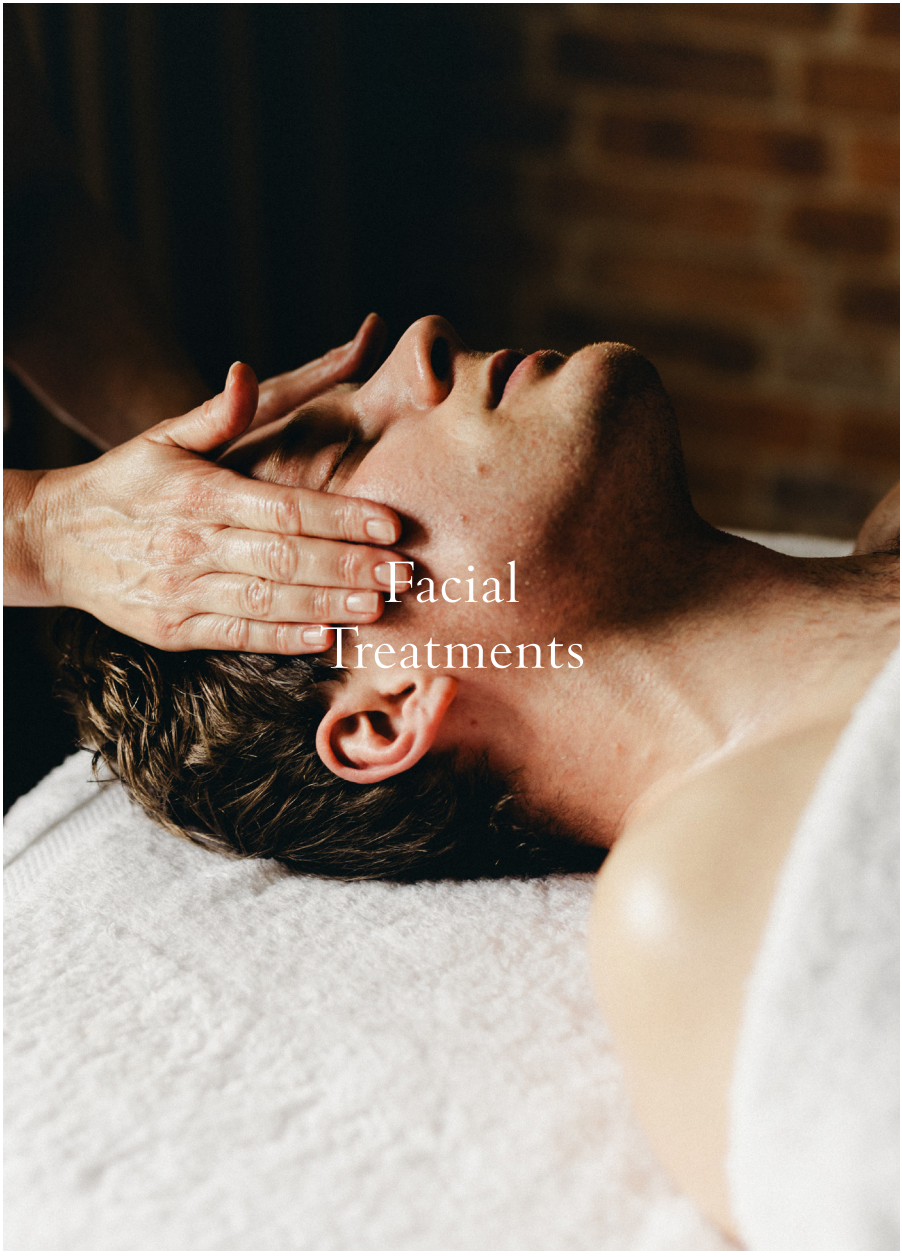
SOHO HEALTH CLUB

SOHO FARMHOUSE

Treatment Menu


Facial
Treatments

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** £135 **F** £155 **P** £165

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** £195 **F** £215 **P** £225

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** £290 **F** £310 **P** £320

SkinCeuticals (Regenerate)

Advanced skincare formulated to prevent, correct and protect.

