

SOHO HEALTH CLUB

SOHO HOUSE BARCELONA

Treatment Menu



Facial Treatments

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**

Biologique Recherche

Results-driven skincare powered by concentrated formulas designed to rebalance and restore skin health.

Oxygen Facial

A Biologique Recherche facial designed to restore skin balance through deep detoxification and enhanced oxygenation. This treatment eliminates impurities, protects against environmental stressors and reactivates cellular activity, leaving the skin visibly brighter, smoother & revitalised.

75 mins **M €160 | F €180 | P €190**

The Lift

A results-driven facial designed to restore firmness, improve elasticity, and redefine facial contours. Through a combination of advanced exfoliation and sculpting techniques, this treatment works to strengthen the skin's structure and support its natural regenerative processes. Skin feels firmer, more lifted and visibly refined, with improved tone and definition.

90 mins **M €175 | F €195 | P €205**

Radiance Reset

A targeted Biologique Recherche facial designed to restore luminosity while rebalancing and refining uneven skin tone. Using high-performance formulations, this treatment helps improve clarity, support skin renewal, and soften areas where tone appears irregular. The complexion appears brighter, more even and revitalised, with a natural healthy glow.

90 mins **M €175 | F €195 | P €205**

Experiences

Reset Journey

A restorative face and recovery ritual combining the Oxygen Facial with LED light therapy and compression boots to boost circulation, revive tired skin and support full-body recovery. Designed to leave you feeling brighter, recharged and reset.

90 mins **M €195 | F €215 | P €225**

Sculpt & Recover

A results-focused recovery experience pairing our Lift Facial with a deep tissue massage and compression therapy to release muscular tension, sculpt facial contours and support circulation.

120 mins **M €275 | F €295 | P €305**

Total Ritual

A head-to-toe wellness experience combining the Radiance Reset Facial, signature full body massage, compression boots and red light therapy to relax the nervous system, restore glow and support deep recovery from within.

145 mins **M €295 | F €315 | P €325**

Soho Skin

Skincare designed to hydrate and strengthen for radiant, healthy skin.

Balancing Facial

A gentle, deeply hydrating facial focused on oxygenation, balance, and natural radiance. Suitable for all skin types, particularly sensitive skin, and also fully suitable during pregnancy.

40 mins **M €70 | F €90 | P €100**

Sculpt & Lift Facial

A more active facial treatment designed to work the facial muscles, support firmness, and enhance the natural definition.

40 mins **M €75 | F €95 | P €105**

LED Facial

A restorative LED light therapy designed to boost circulation, support cellular renewal and restore luminosity, leaving the skin refreshed, balanced, and visibly revived.

30 mins **M €45 | F €50 | P €55**

Skin Consultation

An in-chair consultation to review your skin and tailor a treatment or skincare plan that's best suited to your needs. The cost of your consultation is redeemable on products.

20 mins **M €20 | F €25 | P €30**

Add-Ons

All 15 mins **€35**

Oxygen Infusion

Instantly revitalise, hydrate and soothe the skin.

Cryotherapy

Reduces inflammation and toxins.

Massage

Your choice of a head, foot, hand or shoulder massage.

Hydrogel Mask

Hydration to plump and nourish dry skin.

LED Light

Boosts circulation, reduces redness, and stimulates collagen.

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**

HydraFacial Add-Ons

Eye Perk

Localised application of the booster on the eye contour to improve its texture and appearance.

