

Cowshed is a place to meet friends, eat, drink and shop as well as indulge in sociable grooming

The list of treatments is a guide as to what is available. If you have any specific requests or are unsure as to which treatment would be suitable for you, please ask our receptionists who can guide and advise

FACE

Cowshed Eye Treatment • 30 mins • £45

Concentrating on the delicate area of the eyes incorporating pressure point massage and a collagen eye mask. Helps detoxify, reduce puffiness and combat fine lines

Speedy Facial • 30 mins • £40

Facial cleanse, exfoliation, steam, customised mask and scalp massage

Cowshed Facial • 60 mins • £68

Facial cleanse, exfoliation, steam, extractions, facial massage and customised mask. Also included is a relaxing shoulder, neck and scalp massage. This treatment focuses on naturally improving the condition of the skin and enhancing its appearance

Hot Stone Facial • 60 mins • £70

A Cowshed Facial incorporating an indulgent hot stone massage of the face and décolleté

ADVANCED FACE

The following advanced treatments take facials beyond cleansing, toning and moisturising and into treating specific skin concerns using SkinCeuticals products

Hydrating Facial • 75 mins • £95

Designed for very dry and dehydrated skins. It also includes a relaxing face, shoulder, neck and scalp massage

Vitamin C Facial (Anti-ageing) • 75 mins • £98

With the combination of Vitamin A & C your skin will look radiant, luminous, and firmer. Includes a relaxing face, shoulder, neck and scalp massage

Calming Facial • 75 mins • £95

Designed to help calm and soothe irritated skin. It also includes a relaxing face, shoulder, neck and scalp massage

Deep Cleansing Facial • 75 mins • £95

Perfect for congested skin. Helps to reduce oil and detoxify the skin. Includes steam, extractions and a relaxing shoulder, neck and scalp massage

Micro Polish Facial • 60 mins • £75

Perfect for dry, congested or dull skin. A smooth, even complexion is achieved through exfoliation with micro polish crystals. Includes a face, scalp, shoulder and neck massage

Reviving Skin Peel

Please note that a patch test is required 24hrs prior to the treatment An intense peel with vitamin boosters and a firming mask leaving your skin feeling smooth, youthful and more refined. Excellent for fine lines, scarring, congested or sun damaged skin

30 mins • £45 60 mins • £80

60 mins includes a Vitamin C mask containing a combination of intense serums to rejuvenate and revive the skin

A course of six peels is recommended for best results

Course of six 30 minute sessions • £240

Course of six 60 minute sessions • £430

HANDS

Polish Change • 15 mins • £15

Speedy Manicure • 30 mins • £28 File, tidy and polish

Cowshed Manicure • 45 mins • £42

File and complete cuticle tidy, followed by exfoliation and a deep relaxing hand and arm massage and polish to finish

Ultimate Cowshed Manicure • 60 mins • £50

This deluxe treatment is designed to provide the ultimate in hand care. Nails are groomed, cuticles are nourished and hands are softened by exfoliation and massaged. Afterwards, the hands are wrapped in a hydration mask whilst the scalp and shoulders are massaged. This is followed by polish to finish

Fruit Acid Manicure • 60 mins • £45

Please note that a patch test is required 24hrs prior to the treatment The ultimate in hand rejuvenation includes a file and complete cuticle tidy and an application of a SkinCeuticals fruit acid peel which refines the texture of your hands, leaving them extremely smooth - good for anti-ageing. This is followed by a deep, relaxing hand and arm massage and polish to finish

FEET

Polish Change • 15 mins • £15

Speedy Pedicure • 30 mins • £32 File, tidy and polish

Cowshed Pedicure • 60 mins • £48

File, and complete cuticle tidy, removal of hard and calloused skin, followed by a deep, relaxing foot and leg massage and polish to finish

Ultimate Cowshed Pedicure • 75 mins • £55

This deluxe foot treatment is designed to provide the ultimate in foot care. Nails are filed, cuticles are tidied and hardened skin is removed. This is followed by a deeply relaxing leg and foot massage. Afterwards, the feet are wrapped in a hydration mask whilst the scalp and shoulders are massaged. This is followed by polish to finish