SkinCeuticals Micro Peel

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

30 mins **M** £115 **F** £135 **P** £145

Double Detox

A detoxifying facial designed to deeply cleanse and refine the skin. This tailored 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** £165 **F** £185 **P** £195

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** £200 **F** £220 **P** £230

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** £225 **F** £245 **P** £255

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** £270 **F** £290 **P** £300

The Light Salon:
LED Facial (Regenerate) (Recover)

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

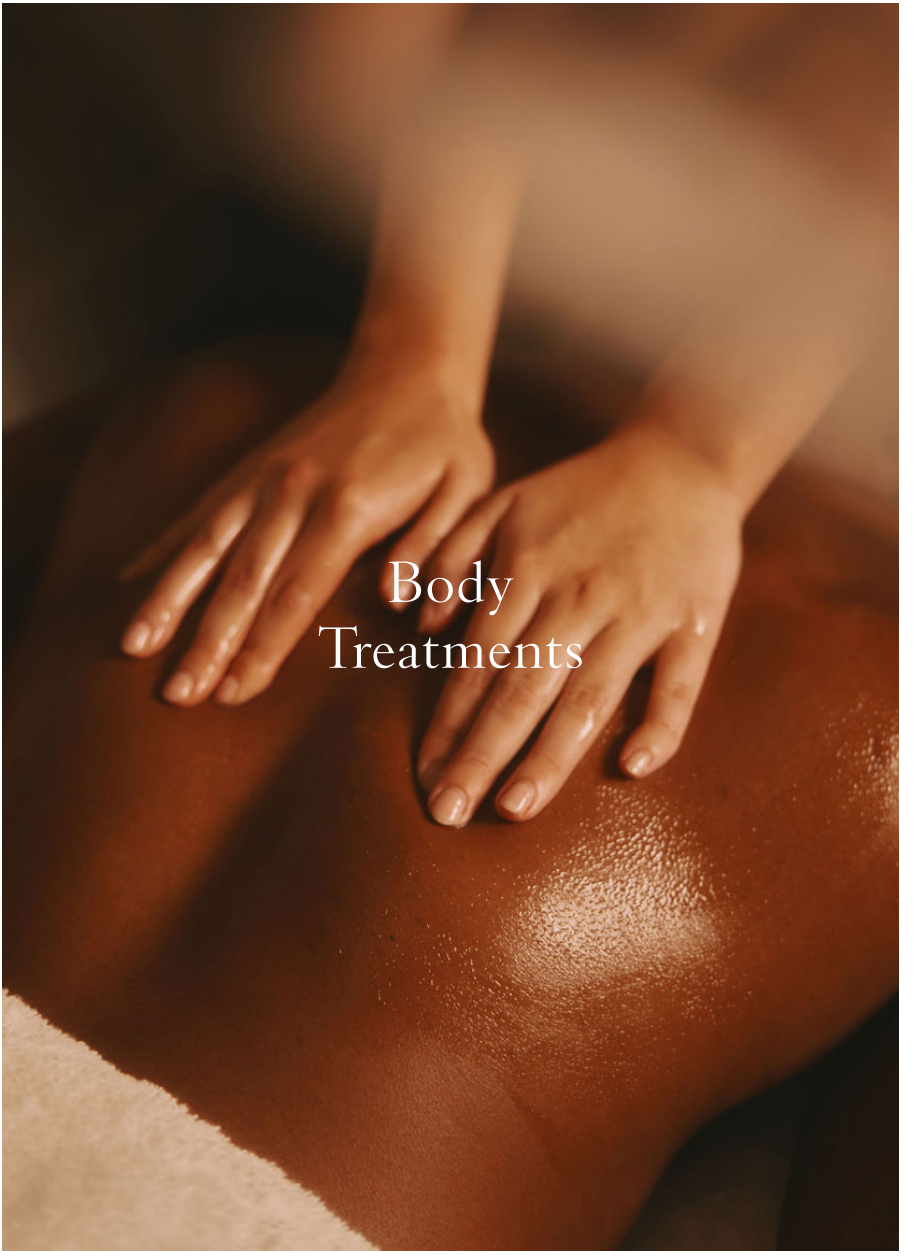
30 mins **M** £70 **F** £90 **P** £100

+Add-Ons

Hydrogel Sheet Mask & Cryotherapy (Hydrate) (Recover)

A hydrogel sheet mask deeply hydrates, while cryo orbs reduce puffiness, improve circulation and soothe inflammation.

