FACIAL TREATMENTS

COWSHED

INSTANT HYDRATE Unwind 30 min

M £65 | F £75 | P £85 A Swedish-s

A signature express Cowshed facial designed to boost hydration for the ultimate quick fix.

SIGNATURE Unwind + Hydrate 60 min

M £110 | F £120 | P £130

A fully personalised Cowshed facial tailored to meet your needs, designed to brighten, exfoliate and boost your skin's hydration levels.

SKINCEUTICALS

DOUBLE DETOX (Regenerate) 60 min

M £140 | F £150 | P £160

A targeted cleanse and exfoliating treatment, stimulating skin renewal and tone.

BESPOKE + (Regenerate + Hydrate) 90 min

M £165 | F £175 | P £185

A highly personalised facial treatment combining targeted cleansing solutions, exfoliation techniques, anti-inflammatory and detoxifying masks, and quick-absorbing serums and moisturisers.

HYDRAFACIAL

SIGNATURE Regenerate 60 mi

M £200 | F £210 | P £220

The signature HydraFacial multistep process that combines deep cleansing, exfoliation, extraction and hydration paired with advanced serums and a customisable mask to target aging, uneven texture and dehydration, resulting in visibly radiant, smooth and rejuvenated skin.

HYDRAFACIAL + Regenerate + Hydrate 90 min M £235 | F £245 | P £255

Includes the HydraFacial Signature along with a customisable mask and cryo orbs to enhance brightness, and LED therapy to stimulate collagen production and support skin healing.

FACIAL TREATMENT ADD ONS

PURELIFT MAX (Regenerate) 15 min

M £30 | F £35 | P £40

An electrical current tool that works to tone and plump the skin to give a more radiant, glowing complexion.

HYDROGEL SHEET MASK

& CRYOTHERAPY (Recover) 15 min

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Elevate your treatment with Cryo orbs, designed to reduce puffiness, improve circulation and soothe infl ammation. The application of a hydrogel sheet mask deeply hydrates and provides an overall glow.

COWSHED BODY TREATMENTS

SIGNATURE (Unwind)

A Swedish-style massage using light to medium pressure to alleviate stress and promote deep full-body relaxation.

 30 min
 M £ 75 | F £85 | P £95

 60 min
 M £125 | F £135 | P £145

 90 min
 M £165 | F £175 | P £185

DEEP TISSUE Recover + Performance

A sustained and firm pressure massage to release built-up tension and tightness held in the deeper layers of muscle and tissue.

 30 min
 M £100 | F £110 | P £120

 60 min
 M £145 | F £155 | P £165

 90 min
 M £185 | F £195 | P £205

SALT SCRUB & SIGNATURE MASSAGE (Regenerate)

A deep exfoliation treatment to remove dead skin and increase circulation using body brushing, sea salt and essential oils, followed by a signature massage.

90 min M £170 | F £180 | P £190

LYMPHATIC MASSAGE (Regenerate)

A Brazilian flow technique to encourage lymphatic drainage, increase detoxification and sculpt the body.

60 min M £155 | F £165 | P £175 90 min M £195 | F £205 | P £215

REFLEXOLOGY Unwind & Regenerate

An ancient practice involving pressure points on the feet, hands and ears to clear blockages in corresponding areas of the body and promote wellbeing.

30 min M £95 | F £105 | P £115 60 min M £130 | F £140 | P £150

PREGNANCY MASSAGE Unwind

This gentle massage eases tension, reduces swelling and promotes relaxation to help you feel balanced and nurtured through your pregnancy

60 min M £125 | F £135 | F £145 90 min M £190 | F £200 | F £210

MANICURES

 SPEEDY MANICURE 30 min
 M £35 | F £40 | P £45

 SPEEDY GEL MANICURE 45 min
 M £50 | F £55 | P £60

File, tidy and polish without water.

