

Our spas

ARRIVAL

Please arrive 10 minutes before your appointment to check in.
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

No one under the age of 14 is permitted in our spas.
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 team for more information

PREGNANCY

We 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.

SOHO FRIENDS

Soho Friends offer 25% off of Cowshed products and a member’s rate off treatments. Plus access to Soho House bedrooms, studio spaces and events plus other benefit at our restaurants and cinemas globally.



FOR MORE INFORMATION OR TO BOOK:
reception@cowshedprimrosehill.com | 0203 725 2777



Jennifer Young

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

BALANCE BODY & MIND MASSAGE

60 MIN P £110 F £105 M £100

INDULGENT MASSAGE

60 MIN P £110 F £105 M £100

LIFTING AND REJUVENATING FACIAL

60 MIN P £100 F £95 M £90

SPECIALIST MANICURE

60 MIN P £69 F £60 M £55

SPECIALIST PEDICURE

60 MIN P £75 F £65 M £60

Eyes

BROW TINT*

15 MIN P £18 F £17 M £15

LASH TINT*

30 MIN P £25 F £22 M £20

LASH & BROW TINT*

30 MIN P £39 F £35 M £30

BROW TIDY

15 MIN P £25 F £22 M £20

BROW SHAPE

30 MIN P £30 F £25 M £23

BROW TINT & BROW SHAPE*

30 MIN P £45 F £40 M £35

LASH & BROW TINT, BROW SHAPE*

45 MIN P £65 F £56 M £49

BROW LAMINATION, TINT & SHAPE*

90 MIN P £110 F £100 M £90

LASH TINT & LIFT*

60 MIN P £80 F £75 M £70

LASH TINT AND LIFT, BROW LAMINATION, TINT & SHAPE*

90 MIN P £180 F £160 M £150

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

Maternity

During pregnancy your body is continually adjusting and sometimes needs a little help along the way. With every product in our maternity range containing sea buckthorn oil, our treatments will help to nourish and protect the skin during this special time. Maternity treatments are suitable for clients over 12 weeks pregnant, please see overleaf for waxing, hands & feet treatments.

MATERNITY LEG TREATMENT

30 MIN P £65 F £60 M £55

MATERNITY SEATED BACK MASSAGE

30 MIN P £65 F £60 M £55

MATERNITY FULL BODY MASSAGE

60 MIN P £110 F £105 M £100

MATERNITY FULL BODY CARE

90 MIN P £145 F £140 M £135

MATERNITY SIGNATURE FACIAL

60 MIN P £100 F £95 M £90

GUAM® Therapies

GUAM® uses specially selected seaweed throughout their range to provide natural and effective products. GUAM® treatments support the elasticity of the skin, increases skin firmness, reduce the appearance of cellulite, and improve the appearance of swollen and heavy legs.

GUAM® FIRMING NECK AND DÉCOLLETÉ TREATMENT

30 MIN P £65 F £60 M £55

GUAM® CRYO SEAWEED LEGS, FEET & ANKLES TREATMENT

60 MIN P £85 F £80 M £75

GUAM® SEAWEED CELLULITE TREATMENT

60 MIN P £130 F £120 M £110

COWSHED

TREATMENTS

Body

SIGNATURE MASSAGE

30 MIN	P £65 F £60 M £55
45 MIN	P £90 F £85 M £80
60 MIN	P £110 F £105 M £100
75 MIN	P £130 F £125 M £120
90 MIN	P £145 F £140 M £135

DEEP TISSUE MASSAGE

30 MIN	P £90 F £85 M £80
45 MIN	P £110 F £105 M £100
60 MIN	P £130 F £125 M £120
75 MIN	P £150 F £145 M £140
90 MIN	P £170 F £165 M £160

BESPOKE BODY THERAPY

60 MIN	P £115 F £110 M £105
90 MIN	P £150 F £145 M £140

SALT SCRUB & MASSAGE

90 MIN	P £150 F £145 M £140
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LAVA SHELL MASSAGE

45 MIN	P £95 F £90 M £85
60 MIN	P £115 F £110 M £105
75 MIN	P £135 F £130 M £125
90 MIN	P £150 F £145 M £140

REFLEXOLOGY

30 MIN	P £65 F £60 M £55
60 MIN	P £110 F £105 M £100

OTO CBD MASSAGE

60 MIN	P £130 F £125 M £120
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OTO EXFOLIATING BODY RITUAL

45 MIN	P £90 F £95 M £85
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Face

THE LIGHT SALON LED FACIAL

THE COLLAGEN BOOST - 30 MIN	P £50 F £45 M £40
THE BRIGHTENING COLLAGEN BOOST - 30 MIN	P £70 F £65 M £60
THE HAIR REVITALISER - 15 MIN	P £40 F £35 M £30
CLEANSE & CORRECT - 30 MIN	P £50 F £45 M £40
ADD ON:	
SMOOTHING NANODERMABRASION- 15 MIN	P £40 F £35 M £30

