

Cowshed Unwind Hydrate

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 €80 F €100 P €110**

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 €140 F €160 P €170**

Omorovicza Performance

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

Blue Diamond Radiance Facial

Revitalise dull skin with a double exfoliation powered by Omorovicza's Blue Diamond Collection to refine and energise the complexion. A sculpting quartz gua sha massage boosts circulation, while a traditional Hungarian facial massage lifts and oxygenates, revealing a firmer, more radiant glow.

60 mins **M €200 F €220 P €230**

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 €300 F €320 P €330**

SkinCeuticals Regenerate

Advanced skincare formulated to prevent, correct and protect.

Double Detox

A targeted cleanse and exfoliation treatment, stimulating skin renewal and tone.

60 mins **M** €175 **F** €195 **P** €205

Bespoke +

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

90 mins **M** €210 **F** €230 **P** €240

HydraFacial Hydrate Regenerate

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

HydraFacial Signature

Uses the signature HydraFacial multi-step process that combines deep cleansing, exfoliation, extraction and hydration, plus advanced serums and a customisable mask to target concerns such as ageing, and uneven texture for rejuvenated skin.

60 mins **M** €230 **F** €250 **P** €260

HydraFacial +

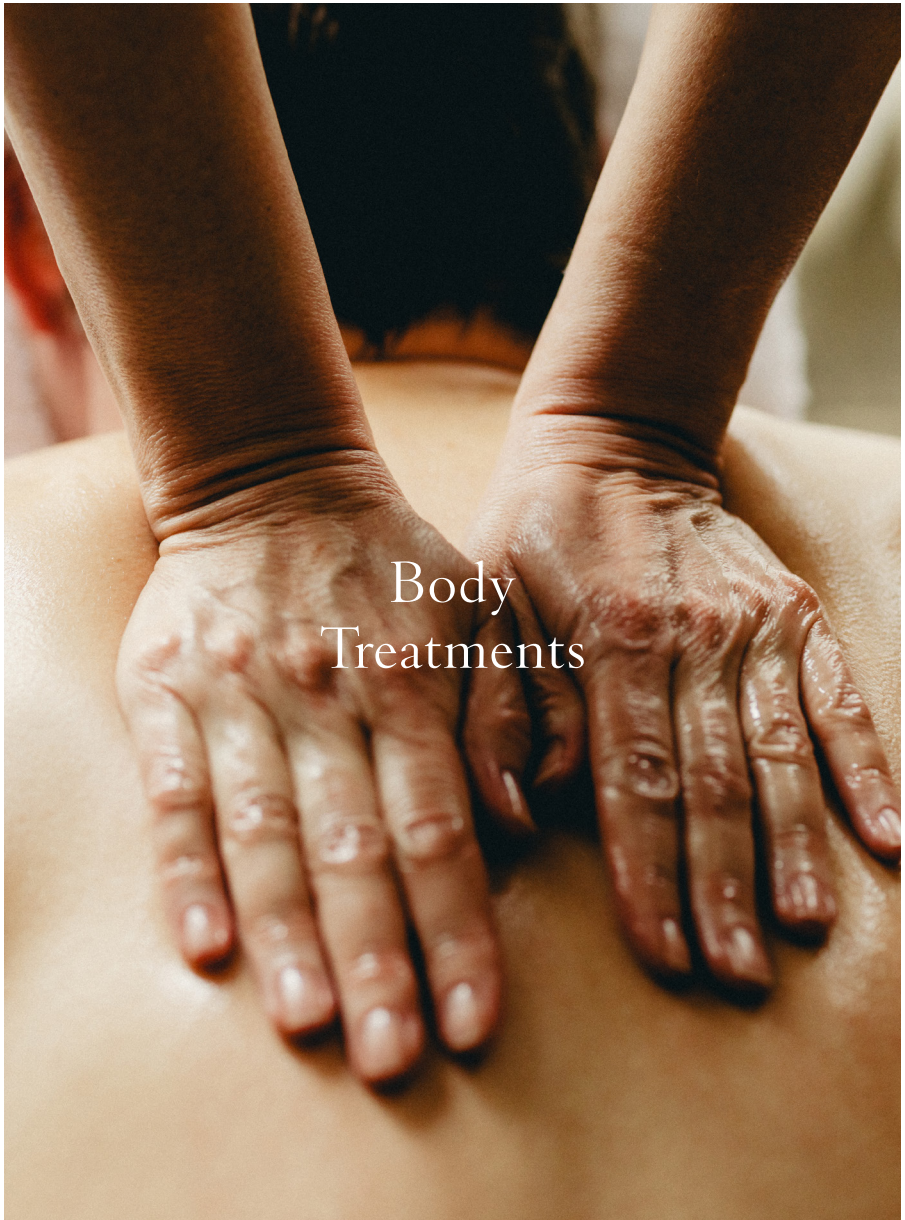
Includes the HydraFacial Signature, plus a customisable mask and cryo orbs to brighten, as well as LED therapy to stimulate collagen production.

