

SOHO HEALTH CLUB
POOL HOUSE
BARCELONA

Treatment Menu



Facial Treatments

iS Clinical

Clinically advanced skincare combining botanical actives and innovative formulations to improve skin health and clarity.

Fire & Ice Facial

A fast resurfacing treatment that smooths skin, reduces blemishes, and softens fine lines with minimal downtime.

60 mins **M €140 | F €150 | P €160**

Red Carpet Facial

A celebrity favourite, this personalised treatment includes a cryo ball massage and gives long-lasting results.

90 mins **M €180 | F €190 | P €200**

Exfoliating Clear Skin Facial

A clarifying facial that exfoliates and deeply cleanses to refine pores, remove impurities, and balance the skin.

60 mins **M €120 | F €130 | P €140**

Foaming Enzyme Facial

A gentle exfoliating facial with enzymes and acids that refines, clears, and brightens the skin for a radiant glow.

60 mins **M €120 | F €130 | P €140**

Honey Enzyme Facial

A honey enzyme facial that gently exfoliates, hydrates, and boosts radiance for a nourished, glowing complexion.

60 mins **M €120 | F €130 | P €140**

Instant Lift

An advanced treatment that combines the cosmeceutical efficacy of iS Clinical with Sculptra to enhance facial results. It improves skin quality, boosts firmness and radiance, and helps redefine facial contours, delivering a visible natural lifting effect. The treatment is complemented by the Déesse Pro LED Mask, which supports cellular regeneration, improves skin clarity, and enhances overall results.

75 mins **M €165 | F €175 | P €185**

Skin Bar (Facial Express)

An express facial that's designed for achieving radiant skin in just 30 minutes, then maintaining your glow at home with your daily skincare ritual.

30 mins **M €60 | F €70 | P €80**

Omorovicza

Premium skincare backed by science and powered by mineral-rich Hungarian thermal waters to enhance skin health and performance.

Blue Diamond Performance Facial

This anti-ageing treatment is designed to transform dull skin into a vibrant, radiant complexion. Combining a triple massage technique and Blue Diamond Skincare range, it firms and energises the skin, enhances circulation and sculpts the face for a smoother appearance.

90 mins **M €200 | F €220 | P €230**

Omorovicza Performance Hydrafacial

Harnessing Hungarian thermal waters and HydraFacial technology, this treatment deeply cleanses, hydrates and restores with Omorovicza's Blue Diamond Collection.

Triple massage techniques, including double gua sha and Cooling Dermaglobes, enhance circulation and sculpt the face, while the Hungarian facial massage helps sculpt and provide a radiant, youthful glow.

90 mins **M €305 | F €325 | P €335**

Cowshed

Natural, botanical-based products sustainably sourced to nourish and relax the face and body.

Instant Hydrate

A signature express Cowshed facial designed to boost hydration for the ultimate quick fix.

30 mins **M €70 | F €90 | P €100**

Signature

A fully personalised Cowshed facial tailored to meet your needs, designed to brighten, exfoliate, and boost your skin's hydration levels.

60 mins **M €110 | F €130 | P €140**

Skinceuticals

Advanced skincare formulated to prevent, correct and protect.

Double Detox

A detoxifying and rebalancing facial designed to deeply cleanse and refine the skin. This targeted treatment combines double cleansing, steam extractions and controlled exfoliation to decongest pores and smooth texture, followed by a stimulating massage and corrective mask to restore clarity and radiance. Advanced finishing products are personalised to the skin's needs, helping to calm inflammation and protect the skin barrier.

60 mins **M €150 | F €170 | P €180**

Bespoke Facial

A highly personalised facial treatment combining targeted cleansing solutions, skin peel, exfoliation techniques, anti-inflammatory and detoxifying masks, and quick-absorbing serums and moisturisers. This customised approach addresses individual skin concerns for the best possible results.

90 mins **M €175 | F €195 | P €205**

HydraFacial

Advanced facial technology designed to deeply hydrate, cleanse, and renew.

Signature HydraFacial

An elevated treatment using the signature HydraFacial multistep process that combines deep cleansing, exfoliation, extraction and hydration, paired with advanced serums and a customisable mask to target specific skin concerns such as aging, uneven texture and dehydration, resulting in visibly radiant, smooth, and rejuvenated skin.