COWSHED SIGNATURE FACIAL

60 MIN	P £100 F £95 M £90
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BESPOKE FACIAL

60 MIN	P £140 F £130 M £120
90 MIN	P £165 F £150 M £140

SOHO SKIN MINI GLOW FACIAL

30 MIN	P £70 F £60 M £50
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SOHO SKIN 24/7 FACIAL

45 MIN	P £110 F £100 M £90
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SOHO SKIN ADVANCED FACIAL

45 MIN	P £150 F £140 M £130
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OTO CBD FIRMING & LIFTING FACIAL

60 MIN	P £130 F £125 M £120
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ADD ONS

HEAD, NECK & SHOULDER MASSAGE

15 MIN	P £20 F £18 M £16
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SKIN CEUTICALS GEL PEEL*

15 MIN	P £45 F £40 M £35
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PURELIFT MAX

15 MIN	P £35 F £30 M £25
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CRYOTHERAPY

15 MIN	P £22 F £20 M £18
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HYDROGEL SHEET MASK

15 MIN	P £20 F £18 M £15
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*Please note a patch test is required 24 hours prior to your treatment.

Hands & Feet

Using Peaccci; Paraben and BPA free

ULTIMATE COWSHED MANICURE

60 MIN	P £69 F £60 M £55
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ULTIMATE COWSHED PEDICURE

75 MIN	P £79 F £70 M £65
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COWSHED MANICURE

45 MIN	P £55 F £49 M £45
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COWSHED PEDICURE

60 MIN	P £65 F £60 M £55
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SPEEDY MANICURE

30 MIN	P £40 F £38 M £35
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SPEEDY PEDICURE

30 MIN	P £48 F £45 M £40
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POLISH CHANGE HANDS

15 MIN	P £18 F £15 M £12
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POLISH CHANGE FEET

15 MIN	P £20 F £18 M £15
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Gel

Using The Gel Bottle; Vegan and Cruelty Free

ULTIMATE COWSHED GEL MANICURE

75 MIN	P £85 F £72 M £67
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ULTIMATE COWSHED GEL PEDICURE

90 MIN	P £95 F £84 M £77
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COWSHED GEL MANICURE

60 MIN	P £70 F £62 M £57
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COWSHED GEL PEDICURE

75 MIN	P £80 F £72 M £67
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SPEEDY GEL MANICURE

45 MIN	P £55 F £49 M £45
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SPEEDY GEL PEDICURE

45 MIN	P £65 F £60 M £55
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ADD ONS

GEL REMOVAL

15 MIN	P £15 F £12 M £10
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FRENCH POLISH

15 MIN	P £6 F £5 M £4
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HEAD, NECK & SHOULDERS MASSAGE

15 MIN	P £20 F £18 M £16
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NAIL ART per nail

10 MIN	P £6 F £5 M £4
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Hair Removal

FULL LEG & BRAZILIAN

90 MIN	P £111 F £99 M £88
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BASIC BIKINI

30 MIN	P £35 F £30 M £28
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HALF LEG & BRAZILIAN

75 MIN	P £101 F £89 M £78
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HIGH BIKINI

30 MIN	P £45 F £40 M £36
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FULL LEG & HIGH BIKINI

75 MIN	P £85 F £80 M £70
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BRAZILIAN | HOLLYWOOD

45 MIN	P £65 F £58 M £52
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HALF LEG & HIGH BIKINI

60 MIN	P £75 F £70 M £60
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CHEST | BACK

30 MIN	P £55 F £50 M £45
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FULL LEG & BASIC BIKINI

75 MIN	P £79 F £70 M £60
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CHIN | LIP

15 MIN	P £15 F £13 M £12
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HALF LEG & BASIC BIKINI

45 MIN	P £69 F £60 M £52
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FULL ARM

45 MIN	P £40 F £34 M £32
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FULL LEG

45 MIN	P £50 F £45 M £40
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HALF ARM

30 MIN	P £30 F £24 M £22
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HALF LEG

30 MIN	P £40 F £35 M £30
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UNDER ARM

15 MIN	P £25 F £22 M £20
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Strip wax is used for legs and arms.
Hot Lycon wax is used for more sensitive areas.