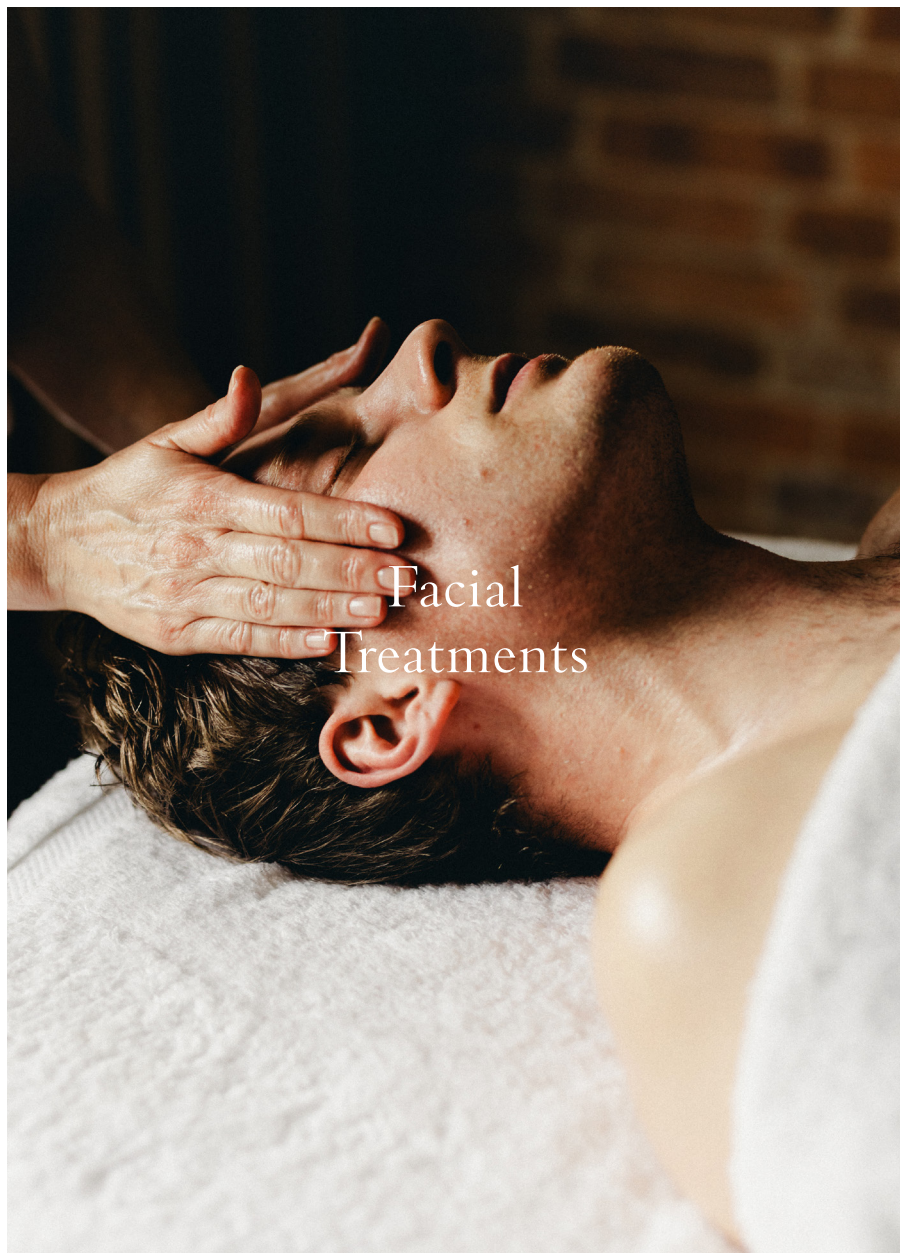


SOHO HEALTH CLUB

SHOREDITCH HOUSE

Treatment Menu



Cowshed Unwind Hydrate

Natural, botanical-based products sustainably sourced to nourish and relax the face and body.

Instant Hydrate

An in-chair 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

SkinCeuticals Regenerate

Advanced skincare formulated to prevent, correct and protect.

