

## HAMAM

### Lounge Area

Cowshed Relax Lounge is a tranquil space to unwind pre or post treatment. Your choice of herbal teas or lemon and mint water are available.

### Private Hamam Treatments

Please note: these treatments can also be performed for two people - each with your own therapist in one treatment room.

### Traditional Hamam • 50 mins • 200 TL / Members 180 TL

A traditional hamam session beginning with a complete body scrub with kese mitt, followed by a full foam massage with lavender soap. Hair will then be shampooed and conditioned using Cowshed Hair Care.

### Cowshed Hamam • 50 mins • 220 TL / Members 200 TL

A deluxe hamam session beginning with a complete body scrub using natural sea salt followed by a fresh body mask of your choice. Hair will then be shampooed and conditioned using Cowshed Hair Care.

## PACKAGES

### Traditional Hamam + Moody Massage + Cowshed Facial • 630 TL / Members 570 TL

A traditional hamam session followed by a full body massage tailored to your mood. Finish with a Cowshed facial to leave skin replenished and glowing with health.

### Cowshed Facial + Cowshed Pedicure + Cowshed Manicure • 390 TL / Members 330 TL

Begin with a Cowshed facial to deeply cleanse and invigorate the skin. Follow with a Cowshed manicure and pedicure for soft, perfectly groomed hands and feet.

## NEVILLE

### TREATMENT MENU

From the masterminds behind Cowshed; NEVILLE is the ultimate in premium British grooming for gents who like to look sharp in seconds. With quality at its core, NEVILLE is loaded with luxurious and natural formulas, for products that work hard to deliver the goods.

Trust your instincts...

### HAIR

**Quick Tidy Up • 30 minutes • 50 TL / Members 30 TL** • Back and sides in between haircuts.

**Shampoo & Haircut • 45 minutes • 80 TL / Members 60 TL** • Shampoo and haircut with finish.

**Restyle Haircut • 60 minutes • 100 TL / Members 80 TL**  
This would require a longer appointment for a complete change.

**One Grade All Over • 30 minutes • 50 TL / Members 30 TL** • Electric clipper, 1 grade all over.

**Shampoo & Style • 30 minutes • 50 TL / Members 30 TL** • Look great with a wash and style.

### NEVILLE SHAVE

**Traditional Wet Shave • 45 minutes • 60 TL / Members 40 TL**

A hot towel, cut throat shave using Neville products and Neville's tobacco musk cologne to finish.

### NEVILLE BEARD

**Quick Beard Trim & Condition • 15 minutes • 40 TL / Members 20 TL**

A tidy up for the beard: Trim and conditioning treatment.

**Full Reshape • 30 minutes • 45 TL / Members 25 TL**

For the overgrown beard: Clipper and scissors to shape with conditioning / moisturising treatment.

**Full Beard Shape With Cut Throat & Hot Towel • 45 minutes • 55 TL / Members 35 TL**

To get a well groomed beard: A wash, reshape and conditioning treatment.

**Moustache Trim & Style • 15 minutes • 35 TL / Members 15 TL**

Tidy up, shape and style with moustache wax.

### NEVILLE FACE & HANDS

**FOR THE GENTLEMAN ON THE GO • Express Treatment • 30 minutes • 140 TL / Members 120 TL**

Facial cleanse, exfoliation, steam and mask. This treatment uses the Neville grooming range to enhance the skin's natural appearance when time is of the essence.

**THE FULL WORKS • Grooming Treatment • 60 minutes • 240 TL / Members 220 TL**

Facial cleanse, exfoliation, steam, extractions (optional), facial massage and mask. Also includes a relaxing shoulder, neck, scalp massage. This treatment uses the Neville grooming range to relax and revive as well as enhancing the skin's natural appearance.

**Men's Manicure • 30 minutes • 60 TL / Members 40 TL** • File, tidy and moisturise.

### NEVILLE PACKAGES

**The Full Groom • 1 hr 30 min • 150 TL / Members 105 TL**

Shampoo and haircut with traditional wet shave or beard shape.

**The Luxury Groom • 2 hours • 345 TL / Members 265 TL**

Shampoo, haircut with traditional wet shave or beard shape followed by Neville Express Treatment with manicure.

neville.co.uk

## CONTACTS

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## HOURS

Cowshed Relax

Monday - Friday: 10am - 9pm

Saturday - Sunday: 9am - 9pm

## COWSHED FACILITIES

Hamam room  
Relaxation lounge

## COWSHED SPA • SOHO HOUSE ISTANBUL

Cowshed is a place to meet friends, eat, drink and shop - as well as indulging in sociable grooming. This list of treatments is a guide to what is available. If you have any specific requests or are unsure which treatment is most suitable for you, please ask our team who are here to help.



