

FACIAL TREATMENTS

COWSHED

Unwind + Hydrate

INSTANT HYDRATE 30 min

M £65 | F £75 | P £85

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

SIGNATURE 60 min

M £110 | F £120 | P £130

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

SKINCEUTICALS

Regenerate

MICRO PEEL 30 min

M £100 | F £110 | P £120

Expertly crafted skincare peel designed to exfoliate, refine pores, and enhance overall skin texture and tone.

DOUBLE DETOX 60 min

M £140 | F £150 | P £160

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

BESPOKE + 90 min

M £165 | F £175 | P £185

A highly personalised facial treatment combining targeted cleansing solutions, 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.

HYDRAFACIAL

Hydrate + Regenerate

HYDRAFACIAL SIGNATURE 60 min

M £200 | F £210 | P £220

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.

HYDRAFACIAL + 90 min

M £235 | F £245 | P £255

Includes the HydraFacial Signature along with a customisable mask and cryo orbs to enhance brightness, and LED therapy to stimulate collagen production and support skin healing.

LED FACIAL

Regenerate + Recover

LED FACIAL 30 min

M £55 | F £65 | P £75

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.

FACIAL TREATMENT ADD ONS		
HYDROGEL SHEET MASK & CRYOTHERAPY 15 min <div>Hydrate + Recover</div>		
Elevate your treatment with Cryo orbs, designed to reduce puffiness, improve circulation and soothe inflammation. The application of a hydrogel sheet mask deeply hydrates and provides an overall glow.		

COWSHED BODY TREATMENTS		
SIGNATURE <div>Unwind</div>		
A Swedish-style massage using light to medium pressure to alleviate stress and promote deep full-body relaxation.		
30 min	M £75 F £85 P £95	
60 min	M £125 F £135 P £145	
90 min	M £165 F £175 P £185	

DEEP TISSUE <div>Recover + Enhance Performance</div>		
A sustained and firm pressure massage to release built-up tension and tightness held in the deeper layers of muscle and tissue.		
30 min	M £100 F £110 P £120	
60 min	M £145 F £155 P £165	
90 min	M £185 F £195 P £205	

SALT SCRUB & SIGNATURE MASSAGE <div>Regenerate</div>		
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 min	M £170 F £180 P £190	

LYMPHATIC <div>Regenerate</div>		
A Brazilian flow technique to encourage lymphatic drainage, increase detoxification and sculpt the body.		
60 min	M £155 F £165 P £175	
90 min	M £195 F £205 P £215	

REFLEXOLOGY <div>Unwind</div>		
An ancient practice involving pressure points on the feet, hands and ears to clear blockages in corresponding areas of the body and promote wellbeing.		
30 min	M £95 F £105 P £115	
60 min	M £130 F £140 P £150	

PREGNANCY MASSAGE <div>Unwind</div>		
This gentle massage eases tension, reduces swelling and promotes relaxation to help you feel balanced and nurtured through your pregnancy.		
60 min	M £125 F £135 P £145	
90 min	M £190 F £200 P £210	

MANICURES		
SPEEDY MANICURE 30 min	M £35 F £40 P £45	
SPEEDY GEL MANICURE 45 min	M £50 F £55 P £60	
File, tidy and polish without water.		
COWSHED MANICURE 45 min	M £50 F £55 P £60	
COWSHED GEL MANICURE 60 min	M £65 F £70 P £75	
File and cuticle tidy, exfoliation with hand and arm massage.		
Polish or natural buff to finish.		

ULTIMATE COWSHED MANICURE 60 min	M £60 F £65 P £75
ULTIMATE COWSHED GEL MANICURE 75 min	M £75 F £80 P £90
Cowshed Manicure plus a hydrating mask for hands followed by a scalp and shoulder massage to relieve tension.	

NAKED MANICURE 45min	M £50 F £55 P £60
A polish-free manicure designed to recover the nailbed. This is best used between gel polish application or simply whenever you want healthy, natural nails.	

PEDICURES		
SPEEDY PEDICURE 30 min	M £40 F £45 P £50	
SPEEDY GEL PEDICURE 45 min	M £55 F £60 P £65	
Speedy file, tidy and polish without water.		
COWSHED PEDICURE 60 min	M £60 F £65 P £70	
COWSHED GEL PEDICURE 75 min	M £75 F £80 P £85	
File and cuticle tidy, buffing, exfoliation, foot and leg massage. Polish or natural finish.		

ULTIMATE COWSHED PEDICURE 75 min	M £70 F £75 P £85
ULTIMATE COWSHED GEL PEDICURE 90 min	M £85 F £90 P £100
A full Cowshed Pedicure with a hydrating mask for feet followed by a relaxing scalp and shoulder massage to relieve tension.	

NAKED PEDICURE 60 min	M £60 F £65 P £70
A polish-free Pedicure designed to recover the nailbed. This is best used between gel polish application or simply whenever you want healthy, natural nails.	

MANICURES AND PEDICURES ADD ONS		
GEL REMOVAL 15 min	M £10 F £12 P £15	
Gel removal and file (complimentary if booked prior to a gel application treatment at Cowshed and when booked with your next application)		
HEAD, NECK & SHOULDERS MASSAGE 15 min	M £20 F £22 P £24	
Relaxing dry massage incorporating pressure points. Please note, this is an add on & must be booked alongside one of our hands & feet treatments.		

FRENCH POLISH 5 min	M £4 F £5 P £6		
Classic French polish with a timeless finish. Includes precise white tips and a sheer natural pink or nude overlay for a polished, elegant look.			