90 mins **M** €285 **F** €305 **P** €315

LED Light Therapy

Features a Hydrogel mask and LED facial to stimulate the production of collagen and elastin, increase cell turnover, reduce inflammation, and combat breakouts.

30 mins **M** €65 **F** €85 **P** €95



Body Treatments

Cowshed

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

Signature Massage Unwind

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

30 mins	M €95	F €115	P €125
60 mins	M €150	F €170	P €180
90 mins	M €200	F €220	P €230

Reflexology Unwind

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

30 mins	M €110	F €130	P €140
60 mins	M €155	F €175	P €185

Deep Tissue Massage Recover Enhance

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

30 mins	M €115	F €135	P €145
60 mins	M €170	F €190	P €200
90 mins	M €220	F €240	P €250

Pregnancy Massage Unwind

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

60 mins	M €150	F €170	P €180
90 mins	M €200	F €220	P €230

Salt Scrub & Signature Massage Regenerate

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 €200	F €220	P €230
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Lymphatic Massage Regenerate

A Brazilian flow technique to encourage lymphatic drainage, increase detoxification and sculpt the body.

60 mins	M €150	F €170	P €180
90 mins	M €200	F €220	P €230

Omorovicza Performance

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

Radiant Body Glow

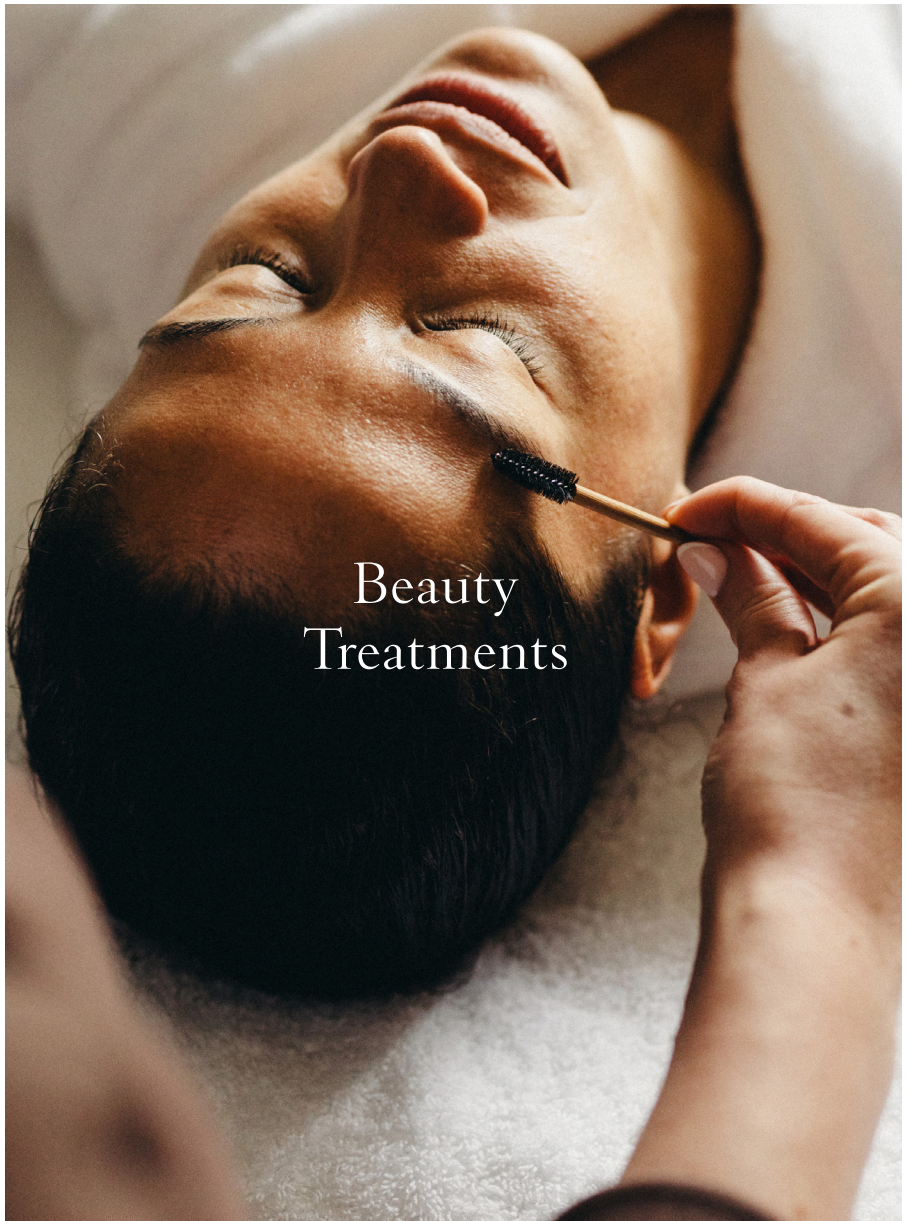
An indulgent full-body treatment designed to leave skin glowing and refined. A soothing foot bath and sound healing ground the senses, followed by a circulation-boosting and exfoliating Gold Sugar Scrub. A revitalising massage with Gold Shimmer Oil deeply hydrates and imparts a subtle sheen. The treatment finishes with a sculpting copper gua sha massage to release tension and contour the body.