Double Detox

A detoxifying and rebalancing facial designed to deeply cleanse and refine the skin. This targeted treatment combines double cleansing, steam extractions and controlled exfoliation to decongest pores and smooth texture, followed by a stimulating massage and corrective mask to restore clarity and radiance. Advanced finishing products are personalised to the skin's needs, helping to calm inflammation and protect the skin barrier.

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

Bespoke +

A highly personalised facial treatment combining targeted cleansing solutions, skin peel, 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 Hydrate Regenerate

Advanced facial technology designed to deeply hydrate, cleanse and renew.

Signature

An elevated treatment using the signature HydraFacial multistep process that combines deep cleansing, exfoliation and hydration. This is 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 +

Includes the HydraFacial Signature, plus lymphatic drainage, a customisable mask and cryo orbs to brighten, as well as LED therapy to stimulate collagen production.

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

+Add-Ons

East Healing 24K Gold Ear Seed

Unwind

A modern ear acupressure ritual using 24k gold ear seeds placed on specific points to support stress, anxiety, fatigue, digestion and sleep. This non-invasive treatment rebalances the nervous system, calms the mind and promotes lasting wellbeing.

M £10 **F** £12 **P** £15

Purelift Max Regenerate

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

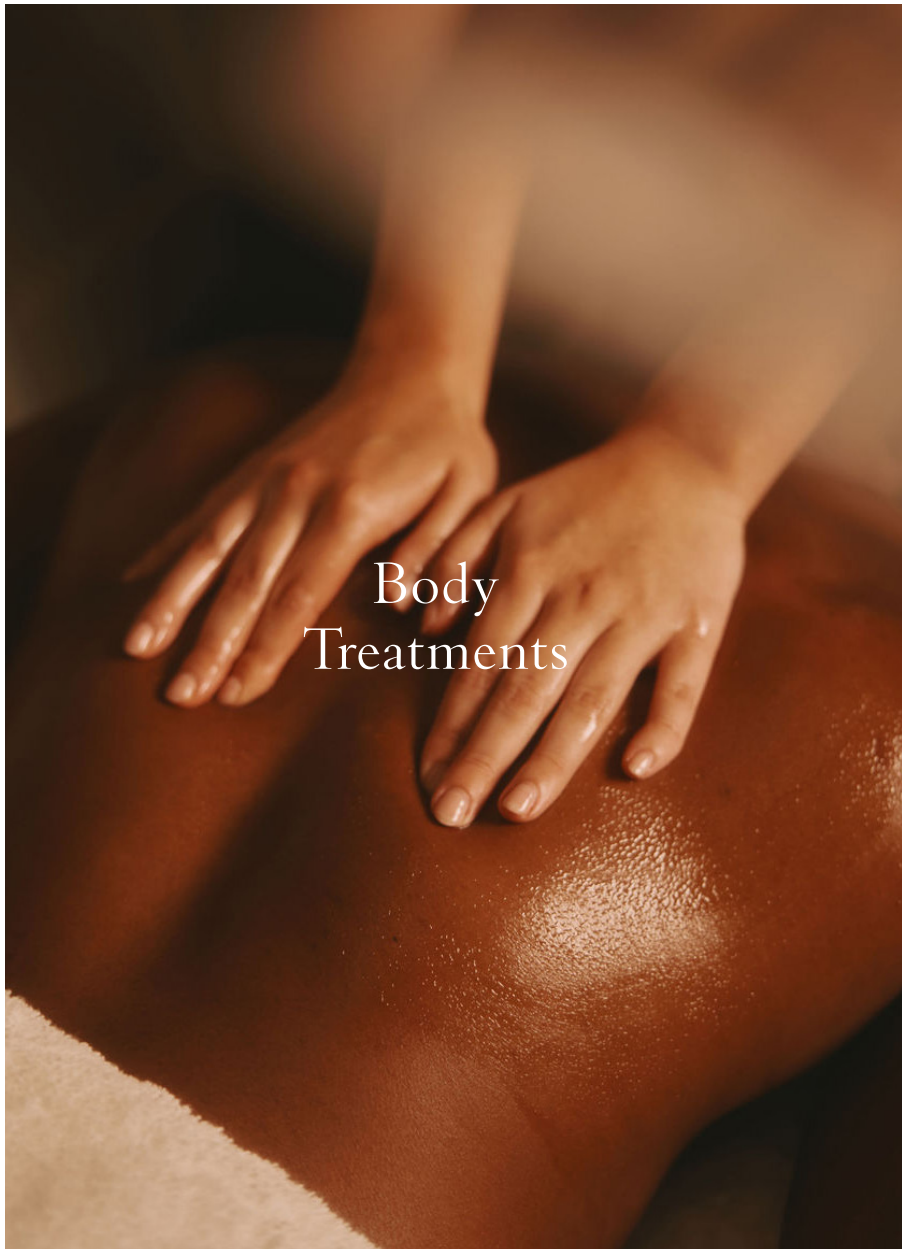
15 mins **M** £30 **F** £35 **P** £40

Hydrogel Face Mask & Cryotherapy

Hydrate Recover

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

15 mins **M** £45 **F** £50 **P** £55



Cowshed

Natural, botanical-based products, which are sustainably sourced to nourish and relax the face and body.

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
45 mins	M £100 F £110 P £120
60 mins	M £125 F £135 P £145
75 mins	M £145 F £155 P £165
90 mins	M £165 F £175 P £185

Deep Tissue Recover Enhance

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
45 mins	M £120 F £130 P £140
60 mins	M £145 F £155 P £165
75 mins	M £170 F £180 P £190
90 mins	M £185 F £195 P £205

Salt Scrub & Signature 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 £190 F £200 P £210
