

COWSHED

Treatment List

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 call 020 7078 1944 and ask our receptionists who can guide and advise.

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.

FACE

Collagen Eye Treatment • 30mins • £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 • £38

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

Cowshed Facial • 60 mins • £65

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 FACIALS

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

Hydrating Facial • 75 mins • £90

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

Vitamin C Facial (Anti-ageing) • 75mins • £90

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 • 75mins • £90

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

Deep Cleansing Facial • 75mins • £90

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 • 60mins • £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 24 hours 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 • £75

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 • £410

HANDS

Polish Change • 15 mins • £15

Speedy Manicure • 30 mins • £28

File, tidy and polish.

Cowshed Manicure • 45 mins • £40

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 massaged. This 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 • £28

File, tidy and polish.

Cowshed Pedicure • 60 mins • £45

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 and complete cuticle tidy 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

Cowshed Head Massage • 30mins • £35

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

Back Massage • 30mins • £45

Designed for the problem areas of the back.

Back Cleanse • 45mins • £55

Back cleanse, exfoliation, back massage and deep cleanse mask.

Salt Scrub • 45 mins • £50

Full body brushing followed by a complete deep exfoliation using sea salt immersed in peppermint oil and finished with conditioning contour cream.

Reflexology • 60mins • £60

A foot massage promoting deep relaxation of the body.

Cowshed Massage • 60 mins • £65

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

Hot Stone Massage • 90 mins • £90

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 • £95

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

PREGNANCY

We have a selection of maternity treatments available using Mama Mio products. Please ask 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 24hrs prior to the treatment may be required.

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 30mins £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 • £20

Full leg • £32

Basic Bikini • £18

High Bikini • £25

Brazilian/Hollywood • £45

Half leg & Basic Bikini • £32

Half leg & High Bikini • £40

Full leg & Basic Bikini • £45

Full leg & High Bikini • £50

Underarm • £15

Half Arm • £20

Full Arm • £30

Chest • £35

Back • £35

Lip or chin • £10

Eyebrow • £15

COWGROOM

Two therapists work in synchronised movements ensuring complete pampering and relaxation. All treatments begin with the feet and 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 @ £75

1 Maintenance

- Speedy Facial
- Eyebrow Tidy
- Speedy Manicure or Pedicure

2 Eye treatment

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

60 Minutes @ £105

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