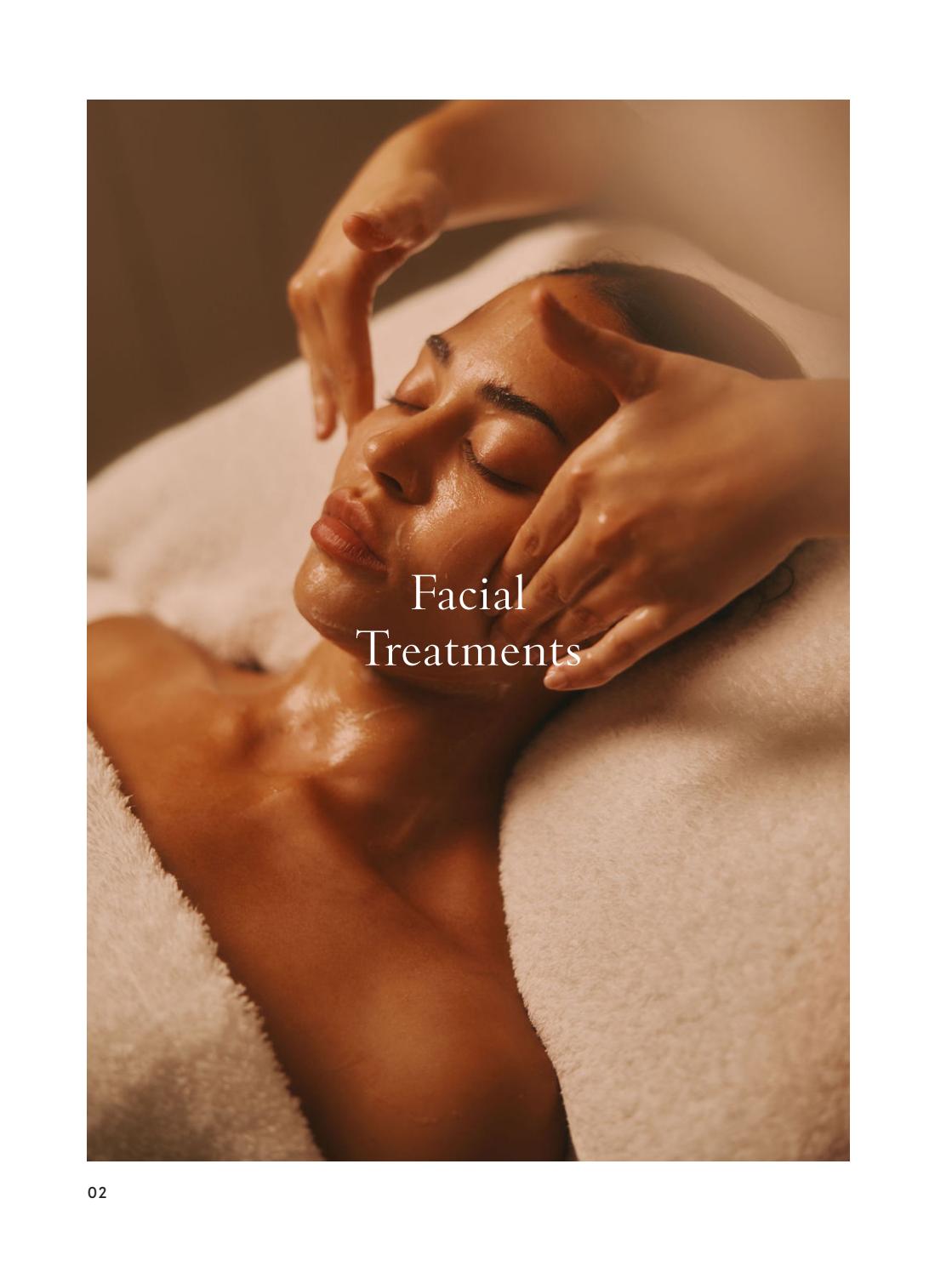


SOHO HEALTH CLUB
SOHO HOUSE BARCELONA

[Treatment Menu](#)

A close-up photograph of a woman lying down, receiving a facial massage. Her eyes are closed, and a person's hands are visible, gently massaging her forehead and cheeks. She is wearing a white headband and a white towel is draped over her shoulders. The lighting is warm and focused on her face.