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Lymphatic Massage Regenerate

A Brazilian flow technique to encourage lymphatic drainage, increase detoxification and sculpt the body. The 60-minute treatment focuses on two to three areas of your choice, while the 90-minute treatment delivers a full-body experience.

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 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 £145 F £155 P £165
90 mins	M £190 F £200 P £210

Sitting Calm Unwind

The perfect in-chair massage treatment for a quick moment of bliss. Enjoy a 15-minute dry scalp massage while you feet soak, followed by a 15-minute foot and leg massage.

30 mins	M £50 F £55 P £60
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Jennifer Young

Specialist treatments created by the multi award-winning wellness pioneer for those living with and beyond cancer, suitable for clients who are five years post-remission.

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 by 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.

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

Lifting & 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

Specialist Pedicure

Jennifer Young's nourishing foot balm and oils are massaged into feet during this pedicure that's designed for sensitive skin and nails. Enjoy your treatment in a comfy Cowshed armchair or a private room upon request.

60 mins **M** £60 **F** £65 **P** £75

Specialist Manicure

Your therapist will use peach kernel and macadamia nut oils during this manicure that's specifically designed for sensitive skin and nails. Enjoy your treatment in a comfy Cowshed armchair or a private room upon request.

60 mins **M** £55 **F** £60 **P** £65



Manicures

Speedy Manicure

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

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 £85**

Pedicures

Speedy Pedicure

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, and 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**

Manicurist

Naked Manicure

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.

45 mins **M £50 F £55 P £60**

Naked Pedicure

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.

60 mins **M £60 F £65 P £70**

Add-Ons

Gel Removal

Gel removal and file (complimentary if booked prior to a gel application treatment at Soho Health Club 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 hand and foot treatments.

