

SOHO HEALTH CLUB
POOL HOUSE
BARCELONA

Treatment Menu



Facial Treatments

Cowshed Unwind Hydrate

Cowshed Instant Hydrate

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

30 mins

M €70 | F €80

Cowshed 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 €120 | F €130

SkinCeuticals Regenerate

SkinCeuticals Double Detox

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

60 mins

M €160 | F €170

SkinCeuticals Bespoke +

A highly personalised facial treatment combining targeted cleansing solutions, exfoliation techniques, anti-inflammatory and detoxifying masks, plus quick-absorbing serums and moisturisers.

This customised approach addresses individual skin concerns for the best possible results.

90 mins

M €185 | F €195

Omorovicza Performance

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 €210 | F €220

The Illuminating Glow Facial

A radiance restoring treatment that combines double exfoliation with vitamin C to brighten and correct pigmentation. Utilising the signature Hungarian facial massage, along with a Derma Eye massage to boost oxygenation, lift the skin and refresh tired eyes for a revitalised, youthful glow.

75 mins

M €195 | F €205

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 €315 | F €325

HydraFacial Regenerate Hydrate

HydraFacial Signature

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 €200 | F €210

HydraFacial + Regenerate Recover

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.

90 mins

M €240 | F €250

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 €60 | F €70

+Add-Ons Hydrate Recover

Hydrogel Sheet Mask & Cryotherapy

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.

M €35 | F €40





Body Treatments

Cowshed

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

Signature Unwind

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

30 mins	M €80 F €90
60 mins	M €115 F €125
90 mins	M €150 F €160

Deep Tissue

Recover Enhance performance

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 €90 F €100
60 mins	M €125 F €135
90 mins	M €160 F €170

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 €150 F €160
---------	-----------------

Lymphatic Regenerate

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

60 mins	M €120 F €130
90 mins	M €155 F €165

Reflexology Unwind

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 mins	M €65 F €75
60 mins	M €85 F €95

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 €115 F €125
90 mins	M €150 F €160

Omorovicza Performance

Omorovicza 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 €230 | F €240

Omorovicza Golden Body Ritual

A radiance-boosting ritual powered by Colloidal Gold. The treatment begins with a smoothing exfoliation using Gold Sugar Scrub to gently buff away dullness and reveal luminosity. A full-body massage follows, using Gold Shimmer Oil to deeply nourish, soothe and enhance skin radiance.

Inspired by ancient Hungarian traditions, this treatment restores strength, softness and a golden glow from head to toe.

60 mins

M €210 | F €220

Omorovicza 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.

The warmth of the cushion soothes tired muscles while supporting spinal alignment and lymphatic drainage. A misting of Queen of Hungary Mist completes the experience, evoking gentle rainfall on the skin and awakening the senses.

60 mins

M €190 | F €200

Omorovicza Hydrafacial Back Treatment

Refresh and refine your back with this deep cleansing HydraFacial, enhanced by Omorovicza's Gold Sugar Scrub and Advanced Booster. The scrub gently exfoliates and boosts circulation, while HydraFacial technology removes impurities and infuses hydration.

60 mins

M €270 | F €280

Omorovicza Rejuvenate & Sculpt Face & Body Ritual

A head-to-toe transformation that combines body contouring and facial sculpting. A full-body massage helps restore elasticity and smoothness, while targeted body gua sha enhances circulation and tone. The treatment concludes with a sculpting facial for a lifted, radiant finish.

90 mins

M €295 | F €305

Omorovicza Gold Scrub

An exfoliating treatment that brings together the power of cane sugar and the rejuvenating properties of Colloidal gold. Designed to smooth the skin from neck to toe, this 30-minute ritual buffs away dead skin cells, leaving the body looking radiant and feeling deeply nourished.

30 mins

M €105 | F €115



Hands & Feet

Manicures

Speedy Manicure

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

30 mins	M €40 F €45
Gel 45 mins	M €55 F €60

Cowshed Manicure

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

Polish or natural buff to finish.

60 mins	M €55 F €60
Gel 75 mins	M €70 F €75

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 €65 F €70
Gel 90 mins	M €80 F €85

Pedicures

Speedy Pedicure

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

30 mins	M €45 F €50
Gel 45 mins	M €60 F €65

Cowshed Pedicure

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

Polish or natural finish.

60 mins	M €65 F €70
Gel 75 mins	M €80 F €85

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 €75 F €80
Gel 90 mins	M €90 F €95

