

## TREATMENT MENU

# NED'S

*club spa*

Built around a 20m indoor pool, Ned's Club Spa is a space in which to unwind. Complete with a sauna, steam room, traditional Moroccan hammam and eight Cowshed treatment rooms.

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## Our Spa

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### ARRIVAL

Please arrive 15 minutes before your appointment to complete your health questionnaire. 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. We do require 48 hours notice for cancellations for hair services in the Parlour, VitaDrip® infusions and intramuscular injections.

### AGE POLICY

No one under the age of 18 is permitted in Ned's Club Spa. 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 are proud to offer a specialised menu of maternity treatments. Please note our pregnancy and safety policy: no treatments can be given in the first 12 weeks of pregnancy.

**FOR MORE INFORMATION OR TO BOOK:**  
nedclubspa@thened.com or 020 3828 2050

thened.com

## Our Spaces

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### COWSHED TREATMENT ROOMS

A one-stop shop for head-to-toe maintenance, from signature facials to massages. There are also maternity treatments and advanced facial services from iS Clinical, Annee de Mamiel, and Dermalux, as well as VitaDrip® infusions from The Elixir Clinic.

### NAILS

The Ned provides a combination of manicures and pedicures using both polishes and Shellac treatments.

### NED'S PARLOUR

A salon offering signature cuts, colours, blow-dries, bridal hair and up-dos.

### NED'S BARBERSHOP

A classic, speakeasy-style barbershop for the modern gentleman, offering everything from a haircut to a traditional wet shave or facial. It's perfect for an hour of escape (including a shoe shine) before a big event, or a quick spruce-up.

### HAMMAM

A traditional Moroccan hammam with pink marble clad walls, offering specialist treatments from La Sultane de Saba.



## TREATMENTS

Offering a complete range of treatments, from speedy quick-fixes to full body massages, body scrubs, facials, waxing and nail maintenance, our therapists will ensure you leave feeling revived, rejuvenated and pampered.

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## Face

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### **COWSHED SIGNATURE FACIAL** **60min - £120**

Facial cleanse, steam, exfoliation and extraction followed by face, neck and shoulder massage and mask with scalp, hand or foot massage.

### **CBD FACIAL** **60min - £110**

An anti-inflammatory version of our signature Cowshed facial, using MariPharm's CBD-infused cream to help calm irritation and inflamed skin.

### **SPEEDY FACIAL** **30min - £65**

Facial cleanse, steam and exfoliation followed by face, neck and shoulder massage or mask with scalp, hand or foot massage.

## Eyes

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### **Lash and Brow Tint\*** **30min - £28** **Brow Shape** **30min - £28**

### **Lash Tint\*** **30min - £18** **Brow Tidy** **15min - £20**

### **Brow Tint\*** **15min - £14**

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

## Hair Removal

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### **Full Leg & High Bikini** **£72** **Basic / High Bikini** **£26 | £34**

### **Full Leg & Basic Bikini** **£64** **Half / Full Arm** **£25 | £34**

### **Half Leg & High Bikini** **£58** **Underarm** **£20**

### **Half Leg & Basic Bikini** **£50** **Back or Chest** **£45**

### **Half / Full Leg** **£30 | £45** **Lip or Chin** **£15**

### **Brazilian / Hollywood** **£54 | £60** **Additional Area** **from £10**

Strip wax is used for legs and arms. Hot Lycon wax is used for more sensitive areas.

## Body

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### COUPLE'S MASSAGE

60min - £250

A full body Cowshed signature massage for two people each with their own therapist, in our double treatment room. This treatment also includes access to the spa facilities for two hours.

### SALT SCRUB AND MASSAGE

90min - £150

A full body exfoliation to remove dead skin and improve circulation, followed by our signature massage.

### CBD MASSAGE

60min - £120

Our signature massage with the addition of MariPharm's essential oil which has the topical benefits of the cannabis plant. This treatment helps alleviate pain and uses heated Thai compressors to relax the muscles.

### COWSHED SIGNATURE MASSAGE

30min - £70 | 60min - £100 | 90min - £140

A bespoke massage using one of our seven signature moods. Upon booking we can recommend how long the treatment should be to address the areas you wish to focus on.

