



**COWSHED**

Babington House



# Cowshed Spa Babington House

The Cowshed Spa is separated into two areas - Cowshed Active and Cowshed Relax.

Located behind the Main House, Cowshed Active is a place to exercise and regenerate. It is home to swimming pools, steam, sauna and aroma rooms, as well as a fitness studio and gym.

With sweeping views of the House's Victorian Walled Garden, Cowshed Relax is a place to indulge, relax and pamper. There is a shop, three bedrooms with private treatment facilities and extensive treatment areas separated into Dry and Wet.

Treatments are listed below and are available to book through the Cowshed receptions.

## Cowshed Products

Cowshed products were first developed for use in the original Cowshed spa (named after the building's former occupants) at Babington House. True to the brand's heritage, every product contains a signature herbal infusion hand picked from the Victorian Walled Garden.

Cowshed spa philosophy centres on the therapeutic nature of botanical essential oils.

Cowshed treatment products are hand blended in England, and formulated using nature's finest and rarest oils from around the world.

At Cowshed, we believe in harvesting nature sustainably. Among the premium natural ingredients in our spa products, on average 80% of our botanicals are certified organic.

# Dry Area

## Face

### **Cowshed Eye Treatment • 30 mins • £45**

Concentrating on the delicate area of the eyes incorporating pressure point massage and a protein 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.

### **Marhalika Facial • 60 mins • £75**

A deep cleansing facial incorporating thread techniques as well as relaxing head, shoulder and arm massage.

## Eyes

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

### **Lash Tint • 15 mins • £16**

### **Brow Tint • 15 mins • £12**

### **Lash and Brow Tint • 20 mins • £24**

# 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 oily skin and acne. 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 • 30 mins • £45 60 mins • £80**

Please note that a patch test is required 24 hrs 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.

60 mins includes a pressure point massage to help detoxify the skin as well as a combination of intense serums.

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 24 hrs 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. Afterwards, the feet are wrapped in a hydration mask whilst the scalp and shoulders are massaged. This is followed by a deep, relaxing foot and leg massage and polish to finish.

**Fruit Acid Pedicure • 75 mins • £50**

Please note that a patch test is required 24 hrs 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.

# 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.

**Cowshed Massage for Two • 60 mins • £130**

Full body massage for two people, each with their own therapist, in our special double treatment cabin.

**Thai Massage • 70 mins • £90**

Full body massage working on the meridians to rebalance the body using deep stretching & gentle manipulation. Please wear loose clothing which you will be asked to keep on during this massage.

# Body

## **Cowshed Wrap • 75 mins • £80**

Full body exfoliation using either natural sea salt or organic yoghurt, coconut and honey scrub followed by a fresh body wrap of your choice. Finished with a gentle scalp massage and nourishing hair mask (optional) then full body moisturisation.

## **Marhalika Massage • 75 mins • £85**

A traditional Oriental massage using techniques to stimulate the flow of chi in the body's energy channels.

## **Hot Stone Massage • 60 mins • £70 £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.

# Tan

## **St. Tropez Ultimate Air spray tan • 30 mins • £35**

# 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.

<b>Half Leg</b>	<b>• £23</b>	<b>Half Leg &amp; High Bikini</b>	<b>• £45</b>	<b>Chest</b>	<b>• £35</b>
<b>Full Leg</b>	<b>• £35</b>	<b>Full Leg &amp; Basic Bikini</b>	<b>• £50</b>	<b>Back</b>	<b>• £35</b>
<b>Basic Bikini</b>	<b>• £20</b>	<b>Full Leg &amp; High Bikini</b>	<b>• £57</b>	<b>Lip or Chin</b>	<b>• £10</b>
<b>High Bikini</b>	<b>• £28</b>	<b>Underarm</b>	<b>• £15</b>	<b>Eyebrow</b>	<b>• £15</b>
<b>Brazilian/Hollywood</b>	<b>• £48</b>	<b>Half Arm</b>	<b>• £20</b>		
<b>Half Leg &amp; Basic Bikini</b>	<b>• £38</b>	<b>Full Arm</b>	<b>• £30</b>		

## Wet Area

Please arrive for these treatments 15 minutes prior to your appointment and please bring your swimming costume to wear.

### Mud

The Mud Room is a warm, quiet space that allows complete relaxation and stimulation of the senses. An application of mud, by you or a therapist, will improve skin texture, detoxify and soothe. Followed by steam to clear out pores and eliminate toxins, the body will then be cleansed using large sea salt crystals with free falling water.

### Soak

Personally drawn soaking tubs will aid detoxification, purification, absorption and regeneration. Choose from a variety of bath oils, salts or herbs to customise your soak.

### Scrub

The Scrub Room features two heated sandstone slabs where exfoliation and a thorough body rinse take place.

### Drench

Experience either hot or cold free falling water. Invigorating showers increase circulation & help the body to flush out toxins and deliver nutrients to the cells.

### Sauna

Dry heat relaxes calms, cleanses and refreshes complete with a garden view.

