

## Our Spa

We would like to let you know we have increased our sanitation in response to COVID-19. Our spa has always upheld strict hygiene practices and well-being of our guests is our priority. As we look forward to welcoming you, we would like to reassure you that additional protocols have been introduced, so you can feel safe and protected while you are with us.

### ARRIVAL

Please arrive 10 minutes before your appointment to register. If you arrive late, your appointment will be shortened out of consideration for the next customer.

### 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.

### AGE POLICY

Our treatments are specially tailored for adults; however, we do offer treatments to those aged 16-18 with parental consent.

### 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 offer a specialized 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.

### NATURAL THERAPIES

FROM THE HEART AND SOIL OF SOMERSET,  
ENGLAND -

# COWSHED

## New York

### Spa Menu

Updated December 2022

## Face

### BESPOKE FACIAL

60 MIN \$230 90 MIN \$280

Following a consultation, your therapist will create a facial tailored to your skin needs using SkinCeuticals and Soho Skin products.

### ADD ONS

**SKINCEUTICALS GEL PEEL** A glycolic acid peel to enhance the health and appearance of skin by improving skin tone, texture and overall complexion.

### COLLAGEN BOOST | SHEET MASK

A cooling and soothing mask to boost collagen production and reduce appearance of fine lines. Leaves skin with a natural glow.

### LED LIGHT THERAPY

A safe and effective LED light therapy that accelerates cell rejuvenation in skin to reduce inflammation, stimulate collagen production and revive dull skin

# Brows + Hair Removal

Full Leg \$90

Half Leg \$59

Basic Bikini \$65

Brazilian \$94

Chest \$71

Back \$71

Chin or Lip \$29

Eyebrow Shape \$41

Full Arm \$65

Half Arm \$53

Underarm \$35

## Body

### **SIGNATURE MASSAGE**

30 MIN - \$135 45 MIN - \$190 60 MIN - \$250 77

MIN - \$290 90 MIN - \$350

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

### **DEEP TISSUE MASSAGE**

30 MIN - \$135 45 MIN - \$190 60 MIN - \$250

75 MIN - \$290 90 MIN - \$350

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

### **BESPOKE BODY THERAPIES**

60 MIN - \$250 90 MIN - \$350

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, exfoliation, and massage to create an individualized experience.

### **SALT SCRUB AND MASSAGE**

90 MIN - \$350

A full body exfoliation to remove dead skin and improve circulation, followed by our signature massage.

### **CBD ADD ON \$50**

Adding Prospect Farms' CBD benefit-focused botanical products to promote better sleep, mood and anxiety, muscle tension relief and inflammation while helping to alleviate pain and to relax the muscles. **Available for all services.**

### **MATERNITY MASSAGE**

60 MIN - \$250 90 MIN - \$350

A safe and relaxing massage for expectant mothers using our signature maternity oils to reduce back pain, stress, and anxiety, restore balance and prepare the body for labor.

### **MATERNITY LEG TREATMENT**

30 MIN - \$150

A foot massage to reduce inflammation using our signature cooling balm.