15 mins **M €70 | F €90 | P €100**

Lip Perk

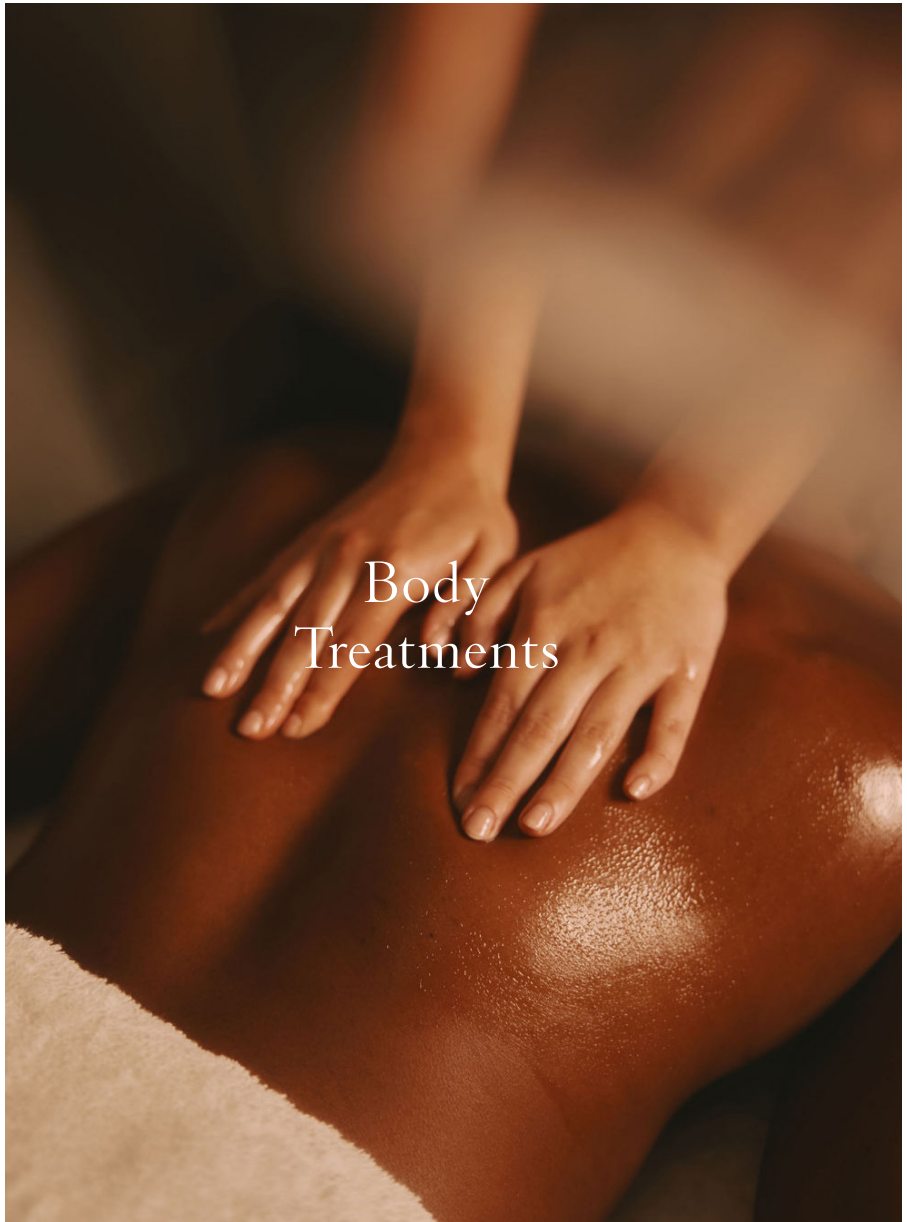
Localised application of the booster on the lips to improve their texture, volume, and appearance.

15 mins **M €70 | F €90 | P €100**

Neckline Treatment

Rejuvenating neck and neckline treatment: begins with exfoliation and continues with the application of the booster together with LED light therapy.

45 mins **M €130 | F €150 | P €160**



Cowshed

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

Signature

A deeply relaxing massage combining tailored techniques with a selection of signature Cowshed oils to restore balance to the body and mind.

60 mins **M** €105 | **F** €125 | **P** €135

90 mins **M** €140 | **F** €160 | **P** €170

Deep Tissue

A targeted treatment designed to release deep muscular tension, ease tightness, and support physical recovery.

60 mins **M** €115 | **F** €135 | **P** €145

90 mins **M** €150 | **F** €170 | **P** €180

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

Lymphatic Drainage

A gentle, rhythmic massage designed to stimulate lymphatic flow, reduce fluid retention and support detoxification, leaving the body feeling lighter and refreshed.

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

Reflexology

A restorative therapy focusing on reflex points to promote relaxation, improve circulation, and encourage overall wellbeing.

30 mins **M** €55 | **F** €75 | **P** €85

60 mins **M** €75 | **F** €95 | **P** €105

Salt & Scrub Signature

A personalised full body exfoliation tailored to your skin's needs. Designed to smooth, renew and awaken the skin, it's followed by a relaxing signature massage to nourish the body, restore balance, and enhance a natural, healthy glow.

60 mins **M** €120 | **F** €140 | **P** €160

90 mins **M** €155 | **F** €175 | **P** €185

Aromatherapy Ritual

A bespoke aromatherapy ritual powered by tailored essential oil blends to restore balance between body and mind. Slow, intentional movements and warm aromatic infusions work to release deep tension and quiet the nervous system.

90 mins **M** €160 | **F** €180 | **P** €190

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

Body Treatment Add-Ons

Scalp & Hair Ritual

A deeply relaxing scalp ritual designed to release tension, nourish the scalp, and restore a sense of calm and balance. Ideal for stress, fatigue, and mental reset.

30 mins €60

Foot Soak & Scrub

A refreshing, exfoliating foot ritual combining warm soaking and gentle scrubbing to soften the skin, relieve tired feet, and restore comfort.

