



COWSHED

Treatment Menu



Facial Treatments

Cowshed Unwind Hydrate

Instant Hydrate

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

30 mins **M** £65 | **F** £75 | **P** £85

Signature

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

60 mins **M** £110 | **F** £120 | **P** £130

The Light Salon

Regenerate Recover

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

30 mins **M** £55 | **F** £65 | **P** £75

SkinCeuticals Regenerate

Double Detox

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

60 mins **M** £140 | **F** £150 | **P** £160

Bespoke +

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

This customised approach addresses individual skin concerns for the best possible results.

90 mins **M** £165 | **F** £175 | **P** £185

HydraFacial Regenerate Hydrate

Signature

An elevated treatment using the signature HydraFacial multistep process that combines deep cleansing, exfoliation, extraction and hydration paired with advanced serums and a customisable mask to target specific skin concerns such as aging, uneven texture and dehydration, resulting in visibly radiant, smooth and rejuvenated skin.

60 mins **M** £200 | **F** £210 | **P** £220

HydraFacial + Regenerate Recover

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.

90 mins **M** £235 | **F** £245 | **P** £255

+ HydraFacial Add-Ons

HydraFacial Eye Perk

This treatment brightens and refreshes the outer eye area with key ingredients for firmer, hydrated skin.

Please note, this treatment is an add-on and must be booked alongside one of our HydraFacial treatments.

15 mins **M** £35 | **F** £40 | **P** £45

HydraFacial Lip Perk

This treatment revitalises the lips with key ingredients, leaving them refreshed, hydrated, and lightly plumped.

Please note, this treatment is an add-on and must be booked alongside one of our HydraFacial treatments.

15 mins **M** £35 | **F** £40 | **P** £45

HydraFacial Booster

Tailored to your skin's needs, choose from Brightening, Barrier Repair, Vitamin C, or Clarifying, designed to even skin tone, restore hydration, and support healthy skin. Please note, this treatment is an add-on and must be booked alongside one of our HydraFacial treatments.

15 mins **M** £25 | **F** £30 | **P** £35

+ Facial Add-Ons

Hydrogel Sheet Mask & Cryotherapy

Hydrate **Recover**

Elevate your treatment with cryo orbs, designed to reduce puffiness, improve circulation, and soothe inflammation.

The application of a hydrogel sheet mask deeply hydrates and provides an overall glow.