90 mins **M** €290 **F** €310 **P** €320

Gold Sculpt

A luxurious head-to-toe treatment combining deep relaxation with visible contouring. Begin with a grounding foot bath and sound healing, followed by a Gold Sugar Scrub exfoliation and a sculpting body massage with Gold Shimmer Oil and targeted gua sha to tone and boost circulation. The ritual concludes with a lifting facial using Colloidal Gold and Omorovicza's Hungarian massage, leaving the skin firm, radiant and glowing.

120 mins **M** €340 **F** €360 **P** €370



Beauty Treatments

Hands and Feet

Speedy Manicure

File, tidy and polish without water.

30 mins **M €45 F €50 P €55**

45 mins (gel) **M €60 F €65 P €70**

Cowshed Manicure

File and cuticle tidy, exfoliation with a hand and arm massage. Polish or natural buff to finish.

60 mins **M €60 F €65 P €70**

75 mins (gel) **M €75 F €80 P €85**

Ultimate Cowshed Manicure

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

75 mins **M €70 F €75 P €80**

90 mins (gel) **M €85 F €90 P €95**

Speedy Pedicure

File, tidy and polish without water.

30 mins **M €50 F €55 P €60**

45 mins (gel) **M €65 F €70 P €75**

Cowshed Pedicure

File and cuticle tidy, buffing, exfoliation, and a foot and leg massage. Polish or natural finish.

60 mins **M €75 F €80 P €85**

75 mins (gel) **M €90 F €95 P €100**

Ultimate Cowshed Pedicure

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

75 mins **M €90 F €95 P €100**

90 mins (gel) **M €105 F €110 P €115**

+Add-Ons

Gel Removal and file

Complimentary if booked prior to a gel application treatment at Soho Health Club and when booked with your next application.

15 mins **M €10 F €12 P €18**

French Polish

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

15 mins **M €6 F €8 P €10**

Head, Neck & Shoulder Massage

Relaxing dry massage incorporating pressure points. This treatment is an add-on and must be booked alongside one of our hand and foot treatments.

15 mins **M €15 F €30 P €35**

Brows

Brow Tint

Define and enhance your brows with a custom tint tailored to your features.

15 mins **M €25 F €30 P €35**

Brow Shape

Achieve perfectly shaped brows with expert techniques tailored to your face and preferences.

30 mins **M €30 F €35 P €40**



Lazy Forest

Onsen Baths

Unwind with a restorative soak in our onsen baths, inspired by traditional Japanese bathing. Set overlooking the scenic views of Ibiza, the private warm baths offer a calming reset, helping to ease muscles, quieten the mind and restore balance.

