

COWSHED

TREATMENTS

HANDS & FEET

HANDS

Ultimate Cowshed Manicure • 60 mins • £60

A full Cowshed Manicure with a hydrating mask for hands followed by a relaxing scalp and shoulder massage to relieve tension.

Cowshed Manicure • 45 mins • £48

File and cuticle tidy, exfoliation with hand and arm massage. Polish to finish.

Speedy Manicure • 30 mins • £35

File, tidy and polish.

Polish Change • 15 mins • £18

FEET

Ultimate Cowshed Pedicure • 75 mins • £70

A full Cowshed Pedicure with a hydrating mask for feet followed by a relaxing scalp and shoulder massage to relieve tension.

Cowshed Pedicure • 60 mins • £60

File and cuticle tidy, skin buffing, exfoliation and foot and leg massage. Polish to finish.

Detox Pedicure • 45 mins • £50

File and cuticle tidy, skin buffing, followed by foot and leg massage. Buff to finish.

Speedy Pedicure • 30 mins • £40

File, tidy and polish.

Polish Change • 15 mins • £20

Please note: we are unable to remove gel-based nail polishes.

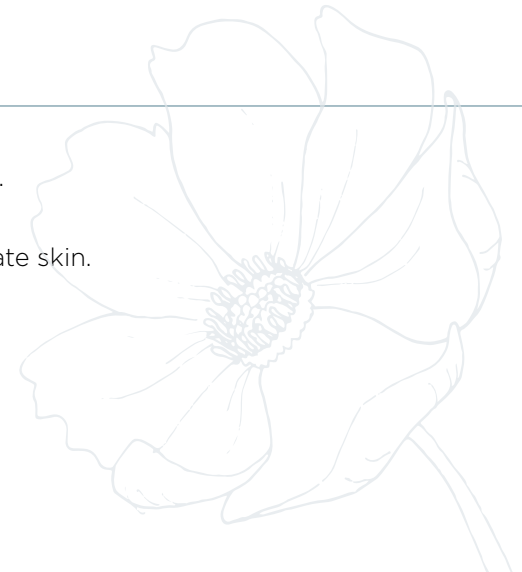
HANDS & FEET ADD-ONS

Scalp Massage • 15 mins • £15

Relaxing dry massage incorporating pressure points.

ExpressLED Facial • 30 mins • £35

Facials using advanced ExpressLED light to rejuvenate skin.

Hair Removal • 5 mins • £5

FACE

FACIALS

Bespoke Facial 60 mins • £120 / 90 mins • £140

Your therapist will create a facial tailored to your skin's needs using a personalised edit of Cowshed and SkinCeuticals products. One 'add-on' treatment of your choice is included in the 90 minute facial.

Cowshed Signature Facial • 60 mins • £80

Cleanse, steam, exfoliation and extraction followed by face, neck and shoulder massage and mask with scalp, hand or foot massage.

FACIAL ADD-ONS

SkinCeuticals Gel Peel • 15 mins • £35*

Smooths skin's surface, reduces appearance of fine lines and decreases frequency of acne.

Cryotherapy • 15 mins • £18

Facial massage performed with frozen tools to promote collagen production, reduce inflammation and eliminate toxins.

FOR YOUR EYES

Lash and Brow Tint • 30 mins • £28*

Lash Tint • 30 mins • £18*

Brow Tint • 15 mins • £14*

THE LIGHT SALON

Cleanse and Correct ExpressLED Facial 30 mins • £35

Anti-bacterial, deep cleansing and corrective (blue light).

Rejuvenation ExpressLED Facial 30 mins • £35

Boost, hydrate, brighten, plump and glow (yellow light).

Massage • 15 mins • £18

Head, foot, hand or shoulder. Using essential oils and incorporating pressure points to release tension.

Hydro-gel Mask • 15 mins • £35

An intensely hydrating gel sheet mask to instantly plump and nourish dry skin.

Brow Shape • 30 mins • £28

Brow Tidy • 15 mins • £20

BODY

THERAPIES

Bespoke Body Therapies • 60 mins • £90 / 90 mins • £120

Following a consultation, your therapist will design a bespoke treatment tailored to your needs. Whether you want to achieve a state of pure relaxation, detox or address a specific skin concern, they will incorporate techniques ranging from dry body brushing and exfoliation to body wraps and lymphatic massage into a completely personalised experience.

MASSAGES

Deep Tissue Massage

30 mins • £70 / 60 mins • £110

90 mins • £135**

Focusing on the deeper layers of muscle tissue to relieve acute tension.

Reflexology

30 mins • £50 / 60 mins • £80**

Foot massage promoting deep relaxation of the body.

Cowshed Relaxing Moody Massage

30 mins • £50 / 45 mins • £65

60 mins • £80 / 75 mins • £95

90 mins • £115

A bespoke massage using one of our six signature moods. Upon booking we can recommend how long the treatment should be to address the areas you wish to focus on.

HAIR REMOVAL

Full Leg & High Bikini • £72

Full Leg & Basic Bikini • £64

Half Leg & High Bikini • £58

Half Leg & Basic Bikini • £50

Full Leg • £45

Half Leg • £30

Brazilian / Hollywood • £54

High Bikini • £34

Basic Bikini • £26

Full Arm • £34

Half Arm • £25

Underarm • £20

Back • £45

Chest • £45

Lip or Chin • £15

Extra Patch - Small • £10

Extra Patch - Large • Price on appointment

*Please note a patch test is required 24 hours prior to your treatment.

Strip wax is used for legs and arms. Hot Lycon wax is used for more sensitive areas. **Please check location.