+Add-Ons

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 €20 | F €25

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

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

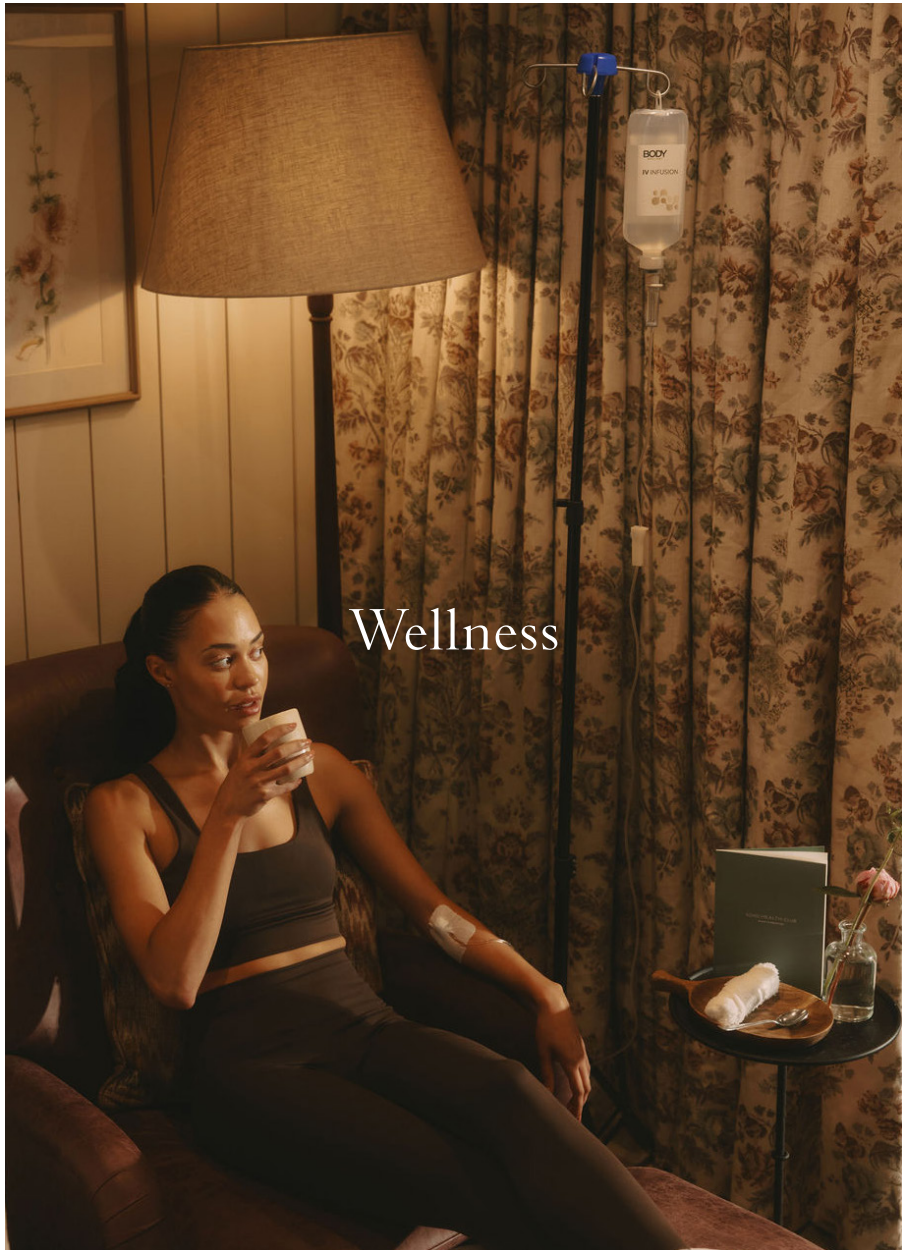
M €20 | F €25

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



Wellness

IV Infusions

Body Brilliant provides precision-crafted wellness treatments designed by doctors and delivered by a team of medical nurses.

Ultimate Detox & Reset

Hydrate Unwind Recover

40 mins M €285 | F €300

Skin Brightening & Glow

Hydrate Recover

30 mins M €230 | F €245

Immunity & Energy

Performance Regenerate Recover

40 mins M €230 | F €245

Happy Drip

Unwind Performance Recover

30 mins M €230 | F €245

Anti-Ageing Metabolic Boost

Regenerate Performance

40 mins M €345 | F €360

Bespoke Myers Advanced Formula + Essential Amino Acids & Glutathione

Performance Regenerate Recover

40 mins M €345 | F €360

Mini IV Drip – Hydration + Electrolytes (plus Vit C, Magnesium or B Complex)

Recover Unwind Performance

20 mins M €170 | F €185

Hangover Be Gone

Recover Hydrate Unwind

45 mins M €230 | F €245

Deluxe Jet Lag

Recover Hydrate Unwind

30 mins M €230 | F €245

Hair Elixir

Hydrate Regenerate

40 mins M €345 | F €360

NAD+ 4U SC Injection

Regenerate Performance

NAD+ 4U Booster

10 mins M €85 | F €100

IM Vitamin Shots

Vit B12

10 mins M €55 | F €60

Vit D

10 mins M €70 | F €75

Biotin

10 mins M €55 | F €60

CoQ10

10 mins M €90 | F €95

NAD+ 4U IV Drip Only

Regenerate Performance

NAD+ 250MG

45 mins M €375 | F €400

NAD+ 500MG

60 mins M €575 | F €600

NAD+ 750MG

75 mins M €745 | F €770

NAD+ 1G

90 mins M €800 | F €825

+Add-Ons Hydrate Recover

NAD+ 4U Injection Booster (50MG)

M €85 | F €85

Vitamin C (500MG)

M €60 | F €60

L-Carnitine (1G)

M €55 | F €55

Glutathione (600MG)

M €80 | F €80

Serotonin Booster

M €75 | F €75

Magnesium (2G)

M €60 | F €60

Vitamin Complex (Fast Vits)

M €170 | F €170

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:

barcelonapoolhouse@sohohealthclub.com
+34 932 209070



POOL HOUSE
BARCELONA

Avinguda Tibidabo 23, 08022

sohohouse.com