15 mins **M** £35 **F** £40 **P** £45


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** £90	**F** £110	**P** £120
60 mins	**M** £150	**F** £170	**P** £180
90 mins	**M** £200	**F** £220	**P** £230

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

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

Lymphatic Massage (Regenerate)

A Brazilian flow technique to encourage lymphatic drainage, increase detoxification and sculpt the body. The 60-minute treatment focuses on two to three areas of your choice, while the 90-minute treatment delivers a full-body experience.

60 mins	**M** £180	**F** £200	**P** £210
90 mins	**M** £230	**F** £250	**P** £260

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

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

Reiki

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.

60 mins	**M** £150	**F** £170	**P** £180

Omorovicza (Performance)

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

Rejuvenate & Sculpt Face & Body Ritual

A head-to-toe transformation combining body contouring and facial sculpting. A full-body massage restores 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** £265 **F** £285 **P** £295

The Moor Mud Ritual

A deeply detoxifying and nourishing full-body ritual powered by Hungary's mineral-rich Moor Mud. Begin with sound healing, before a full-body exfoliation smooths and preps the skin. The Hungarian Moor Mud wrap purifies and replenishes, while a revitalising head and scalp treatment restores balance. The experience concludes with a sculpting copper gua sha massage to release tension and contour the body, as well as a mini facial.

120 mins **M** £325 **F** £345 **P** £355

Jennifer Young (Unwind)

Specialist treatments created by the multi award-winning wellness pioneer for those living with and beyond cancer, suitable for clients who are five years post-remission.

Balance Body & Mind Massage

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.

60 mins **M** £150 **F** £170 **P** £180

Indulgent Massage

This bespoke light touch massage will be tailored by 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.

60 mins **M** £150 **F** £170 **P** £180

Specialist Manicure

Your therapist will use peach kernel and macadamia nut oils during this manicure that's specifically designed for sensitive skin and nails. Enjoy your treatment in a comfy Cowshed armchair or a private room upon request.

60 mins **M** £55 **F** £60 **P** £65

Specialist Pedicure

Jennifer Young's nourishing foot balm and oils are massaged into feet during this pedicure that's designed for sensitive skin and nails. Enjoy your treatment in a comfy Cowshed armchair or a private room upon request.

60 mins **M** £60 **F** £65 **P** £75

Lifting & Rejuvenating Facial

Specialist techniques including massage, gentle acupressure and crystals are combined with natural products in this treatment for the face and scalp.

60 mins **M** £135 **F** £155 **P** £165

Hands
& Feet

Hands and Feet

Speedy Manicure
File, tidy and polish without water.
30 mins **M** £35 **F** £40 **P** £45

Speedy Gel Manicure
45 mins **M** £50 **F** £55 **P** £60

Cowshed Manicure
File and cuticle tidy, exfoliation with a hand and arm massage. Polish or natural buff to finish.
60 mins **M** £50 **F** £55 **P** £60

Cowshed Gel Manicure
75 mins **M** £65 **F** £70 **P** £75

Ultimate Cowshed Manicure
Cowshed Manicure, plus a hydrating mask for hands followed by a scalp and shoulder massage to relieve tension.
75 mins **M** £60 **F** £65 **P** £70

Ultimate Cowshed Gel Manicure
90 mins **M** £75 **F** £80 **P** £90

Speedy Pedicure
File, tidy and polish without water.
30 mins **M** £40 **F** £45 **P** £50

