

COWSHED

TREATMENTS

OUR LOCATIONS

Cowshed Clarendon Cross
020 7078 1944

119 Portland Road, London W11 4LN

Monday - Friday: 8.30am - 3pm (Cafe),
9am - 9pm (Treatments)

Saturday: 9am - 3pm (Cafe),
9am - 7pm (Treatments)

Sunday: 9.30am - 3pm (Cafe),
9.30am - 5pm (Treatments)

Cowshed Carnaby
020 7534 0870

Foubert's Place, London W1F 7QG

Monday - Tuesday: 10am - 8pm

Wednesday - Friday: 10am - 9pm

Saturday: 10am - 7pm

Sunday: 11am - 6pm

Cowshed Selfridges
020 3728 0000

Selfridges, Ground Floor, Oxford Street,
London W1A 1AB

Monday - Saturday: 9.30am - 9pm

Sunday: 11.30am - 6pm

Cowshed Shoreditch House
020 7749 4531

Shoreditch House, Ebor Street,
London E1 6AW

Monday - Friday: 9am - 9pm

Saturday: 9am - 8pm

Sunday: 10am - 7pm

Cowshed Primrose Hill
020 3725 2777

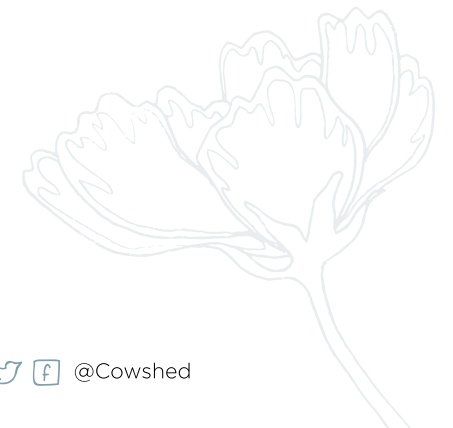
115-117 Regents Park Road, London NW1 8UR

Monday - Wednesday: 8.30am - 4pm (Cafe),
9am - 8pm (Treatments)

Thursday - Friday: 8.30am - 4pm (Cafe),
9am - 9pm (Treatments)

Saturday: 8.30am - 5pm (Cafe),
9am - 7pm (Treatments)

Sunday: 8.30am - 4pm (Cafe),
9.30am - 5pm (Treatments)



HANDS & FEET

HANDS

Ultimate Cowshed Manicure • 60 mins • £60
A full Cowshed Manicure with a hydrating mask for hands followed by a relaxing scalp and shoulder massage to relieve tension.

Cowshed Manicure • 45 mins • £48
File and cuticle tidy, exfoliation with hand and arm massage. Polish to finish.

Speedy Manicure • 30 mins • £35
File, tidy and polish.

Polish Change • 15 mins • £18

Please note: we are unable to remove gel-based nail polishes.

HANDS & FEET ADD-ONS

Scalp Massage • 15 mins • £15
Relaxing dry massage incorporating pressure points.

ExpressLED Facial • 30 mins • £35
Facials using advanced ExpressLED light to rejuvenate skin.

Hair Removal • 5 mins • £5

FEET

Ultimate Cowshed Pedicure • 75 mins • £70
A full Cowshed Pedicure with a hydrating mask for feet followed by a relaxing scalp and shoulder massage to relieve tension.

Cowshed Pedicure • 60 mins • £60
File and cuticle tidy, skin buffing, exfoliation and foot and leg massage. Polish to finish.

Detox Pedicure • 45 mins • £50
File and cuticle tidy, skin buffing, followed by foot and leg massage. Buff to finish.

Speedy Pedicure • 30 mins • £40
File, tidy and polish.

Polish Change • 15 mins • £20

FACE

FACIALS

Bespoke Facial
60 mins • £120 / 90 mins • £140
Your therapist will create a facial tailored to your skin's needs using a personalised edit of Cowshed and SkinCeuticals products. One 'add-on' treatment of your choice is included in the 90 minute facial.

Cowshed Signature Facial • 60 mins • £80
Cleanse, steam, exfoliation and extraction followed by face, neck and shoulder massage and mask with scalp, hand or foot massage.

FACIAL ADD-ONS

SkinCeuticals Gel Peel • 15 mins • £35*
Smooths skin's surface, reduces appearance of fine lines and decreases frequency of acne.

Cryotherapy • 15 mins • £18
Facial massage performed with frozen tools to promote collagen production, reduce inflammation and eliminate toxins.

FOR YOUR EYES

Lash and Brow Tint • 30 mins • £28*
Lash Tint • 30 mins • £18*
Brow Tint • 15 mins • £14*

THE LIGHT SALON

Cleanse and Correct ExpressLED Facial
30 mins • £35
Anti-bacterial, deep cleansing and corrective (blue light).