COWSHED GEL PEDICURE 75 min

 COWSHED MANICURE 45 min
 M £50 | F £55 | P £60

 COWSHED GEL MANICURE 60 min
 M £65 | F £70 | P £75

File and cuticle tidy, exfoliation with hand and arm massage.

Polish or natural buff to finish.

ULTIMATE COWSHED MANICURE 60 min M £60 | F £65 | P £75

ULTIMATE COWSHED GEL MANICURE 90 min M £75 | F £80 | P £85

Cowshed Manicure plus a hydrating mask for hands followed by a scalp and shoulder massage to relieve tension.

NAKED MANICURE 45min M £50 | F £55 | P £60

A polish-free manicure designed to recover the nailbed. This is best used between gel polish application or simply whenever you want healthy, natural nails.

PEDICURES

SPEEDY PEDICURE 30 minM £40 | F £45 | P £50SPEEDY GEL PEDICURE 45 minM £55 | F £60 | P £65Speedy file, tidy and polish without water.

COWSHED PEDICURE 60 min M £60 | F £65 | P £70

File and cuticle tidy, buffing, exfoliation, foot and leg massage. Polish or natural finish.

M £75 | F £80 | P £85

ULTIMATE COWSHED PEDICURE 75 min M £70 | F £75 | P £85

ULTIMATE COWSHED GEL PEDICURE 90 min M £85 | F £90 | P £100

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

NAKED PEDICURE 60 min M £60 | F £65 | P £70

A polish-free Pedicure designed to recover the nailbed. This is best used between gel polish application or simply whenever you want healthy, natural nails.

MANICURES AND PEDICURES ADD ONS

GEL REMOVAL 15 min

M £10 | F £12 | P £15

Gel removal (complimentary if booked prior to a gel application treatment at Cowshed and when booked with your next application)

HEAD, NECK & SHOULDERS MASSAGE 15 min M £20 | F £22 | P £24

Relaxing dry massage incorporating pressure points. Please note, this is an add on & must be booked alongside one of our hands & feet treatments.

FRENCH POLISH 5 min

M £4 | F £5 | P £6

Classic French polish with a timeless finish. Includes precise white tips and a sheer natural pink or nude overlay for a polished, elegant look.

CHROME 15 min

M £10 | F £12 | P £14

A high-shine, mirror-like finish achieved using chrome powder. Perfect for a statement manicure with a modern edge

JENNIFER YOUNG

Specialist treatments for those living with and beyond cancer

BALANCE BODY & MIND MASSAGE 60 min M £125 | F £135 | P £145 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 min

M £125 | F £135 | P £145

This bespoke light touch massage will be tailored to 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.

SPECIALIST MANICURE 60 min

M £55 | F £60 | P £65

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 upon request.

SPECIALIST PEDICURE 60 min

M £60 | F £65 | P £75

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 upon request

LIFTING AND REJUVENATING FACIAL 60 min $\,$ M £110 | F £120 | P £130 $\,$

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

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 Soho Skin and a member's rate off treatments. Plus access to Soho House bedrooms, studio spaces and events plus other benefits at our restaurants and cinemas globally.



FOR MORE INFORMATION OR TO BOOK:

cowshed.shoreditch@sohohouse.com or 0207 749 4531

BEAUTY DOSE BAR

WELLNESS BODY BOOSTERS

ULTIMATE DETOX & RESET 40 min M £300 | F £315 | P £300 SKIN BRIGHTENING & GLOW 30 min M £200 | F £215 | P £230 **IMMUNITY & ENERGY** 40 min M £250 | F £265 | P £280 HAPPY DRIP 30 min M £250 | F £265 | P £280 ANTI-AGEING METABOLIC BOOST 40 min M £300 | F £315 | P £330 BESPOKE MYERS ADVANCEDFORMULA + ESSENTIAL AMINO ACIDS & GLUTATHIONE 40 min M £300 | F £315 | P £330 MINI IV DRIP - HYDRATION + ELECTROLYTES WITH HIGH DOSE VIT C 20 min M £150 | F £165 | P £180 **HANGOVER BE GONE** 45 min M £250 | F £265 | P £280 **DELUXE JET LAG** 30 min M £250 | F £265 | P £280