## FREQUENTLY ASKED QUESTIONS

**How early should I arrive for my treatment?**  
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. We have allowed a short time for consultation at the beginning and relaxation at the end of each treatment.

**What should I wear to my treatment?**  
For Wet Area treatments please bring your swimming costume.

**Can I choose between a male and female therapist?**  
Yes. If you wish to request the gender of your therapist please mention this when making your appointment.

**What if I need to cancel a treatment?**  
If you cancel your treatment with less than 24 hours' notice, you will be charged 50% of the total cost of the treatment. A cancellation on the day or a no show will incur a 100% charge.

**What if I am pregnant?**  
We have a selection of maternity treatments available. Please ask Cowshed reception for further information. Please note our pregnancy and safety policy: no body or facial treatments can be given in the first 12 weeks of pregnancy; manicures and pedicures are available, but please inform your therapist of your condition.

**Do I need to mention if I have a health condition?**  
Yes. Please advise us of any health conditions and any medication you are taking.

**How do gift vouchers work?**  
Gift vouchers are available for an amount or treatment of your choice. They are valid for 12 months (expiry date as stated on the card) and are non-refundable. If you would like to redeem a voucher against treatments or products, please bring it with you on the day of your visit.

**Is there an underage policy?**  
Yes. Our treatments are specially tailored for adults. No one under the age of 16 is permitted in Cowshed Relax. We do offer treatments to those aged 16-18 with parental consent.

**What is your spa etiquette?**  
Although we encourage sociable grooming, we request that you refrain from using your mobile phone while you are in Cowshed Relax.



## FOR YOUR HANDS

**Ultimate Cowshed Manicure** • 60 mins • 120 TL / Members 100 TL  
The signature Cowshed manicure for exceptional hand care. Nails are filed and cuticles are nourished. Hands are exfoliated before being massaged and then wrapped in a hydrating mask. While it works its magic, enjoy a scalp and shoulder massage. Polish is applied to finish.

**Cowshed Manicure** • 45 mins • 80 TL / Members 60 TL  
File and complete cuticle tidy, followed by an exfoliation and a deep relaxing hand and arm massage with polish to finish.

**Speedy Manicure** • 30 mins • 50 TL / Members 30 TL  
File, tidy and polish.

**Polish Change** • 15 mins • 30 TL / Members 10 TL

## FOR YOUR FEET

**Ultimate Cowshed Pedicure** • 75 mins • 140 TL / Members 120 TL  
The signature Cowshed pedicure for indulgent foot care. Nails are filed, cuticles are tidied and hardened skin is removed. This is followed by a relaxing leg and foot massage. Feet are then wrapped in a hydrating mask while you enjoy a scalp and shoulder massage. Polish is applied to finish.

**Cowshed Pedicure** • 60 mins • 100 TL / Members 80 TL  
File, and complete cuticle tidy, removal of hardened skin, followed by an exfoliation and a relaxing foot and leg massage with polish to finish.

**Speedy Pedicure** • 30 mins • 80 TL / Members 60 TL  
File, tidy and polish.

**Polish Change** • 15 mins • 30 TL / Members 10 TL

## COWGROOM

Two therapists work in synchronised movements for complete relaxation and indulgence. All treatments begin with the feet and an invigorating exfoliation. This is followed by a forehead pressure point massage and a de-stressing shoulder massage to prepare you for your chosen Cowgroom:

**Cowgroom Maintenance** • 225 TL / Members 165 TL  
Speedy Facial + Speedy Manicure or Pedicure + Eyebrow Tidy

**Cowgroom Indulgent** • 345 TL / Members 285 TL  
Cowshed Facial + Cowshed Manicure or Pedicure + Eyebrow Tidy

**Scalp Massage during hand or feet nail treatments**  
15 mins • 50 TL / Members 30 TL  
A small add on with massive benefits for complete relaxation.



## FOR YOUR FACE

**Cowshed Skin Perfecting Facial** • 75 mins • 280 TL / Members 260 TL  
The ultimate all-in-one anti-ageing facial treatment for a firmer, brighter and smoother complexion. A facial cleanse, steam and exfoliation is followed by an expert face, neck and shoulder massage technique. A replenishing mask is then applied while you enjoy a choice of scalp, hand or foot massage. To complete the treatment, your therapist will apply the recommended moisturiser for your skin type.

**Cowshed Facial** • 60 mins • 240 TL / Members 220 TL  
Facial cleanse, steam, exfoliation and extraction followed by an expert face, neck and shoulder massage and a replenishing mask with scalp, hand or foot massage. This treatment is finished with your recommended moisturiser.