15 mins **M £20 F £22 P £24**

French Polish

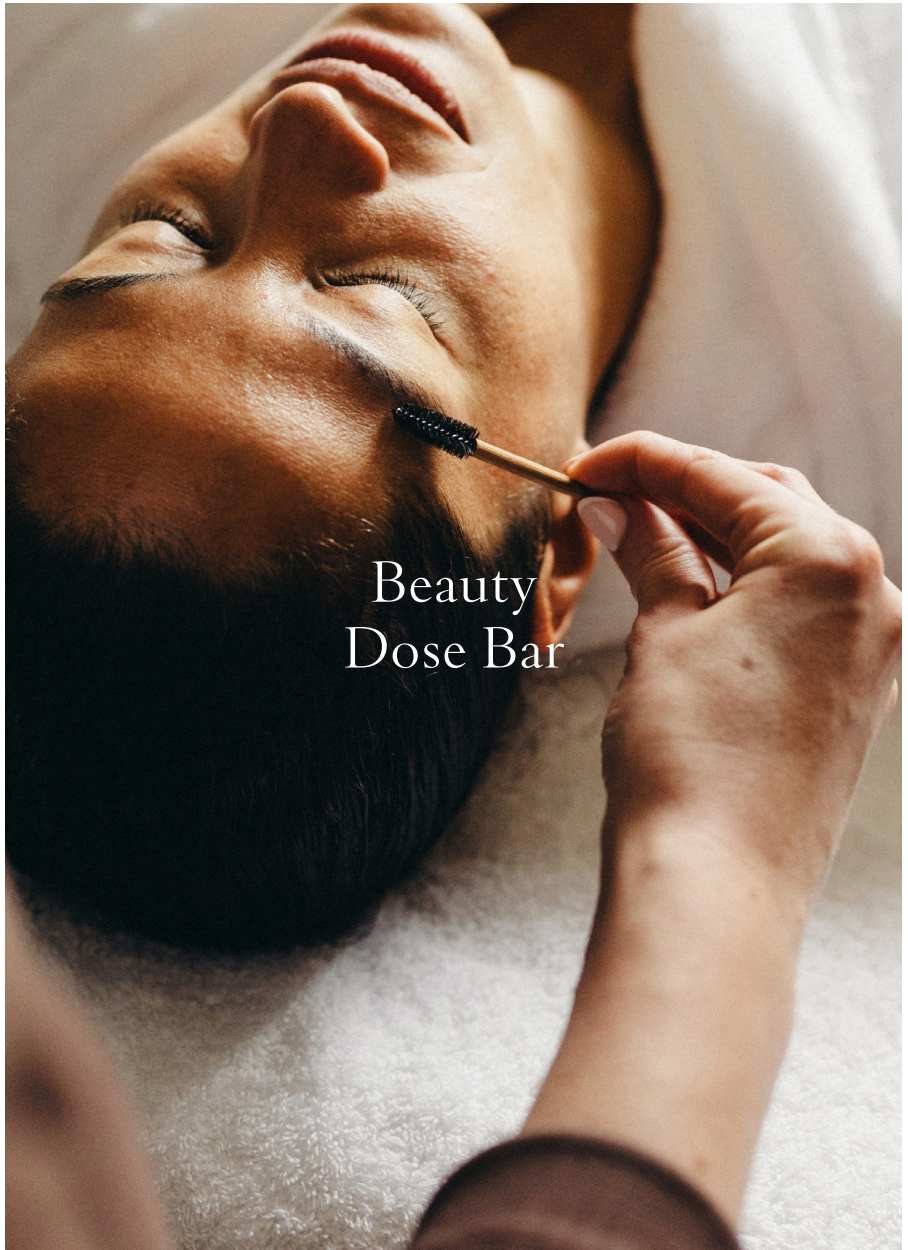
Classic French polish with a timeless finish. Includes precise white tips and a sheer natural pink or nude overlay for a polished, elegant look.

15 mins **M £4 F £5 P £6**

Chrome

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

15 mins **M £10 F £12 P £14**



Brows

Brow Tint

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

A patch test is required 48 hours prior to your treatment.

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 Tint & Shape

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

A patch test is required 48 hours prior to your treatment.

30 mins **M £40 F £45 P £50**

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.

A patch test is required 48 hours prior to your treatment.

60 mins **M £100 F £110 P £120**

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.

A patch test is required 48 hours prior to your treatment.

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.

A patch test is required 48 hours prior to your treatment.

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.

Chin or Lip

15 mins **M £15 F £16 P £18**

Chest or Back

30 mins **M £50 F £55 P £60**

Underarm

15 mins **M £20 F £25 P £30**

Full Arm

45 mins **M £35 F £40 P £45**

Half Arm

30 mins **M £25 F £30 P £35**

Full Leg

45 mins **M £45 F £50 P £55**

Half Leg

30 mins **M £35 F £40 P £45**

Basic Bikini

30 mins **M £30 F £35 P £40**

High Bikini

30 mins **M £40 F £45 P £50**

Brazilian or Hollywood

45 mins **M £60 F £65 P £70**

Face

Skin Consultation

An in-chair consultation, with the cost redeemable on products.

20 mins **M £35 F £45 P £55**

The Light Salon LED Facial

Recover

Enjoy an in-chair 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.