15 mins

£45

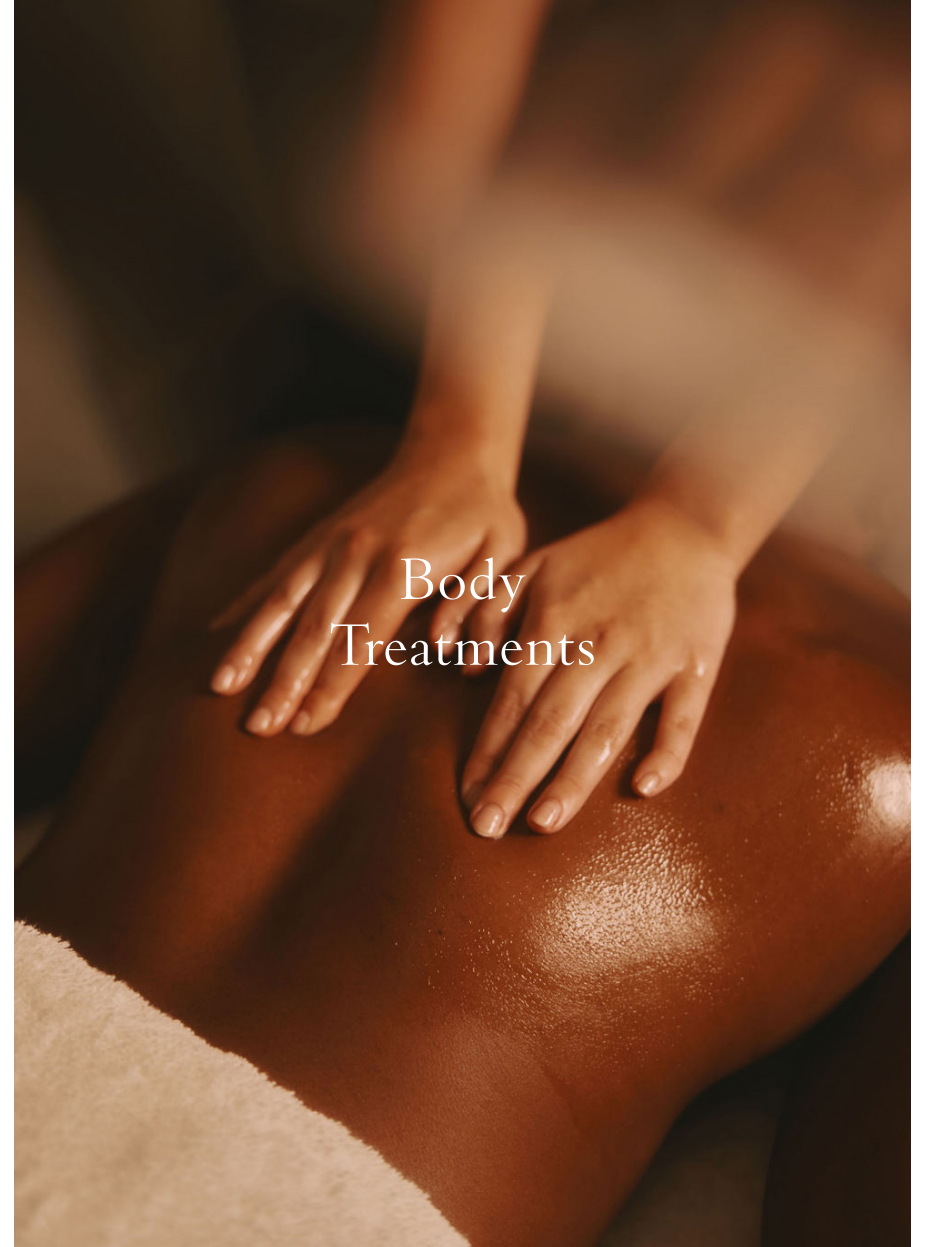
Purelift Max **Regenerate**

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

15 mins

M £30 | **F** £35 | **P** £40





Body Treatments

Cowshed

Signature Unwind

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

30 mins	M £75 F £85 P £95
60 mins	M £125 F £135 P £145
90 mins	M £165 F £175 P £185

Deep Tissue

Recover Enhance performance

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

30 mins	M £100 F £110 P £120
60 mins	M £145 F £155 P £165
90 mins	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 mins	M £170 F £180 P £190
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Lymphatic Massage Regenerate

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

60 mins	M £155 F £165 P £175
90 mins	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 mins	M £95 F £105 P £115
60 mins	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 mins	M £125 F £135 P £145
90 mins	M £190 F £200 P £210

Reflex Foot Massage

This soothing foot massage begins with a foot soak, followed by an invigorating sea scrub exfoliation, perfect for relieving aches and pains.

30 mins	M £60 F £65 P £70
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Sitting Calm

The perfect in-chair reset. Enjoy a dry scalp massage while your feet soak, followed by a soothing foot and leg massage.

30 mins	M £60 F £65 P £70
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Jennifer Young

Balance Body & Mind Massage

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.

60 mins **M** £125 | **F** £135 | **P** £145

Indulgent Massage

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

60 mins **M** £125 | **F** £135 | **P** £145

Specialist Manicure

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.

60 mins **M** £55 | **F** £60 | **P** £65

Specialist Pedicure

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.

60 mins **M** £60 | **F** £65 | **P** £75

Lifting and Rejuvenating Facial

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

60 mins **M** £110 | **F** £120 | **P** £130



Hands

Speedy Manicure

An express file, tidy, and polish, without water.

30 mins	M £35 F £40 P £45
45 mins (gel)	M £50 F £55 P £60

Cowshed Manicure

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

Polish or natural buff to finish.

60 mins	M £50 F £55 P £60
75 mins (gel)	M £65 F £70 P £75

Ultimate Cowshed Manicure

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

75 mins	M £60 F £65 P £75
90 mins (gel)	M £75 F £80 P £90

Pedicures

Speedy Pedicure

An express file, tidy, and polish, without water.

30 mins	M £40 F £45 P £50
45 mins (gel)	M £55 F £60 P £65

Cowshed Pedicure

File and cuticle tidy, buffing, exfoliation, plus a foot and leg massage.

Polish or natural finish.

60 mins	M £60 F £65 P £70
75 mins (gel)	M £75 F £80 P £85

Ultimate Cowshed Pedicure

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

75 mins	M £70 F £75 P £85
90 mins (gel)	M £85 F £90 P £100

+Add-Ons

Gel Removal

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

15 mins **M £10 | F £12 | P £15**

Head, Neck & Shoulder Massage

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

15 mins **M £20 | F £22 | P £24**

French Polish

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

15 mins **M £4 | F £5 | P £6**



Brows

Brow Tint

Define and enhance your brows with a custom tint tailored to your specific features.

15 mins **M £20 | F £25 | P £30**

Brow Shape

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

30 mins **M £28 | F £30 | P £35**

Brow Lamination

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

60 mins **M £100 | F £110 | P £120**

Brow Tint & Shape

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

30 mins **M £40 | F £45 | P £50**

Lashes

Lash Tint

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

30 mins **M £25 | F £30 | P £35**

Lash Lift & Tint

Enhance your lashes with a lift that boosts length and curl, paired with a tint for depth and definition.

This treatment delivers natural-looking results that last up to six weeks.

60 mins **M £80 | F £90 | P £100**

Waxing

Experience bespoke waxing tailored to your needs. Lycon Hot Wax, perfect for sensitive skin and coarse hair, ensures intimate and facial areas are left soft, smooth and irritation-free.

Strip Wax, enriched with soothing tea tree oil, is ideal for larger areas like legs and arms, leaving skin calm and hair-free.

Full Leg

45 mins M £45 | F £50 | P £55

Half Leg

30 mins M £35 | F £40 | P £45

High Bikini

30 mins M £40 | F £45 | P £50

Basic Bikini

30 mins M £30 | F £35 | P £40

Brazilian | Hollywood

45 mins M £60 | F £65 | P £70

Chest | Back

30 mins M £50 | F £55 | P £60

Chin | Lip

15 mins M £15 | F £16 | P £18

Full Arm

45 mins M £35 | F £40 | P £45

Half Arm

30 mins M £25 | F £30 | P £35

Underarm

15 mins M £20 | F £25 | P £30

COWSHED

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