### DEEP TISSUE MASSAGE

30min - £80 | 60min - £140 | 90min - £160

Focusing on the deeper layers of muscle tissue to relieve acute tension.



## Maternity

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Indulge in some pre or post pregnancy pampering with our specialised products and treatments. These assist in keeping skin supple while being deeply relaxing.

### MATERNITY PACKAGE

4.5 hours - £300

The ideal top-to-toe package in preparation for your new arrival: maternity full body care, facial, pedicure and dry manicure.

### FULL BODY CARE

90min - £200

Foot soak, dry skin brushing, exfoliation, massage and nourishing mask for stretch mark prone areas.

### MATERNITY FACIAL

60min - £120

Facial cleanse, steam, extraction and exfoliation followed by either a face, neck and shoulder, hand or foot massage.

### FULL BODY MASSAGE

60min - £110

Foot soak and full body massage.

### BACK MASSAGE

30min - £70

Foot soak and seated massage in our comfy therapy room, with a focus on back, neck and shoulders.

### LEG TREATMENT

30min - £70

Foot soak, exfoliation and massage using a cooling balm to reduce inflammation.

### SPEEDY MATERNITY FACIAL

30min - £80

Facial cleanse, steam, extraction and exfoliation followed by either a face, neck and shoulder, hand or foot massage.

## Hands

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### **ULTIMATE COWSHED MANICURE** 60min - £65

Cowshed Manicure plus a hydrating mask for hands followed by a scalp and shoulder massage to relieve tension.

### **COWSHED MANICURE** 45min - £55

File and cuticle tidy, exfoliation with hand and arm massage. Polish to finish.

### **NATURAL MANICURE** 30min - £45

File and cuticle tidy with a hand and arm massage. Buff to finish.

### **DRY MANICURE** 30min - £40

File, tidy and polish without water.

### **SHELLAC CND MANICURE** 45mins - £45

File and shape, all cuticle work, buff and moisturise followed by a lick of Shellac CND long-wear gel.

### **GEL REMOVAL AND FILE** 20mins - £30

### **SHELLAC REMOVAL** 10mins - £10

(£5 when followed by a Shellac CND Manicure)

## Feet

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### **ULTIMATE COWSHED PEDICURE** 75min - £80

A full Cowshed Pedicure with a hydrating mask for feet followed by a relaxing scalp and shoulder massage to relieve tension.

### **COWSHED PEDICURE** 60min - £65

File and cuticle tidy, buffing, exfoliation, foot and leg massage. Polish to finish.

### **SHELLAC CND PEDICURE** 50mins - £55

File and shape, all cuticle work, buff and moisturise followed by a lick of Shellac CND long-wear gel.

### **NATURAL PEDICURE** 50min - £55

File and cuticle tidy, buffing, followed by foot and leg massage. Buff to finish.

### **DRY PEDICURE** 30min - £45

File, tidy and polish without water.

### **GEL REMOVAL AND FILE** 20mins - £20

### **SHELLAC REMOVAL** 10mins - £10

(£5 when followed by a Shellac CND Pedicure)

### **DEESSE LIGHT THERAPY FACE MASK** 20mins - £40

A clinically-proven tri-wave face mask using the acclaimed Deesse low-level light therapy to safely stimulate natural cellular responses.

Available as an add on to your pedicure.



# Nouveaux Lashes

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Nouveaux Lashes offer an LVL Lash Lift designed to give you longer, thicker lashes. Alternatively the award-winning SVS treatment applies superfine extensions to your lashes to create a look tailored to you.

## SVS TREATMENT / REFILL

2.5 hours - £150 / £80

SVS creates long-lasting power lashes in less time by using superfine extensions applied to your own lashes using an innovative SVS isolation lash technique.

## LVL TREATMENT / WITH TINT

50min - £70 / £85

By straightening your natural lashes at the root and then tinting them, the LVL Lash Lift gives you the appearance of longer, thicker lashes with no mascara needed.

If you are having the LVL treatment you must bring your completed Patch Test Card.

Please inform us immediately if you are pregnant or have a medical condition so we can confirm your suitability for treatment.



## ADVANCED

A range of advanced results-driven services and products from iS Clinical and Dermalux. These clinically-proven treatments are designed to go one step further.