60 mins €65

Contrast Suites

Overlooking the natural landscape of Ibiza, this peaceful sanctuary blends heat with cold immersion to support deep recovery. Begin by settling into the warmth of the infrared and traditional sauna, allowing your body to unwind, before moving into an invigorating ice bath to boost circulation and build resilience. This private contrast experience is designed to help reduce inflammation, support muscle recovery, and enhance overall wellbeing.

90 mins €50

IV Infusions

Curated by Body Brilliant, each infusion is tailored to optimise your health, hydration and performance from within

Ultimate Detox & Reset

A deep-cleansing infusion to flush toxins, rehydrate and revive low energy.

40 mins **M €350 F €365 P €380**

Skin Brightening & Glow

Target dull, dehydrated skin with a glow-boosting, anti-ageing IV.

30 mins **M €295 F €310 P €325**

Add NAD+ 4u Injection Booster
(50mg) **€140**

Immunity & Energy

Fortify your system and fight fatigue with a powerful immunity blend.

40 mins **M €355 F €370 P €385**

Happy Drip

Lift your mood and calm your mind with this serotonin-supporting blend.

30 mins **M €295 F €310 P €325**

Add L-Carnitine (1g) **€65**

Anti-Ageing Metabolic Boost

An intensive anti-ageing formula to support cell renewal and metabolic function.

40 mins **M €355 F €370 P €385**

Add 'Master Detoxifier' Glutathione
Booster (600mg) **€75**

Bespoke Myers Advanced Formula + Essential Amino Acids & Glutathione

A fully customisable blend to combat burnout, fatigue and boost brain function.

40 mins **M €410 F €425 P €440**

Mini IV Drip – Hydration + Electrolytes with High Dose Vit C

Quick, effective hydration and energy support when you need it most.

20 mins **M €225 F €240 P €255**

Hangover Be Gone

Fast-track your recovery with targeted detox, liver support and hydration.

45 mins **M €325 F €340 P €355**

Add Serotonin Booster **€90**

Deluxe Jet Lag

Reset post-travel with a blend to reduce bloating, fatigue and fluid retention.

30 mins **M €410 F €425 P €440**

Nad+ 4U SC Injection

Nad+ 4U Booster

A powerful pick-me-up to restore energy, clarity and performance.

10 mins **M €140 F €155 P €170**

IM Vitamin Shots

Vitamin B12

Energise and support mental clarity, mood, and cell health.

10 mins **M €75 F €80 P €85**

Vitamin D

Strengthen immunity, mood, and bone health.

10 mins **M €85 F €90 P €95**

Biotin - Vitamin H

Support healthy hair, skin, nails, and metabolic function.

10 mins **M €65 F €70 P €75**

NAD+ 4U IV

Drip Only Regenerate Performance

Optimise cellular repair, boost cognitive function, and enhance vitality.