60 mins **M €190 | F €210 | P €220**

HydraFacial +

Includes the HydraFacial Signature, plus lymphatic drainage, a customisable mask and cryo orbs to brighten, as well as LED therapy to stimulate collagen production.

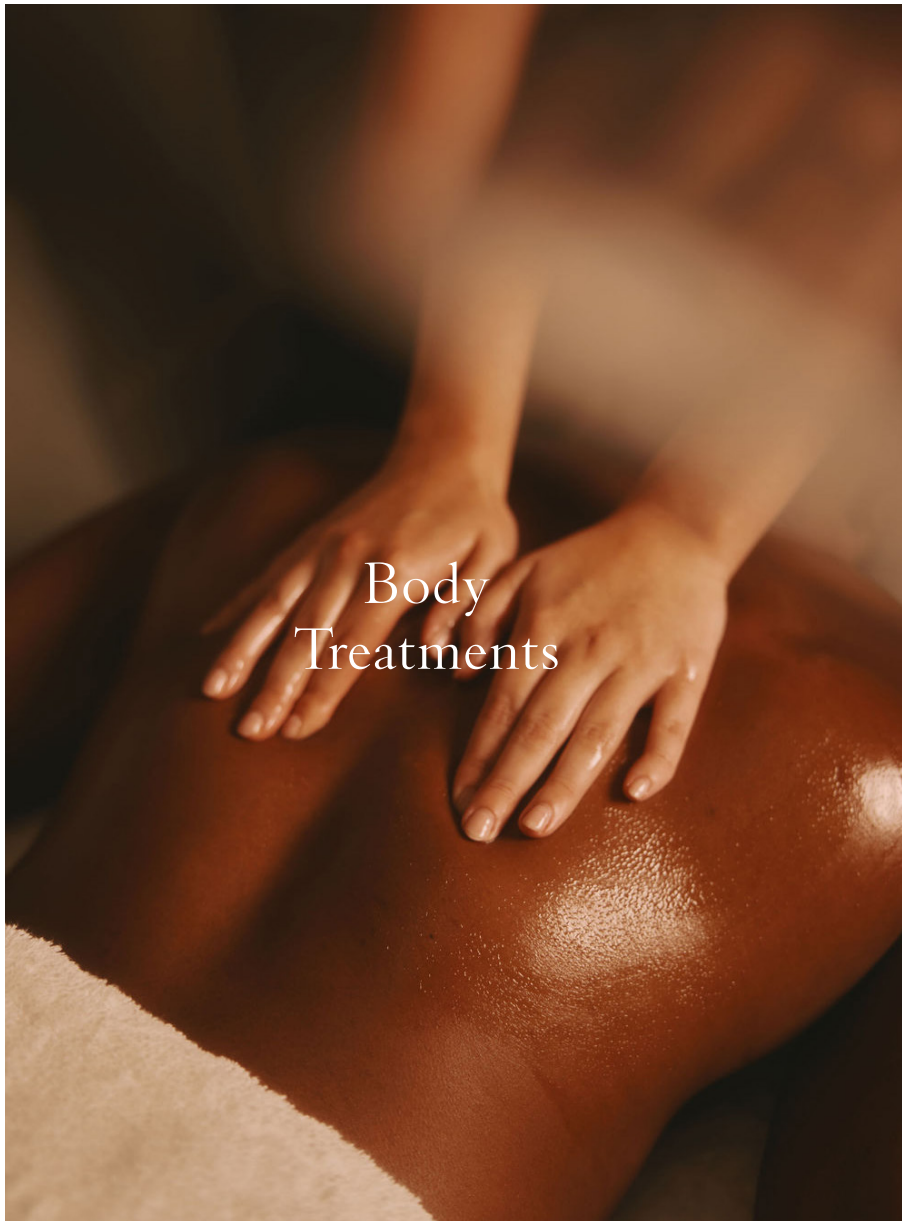
90 mins **M €230 | F €250 | P €260**

LED Facial

The Light Salon LED Facial

Enjoy a Hydrogel mask and 20-minute LED facial designed to stimulate the production of collagen and elastin, increase cell turnover, reduce inflammation and combat breakouts.