Fruit Acid Pedicure • 75 mins • £50

Please note that a patch test is required 24hrs prior to the treatment The ultimate in foot rejuvenation includes a file, complete cuticle tidy, removal of hard and calloused skin and an application of a SkinCeuticals fruit acid peel which refines the texture of your feet, leaving them extremely smooth. This is followed by a deep, relaxing foot and leg massage and polish to finish

Scalp massage during nail treatments • 15 mins • £15

BODY

Scalp Massage • 15 mins • £15

Cowshed Head Massage • 30 mins • £40

A relaxing head, neck and shoulder massage incorporating pressure points to release tension. Ideal for headaches, stress relief or just general relaxation

Back Massage • 30 mins • £48

Designed for the problem areas of the back

Back Cleanse • 45 mins • £58

Back cleanse, exfoliation, back massage and deep cleanse mask

Salt Scrub • 45 mins • £55

Full body brushing followed by a complete deep exfoliation using sea salt immersed in spearmint oil and finished with juniper berry detoxifying body cream

Reflexology • 60 mins • £60

A foot massage promoting deep relaxation of the body

Cowshed Massage • 60 mins • £70 75 mins • £85

Full body massage using signature Cowshed essential oils to soothe, invigorate or deeply relax

Hot Stone Massage • 90 mins • £95

The volcanic basalt stones are bathed in warm water and anointed with spicy, sensual aromas. They are placed on key energy points of the body and are used to massage using traditional techniques easing pain and tension and enhancing relaxation

Cowshed Salt Scrub and Massage • 90 mins • £100

Full body brushing followed by deep exfoliation and a Cowshed Massage to finish

PREGNANCY

We have a selection of maternity treatments available. Please ask at reception for further information

TAN

St Tropez Spray Tan • 45 mins • £35

Top Up (hands and face) • 15 mins • £15

EYES

Please note that a patch test is required 24hrs prior to these treatments

Lash Tint • 30 mins • £16

Brow Tint • 15 mins • £12

Lash and Brow Tint • 30 mins • £24

IPL

A safe, advanced form of permanent hair reduction for both men and women, whereby areas of the body are treated with IPL (Intense Pulsed Light). An in-depth consultation is required to determine suitability and the course of treatment required. This is redeemable against the first session booked. All our therapists are fully qualified and Healthcare Commission registered

Consultation fee 30 mins £25

Please refer to our website for a full listing of prices

WAX

Strip wax is used for legs and arms and hot wax for all the other delicate areas of the body. The hot wax contains chamomile, rose and titanium dioxide and is perfect for people with sensitive skin

Half Leg • £23

Full Leg & High Bikini • £57

Full Leg • £35

Underarm • £15

Basic Bikini • £20

Half Arm • £20

High Bikini • £28

Full Arm • £30

Brazilian/Hollywood • £48

Chest • £35

Half Leg & Basic Bikini • £38

Back • £35

Half Leg & High Bikini • £45

Lip or Chin • £10

Full Leg & Basic Bikini • £50

Eye Brow • £15

Arrival

We ask that you arrive 15 minutes prior to your appointment in order to register. Please be aware that if you arrive late, the time of the appointment will be shortened in consideration of the next person

Cancellations

If you need to change or cancel an appointment, we ask for 24 hours notice or the full cost of the treatment will be charged. Please note that we will be requesting credit card details to secure your booking

Health Conditions

Please advise us of any health conditions and any medication you are taking. Please inform your therapist if you are pregnant as some of our products contain high quantities of essential oils

Age Policy

Our treatments are specifically tailored for adults. No one under the age of 14 is permitted in Cowshed Clarendon Cross. We offer treatments to those aged 16-18 with parental consent

Private Parties

Cowshed can cater for private parties – dinners up to 12 and drinks parties up to 40. For further information and menus, please ask Reception

Gift Vouchers

Gift vouchers are available for an amount or treatment of your choice. They are valid for a period of twelve months from the date of purchase and are non refundable

Spa Etiquette

Although we encourage sociable grooming we request that you refrain from using your mobile while you are in Cowshed Clarendon Cross

All information is correct at the time of going to press but is subject to variation without notice

COWSHED

119 Portland Road London W11 4LN tel 020 7078 1944
www.cowshedclarendoncross.com www.cowshedonline.com

Opening Hours
Monday to Friday 8.30am – 8pm (café) 9am – 8pm (treatments)
Saturday 9am – 7pm
Sunday 10am – 5pm



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