30 mins €45

Foot & Hand Wraps

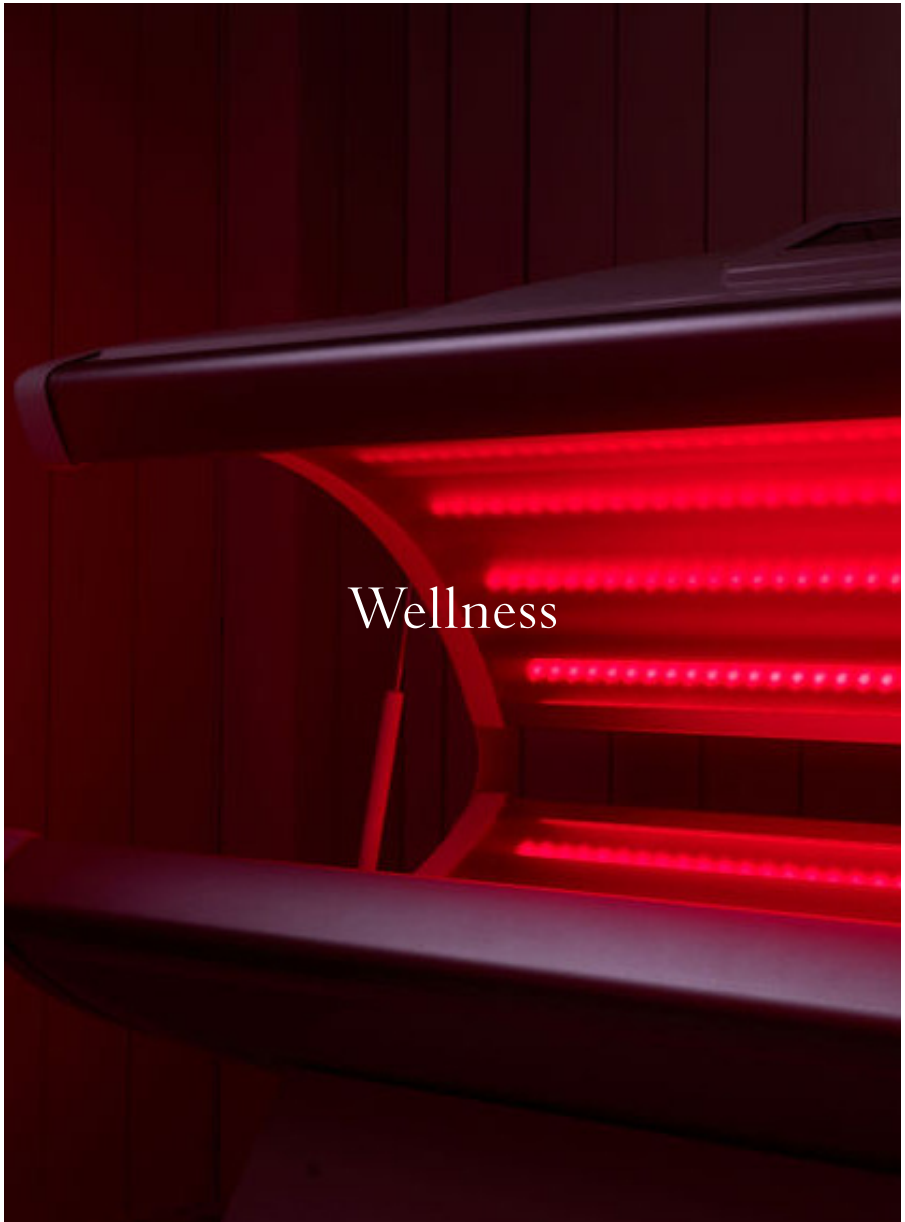
Nourishing wraps for hands and feet that are designed to hydrate, soften and restore comfort to dry or tired skin, while encouraging deep relaxation.

45 mins €60

Red Light Therapy (PBM)

A restorative light therapy treatment that's designed to support recovery, reduce visible signs of inflammation, and promote relaxation and wellbeing.

30 mins €55



Wellness Rituals

Enjoy one of our signature wellness rituals, thoughtfully designed to calm the mind, ease tension and restore balance.

Reset Ritual

Includes a 15-minute steam and sauna to gently activate circulation, followed by a targeted 60-minute lymphatic drainage massage designed to reduce fluid retention and support natural detoxification. The experience is completed with red light therapy to calm and rebalance the skin, and a replenishing electrolyte or herbal elixir to restore hydration from within.

95 mins **M €160 | F €180 | P €190**

Hydrate Ritual

Includes a 15-minute steam and sauna to gently warm the body and prepare the skin, followed by an Instant Hydrate Facial enhanced with LED light to deeply hydrate and restore radiance. The experience is completed with a replenishing electrolyte elixir to support hydration from within.

75 mins **M €115 | F €135 | P €145**

Performance Ritual

Train your face like you train your body. Includes a dynamic express sculpt & lift facial to tone and boost circulation, followed by LED light to enhance skin recovery and radiance. The experience is completed with compression boots to support circulation, reduce muscle fatigue, and optimise post-training recovery.

90 mins **M €140 | F €160 | P €170**

Unwind Ritual

Drift into deep relaxation and restore balance. Includes a signature full-body massage to release tension and calm the nervous system, followed by a soothing scalp ritual to ease the mind and promote deep relaxation. The experience is completed with red light therapy to gently restore balance and support overall wellbeing.

105 mins **M €185 | F €160 | P €215**

Recovery Ritual

Optimise recovery and restore physical balance. Includes a 60-minute deep tissue massage to target muscular tension and support recovery, followed by red light therapy to reduce inflammation and promote healing. The experience is completed with compression boots to enhance circulation, accelerate recovery, and leave the body feeling restored.

120 mins **M €175 | F €195 | P €205**

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 to 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).

For more information or to book:

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