JENNIFER YOUNG		
Specialist treatments for those living with and beyond cancer		

BALANCE BODY & MIND MASSAGE 60 min	M £125 F £135 P £145
Your therapist will identify which chakras you would like to balance during this therapeutic light touch massage, which uses crystals and 100% natural oils suitable for sensitive skin to restore harmony and wellbeing.	

INDULGENT MASSAGE 60 min	M £125 F £135 P £145
This bespoke light touch massage will be tailored to your therapist to suit your needs using 100% natural oils that are suitable for sensitive skin. The treatment can be extended to include the scalp.	

SPECIALIST MANICURE 60 min	M £55 F £60 P £65
Your therapist will use peach kernel and macadamia nut oils in a manicure specifically designed for sensitive skin and nails. Enjoy your treatment in our comfy Cowshed armchair or in a private room upon request.	

SPECIALIST PEDICURE 60 min	M £60 F £65 P £75	
Jennifer Young's nourishing foot balm and oils are massaged into feet in a pedicure designed for sensitive skin and nails. Enjoy your treatment in our comfy Cowshed armchair or in a private room upon request.		

LIFTING AND REJUVENATING FACIAL 60 min	M £110 F £120 P £130	
Specialist techniques including massage, gentle acupressure and crystals are combined with natural products in this treatment for face and scalp.		

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; 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. 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 benefits include 25% off Cowshed and Soho Skin products, as well as members’ rates on treatments. Plus, access to Soho House bedrooms, studio spaces and events, alongside benefits at our restaurants and screening rooms globally.



FOR MORE INFORMATION OR TO BOOK:
cowshed.babington@sohohouse.com | 01373 812 266



BEAUTY

BROW

BROW TINT 15 min M £20 | F £25 | P £30
Define and enhance your brows with a custom tint tailored to your specific features.

BROW SHAPE 30 min M £28 | F £30 | P £35
Achieve perfectly shaped brows with expert techniques tailored to your face and preferences, ensuring a refined and elevated finish.

BROW LAMINATION 90 min M £100 | F £110 | P £120
Achieve sleek, fuller-looking brows with our advanced lamination treatment. This innovative process lifts, smooths and sets brow hairs in place, creating a refined and long-lasting finish that enhances your natural shape.

BROW TINT AND SHAPE 30 min M £40 | F £45 | P £50
Combine the precision of shaping with the definition of tinting for brows that are perfectly tailored and naturally enhanced.

LASH

LASH TINT 30 min M £25 | F £30 | P £35
Define your lashes with a semi-permanent tint, adding depth and intensity for a natural yet striking look without the need for mascara.

LASH LIFT AND TINT 60 min M £80 | F £85 | P £90
Enhance your lashes with a lift that boosts length and curl, paired with a tint for depth and definition. This treatment delivers natural-looking results that last up to six weeks.

WAXING

Experience bespoke waxing tailored to your needs. Lycon Hot Wax, perfect for sensitive skin and coarse hair, ensures intimate and facial areas are left soft, smooth and irritation-free. Strip Wax, enriched with soothing tea tree oil, is ideal for larger areas like legs and arms, leaving skin calm and hair-free.

FULL LEG 45 min M £45 | F £50 | P £55
HALF LEG 30 min M £35 | F £40 | P £45
HIGH BIKINI 30 min M £40 | F £45 | P £50
BASIC BIKINI 30 min M £30 | F £35 | P £40
BRAZILIAN | HOLLYWOOD 45 min M £60 | F £65 | P £70
CHEST | BACK 30 min M £50 | F £55 | P £60
CHIN | LIP 15 min M £15 | F £16 | P £18
FULL ARM 45 min M £35 | F £40 | P £45
HALF ARM 30 min M £25 | F £30 | P £35
UNDER ARM 15 min M £20 | F £25 | P £30

THE BOTANICALS

THE TREATMENTS

Signature to Babington House, these treatments draw on natural elements and traditional techniques to promote deep relaxation and well-being. Each experience is thoughtfully designed to nurture both body and mind through personalised care.

MARHALIKA MASSAGE 75 min M £150 | F £160 | P £170
A full body massage using gentle stretching and pressure point work along your body’s energy channels for total relaxation.

MARHALIKA FACIAL 60 min M £120 | F £130 | P £140
A deep cleansing facial incorporating thread techniques, honey and pressure point massage over the face, head and arms.

REIKI
60 min M £135 | F £145 | P £155
90 min M £185 | F £195 | P £205
Reiki is a deeply restorative energy healing treatment that balances and harmonises your body’s natural energy flow. Every session is intuitively tailored to your needs, creating a truly personalised healing experience.

THE EXPERIENCE

SOAK RITUALS M £50 | F £60 | P £70
Relax in a private jacuzzi bath overlooking Babington House tranquil Walled Garden. Enjoy a clay face mask and a natural soak ritual of your choice, with access to the sauna, cold plunge showers, and indoor and outdoor lounge spaces.

Choose from the following Rituals:
UNWIND: Epsom Spa Salts to ease muscle tension and soften skin.
REGENERATE: Magnesium Salt Flakes to replenish minerals and support skin health.
RECOVERY: Himalayan Spa Salts to aid detoxification and recovery with 84 trace minerals.

MUD
A self-applied mud treatment in a private gentle steam room which will draw out impurities from the skin. whilst gently exfoliating and improving the condition of the skin. *Please bring your swimming costume.
For one M £55 | F £65 | P £75
For two M £75 | F £85 | P £95

SOHO HEALTH CLUB
TREATMENT MENU