

**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

\* Combine the Cowshed Eye Treatment with the Cowshed Facial \* add **£20**

## COWGROOM

Two therapists work in synchronised movements ensuring complete pampering and relaxation. All treatments begin with the feet – an invigorating exfoliation with peppermint 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

**60 Minutes @ £110**

**1 Maintenance**

- Cowshed Facial
- Eyebrow Tidy
- Cowshed Manicure or Pedicure

**2 Stone Treatment**

- Hot Stone Facial
- Hot Stone foot & leg massage

**3 Eye treatment**

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

**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 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 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

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

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

**Deep Tissue Massage • 60 mins • £70**

Full body massage that focuses on the deeper layers of muscle tissue. Ideal for relieving acute tension

**Sports Massage • 60 mins • £70**

A combination of specific strokes and stretches help to obtain maximum performance and physical conditioning. This specialised technique can aid recovery from workouts and help to prevent injuries

**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

## EYES

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

**Lash Tint • 15 mins • £16**

**Brow Tint • 15 mins • £12**

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

## 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**

**Eyebrow • £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 at Shoreditch House. 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 at Shoreditch House

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

# COWSHED

Shoreditch House Ebor Street London E1 6AW tel 020 7749 4531  
www.shoreditchhouse.com www.cowshedonline.com

Opening Hours

Monday to Friday 8.30am - 9pm (café) 9am - 9pm (treatments)

Saturday 9am - 8pm

Sunday 10am - 7pm



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