9

Matcha, rose water, chia seeds, coconut water

ELECTROLYTE SUPPORT | COGNITIVE FUNCTIONING

Warm Turmeric Moment..... £9

Raw turmeric, nutmeg, virgin coconut oil, coconut milk

METABOLIC SUPPORT | FATIGUE | ANTI-INFLAMMATORY

PROBIOTICS

Kombucha £6

Fermented green tea decoction

Immunity £6

Ginger, turmeric, apple cider vinegar, honey

Tepache £6

Fermented pineapple, cinnamon

TONICS & COLD PRESSED JUICES

TONICS

Happy tummy£9

Amla, lemon, agave, chaat masala, sparkling water

AIDS DIGESTION | METABOLISM

Soul awakening.....£9

Coffee, lemon, cinnamon, mixed spices, agave, soda water

ENERGY BOOSTER

Indian lemonade.....£10

Lemon, mint, cumin, agave

PROMOTES HYDRATION

EYNSHAM BATHS COLD PRESSED JUICES

Revitalizing green glow£9

Spinach, cucumber, green apple, celery, lemon

DETOX | FITNESS

Vital ruby£9

Orange, beetroot, apple

SKIN HEALTH

HAND-CRAFTED TEAS

EYNESHAM BATHS BLENDS

Sorig Eynsham Signature £8

Ginseng, nutmeg, clove, bay leaf, star anise, ginger, cumin

BALANCES PHYSICAL & EMOTIONAL LEVELS

Fine Darjeeling, apple, cinnamon £8

Helps improves blood circulation & boost energy

ENERGY BOOSTER | FITNESS

Chamomile, lemon, peppermint, clove £8

Relaxes & eases insomnia

SLEEP

Turmeric, ginger, lemon £8

Alleviates digestive disorders

DETOX

AYURVEDIC

Vata £8

Brahmi, tulsi, liquorice, turmeric, rose petals, fennel

CALMING | GROUNDING | BALANCES ETHER & AIR ELEMENTS

Pitta £8

Guduchi, cinnamon, Himalayan mint, coriander, cardamom, tulsi, fennel, hibiscus

HARMONISES EXCESS BODY HEAT | REGULATES FIRE & WATER ELEMENTS

Kapha £8

Triphala, amla, cumin, pomegranate seeds, bay leaf, tulsi, ginger

IMPROVES MUSCLE MOVEMENT | ENERGISES WATER & EARTH ELEMENTS

Ama Pachana £8

Ginger, black pepper, cumin, fennel, mint

BALANCES BETWEEN BODY ELEMENTS

TEAS

WELL-BEING BLENDS

Perk-me-up..... £8

Sage, dandelion, ginger

ENERGISING | HELPS WITH STOMACH CRAMPS

Soul soother £8

Ginkgo, butterfly pea flower, star anise

CALMING | GROUNDING | HEART HEALTH

Revitalise £8

Echinacea, cinnamon, berries

DETOX | TREATS SORE THROAT

GREEN

Japanese ceremonial matcha £8

Wahoken Garden, Kagoshima Prefecture, Japan

Green tea & mint.....£6

Zhejiang Province, China & Malawi

BLACK

Masala chai £8

Cinnamon, Assam, green cardamom, ginger

Kashmiri kahwa £8

Green tea, saffron, cinnamon, rose petals

First flush Darjeeling £7

Satemwa Estate, Shire Highlands, Malawi

Malawi mountain moto £6

Satemwa Estate, Shire Highlands, Malawi

TEAS

HEALING

Ajwain - *Carom seed* £5
Aids digestion with carminative effects
SLEEP | DETOX | FITNESS

