

**This list of treatments is a guide as to what is available. If you have any specific requests or are unsure of which treatment would be suitable for you, please ask our receptionists who will guide and advise.**

## FACE

Please allow an extra 10 minutes for consultation with all facial treatments.

**Cowshed Eye Treatment** • 30mins • £38

Concentrating on the delicate area of the eyes incorporating pressure point massage and a collagen eye mask. Helps detoxify, reduce puffiness and combat fine lines.

**Speedy Facial** • 30mins • £30

Facial cleanse, exfoliation, steam, customised mask and scalp massage.

**Cowshed Facial** • 60mins • £55

Facial cleanse, exfoliation, steam, extractions, facial massage and customised mask. Also included is a relaxing shoulder, neck and scalp massage. This treatment focuses on naturally improving the condition of the skin and enhancing its appearance.

**Hot Stone Facial** • 60mins • £60

A Cowshed Facial incorporating an indulgent hot stone massage of the face and décolleté.

## EYES

Please note that a patch test is required 24hrs prior to the treatment.

**Lash Tint** • 15mins • £14

**Brow Tint** • 15mins • £10

**Lash and Brow Tint** • 20mins • £20

## BODY

**Cowshed Head Massage** • 30mins • £35

A relaxing head, neck and shoulder massage incorporating pressure points to release tension. Ideal for headaches, stress relief or just general relaxation.

**Back Massage** • 30mins • £40

Designed for the problem areas of the back.

**Salt Scrub** • 45mins • £45

Full body brushing followed by a complete deep exfoliation using sea salt immersed in peppermint oil and finished with conditioning contour cream.

**Cowshed Massage** • 60mins • £65

Full body massage using signature Cowshed essential oils to soothe, invigorate or deeply relax.

**Hot Stone Massage** • 75mins • £90

The volcanic basalt stones are bathed in warm water and anointed with spicy, sensual aromas. They are placed on key energy points of the body and are used to massage using traditional techniques easing pain and tension and enhancing relaxation.

**Cowshed Salt Scrub and Massage** • 90mins • £80

Full body brushing followed by deep exfoliation and a Cowshed Massage to finish.

**Back Cleanse** • 45mins • £40

Back cleanse, exfoliation, back massage and deep cleanse mask.

**Cowshed Wrap** • 75mins • £70

Full body exfoliation with natural sea salt followed by a fresh body wrap of your choice. Finished with a gentle scalp massage and nourishing hair mask (optional) then full body moisturisation.

## ST. MORITZ

**Sun & Sea Signature Treatment** • 120mins • £100

Full body brushing followed by a deep exfoliation using sea salt immersed in peppermint oil and a deep sea detoxifying body wrap. Also included is a refreshing express facial and a relaxing full body massage.

## HANDS

**Polish Change** • 15mins • £15

**Speedy Manicure** • 30mins • £25 File, tidy and polish

**Cowshed Manicure** • 45mins • £30

File and complete cuticle tidy, followed by a deep relaxing hand and arm massage and polish to finish.

**Ultimate Cowshed Manicure** • 60mins • £45

This deluxe treatment is designed to provide the ultimate in hand care. Nails are groomed, cuticles are nourished and hands are softened by exfoliation and massaged. Afterwards, the hands are wrapped in a hydration mask whilst the scalp and shoulders are massaged. This is followed by polish to finish.

## FEET

**Polish Change** • 15mins • £15

**Speedy Pedicure** • 30mins • £30 File, tidy and polish

**Cowshed Pedicure** • 60mins • £40

File, and complete cuticle tidy, removal of hard and calloused skin, followed by a deep, relaxing foot and leg massage and polish to finish.

**Ultimate Cowshed Pedicure** • 75mins • £50

This deluxe foot treatment is designed to provide the ultimate in foot care. Nails are filed, cuticles are tidied and hardened skin is removed. This is followed by a deeply relaxing foot and leg massage. Afterwards, the feet are wrapped in a hydration mask whilst the scalp and shoulders are massaged. This is followed by polish to finish.

**Toe wax** • 15mins • £5

**Scalp massage during nail treatments** • 15mins • £10

## WAX

**Half Leg** • £25

**Full Leg** • £35

**Underarm** • £12

**Basic Bikini** • £15

**High Bikini** • £25

**Brazillian/Hollywood** • £30

**Half Leg & Basic Bikini** • £32

**Half Leg & High Bikini** • £40

**Full Leg & Basic Bikini** • £42

**Full Leg & High Bikini** • £50

**Fore Arm** • £20

**Full Arm** • £25

**Chest / Back** • £30

**Lip or Chin** • £8

**Eyebrow re-shape** • £10

**Eyebrow tidy** • £8

## ST. TROPEZ

**The Ultimate Tan** • 15min session • £25

**Exfoliation** • 30mins • £15

Recommended prior to tanning.

**Complete Spray Tan Experience** • 45min • £38

Full body exfoliation and spray tan.

**Top up Tan** • 15min • £15

Valid up to a week after first application.

## PACKAGES

**Half Day Package**

• 3hrs 15mins • £130

• Cowshed Massage

• Cowshed Facial

• Cowshed Manicure or Pedicure

• Refreshment

**Day Package**

• 6hrs • £180

• Cowshed Salt Scrub & Massage

• Cowshed Facial

• Light Lunch

• Cowshed Manicure

• Cowshed Pedicure

**Head to Hoof Package**

• 3hrs 30mins • £140

• Cowshed Wrap

• Cowshed Facial

• Cowshed Speedy Manicure

• Cowshed Speedy Pedicure

• Refreshment

**Weekend Package for Two**

• 3hrs 30mins • £250 per couple.

Please note that this package can be booked over two days

• Cowshed Salt Scrub & Massage

• Cowshed Facial

• Speedy Manicure or Pedicure or Scalp Massage

• Refreshment

**Pretty Parties:**

If you are looking for inspiration for an event, hen party or just a night out with the girls; why not try a Cowshed signature Pretty Party. A great excuse to invite some girlfriends, colleagues or clients for a spot of pampering, glass of champagne and canapes.

Please call or email for more details.

**Arrival**

We ask that you arrive 15 minutes prior to your appointment in order to register. Please be aware that if you arrive late, the time of the appointment will be shortened in consideration of the next person.

**Cancellations**

If you need to change or cancel an appointment, we ask for 24 hours notice or the full cost of the treatment will be charged. Please note that we will be requesting credit card details to secure your booking.

**Health Conditions**

Please advise us of any health conditions and any medication you are taking. Please inform your therapist if you are pregnant as some of our products contain high quantities of essential oils.

**Gift Vouchers**

Gift vouchers are available for a fixed amount or a treatment of your choice. They are valid for a 12 month period from the date of purchase and are non-refundable.

**Age Policy**

Our treatments are specifically tailored for adults. No one under the age of 14 are permitted into Cowshed Spas. We offer treatments to those aged 16-18 with parental consent.

All information is correct at the time of going to press but is subject to variation without notice.

# COWSHED

Open 7 days a week, 10am to 8pm.

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