

Cowshed is a place to meet friends, drink and shop as well as indulge in sociable grooming. Our speedy treatments will leave you feeling pampered, refreshed and revitalised in a matter of minutes.

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

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

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

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

BODY

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

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

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

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

Reflexology • 30 mins • £45

A foot massage, including pressure points to promote deep relaxation of the body

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

Cowshed Salt Scrub and Massage • 90 mins • £100

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

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 massage. The hands are then wrapped in a hydrating mask whilst the scalp and shoulders are massaged. This is followed by 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. The feet are then wrapped in a hydrating mask whilst the scalp and shoulders are massaged. This is followed by polish to finish

Scalp massage during nail treatments • 15 mins • £15

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 • £35

Basic Bikini • £20

High Bikini • £28

Brazilian/Hollywood • £48

Half Leg & Basic Bikini • £38

Half Leg & High Bikini • £45

Full Leg & Basic Bikini • £50

Full Leg & High Bikini • £57

Underarm • £15

Half Arm • £20

Full Arm • £30

Chest • £35

Back • £35

Lip or Chin • £10

Eye Brow • £15

THREADING

Brow • £15

Upper Lip • £10

Lower Lip • £5

Sides • £12

Chin • £10

COWGROOM

Two therapists work in synchronised movements ensuring complete pampering and relaxation. The treatment begins 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 Cowgroom

30 Minutes @ £80

- Speedy Facial
- Eyebrow Tidy
- Speedy Manicure or Pedicure

60 Minutes @ £110

- Cowshed Facial
- Eyebrow Tidy
- Cowshed Manicure or Pedicure

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 Foubert's Place treatment area. We offer treatments to those aged between 16 and 18 with parental consent

Private Parties

Cowshed can cater for private parties. For further information, please ask Reception

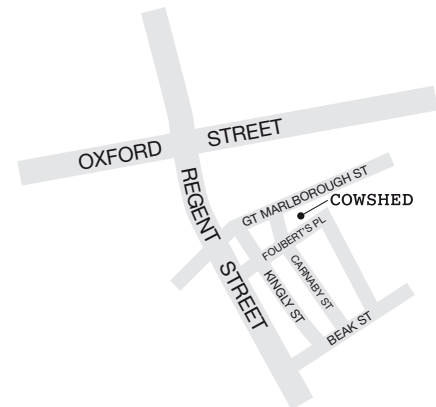
Gift Vouchers

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 Foubert's Place

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



COWSHED

31 Foubert's Place London W1f 7QG tel 020 7534 0870
fax 020 7734 0950 www.cowshedonline.com

Opening Hours
Monday to Friday 10am – 8pm
Saturday 10am – 7pm
Sunday 11am – 5pm



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