30 mins **M £55 F £65 P £75**

SkinCeuticals Micro Peel

An in-chair, expertly crafted skincare peel designed to exfoliate, refine pores, and enhance overall skin texture and tone.

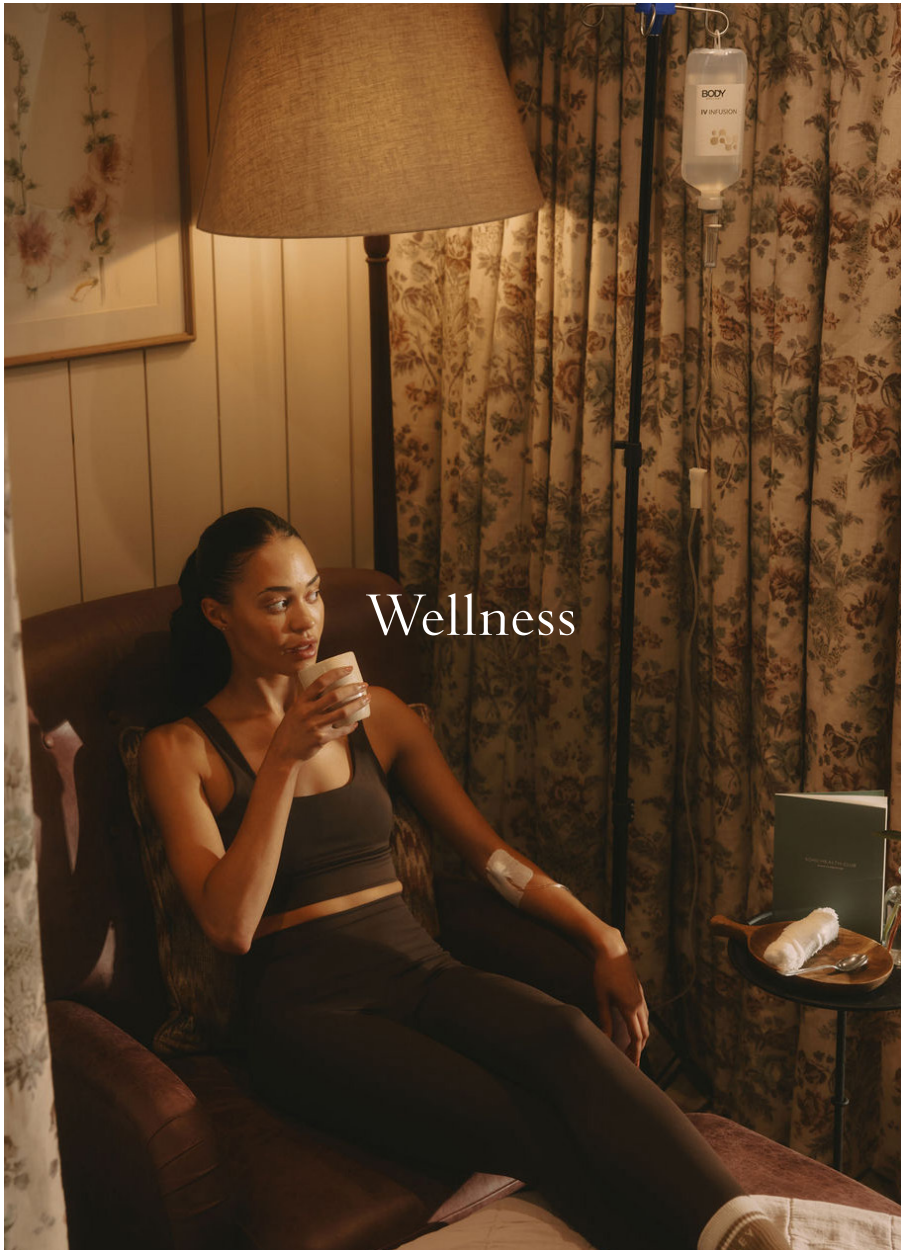
A patch test is required 48 hours prior to your treatment.