Rejuvenation ExpressLED Facial
30 mins • £35
Boost, hydrate, brighten, plump and glow (yellow light).

Massage • 15 mins • £18
Head, foot, hand or shoulder. Using essential oils and incorporating pressure points to release tension.

Hydro-gel Mask • 15 mins • £35
An intensely hydrating gel sheet mask to instantly plump and nourish dry skin.

Brow Shape • 30 mins • £28
Brow Tidy • 15 mins • £20

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

BODY

THERAPIES

Bespoke Body Therapies • 60 mins • £90 / 90 mins • £120

Following a consultation, your therapist will design a bespoke treatment tailored to your needs. Whether you want to achieve a state of pure relaxation, detox or address a specific skin concern, they will incorporate techniques ranging from dry body brushing and exfoliation to body wraps and lymphatic massage into a completely personalised experience.

MASSAGES

Deep Tissue Massage

**30 mins • £70 / 60 mins • £110
90 mins • £135****

Focusing on the deeper layers of muscle tissue to relieve acute tension.

Reflexology

30 mins • £50 / 60 mins • £80**

Foot massage promoting deep relaxation of the body.

Cowshed Relaxing Moody Massage

**30 mins • £50 / 45 mins • £65
60 mins • £80 / 75 mins • £95
90 mins • £115**

A bespoke massage using one of our six signature moods. Upon booking we can recommend how long the treatment should be to address the areas you wish to focus on.

HAIR REMOVAL

**Full Leg & High Bikini • £72
Full Leg & Basic Bikini • £64
Half Leg & High Bikini • £58
Half Leg & Basic Bikini • £50
Full Leg • £45
Half Leg • £30**

**Brazilian / Hollywood • £54
High Bikini • £34
Basic Bikini • £26
Full Arm • £34
Half Arm • £25
Underarm • £20**

**Back • £45
Chest • £45
Lip or Chin • £15
Extra Patch - Small • £10
Extra Patch - Large • Price
on appointment**

JENNIFER YOUNG TREATMENTS

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

FACE

Rejuvenating Facial • 60 mins • £80

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

BODY

Balance Body & Mind Massage • 60 mins • £80

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 mins • £80

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.

HANDS & FEET

Specialist Manicure • 60 mins • £60

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.‡

Specialist Pedicure • 60 mins • £60

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.‡

UDDERLY GORGEOUS MATERNITY TREATMENTS

Cowshed is the perfect place to indulge in some pre or post pregnancy pampering with our specialised Udderly Gorgeous products and treatments.

These treatments are designed for clients that are 12 weeks pregnant or more: no treatments can be given in the first trimester.

Little ones are not permitted in our Cowshed spas so to experience complete relaxation please ask a loved one to take care of them for you at home.

UDDERLY GORGEOUS PACKAGE

The ideal top-to-toe package in preparation for your new arrival:

Udderly Gorgeous Full Body Care + Cowshed Facial + Cowshed Pedicure + Speedy Manicure
4-5 hours (1/2 Day) • £250

BODY

These body treatments assist in keeping rapidly growing skin supple, maintaining skin tone and elasticity, whilst being deeply relaxing.

Udderly Gorgeous Full Body Care

90 mins • £115

Foot soak, dry skin brushing, exfoliation, massage, intense nourishing mask for stretch mark prone areas and facial rejuvenation.

Udderly Gorgeous Full Body Massage

60 mins • £80

Foot soak, full body massage and facial rejuvenation.

Udderly Gorgeous Back Massage

30 mins • £55

Foot soak and seated massage in our comfy therapy room, with a focus on back, neck and shoulders.

Udderly Gorgeous Legs

30 mins • £40

Foot soak, exfoliation and massage.

For Face, Hands & Feet and Hair Removal see full treatment menu.

Please let your therapist know if you are pregnant when booking so they can tailor your treatment for you.

OUR SPAS

A place to meet friends, eat, drink and shop, while indulging in sociable grooming. If you have any specific requests our team are here to help.

Arrival

Please arrive 15 minutes before your appointment to register. If you arrive late, the time of the appointment will be shortened out of consideration for the next customer.

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 or House Help team for more information.

Pregnancy

We are proud to 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.

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.

Cowshed's age policy

No one under the age of 14 is permitted in our Cowshed spas. Our treatments are specifically tailored for adults. However, we do offer treatments to those aged 16-18 with parental consent.

Jennifer Young Treatments

A specialised menu of therapies developed with Jennifer Young to be suitable for those living with and beyond cancer. Please let your therapist know of any special requests when booking your treatment.

PRETTY PARTIES

There's no better way to spend a day and/or evening than by gathering a few friends together and enjoying exclusive use of a Cowshed spa.

For further information or to book:
info@cowshedonline.com • 020 3350 3470