BODY BOOSTER ADD ONS

NAD+ 4U SC INJECTION NAD+ 4U BOOSTER 10 min	M £75 F £85 P £95
IM VITAMIN SHOTS	
VIT B12 10 min	M £50 F £55 P £60
VIT D 10 min	M £60 F £65 P £70
BIOTIN - VITAMIN H 10 min	M £50 F £55 P £60
NAD+ 4U IV DRIP ONLY	
NAD + 250MG 45 min	M £350 F £375 P £400
NAD + 500MG 60 min	M £500 F £525 P £550
NAD + 750MG 75 min	M £650 F £675 P £700
NAD + 1000MG 90 min	M £750 F £775 P £800

FACE

SKIN CONSULTATION 20mins M £35 | F £45 | P £55 Consultation redeemable on treatments or products.

THE LIGHT SALON LED FACIAL 30 mins M £55 | F £65 | P £75

Enjoy a cleanse, hydrogel mask and 20-minute LED facial designed to stimulate the production of collagen and elastin, increase cell turnover, reduce inflammation and combat breakouts.

SKINCEUTICALS MICRO PEEL 30 mins M £100 | F £110 | P £120

Expertly crafted skincare peel designed to exfoliate, refi ne pores, and enhance overall skin texture and tone.

BESPOKE FACIAL BOOST 30mins M £75 | F £85 | P £95

Personalise your facial by selecting your desired benefit from clarifying, brightening or hydrating. A curated 4-step treatment using SkinCeuticals products and advanced technology tailored to your skin's needs.

Packages available upon request.

BROW AND LASH

BROW TINT 15 mins M £20 | F £25 | P £30Enhance your brows with a custom tint tailored to your specific features.

BROW SHAPE 30 mins M £28 | F £33 | P £38

Achieve perfectly shaped brows with expert techniques tailored to your face and preferences, ensuring a refi ned and elevated finish

BROW LAMINATION 60 mins

M £100 | F £110 | P £120

Achieve sleek, fuller-looking brows with our advanced lamination treatment. This innovative process lifts, smooths and sets hairs in place, creating a refined and long-lasting finish enhancing your natural shape.

BROW TINT & SHAPE 30 mins

M £40 | F £45 | P £50

Combine the precision of shaping with the definition of tinting for brows that are perfectly tailored and naturally enhanced.

LASH TINT 30 mins M £25 | F £30 | P £35

Define your lashes with a semi-permanent tint, adding depth and intensity for a natural yet striking look without the need for mascara.

LASH LIFT & TINT 60 mins

M £80 | F £90 | P £100

Enhance your lashes with a lift that boosts length and curl, paired with a tint for depth and defi nition. This treatment delivers stunning, natural-looking results that last up to six weeks.

WAXING

Experience bespoke waxing tailored to your needs. Lycon Hot Wax, perfect for sensitive skin and coarse hair. Strip Wax, enriched with soothing tea tree oil, is ideal for larger areas like legs and arms.

FULL LEG 45 min	M £45 F £50 P £55
HALF LEG 30 min	M £35 F £40 P £45
HIGH BIKINI 30 min	M £40 F £43 P £45
BASIC BIKINI 30 min	M £30 F £33 P £35
BRAZILIAN HOLLYWOOD 45 min	M £60 F £65 P £70
CHEST BACK 30 min	M £50 F £55 P £60
CHIN LIP 15 min	M £15 F £18 P £20
FULL ARM 45 min	M £35 F £40 P £45
HALF ARM 30 min	M £25 F £30 P £35
UNDER ARM 15 min	M £20 F £23 P £25

Rate Guide Public - P Friends - F Member - M

SOHO HEALTH CLUB

TREATMENT MENU