Facial Treatments

Soho Skin

Soho Skin Glow (Mini Facial)

Illuminating facial treatment with the Soho Skin line that repairs and revitalises the skin, leaving it luminous and radiant. Suitable for after a trip, before an event or before a night out.

30 mins **M €70 | F €90 | P €100**

Soho Skin 24/7 Facial

Restorative facial with the Soho Skin line that improves the health of your skin with this modern facial treatment that reveals a healthier, hydrated and brighter complexion.

45 mins **M €130 | F €150 | P €160**

Exclusive Soho Skin Facial

Complete skin cleansing: exfoliation, steam and extraction and mask, with our Soho Skin facial line, while the mask works enjoy a massage of your choice between head, hands or feet.

60 mins **M €110 | F €130 | P €140**

Bespoke Facial

Your therapist will create a facial treatment tailored to your skin's needs using Cowshed and Skin Ceuticals products. During the 90-minute facial treatment we include an 'extra' treatment of your choice.

60 mins **M €150 | F €170 | P €180**

90 mins **M €175 | F €195 | P €205**

+Add-Ons

Skin Ceuticals Gel Exfoliation

Reduces the appearance of lines and wrinkles, and reduces the frequency of acne.

15 mins **€35**

Cryotherapy

Reduces inflammation and eliminates toxins.

15 mins **€35**

Massage

Head, feet, hands or shoulders. Using essential oils.

15 mins **€35**

Hydrogel Mask

High hydration to plump and nourish dry skin.

15 mins **€35**

HydraFacial (Regenerate) (Hydrate)

Our non-invasive treatment provides exceptional radiance and delivers a unique glow to the skin. Differently from traditional facial treatments, it is performed with our device instead of the hand, to ensure deeper penetration and longer lasting results. Get your best skin.

Hydrafacial 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 €220 | P €230

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 €240 | F €260 | P €270

+Add-Ons (Hydrate) (Recover)

Eye Perk

Localised application of the booster on the eye contour to improve its texture and appearance.

15 mins M €70 | F €90 | P €100

Lip Perk

Localised application of the booster on the lips to improve their texture, volume and appearance.

15 mins M €70 | F €90 | P €100

Neck & Neckline Treatment

Rejuvenating neck and neckline treatment: begins with an exfoliation and continues with the application of the booster together with LED light therapy.

45 mins M €130 | F €150 | P €160





Body Treatments

Cowshed

Signature Unwind

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

60 mins	M €105 F €125 P €135
90 mins	M €140 F €160 P €170

Deep Tissue Recover

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

60 mins	M €115 F €135 P €145
90 mins	M €150 F €170 P €180

Hot Stones Unwind

The application of heat allows for deeper muscle relaxation and helps relieve pain.

60 mins	M €120 F €140 P €150
90 mins	M €155 F €175 P €185

Lymphatic Regenerate

A classical lymphatic technique to encourage lymphatic drainage and increase detoxification.

60 mins	M €110 F €130 P €140
90 mins	M €145 F €165 P €175

Reflexology Unwind

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 €55 F €75 P €85
60 mins	M €75 F €95 P €105

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 €105 F €125 P €135
90 mins	M €140 F €160 P €170

Relax & Nourish Packages

Relax & Refuel

Monday to Friday
Spa + Menu del Giorno (2 plates).

30 mins	M €85 F €105 P €115
60 mins	M €115 F €135 P €145

Relax & Feast

Sundays, 12pm to 5pm
Spa + Sunday Feast Brunch

30 mins	M €100 F €120 P €130
60 mins	M €140 F €160 P €170

Terms & Conditions

Arrival

Please arrive 10 minutes before your appointment to check in.

If you arrive late your appointment will be shortened accordingly, 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. If you are pregnant, please inform your therapist 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 Cowshed products and a Friend's rate for treatments. Plus access to Soho House bedrooms, studio spaces, and events, as well as additional benefits at our restaurants and cinemas globally.

For more information or to book:

sohohousebarcelona@sohohealthclub.com
cowshed.com
+34 932 204 630