Speedy Gel Pedicure
45 mins **M** £55 **F** £60 **P** £65

Cowshed Pedicure
File and cuticle tidy, buffing, exfoliation, and a foot and leg massage. Polish or natural finish.
60 mins **M** £60 **F** £65 **P** £70

Cowshed Gel Pedicure
75 mins **M** £75 **F** £80 **P** £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.
75 mins **M** £70 **F** £75 **P** £85

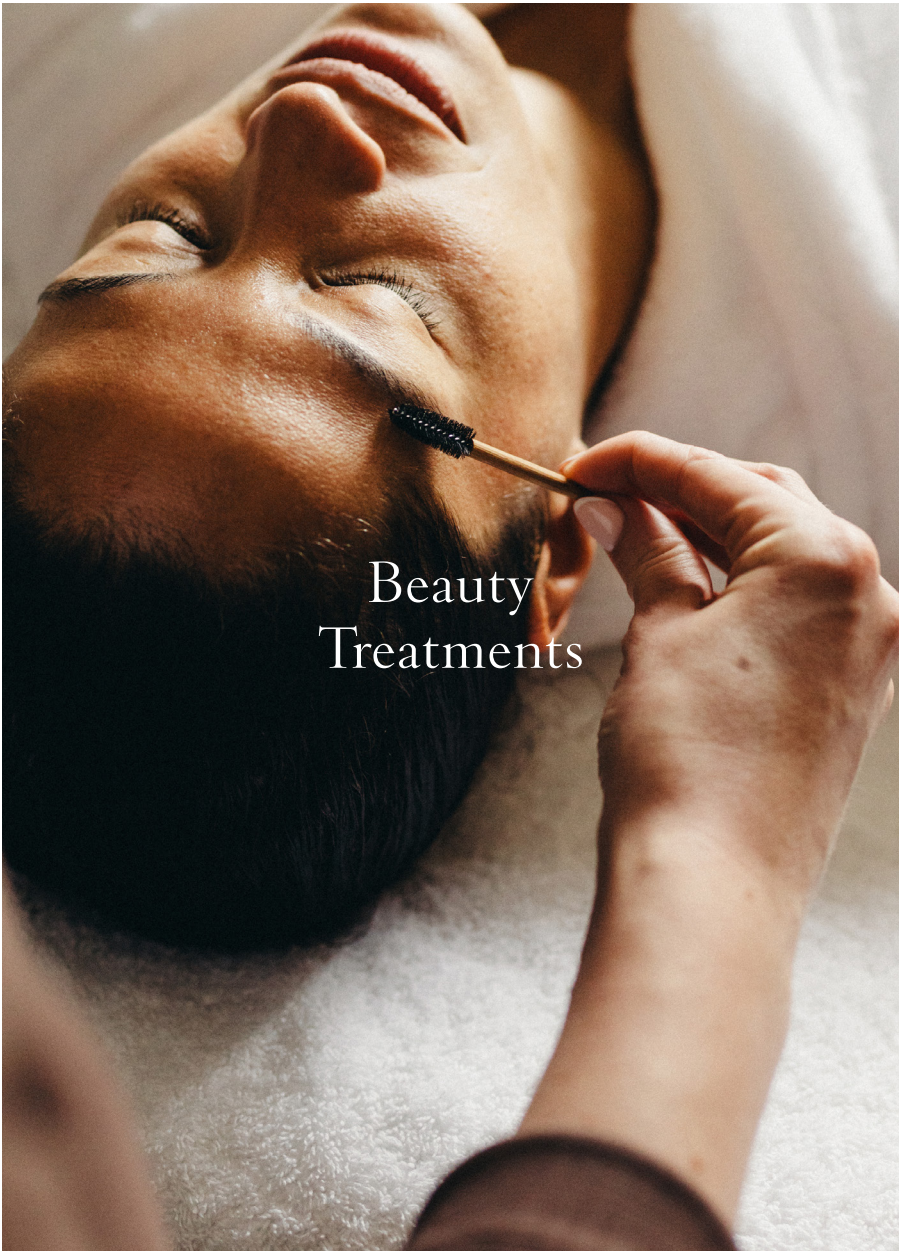
Ultimate Cowshed Gel Pedicure
90 mins **M** £85 **F** £90 **P** £100