**Speedy Facial** • 30 mins • 150 TL / Members 130 TL  
Facial cleanse, steam and exfoliation followed by either a face, neck and shoulder massage, or a replenishing mask with scalp, hand or foot massage. This treatment is finished with your recommended moisturiser.

**Cowshed Eye Treatment** • 15 mins • 110 TL / Members 90 TL  
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. A perfect add on to any Cowshed Facial.

## FOR YOUR EYES

**Lash Tint** • 30 mins • 50 TL / Members 30 TL

**Brow Tint** • 15 mins • 45 TL / Members 25 TL

**Lash and Brow Tint** • 30 mins • 60 TL / Members 40 TL

Please note a patch test is required 24 hours prior to your treatment.

## HAIR REMOVAL

Waxing: Strip wax is used for legs and arms, and hot wax for other delicate areas of the body.

**Full Leg & High Bikini** • 100 TL / Members 80 TL

**Full Leg & Basic Bikini** • 90 TL / Members 70 TL

**Half Leg & High Bikini** • 80 TL / Members 60 TL

**Half Leg & Basic Bikini** • 70 TL / Members 50 TL

**Full Leg** • 60 TL / Members 40 TL

**Half Leg** • 50 TL / Members 30 TL

**Brazilian / Hollywood** • 85 TL / Members 65 TL

**High Bikini** • 70 TL / Members 50 TL

**Basic Bikini** • 60 TL / Members 40 TL

**Underarm** • 50 TL / Members 30 TL

**Full Arm** • 80 TL / Members 60 TL

**Half Arm** • 50 TL / Members 30 TL

**Chest** • 80 TL / Members 60 TL

**Back** • 80 TL / Members 60 TL

**Eyebrow Shape** • 50 TL / Members 30 TL

**Eyebrow Tidy** • 35 TL / Members 15 TL

**Lip or Chin** • 35 TL / Members 15 TL

## BODY THERAPIES

**Slender Cow Total Body** • 75 mins • 280 TL / Members 260 TL\*  
An invigorating full-body blitz using the Slender Cow scrub, serum and body butter. Dry body brushing and exfoliation revives dull skin and a detoxifying massage firms and tones.

**Slender Cow Legs** • 45 mins • 240 TL / Members 220 TL\*  
This fast-acting treatment with begins with dry body brushing and exfoliation, followed by a deep massage focusing on problem areas such as the buttocks and upper thighs.

**Cowshed Moody Massage** • 45 mins • 200 TL / Members 180 TL | 60 mins • 220 TL / Members 200 TL | 75 mins • 260 TL / Members 240 TL | 90 mins • 300 TL / Members 280 TL  
Feeling Knackered, Lazy or Grumpy? Enjoy a bespoke full body massage, tailored to your needs using one of our six signature moods.

**Cowshed Salt Scrub and Massage** • 90 mins • 320 TL / Members 300 TL  
Full body brushing followed by deep exfoliation and a stimulating Cowshed massage to finish.

**NEW Sleepy Cow Body Treatment** • 75 mins • 270 TL / Members 250 TL  
An unmissable treatment to relieve tension and quieten the mind. Begins with a back exfoliation and massage using a relaxing blend of essential oils, followed by a dreamy neck and foot massage.

**Cowshed Head Massage** • 30 mins • 140 TL / Members 120 TL  
A relaxing head, neck and shoulder massage incorporating pressure points to release tension. Ideal to ease headaches and stress, or just to switch off.

**Deep Tissue Massage** • 60 mins • 240 TL / Members 220 TL | 90 mins • 290 TL / Members 270 TL  
Full body massage that focuses on the deeper layers of muscle tissue. A great treatment to relieve acute tension.

**Reflexology** • 30 mins • 180 TL / Members 160 TL | 60 mins • 240 TL / Members 220 TL  
A foot massage promoting deep relaxation of the body.

**Back Massage** • 30 mins • 180 TL / Members 160 TL  
A unique massage sequence to leave you feeling relaxed and re-energised.

**Back Cleanse** • 45 mins • 200 TL / Members 180 TL  
A treatment to target problem areas on the back with a cleanse, steam, exfoliation and massage followed by a deep cleansing mask.

**Salt Scrub** • 45 mins • 210 TL / Members 190 TL  
Full body brushing followed by a complete deep exfoliation using sea salt immersed in spearmint oil. Finish with conditioning contour cream.

\*Buy a series of six for the value of five

## CHEEKY

**Cheeky Blow Dry** • 35 TL / Members 25 TL

Discover Cowshed's alter ego, Cheeky. Whether you like it rough, smooth or glam, have a Cheeky Blow Dry to leave you looking and feeling great.

[urcheeky.com](http://urcheeky.com)