30 mins **M €50 | F €70 | P €80**



Cowshed

Natural, botanical-based products sustainably sourced to nourish and relax the face and body.

Signature

A Swedish-style massage using light to medium pressure to alleviate stress and promote deep full-body relaxation.

60 mins	M €105 F €125 P €135
90 mins	M €140 F €160 P €170

Deep Tissue

A sustained and firm pressure massage to release built-up tension and tightness held in the deeper layers of muscle and tissue.

60 mins	M €115 F €135 P €145
90 mins	M €150 F €170 P €180

Lymphatic Drainage

A classical lymphatic technique to encourage lymphatic drainage and increase detoxification.

60 mins	M €125 F €145 P €165
60 mins	M €125 F €145 P €165

Pregnancy

This gentle massage eases tension, reduces swelling, and promotes relaxation to help you feel balanced and nurtured through your pregnancy.

60 mins	M €105 F €125 P €135
90 mins	M €140 F €160 P €170

Reflexology

An ancient practice involving pressure points on the feet to clear blockages in corresponding areas of the body and promote wellbeing.

30 mins	M €55 F €75 P €85
60 mins	M €75 F €95 P €105

Salt & Scrub Signature

A deep exfoliation treatment to remove dead skin and increase circulation using body brushing, sea salt and essential oils, followed by a signature massage.

90 mins	M €150 F €170 P €180
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Contrast Stone Therapy

A deeply rebalancing treatment combining heat and cold to stimulate circulation, release tension, and awaken the body at a cellular level.

60 mins	M €120 F €140 P €160
90 mins	M €155 F €175 P €185

Relax & Refuel

Enjoy a 30 minutes Signature massage along with two dishes of your choice from starters, mains, or desserts from our menu, which can be enjoyed between 19:30 and 21:30.

30 mins	€75
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Omorovicza

Premium skincare backed by science and powered by mineral-rich Hungarian thermal waters to enhance skin health and performance.

Water Massage

A deeply restorative full-body ritual inspired by our Hungarian heritage. Performed on a warm HydraTherm cushion that mimics the sensation of floating, this treatment uses slow, wave-like massage movements to release tension and promote deep relaxation.

60 mins **M €130 | F €150 | P €160**

Gold Scrub

An exfoliating treatment that brings together the power of cane sugar and the rejuvenating properties of Colloidal gold. Designed to buff away dead skin cells, this ritual leaves the body looking radiant and feeling deeply nourished.

30 mins **M €95 | F €115 | P €125**

Firm & Sculpt

Delivering a comprehensive approach to improving skin tone and texture, enjoy a deeply restorative full body massage using our Firming Body Oil, expertly formulated to enhance elasticity and leave skin feeling silky-smooth and visibly firmer. The experience is elevated with targeted Body Gua Sha, designed to soothe tension and stimulate lymphatic drainage for a sculpted, radiant finish.

80 mins **M €220 | F €240 | P €250**

Rejuvenate & Sculpt

Face & Body Ritual A full-body massage that helps restore elasticity and smoothness, with a targeted body gua sha that enhances circulation and tone. The treatment concludes with a sculpting facial for a lifted, radiant finish.

90 mins **M €285 | F €305 | P €315**

Body Rituals by Natura Bissé

A Barcelona-born luxury skincare brand that combines advanced cosmetic science with sensorial spa experiences.

Ritual Experience Royal Citrus

A high-performance face and body ritual inspired by the antioxidant power of vitamin C. Immerse yourself in a citrus sensory experience that awakens both the skin and senses. The ritual begins with a revitalising body exfoliation and massage, followed by a Citrus Vita-Essence antioxidant and detox facial massage to stimulate microcirculation and oxygenate the skin.

90 mins **M €130 | F €170 | P €180**



Manicures

Speedy Manicure

An express file, tidy, and polish, without water.

30 mins	M €25 F €35 P €45
Shellac 45 mins	M €40 F €50 P €60

Cowshed Manicure

File and cuticle tidy and exfoliation, with a hand and arm massage.