Cinnamon..... £5
Regulates blood sugar & strengthens immunity
DETOX

Fennel £5
Calm & moderates appetite
DETOX

Ginger £5
Heals cold & motion sickness
DETOX | FITNESS

Liquorice £5
Treats sore throat, cold & cough
DETOX

FROM THE HERB GARDEN

Turmeric £5
Boosts the immune system & helps to manage arthritis
DETOX | FITNESS

Sage £5
Fights inflammation & assists in lowering cholesterol
DETOX | FITNESS

Thyme..... £5
Calms the nervous system
SLEEP | FITNESS

Mint £5
Helps with nausea & reduces bloating
DETOX | FITNESS

TEAS

FROM AROUND THE WORLD

Rosehip & rooibos..... £8

Cederberg Mountains, South Africa & Chilean Andes

Antioxidant, antimicrobial, reduces risk of cardiovascular disease

DETOX | FITNESS

Spanish fennel flower..... £8

Terres D'Elba, Tarragona, Spain

Regulates blood sugar & strengthens immunity

DETOX | CALMING

Rose petal £7

Gujarat, India

Soothes cramps & a rich source of vitamin C

DETOX | CALMING

Hibiscus..... £7

Central Thailand

Antioxidant, cognitive health

DETOX | FITNESS

SPIRITS & BEER

50ml | 200ml

VODKA

Ketel One 40%	£18		£54
Belvedere 40%	£22		£66
Żubrówka 40%	£15		£45

AGAVE

Illegal Reposado 40%	£25		£45
Illegal Añejo 40%	£36		£108
Lost Explorer Salmiana 42%	£45		£135

Casamigos Blanco 40%	£22		£66
Casamigos Reposado 40%	£24		£72
Casamigos Añejo 40%	£28		£84
Casa Dragones Blanco 40%	£36		£108
Casa Dragones Añejo 40%	£65		£195
Casa Dragones Joven 40%	£100		£300

BOTTLED BEER

Braybrooke Helles 4.2%	£7
Lucky Saint 0.5%	£5

WINE

125ml Glass | 750ml Bottle

CHAMPAGNE

Billecart-Salmon Le Réserve, Mareuil-sur-Aÿ.....£22 | £132

Billecart-Salmon Le Rosé, Mareuil-sur-Aÿ..... £28 | £168

Ruinart Blanc de Blancs, Reims..... £32 | £192

Dom Pérignon, Brut, Épernay..... £40 | £240

Krug, Grande Cuveé 171ème Édition, Brut, Reims... £350

Louis Roederer, Cristal, Brut, Reims £550

WHITE

Soave Classico, “Calvarino”,
Pieropan, Italy 2022.....£15 | £90

Sancerre, Domaine la Croix St Laurent,
Loire, France 2023..... £18 | £108

Chablis, Domaine Gérard Duplessis,
Burgundy, France 2021.....£19 | £114

Meursault, “Les Corbins”, Bitouzet-Prieur,
Burgundy, France 2022..... £30 | £180

WINE

125ml Glass | 750ml Bottle

ROSÉ

Rumor, Côtes de Provence, France 2024.£16 | £96

Château Galoupet, Côtes de Provence,
France 2021 £24 | £138

RED WINE

Malbec, Altos Las Hormigas, Mendoza,
Argentina 2022.....£16 | £96

Chianti Classico, Isole e Olena,
Tuscany, Italy 2021..... £18 | £108

Bourgogne Rouge, Domaine de Montille,
France 2021 £19 | £114

Château Lagrange à Pomerol,
Pomerol, France 2017 £26 | £156



APOTHECARY

The legacy of the apothecary acts as a testament to humanity's enduring quest for healing and holistic well-being. From ancient civilization to modern society, the apothecary's craft transcends time, blending ancient wisdom with contemporary relevance. As we navigate the complexities of healthcare in the 21st century, the timeless traditions of the apothecary serve as a guiding light, reminding us of the profound connection between nature, science, and the art of healing.

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PRE-TREATMENT APOTHECARY
RECOMMENDATIONS

Chi Nei Tsang	£7
<i>Sorig churna & elixir</i>	
Warrior massage.....	£5
<i>Pomegranate with rock salt & medicated churna</i>	
Tibetan Ku Nye	£7
<i>Sorig churna & elixir</i>	
Indian Potli massage	£7
<i>Tridoshic churna & elixir</i>	
Marma Chikitsa with chakra healing	£6
<i>Five element paste</i>	
Craft your own massage	£7
<i>Tridoshic churna & elixir</i>	
Garbh Sanskar	£6
<i>Saffron tea</i>	
Hammam.....	£4
<i>Greek yoghurt</i>	

POST-TREATMENT APOTHECARY
RECOMMENDATIONS

Chi Nei Tsang	£8
<i>Himalayan saffron & cinnamon tea</i>	
Warrior massage.....	£6
<i>Turmeric & ginger infusion</i>	
Tibetan Ku Nye	£8
<i>Sorig tea</i>	
Indian Potli massage	£8
<i>Tridoshic tea</i>	
Marma Chikitsa with chakra healing	£8
<i>Tridoshic tea</i>	
Craft your own massage	£6
<i>Saffron tea</i>	
Garbh Sanskar	£6
<i>Saffron tea</i>	
Hammam.....	£3
<i>Salt shot</i>	

EYNHAM BATHS