Add-Ons

Gel Removal
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** £15

French Polish
Classic French polish with precise white tips and a sheer natural pink or nude overlay for a timeless look.
15 mins **M** £4 **F** £6 **P** £8

Head, Neck & Shoulder Massage
Relaxing dry massage incorporating pressure points. Please note, this treatment is an add-on and must be booked alongside one of our hand and foot treatments.
15 mins **M** £20 **F** £25 **P** £30


Beauty
Treatments

Brows

Brow Tint

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

15 mins **M** £20 **F** £25 **P** £30

Brow Shape

Achieve perfectly shaped brows with expert techniques tailored to your face and preferences, ensuring a refined and elevated finish.

30 mins **M** £28 **F** £30 **P** £35

Brow Lamination

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.

90 mins **M** £100 **F** £110 **P** £120

Brow Tint & Shape

Combine the precision of shaping with the definition of tinting for brows that are perfectly tailored and naturally enhanced.

30 mins **M** £40 **F** £45 **P** £50

Lashes

Lash Tint

Define your lashes with a semi-permanent tint, adding depth and intensity for a natural yet effective look without the need for mascara.

30 mins **M** £25 **F** £30 **P** £35

Lash Lift & Tint

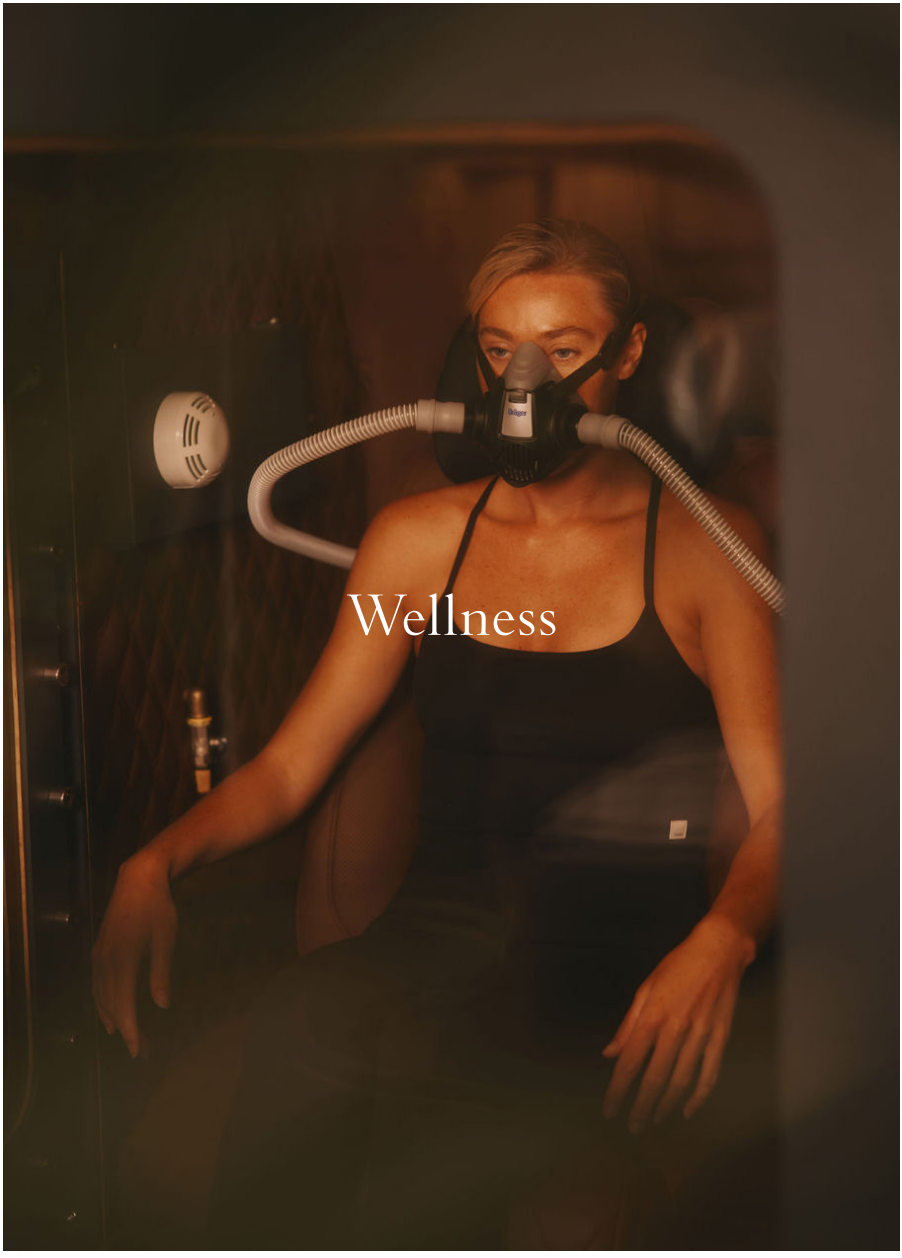
Enhance your lashes with a lift that boosts length and curls, paired with a tint for depth and definition. This treatment delivers natural-looking results that last up to six weeks.