## Wet Area Treatments

**Mud • 60 mins • £45 for one / £80 for two**

**Scrub & Soak • 60 mins • £85**

# Packages

## For One or Two

### **Scrub, Soak, Massage • 120 mins • £150 per person**

Full body brush & skin polish on a heated sandstone slab using cleansing sea salt crystals infused with revitalising spearmint essential oils. Follow this with a soak to match your mood. Finish with a complete body massage

### **Dry Body Brush, Body Mask, Scalp Treatment, Soak • 90 mins • £110 per person**

This nourishing treatment begins with brisk dry body brushing to increase circulation. Your chosen mask is liberally applied & then your body is wrapped in hot towels, followed with a Scalp Treatment. After you've finished, move through to the soaking tubs. As the mask softens and dissolves in the water it continues to nourish and cleanse the skin as a mineral bath.

### **Sauna, Massage, Muscle Soak • 120 mins • £120 per person**

The dry heat of the sauna relaxes the body in preparation for a 90 minute stress relief massage. Finish off with a herbal muscle soak that includes essential oils camphor, eucalyptus and clove bud to combat inflammation, ease tired muscles and relive fatigue.

## For Two

### **Mud Room, Cowshed Massage and Speedy Facial • 150 mins • £280**

Senses are stimulated through the application of mud. Once you have steamed, scrubbed and rinsed in The Mud Room you will be guided to the double treatment room for a Cowshed Massage and Speedy Facial for two.

### **Soak, Massage and Facial • 150 mins • £310**

Start your treatment with the rejuvenating effects of water in bath big enough for two. Then completely relax during a Cowshed Massage and Cowshed Facial.

# Cowgroom

Two therapists work in synchronised movements ensuring complete pampering and relaxation. All treatments begin with the feet and an invigorating exfoliation with spearmint salt scrub. This is followed by a forehead pressure point massage and a de-stressing shoulder massage to prepare you for your chosen Cowgroom.

## **30 Minutes @ £80**

### **1 Maintenance**

- Speedy Facial
- Eyebrow Tidy
- Speedy Manicure or Pedicure

### **2 Eye Treatment**

- Cowshed Eye Treatment
- Eyebrow Tidy
- Foot & leg massage with cooling balm treatment

### **3 Shave Treatment**

- Power cleanse & invigorating scrub
- Shave
- Speedy Manicure or Pedicure

## **60 Minutes @ £110**

### **1 Maintenance**

- Cowshed Facial
- Eyebrow Tidy
- Cowshed Manicure or Pedicure

### **2 Eye Treatment**

- Speedy Facial
- Lash Tint
- Eyebrow Tint & Tidy
- Cowshed Manicure or Pedicure

### **3 Shave Treatment**

- Power cleanse & invigorating scrub
- Steam
- Shave
- Massage incorporating pressure points
- Deep cleansing mask
- Cowshed Manicure or Pedicure

## Room Treatments

Enjoy a treatment in the comfort of your own room. Our Walled Garden Rooms are equipped with private treatment facilities to offer the below.

### **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.

### **Reflexology • 60 mins • £60**

A foot massage promoting deep relaxation of the body.

### **Cowshed Massage • 60 mins • £70**

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

# Frequently Asked Questions

## **How early should I arrive for my treatment?**

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. We have allowed a short time for consultation at the beginning and relaxation at the end of each treatment.

## **What should I wear to my treatment?**

For Thai massage treatments, please wear loose, comfortable clothing. For Wet Area treatments, please bring your swimming costume. Bikinis and swimming trunks are available for purchase at Cowshed reception.

## **Can I choose between a male and female therapist?**

Yes. If you wish to request the gender of your therapist please mention this when making your appointment.

## **What if I need to cancel a treatment?**

If you cancel your treatment with less than 24 hours notice, you will be charged 50% of the total cost of the treatment. A cancellation on the day or a no show will incur a 100% charge.

## **What if I am pregnant?**

We have a selection of maternity treatments available. Please ask Cowshed reception for further information. Please note our pregnancy and safety policy: no body or facial treatments can be given in the first 12 weeks of pregnancy; manicures and pedicures are available, but please inform your therapist of your condition.

## **Do I need to mention if I have a health condition?**

Yes. Please advise us of any health conditions and any medication you are taking.

## **How do gift vouchers work?**

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. If you would like to redeem a voucher against treatments or products, please bring it with you on the day of your visit.

## **Is there an under age policy?**

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

## **What is your spa etiquette?**

Although we encourage sociable grooming, we request that you refrain from using your mobile phone while you are in Cowshed Relax.

## Contacts

Babington House  
Babington Nr Frome  
Somerset BA11 3RW  
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[www.babingtonhouse.co.uk](http://www.babingtonhouse.co.uk)  
[www.cowshedonline.com](http://www.cowshedonline.com)

## Hours

Cowshed Relax 9am-9pm  
Cowshed Active 7am-10pm  
Children's Swimming Hours 9:30am – 11:30am + 3:30pm – 6pm

## Cowshed Facilities

15.5 indoor pool  
18m outdoor pool  
Floodlit hard tennis court  
4 grass tennis courts  
Football pitch  
Croquet lawn  
Cricket pitch  
Bicycles  
Cinema  
Gym fitness studio  
Aroma room  
Sauna  
Steam room