30 mins **M £100 F £110 P £120**

Bespoke Facial Boost

Personalise your facial by selecting your desired benefit from clarifying, brightening or hydrating. Our expert therapists will curate a bespoke four-step in-chair treatment using SkinCeuticals products and advanced technology like LED and oxygen therapy, tailored to your skin's needs for a refreshed and radiant complexion.

30 mins **M £75 F £85 P £95**



Wellness

Vitamin Infusions by Body Brilliant

Body Detox

A deep-cleansing infusion to flush toxins, rehydrate, and revive low energy.

40 mins **M** £300 **F** £315 **P** £330

Skin, Hair & Nail Health

Target dull, dehydrated skin with a glow-boosting, anti-ageing IV.

30 mins **M** £300 **F** £315 **P** £330

Immunity Support

Fortify your system and fight fatigue with a powerful immunity blend.

40 mins **M** £300 **F** £315 **P** £330

Healthy Ageing

An intensive anti-ageing formula to support cell renewal and metabolic function.

40 mins **M** £300 **F** £315 **P** £330

Bespoke Infusion

A fully customisable blend to combat burnout, fatigue and boost brain function.

40 mins **M** £400 **F** £415 **P** £430

Body Ballancer Lymphatic Massage

30 mins **M** £65 **F** £80 **P** £95

50 mins **M** £105 **F** £120 **P** £135

Express

Hydration, plus a single nutrient boost.

20 mins **M** £150 **F** £165 **P** £180

Methylene Blue IV

Boosts mental clarity, mood and focus, and supports cellular energy.

45 mins **M** £300 **F** £315 **P** £330

Add-Ons

Vitamin C 5g £50

Magnesium 1g £50

Vitamin B12 1mg £50

Vitamin B Complex 1unit £50

Zinc 10mg £50

L-Carnitine 1g £60

Glutathione 600mg £60

Amino Acids £60

Serotonin Booster £75

IM Vitamin Shots

Vitamin B12 1mg

Energyse and support mental clarity, mood, and cell health.

10 mins **M £60 F £75 P £90**

Vitamin D 300,000 IU

Strengthen immunity, mood, and bone health.

10 mins **M £60 F £75 P £90**

Biotin 5mg

Support healthy hair, skin, nails, and metabolic function.

10 mins **M £60 F £75 P £90**

NAD+ 4U Booster 60mg/100mg

A powerful pick-me-up to restore energy, clarity and performance.

10 mins **M £60 F £75 P £90**

NAD+ 4u IV Drip

Optimise cellular repair, boost cognitive function, and enhance vitality.

NAD+ 250MG

60 mins **M £350 F £375 P £400**

NAD+ 500MG

60-90 mins **M £550 F £575 P £600**

NAD+ 750MG

120 mins **M £725 F £750 P £775**

NAD+ 1,000MG

120+ mins **M £875 F £900 P £925**

Diagnostic Testing

Curated by Body Brilliant.

Essential Health (70+ biomarkers)

A refined starting point for those who want clarity without complexity. Includes a nurse-led consultation, advanced blood and biomarker screening and an in-depth doctor's review with comprehensive reporting. A clean overview of where you are, with personalised recommendations to support energy, recovery and performance.

45 mins **M £250 F £265 P £280**

Wellness Blueprint (100+ biomarkers)

Includes everything from the Essential Health package, plus additional blood and biomarker analysis, and a fully personalised lifestyle, nutrition and supplement plan. Provides a thorough assessment of hormone health and metabolic stress, offering detailed insights into how to optimise blood sugar, energy production and reduce inflammation.

45 mins **M £595 F £615 P £625**

360 Longevity (300+ biomarkers)

Our most advanced diagnostic assessment, designed for those seeking a comprehensive understanding of their long-term health, performance, and longevity. Includes everything in the Wellness Blueprint, plus: advanced immune and cardiovascular markers, DHEA-S, gut health and coeliac screening, and pancreatic enzymes. Ideal for those focused on longevity, preventive health, and advanced performance optimisation.

60 mins **M £850 F £865 P £880**

Terms and Conditions

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.

Patch Tests

A patch test is required 48 hours prior to tinting, micro peel, and lash lift / brow lamination treatments.

For more information or to book:

cowshed.shoreditch@sohohouse.com | 020 7749 4531



SHOREDITCH HOUSE

EAST LONDON

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sohohouse.com