60 mins **M** £80 **F** £85 **P** £90

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		**Chest & Back**	
45 mins	**M** £45 **F** £50 **P** £55	**30 mins**	**M** £50 **F** £55 **P** £60
Half Leg		**Chin & Lip**	
30 mins	**M** £35 **F** £40 **P** £45	**15 mins**	**M** £15 **F** £16 **P** £18
High Bikini		**Full Arm**	
30 mins	**M** £40 **F** £45 **P** £50	**45 mins**	**M** £35 **F** £40 **P** £45
Basic Bikini		**Half Arm**	
30 mins	**M** £30 **F** £35 **P** £40	**30 mins**	**M** £25 **F** £30 **P** £35
Brazilian | Hollywood		**Underarm**	
45 mins	**M** £60 **F** £65 **P** £70	**15 mins**	**M** £20 **F** £25 **P** £30


Wellness

Lazy Lake

A tranquil experience designed to help you unwind and reconnect.

Lazy Lake

Relax in a two-hour experience at the Lazy Lake. Amenities include an ice room and steam room, infrared saunas, a private onsen, and lounge space. The first hour is spent in your exclusively booked onsen with a salt soak, followed by use of the Lazy Lake offerings.

120 mins £70 pp

Omorovicza Lazy Lake Upgrade

Enhance the Lazy Lake experience with a curated ritual by Omorovicza. This two-hour journey begins with an onsen session featuring a salt soak. You can then enjoy the Lazy Lake amenities, including an ice room, steam room, infrared saunas, and a private lounge space, incorporating Omorovicza's products. Designed to regenerate and deeply hydrate your skin, this ritual leaves you feeling fully recharged.

120 mins £105 pp

Ice Bath

Health benefits of ice-cold water therapy: reduces inflammation and muscle soreness, strengthens your immune system, improves circulation, helps with stress and anxiety, aids weight management, encourages deeper sleep, and boosts your mood.

10 mins £10

Lazy Lab

Cutting-edge performance and wellbeing-enhancing therapies.

Hyperbaric Oxygen Therapy (Recovery)

A pressurised oxygen therapy that accelerates healing, reduces inflammation and boosts energy. By increasing oxygen levels, it enhances muscle recovery, cognitive function, and overall wellbeing.

60 mins **M** £110 **F** £120 **P** £130

Red Light Bed (PBM) (Regenerate)

A red and near-infrared light, full-body therapy that stimulates cellular repair, boosts collagen and improves circulation. Ideal for skin health, muscle recovery, and overall rejuvenation.