NAD + 250MG

45 mins **M €435 F €450 P €465**

NAD + 500MG

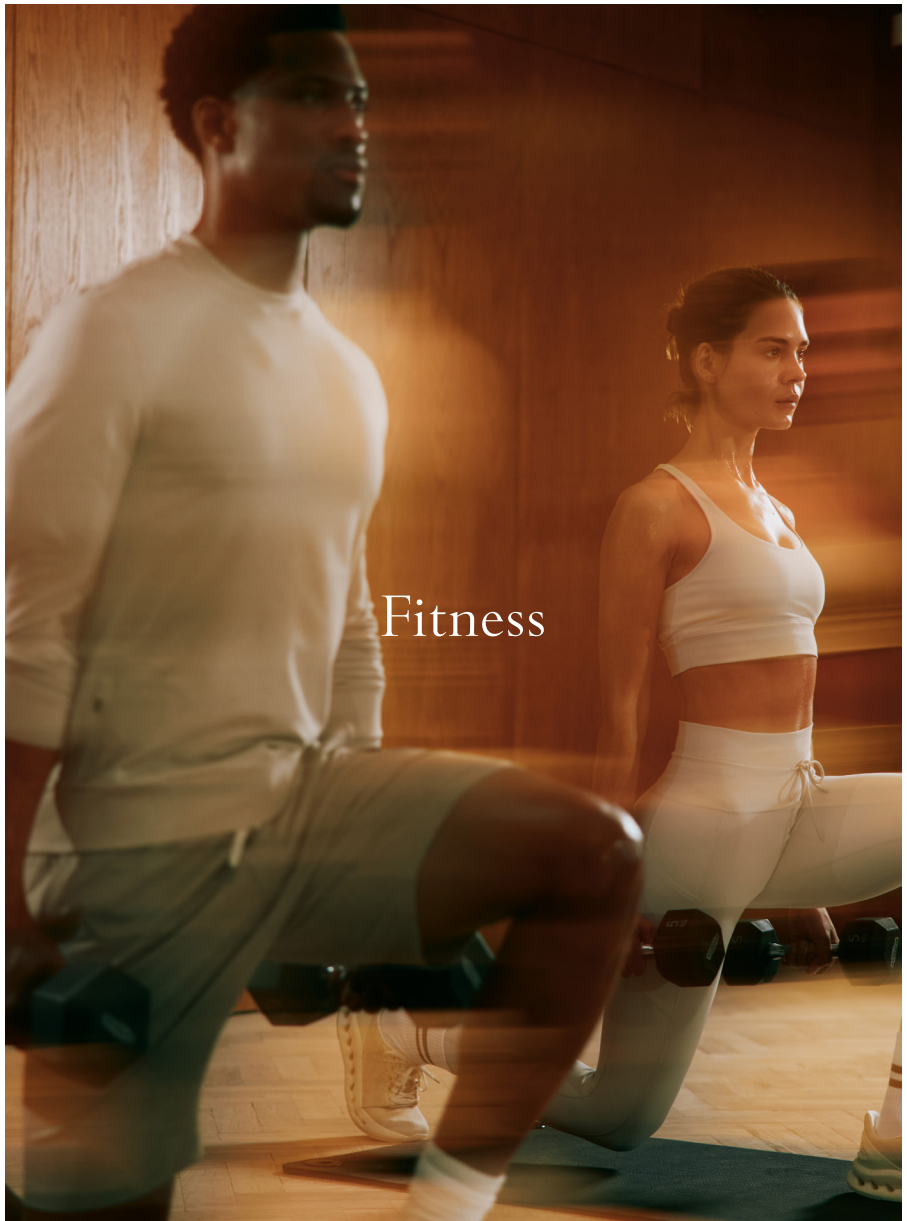
60 mins **M €670 F €685 P €700**

Higher doses available upon request.

Compression Therapy

Boost recovery with compression therapy, designed to improve circulation, reduce swelling and rejuvenate tired muscles for faster relief and enhanced performance.

30 mins **M €25 F €25 P €25**



Fitness Sessions

Personal Training

Our signature personal training sessions give you the skills, knowledge and motivation to move and feel better. Following a detailed consultation, you'll work one to one with your dedicated trainer to create a personalised plan that's based on your goals.

60 mins One person €70
Two people €110

Private Boxing

Experience a personalised boxing workout designed to build strength, confidence, and resilience. This one-on-one session blends authentic boxing techniques with functional conditioning, cardio, and mindful movement, tailored to your fitness level and goals.

60 mins One person €70
Two people €110

Assisted Stretching & Recovery

Enhance your flexibility and recovery with one-on-one assisted stretching. Designed to improve mobility, each session blends multiple proven techniques for maximum results. These sessions help reduce tension, improve posture, and enhance overall performance – all in a calm environment.

45 mins €75

Technogym Check-Up

Technogym can help you reach your health goals from the inside out using advanced measurement technology and AI to provide assessment for physical and cognitive conditions. The Technogym Check-Up 3D assistant provides detailed results, showing progression and abilities to improve.

30 mins €35

Pilates

A low-impact private session focused on building core strength and enhancing flexibility. Using precise mindful movements, this practice targets deep muscles to promote balance and a stronger, more aligned body.

60 mins One person €70
Two people €110

Yoga

This private class is designed to create a fluid and engaging experience combining movement, strength and mindfulness to leave you feeling both energised and grounded.

60 mins One person €70
Two people €110

Terms & Conditions

Arrival

Please arrive 10 minutes before your appointment to check in. If you arrive late, your appointment will be shortened 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, but we do offer them to those aged 16 to 18 with parental consent.

Health Conditions

When making your booking, please advise us of any health conditions and 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. Inform your therapist if you are pregnant 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 can enjoy 25% off Cowshed products and a special rate on treatments. Plus, access to Soho House bedrooms, studio spaces and events, as well as other benefits at our restaurants and screening rooms globally.

For more information or to book:
farmhouseibiza@sohohealthclub.com
+34 971 197 700



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sohohouse.com