

## TREATMENTS

# COWSHED

NATURAL THERAPIES  
FROM THE HEART AND SOIL  
OF SOMERSET, ENGLAND

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## Hands & Feet

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### **ULTIMATE COWSHED MANICURE** 60min - £60

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

### **COWSHED MANICURE** 45min - £50

File and cuticle tidy, exfoliation with hand and arm massage. Polish to finish.

### **NUDE MANICURE** 30min - £40

File and cuticle tidy, exfoliation with hand and arm massage. Buff to finish.

### **DRY MANICURE** 30min - £35

File, tidy and polish without water.

### **ULTIMATE COWSHED PEDICURE** 75min - £70

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

### **COWSHED PEDICURE** 60min - £60

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

### **NUDE PEDICURE** 45min - £50

File and cuticle tidy, buffing, followed by foot and leg massage. Buff to finish.

### **DRY PEDICURE** 30min - £40

Speedy file, tidy and polish without water.

## ADD-ONS

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### **SCALP MASSAGE** 15min - £15

Relaxing dry massage incorporating pressure points.

### **EXPRESSLED FACIAL** 30min - £35

Facials using advanced ExpressLED light to rejuvenate skin.

### **HAIR REMOVAL** 5min - £5

## Face

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### **BESPOKE FACIAL** 60min - £120 | 90min - £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.

### **CBD FACIAL** 60min - £95

An anti-inflammatory version of our signature Cowshed facial, using MariPharm's CBD-infused cream to help calm irritation and inflamed skin.

### **COWSHED SIGNATURE FACIAL** 60min - £80

Cleanse, steam, exfoliation and extraction followed by face, neck and shoulder massage and mask with scalp, hand or foot massage.

### **THE LIGHT SALON EXPRESSED FACIALS** 30min - £35

**BLUE LIGHT:** Anti-bacterial, deep cleansing and corrective.

**YELLOW LIGHT:** Boost, hydrate, brighten, plump and glow.

### **ADD-ONS**

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### **SKINCEUTICALS GEL PEEL\*** 15min - £35

Reduces appearance of fine lines and decreases frequency of acne.

### **CRYOTHERAPY** 15min - £18

Reduces inflammation and eliminates toxins.

### **MASSAGE** 15min - £18

Head, foot, hand or shoulder. Using essential oils.

### **HYDRO-GEL MASK** 15min - £35

To instantly plump and nourish dry skin.

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

## Body

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### **BESPOKE BODY THERAPIES** 60min - £90 | 90min - £120

Your therapist will design a bespoke treatment tailored to your needs, to relax, detox or address specific skin concerns. Incorporating different techniques, from dry body brushing and exfoliation to body wraps and lymphatic massage.

### **SALT SCRUB & MASSAGE** 90min - £120

A full body exfoliation to remove dead skin and improve circulation, followed by our signature massage.

### **CBD MASSAGE** 60min - £105

Our signature massage with the addition of MariPharm's essential oil which has the topical benefits of the cannabis plant. This treatment helps alleviate pain and uses heated Thai compressors to relax the muscles.

### **COWSHED SIGNATURE MASSAGE**

30min - £50 | 45min - £65 | 60min - £80 | 90min - £115

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

### **DEEP TISSUE MASSAGE\***

30min - £70 | 60min - £110 | 90min - £135

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

### **REFLEXOLOGY\*** 30min - £50 | 60min - £80

Foot massage promoting deep relaxation of the body.

\*Please check spa location.

## Eyes

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Lash & Brow Tint*	30min - £28	Brow Shape	30min - £28
Lash Tint*	30min - £18	Brow Tidy	15min - £20
Brow Tint*	15min - £14		

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

## Hair Removal

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Full Leg & High Bikini	£72	Basic / High Bikini	£26   £34
Full Leg & Basic Bikini	£64	Half / Full Arm	£24   £34
Half Leg & High Bikini	£58	Underarm	£20
Half Leg & Basic Bikini	£50	Back or Chest	£45
Half / Full Leg	£30   £45	Lip or Chin	£15
Brazilian / Hollywood	£45	Additional Area	from £10

Strip wax is used for legs and arms. Hot Lycon wax is used for more sensitive areas.

## Cowshed Parties

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There's no better way to spend time with your friends than by enjoying exclusive use of a Cowshed spa. Gather 8 to 20 friends in one of our spas and choose two treatments per person: mani, pedi, facial, back massage. You will also enjoy handmade canapés, fizz and 15% off purchases in spa during the party and a Cowshed gift bag to take home. From £165 per person.

## Maternity

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Cowshed is the perfect place to indulge in some pre- or post- pregnancy pampering with our specialised products and treatments. These assist in keeping skin supple while being deeply relaxing.

### FULL BODY CARE 90min - £115

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

### FULL BODY MASSAGE 60min - £80

Foot soak, full body massage and facial rejuvenation.

### BACK MASSAGE 30min - £55

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

### LEG TREATMENT 30min - £40

Foot soak, exfoliation and massage using a cooling balm to reduce inflammation.

### MATERNITY PACKAGE

4-5 hours - £250

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

**Maternity Full Body Care + Cowshed Signature Facial  
Cowshed Pedicure + Dry Manicure**

# Jennifer Young

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

## **REJUVENATING FACIAL** **60min - £80**

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

## **BALANCE BODY & MIND MASSAGE** **60min - £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** **60min - £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.

## **SPECIALIST MANICURE** **60min - £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** **60min - £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.

# Our spas

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## **ARRIVAL**

Please arrive 15 minutes before your appointment to register. 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 Cowshed 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 or House Help 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.

**FOR MORE INFORMATION OR TO BOOK:**  
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[cowshed.com](http://cowshed.com)