Polish or natural buff to finish.

60 mins	M €40 F €50 P €60
Shellac 75 mins	M €55 F €65 P €75
Gel 90 mins	M €65 F €75 P €85

Ultimate Cowshed Manicure

A Cowshed Manicure, plus a hydrating mask for hands, followed by a scalp and shoulder massage to relieve tension.

Includes a complimentary Déesse Pro LED light session to support anti-ageing, skin tone, and texture.

75 mins	M €50 F €60 P €70
Shellac 90 mins	M €65 F €75 P €85
Gel 105 mins	M €75 F €85 P €95

Pedicures

Speedy Pedicure

An express file, tidy, and polish, without water.

30 mins	M €30 F €40 P €50
Shellac 45 mins	M €45 F €55 P €65

Cowshed Pedicure

File and cuticle tidy, buffing, exfoliation, plus a foot and leg massage.

Polish or natural finish.

60 mins	M €50 F €60 P €70
Shellac 75 mins	M €65 F €75 P €85
Gel 90 mins	M €75 F €85 P €95

Ultimate Cowshed Pedicure

A full Cowshed Pedicure, with a hydrating mask for feet, followed by a relaxing scalp and shoulder massage to relieve tension.

Includes a complimentary Déesse Pro LED light session to support anti-ageing, skin tone, and texture.

75 mins	M €60 F €70 P €80
Shellac 90 mins	M €75 F €85 P €95
Gel 90 mins	M €85 F €95 P €105

+Add-Ons

Gel Removal

Gel removal and file (complimentary if booked prior to a gel application treatment at Cowshed and when booked with your next application).

15 mins

M €12 | F €14 | P €16

French Polish

Classic French polish for a timeless finish. Includes precise white tips and a sheer natural pink or nude overlay for a polished look.

15 mins

M €6 | F €7 | P €8

Shellac Nail Reinforcement

An advanced Shellac treatment designed to strengthen and protect natural nails, delivering a hard, durable finish with extended wear.

15 mins

M €6 | F €7 | P €8

Head, Neck & Shoulder Massage

A relaxing dry massage incorporating pressure points. Please note, this is an add-on and must be booked with one of our hand and foot treatments.

15 mins

M €30 | F €40 | P €50

PEMF MAT

(Available for any 60mins treatment)

This Pulsed Electromagnetic Field (PEMF) therapy mat enhances energy, reduces stress, and promotes overall wellness by boosting circulation and reducing inflammation.

60 mins

M €30 | F €40 | P €50



Cryotherapy

Cryotherapy exposes the body to below freezing temperatures, helping to reduce inflammation, improve circulation, and ease muscle fatigue. This three-minute cold therapy offers a refreshing reset, designed to support recovery, boost energy levels, and rejuvenate the body.

1 session	€35
5 sessions	€150
10 sessions	€250



Haircut

Clipper haircut + styling

A precise haircut using clippers, finished with tailored styling for a clean look.

30 mins **M €30 | F €35 | P €40**

Short scissors haircut + styling

A fully handcrafted cut using scissors & clippers, perfect for short styles that need precision and natural movement.

40 mins **M €50 | F €60 | P €65**

Medium to long haircut + styling

A bespoke cut designed for medium to long hair, enhancing shape, texture and flow, finished with styling.

60 mins **M €60 | F €75 | P €80**

Clipper haircut + Beard

Complete grooming service combining a tailored clipper haircut with beard shaping and detailing.

50 mins **M €50 | F €60 | P €65**

Short scissors haircut + Styling + beard

Complete grooming service combining a tailored scissors & clippers haircut with beard shaping and detailing.

60 mins **M €65 | F €75 | P €80**

Blow Dry

Blow dry short hair

A quick, precise blow-dry designed to enhance shape, texture and natural movement for a polished, effortless finish.

30 mins **M €35 | F €45 | P €50**

Blow dry medium hair

A professional blow-dry that enhances volume, smoothness and natural movement for a clean, effortless, long lasting finish.

40 mins **M €45 | F €55 | P €60**

Blow dry long hair

Professional blow-dry for long hair, adding smoothness, movement and shine.