UDDERLY GORGEOUS MATERNITY TREATMENTS

Cowshed is the perfect place to indulge in some pre or post pregnancy pampering with our specialised Udderly Gorgeous products and treatments.

These treatments are designed for clients that are 12 weeks pregnant or more: no treatments can be given in the first trimester.

Little ones are not permitted in our Cowshed spas so to experience complete relaxation please ask a loved one to take care of them for you at home.

UDDERLY GORGEOUS PACKAGE

The ideal top-to-toe package in preparation for your new arrival:

Udderly Gorgeous Full Body Care + Cowshed Facial + Cowshed Pedicure + Speedy Manicure
4-5 hours (1/2 Day) • £250

BODY

These body treatments assist in keeping rapidly growing skin supple, maintaining skin tone and elasticity, whilst being deeply relaxing.

Udderly Gorgeous Full Body Care

90 mins • £115

Foot soak, dry skin brushing, exfoliation, massage, intense nourishing mask for stretch mark prone areas and facial rejuvenation.

Udderly Gorgeous Full Body Massage

60 mins • £80

Foot soak, full body massage and facial rejuvenation.

Udderly Gorgeous Back Massage

30 mins • £55

Foot soak and seated massage in our comfy therapy room, with a focus on back, neck and shoulders.

Udderly Gorgeous Legs

30 mins • £40

Foot soak, exfoliation and massage.

For Face, Hands & Feet and Hair Removal see full treatment menu.

Please let your therapist know if you are pregnant when booking so they can tailor your treatment for you.

JENNIFER YOUNG TREATMENTS

An associate member of the Royal Society of Medicine, beauty therapist and innovative product formulator, Jennifer Young has combined her extensive knowledge and experience to develop specialist treatments suitable for those living with and beyond cancer.*

FACE

Rejuvenating Facial • 60 mins • £80

Specialist techniques including massage, gentle acupressure and crystals are combined with organic and natural products in this revitalising treatment for face and scalp.

BODY

Balance Body & Mind Massage • 60 mins • £80

Your therapist will identify which Chakras you would like to balance during this therapeutic light touch massage, which uses crystals and 100% natural oils suitable for sensitive skin to restore harmony and wellbeing.

Indulgent Massage • 60 mins • £80

This bespoke light touch massage will be tailored by your therapist to suit your needs using 100% natural oils that are suitable for sensitive skin. The treatment can be extended to include the scalp.

HANDS & FEET

Specialist Manicure • 60 mins • £60

Your therapist will use peach kernel and macadamia nut oils in a manicure specifically designed for sensitive skin and nails. Enjoy your treatment in our comfy Cowshed armchair or in a private room.‡

Specialist Pedicure • 60 mins • £60

Jennifer Young's nourishing foot balm and oils are massaged into feet in a pedicure designed for sensitive skin and nails. Enjoy your treatment in our comfy Cowshed armchair or in a private room.‡

CBD TREATMENTS

Two new treatments in our UK spas that harness the beneficial properties of CBD.

TREATMENTS

CBD Facial • 60 mins • £95

An anti-inflammatory version of our signature Cowshed facial, this treatment uses MariPharm's CBD-infused cream and aims to help calm irritated, inflamed skin and address issues such as hormonal acne, rosacea, psoriasis and eczema.

CBD Massage • 60 mins • £105

Our signature de-stressing Moody massage is enhanced with the addition of MariPharm's essential oil which has the topical benefits of the cannabis plant. This treatment is geared towards helping alleviate pain or discomfort. The oil is massaged directly into the affected area using heated Thai compressors which also help relax the muscles.

DRINKS

Lavender Latte • £5

A calming and anti-inflammatory latte made from butterfly pea flower and lavender to help relax and aid sleep.*

Shroom Latte • £5

An energising latte with memory and immune boosting qualities.*

What is CBD?

CBD, also known as cannabidiol, is one of the many compounds extracted from the Hemp plant. Non-psychoactive, it is packed with nutrients and antioxidants and is naturally bioavailable, meaning it's easily recognised and absorbed by our bodies.

Why use it?

Scientific research is suggesting that CBD can have therapeutic as well as soothing and anti-inflammatory effects. The CBD products used in our new therapies are produced by MariPharm, one of the oldest licensed medicinal cannabis companies in the world.

*Please note these drinks do not contain CBD.

OUR SPAS

A place to meet friends, eat, drink and shop, while indulging in sociable grooming. If you have any specific requests our team are here to help.

Arrival

Please arrive 15 minutes before your appointment to register. If you arrive late, the time of the appointment will be shortened out of consideration for the next customer.

Health conditions

When making your booking please advise us of any health conditions and any medication you are taking. For certain medical conditions we will require written permission from your doctor to proceed. Please speak to our spa or House Help team for more information.

Pregnancy

We are proud to offer a specialised menu of maternity treatments. Inform your therapist if you are pregnant to allow us to tailor your experience. Please note our pregnancy and safety policy: no treatments can be given in the first 12 weeks of pregnancy.

Cancellations

If you need to change or cancel an appointment, we ask that you give us 24 hours notice or the full cost of the treatment will be charged. Please note that we request credit card details to secure bookings.

Cowshed's age policy

No one under the age of 14 is permitted in our Cowshed spas. Our treatments are specifically tailored for adults. However, we do offer treatments to those aged 16-18 with parental consent.

Jennifer Young Treatments

A specialised menu of therapies developed with Jennifer Young to be suitable for those living with and beyond cancer. Please let your therapist know of any special requests when booking your treatment.

PRETTY PARTIES

There's no better way to spend a day and/or evening than by gathering a few friends together and enjoying exclusive use of a Cowshed spa.

For further information or to book:
info@cowshedonline.com • 020 3350 3470