30 mins **M** £70 **F** £80 **P** £90

Vitamin Infusions by Body Brilliant

Ultimate Detox & Reset

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

40 mins **M** £300 **F** £315 **P** £330

Skin Brightening & Glow

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

30 mins **M** £250 **F** £265 **P** £280

Immunity & Energy

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

40 mins **M** £300 **F** £315 **P** £330

Happy Drip

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

30 mins **M** £250 **F** £265 **P** £280

Anti-Ageing Metabolic Boost

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

40 mins **M** £300 **F** £315 **P** £330

Bespoke Myers Advanced Formula + Essential Amino Acids & Glutathione

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

40 mins **M** £350 **F** £365 **P** £380

Express Mini IV

Hydration + single nutrient boost.

20 mins **M** £190 **F** £205 **P** £220

Hangover Be Gone

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

45 mins **M** £275 **F** £290 **P** £305

Deluxe Jet Lag

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

30 mins **M** £250 **F** £265 **P** £280

Methylene Blue IV

Boosts mental clarity, mood and focus. Supports cellular energy.

45 mins **M** £350 **F** £365 **P** £380

Deep Sleep IV

Supports relaxation and recovery. Promotes a deeper, more restorative sleep.

45 mins **M** £300 **F** £315 **P** £330

Add-Ons

Vitamin C *500mg*	£50
L-Carnitine *1mg*	£60
Glutathione *600mg*	£80
Serotonin Booster	£75
Magnesium *200mg*	£60
CoQ10	£75
Methyl Folate *1mg*	£75
Selenium *100mg*	£50

IM Vitamin Shots

Vitamin B12

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

10 mins **M** £65 **F** £70 **P** £75

Vitamin D

Strengthen immunity, mood, and bone health.

10 mins **M** £75 **F** £80 **P** £85

Biotin - Vitamin H

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

10 mins **M** £55 **F** £60 **P** £65

NAD+ 4U Booster

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

10 mins **M** £75 **F** £85 **P** £95

NAD+ 4u IV Drip

(Regenerate) (Performance)

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

NAD + 250MG

45 mins **M** £350 **F** £375 **P** £400

NAD + 500MG

60 mins **M** £550 **F** £575 **P** £600

NAD + 750MG

75 mins **M** £725 **F** £750 **P** £775

NAD + 1,000MG

90 mins **M** £875 **F** £900 **P** £925

Diagnostic Testing

Curated by Body Brilliant.

Essential Health (70+ biomarkers)

A refined starting point for those who want clarity without complexity. Includes a nurse-led consultation, advanced blood and biomarker screening and an in-depth doctor's review with comprehensive reporting. A clean overview of where you are, with personalised recommendations to support energy, recovery and performance.

45 mins **M** £250 **F** £265 **P** £280

Wellness Blueprint (100+ biomarkers)

Includes everything from the Essential Health package, plus additional blood and biomarker analysis, and a fully personalised lifestyle, nutrition and supplement plan. Provides a thorough assessment of hormone health and metabolic stress, offering detailed insights into how to optimise blood sugar, energy production and reduce inflammation.

45 mins **M** £595 **F** £615 **P** £625

360 Longevity (300+ biomarkers)

For the ambitious, this is next level insight. Includes everything from the Wellness Blueprint, plus: advanced nutritional, methylation and a metabolic biomarker profile, which features mitochondrial health, a comprehensive GI-Map and Omega-3 Index.

60 mins **M** £ 1,595 **F** £ 1,615 **P** £ 1,625

Residencies

FaceGym

Facial workouts that combine signature muscle training and advanced tech tools.

Signature Sculpt

The original hands and pro tools workout. Instantly sculpts, lifts and reduces puffiness by combining facial massage, electrical muscle stimulation (EMS) technology, and FaceGym's targeted skincare.

45 mins **M** £110 **F** £115 **P** £121

Signature Hands

FaceGym's hands-only workout. Instantly sculpts and lifts while focusing on tension release, deep relaxation and detoxification through targeted lymphatic facial massage.

45 mins **M** £110 **F** £115 **P** £121

ADD-ONS

Intense Cleanse

Deep pore cleanse with pressurised oxygen, acids, peptides and vitamins to unclog and refresh skin.