50 mins **M €55 | F €65 | P €70**

Colour

Tint roots to ends

Full color application from roots to ends, finished with a professional blow-dry for a flawless result.

90 mins **M €95 | F €110 | P €115**

Regrowth full-head highlights/balayage

Refresh and rebalance your highlights or balayage with a full-head regrowth service for seamless, natural-looking color.

120 mins **M €155 | F €165 | P €175**

Full head roots to ends highlights/balayage

A complete color transformation from roots to ends, creating dimension, brightness and seamless blends for a naturally sun-kissed, high-end finish.

120 mins **M €185 | F €195 | P €210**

Bleach blond platinum or pastel silver

A high-precision lightening service to achieve clean platinum or soft pastel silver tones. Includes advanced bond protection to maintain strength, shine and a flawless, modern finish.

120 mins **M €185 | F €200 | P €230**

Treatment

Full treatment Olaplex

Our most intensive repair treatment. Rebuilds broken hair bonds at a molecular level to restore strength, smoothness and shine in just 40 minutes. Ideal for colored, lightened or damaged hair.

40 mins **M €60 | F €75 | P €80**

Keratin medium hair

Keratin smoothing treatment for medium length hair, reducing frizz and enhancing shine and manageability.

120 mins **M €180 | F €200 | P €225**

Add-Ons

Spa experience (Treatment + Head massage)

15 mins **M €20 | F €25 | P €30**

Olaplex / Fiber Clinix deep treatment

20 mins **M €25 | F €30 | P €35**

Additional Haircut

A bespoke cut designed for any lengths, enhancing shape, texture and flow.

20 mins **M €30 | F €35 | P €40**



Movement

Personal Training

Welcome Pack

Includes one personal training session, one group class, and one recovery service (15 mins pressotherapy or 5min hyperice in bed).

60 min single session €60

Personal Training

30 min session (individual) €35

60 min session (individual) €60

30 min session (for two) €55

60 min session (for two) €80

5 Session Package

30 min sessions (individual) €160

60 min sessions (individual) €270

30 min sessions (for two) €255

60 min sessions (for two) €360

10 Session Package

30 min sessions (individual) €310

60 min sessions (individual) €520

30 min sessions (for two) €490

60 min sessions (for two) €690

Group Classes

Body Max, Floor 4, Stretch & Reset, Vinyasa Yoga, Mat Pilates, Barre Sculpt, Meditation & Breathwork, Power Yoga, Power Pilates, Calisthenics, Strength Lab, Adapt & Boxing.

50 mins €10

10 classes pack €50

Recovery

Pack Pressotherapy

Compression boots to boost circulation and reduce fatigue, perfect after training.

15 min single session €25

5 Sessions €95

Recovery Massage

(Manual Massage + Massage Gun)

Targeted muscle relief to release tension and support recovery post-training.

25 mins €45

Move & Refuel

Enjoy a personal training session along with a dish from the "Move & Refuel" menu. Available from 8:00h to 12:30h.

1 session €65

10 sessions €600

Terms & Conditions

Arrival

Please arrive 10 minutes before your appointment to check in.

If you arrive late your appointment will be shortened accordingly, out of consideration for the next customer.

Cancellations

If you need to change or cancel an appointment, we ask that you give us 24 hours notice or the full cost of the treatment will be charged.

(Please note that we request credit card details to secure bookings.)

Age Policy

No one under the age of 14 is permitted in our spas. Our treatments are specially tailored for adults. However, we do offer treatments to those aged 16-18 with parental consent.

Health Conditions

When making your booking, please advise us of any health conditions and any medication you are taking.

For certain medical conditions we will require written permission from your doctor to proceed. Please speak to our spa team for more information.

Pregnancy

We offer a specialised menu of maternity treatments. If you are pregnant, please inform your therapist to allow us to tailor your experience.

(Please note our pregnancy and safety policy: no treatments can be given in the first 12 weeks of pregnancy.)

Soho Friends

Soho Friends offer 25% off Cowshed products and a Friend's rate for treatments. Plus access to Soho House bedrooms, studio spaces, and events, as well as additional benefits at our restaurants and cinemas globally.

For more information or to book:

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