15 mins **M** £85 **F** £90 **P** £95

Hydration Restoration

Cryo CO_2 and hyaluronic acid shot to boost hydration and deliver a lasting glow.

10 mins **M** £110 **F** £115 **P** £121

Buccal Tension Release

Relaxing buccal massage to release tension, depuff and define the jawline.

10 mins **M** £55 **F** £58 **P** £60

Extra Hand Time

Extended manual sculpting time for deeper relaxation and better results.

10 mins **M** £55 **F** £58 **P** £60

Scalp Lift

Scalp-lifting treatment combining the iconic Isamaya SCULPT 01 tool and the Olaplex No. 0.5 Scalp Longevity serum.

15 mins **M** £55 **F** £58 **P** £60

Draining Cupping

Modern cupping technique to improve circulation, release tension and sculpt.

10 mins **M** £40 **F** £42 **P** £44

Resurfacing Peel

Custom professional-grade peel to purify, refine texture or brighten skin tone.

15 mins **M** £50 **F** £53 **P** £55

Smoothing Nanoneedling

Crystalised actives stimulate firmer, smoother and brighter skin; includes a take-home roller.

10 mins **M** £70 **F** £74 **P** £77

LED Therapy

Customized LED light therapy to target blemishes, dark spots and fine lines.

10 mins **M** £40 **F** £42 **P** £44

Vitamin Shot

Personalised vitamin infusion tailored to your skin's needs.

5 mins **M** £50 **F** £53 **P** £55

Dimple Amani

Natural wellness for your mind, body and skin. Powered by the ancient secrets of Ayurveda.

Lymphatic Drainage Full Body

A bespoke massage that works on draining the lymphatic system whilst ironing and smoothing the whole body.

60 mins	**M** £180	**F** £200	**P** £210
90 mins	**M** £270	**F** £290	**P** £300

Lymphatic Drainage Body Shaping & Sculpting

Using signature sculpting techniques to stimulate lymphatic drainage whilst shaping and toning the body, helping to reduce cellulite and smooth skin texture.

60 mins	**M** £250	**F** £270	**P** £280
90 mins	**M** £375	**F** £395	**P** £405

Lymphatic Drainage Facial Sculpt

Gentle yet firm Dimple Amani facial techniques are performed on the face, neck and decollete to activate the lymph nodes, rid the body of toxins and reduce water retention.

60 mins	**M** £160	**F** £180	**P** £190

Buccal Facial Sculpt & Lymphatic Drainage

A bespoke internal contouring massage from inside the mouth works the deeper facial muscles leaving the skin looking refreshed.

60 mins	**M** £250	**F** £270	**P** £280

Brazilian Bum Sculpt

Lifting and sculpting techniques applied while shaping and lifting the bum with warm Ayurvedic oils followed by tools designed by Dimple Amani.

30 mins	**M** £110	**F** £130	**P** £140

Hot Oil Ayurvedic Head Massage

Performed on the head and neck working on releasing tension headaches, sinuses and stress with the use of the Kansa Wand and Copper Comb.

30 mins	**M** £110	**F** £130	**P** £140

Express Facial Sculpt

Dimple Amani techniques are applied to encourage lymph drainage, as well as facial sculpting, leaving the skin instantly rejuvenated, lifted and glowing.

30 mins	**M** £110	**F** £130	**P** £140

Express Abs Sculpt

Designed to aid digestion and debloat. Gentle yet firm massage techniques are performed leaving your abs sculpted and defined.

30 mins	**M** £110	**F** £130	**P** £140

BODY
IV INFUSION

Terms and 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; 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 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.

Patch Tests
A patch test is required 48 hours prior to tinting, micro peel, and lash lift / brow lamination treatments.

For more information or to book:
healthclub.farmhouse@sohohouse.com | 01608 691 000

SOHO FARMHOUSE

OXFORDSHIRE

Great Tew, Chipping Norton OX7 4JS

sohohouse.com