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# Dermalux at Cowshed

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A non-invasive Light Emitting Diode (LED) Phototherapy designed to promote tissue regeneration and healing, reduce inflammation and relieve pain caused by dermatological conditions. Dermalux does not use heat or chemicals, instead the treatment uses three types of wavelengths: red, blue and Near Infrared, which can be delivered individually or simultaneously.

Red light naturally rejuvenates the skin by accelerating collagen and elastin, Near Infrared light has a powerful anti-inflammatory effect, helpful for skin conditions like rosacea and psoriasis, while Blue light is clinically proven to inactivate the bacteria that causes acne, reducing the appearance of spots and helping to prevent further breakouts.

## DERMALUX LIGHT THERAPY

30min - £80

The Ned offers this revolutionary treatment that uses the power of light to rejuvenate, repair and revitalise the skin. Ideal when combined with other treatments.

# iS Clinical

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Formulated using only pharmaceutical-grade ingredients, iS Clinical is a range of clinically-proven cosmeceuticals, combining traditional botanical medicine with advanced technology. The range features over 95 per cent botanically-based formulations for treating medical skin conditions.

## EXPRESS FACIALS

Our express facials are integrated with the acclaimed Deesse low-level light therapy to safely stimulate natural cellular responses.

### MINI FIRE & ICE

30mins - £85

*Brightening & Tightening*

A resurfacing treatment using a combination of all three lights.

### EXTREME HYDRATION

30mins - £80

*Reviving & Hydrating*

A great recovery treatment for stressed or tired skin. Includes lymphatic massage techniques to eliminate puffiness and rejuvenate the skin.

### CALMING FACIAL

30mins - £65

*Balancing & Deep Cleansing*

Ideal for problematic skin. A blue light treatment with anti-bacterial effect using the iS Clinical hero formula.



### **ADVANCED iS CLINICAL FACIALS**

Advanced iS Clinical facials include Dermalux light therapy, a revolutionary treatment that uses the power of light to rejuvenate, repair and revitalise the skin.

### **FIRE & ICE CRYO**

50mins - £170

A resurfacing anti-aging treatment combining cryo-therapy that rapidly chills the skin's surface while producing instantaneous tightness and stimulating collagen production.

### **FIRE & ICE LED**

50mins - £170

An intensive treatment clinically formulated to rapidly and safely resurface the skin, reduce fine lines, address problematic skin and encourage cellular renewal.

### **DETOX & RESTORE FACIAL**

50mins - £120

Ideal for congested skin, this deep cleansing facial involves steam, extractions and a foaming enzyme mask leaving the skin bright and re-energized.

### **THE HARMONY FACIAL**

30mins - £80

A soothing facial designed for patients undergoing medical treatments. Containing powerful antioxidants and essential vitamins this treatment restores clarity and resilience to the skin.

## **WELLBEING**

A range of holistic treatments from Elixir Clinic and de Mamiel to La Sultane de Saba which is found in our Moroccan hammam. These treatments promote health, wellbeing and vitality.





# The Elixir Clinic

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The Elixir Clinic specialises in enhancing wellbeing through vitamin infusions, intramuscular injections and more. These treatments take place in private treatment rooms or in hotel bedrooms.

## VITADRIP® INFUSIONS

A blend of high quality vitamins, minerals and amino acids administered intravenously.

### ULTIMATE INFUSION £400

**Key ingredients** Vitamin C, B-Vitamins, Magnesium, Selenium, Glutathione, L-Carnitine, Taurine, Glycine, CoQ10, Folic Acid.

### ANTI-AGING £350

**Key ingredients** Glutathione, Vitamin C, B-Vitamins, Biotin, Folic Acid.

### THE RECHARGER £350

**Key ingredients** A-Lipoic Acid, Folic Acid, B-Vitamins, Vitamin A, Vitamin D, Vitamin E, Vitamin C, Vitamin K, Magnesium.

### MOOD ENHANCER £300

**Key ingredients** B-Vitamins, L-Tryptophan, Ornithine, Phenylalanine, Taurine, and Methionine.

### HAIR, SKIN & NAILS £280

**Key ingredients** Biotin, Folic Acid, Leucine, Phenylalanine.

### DETOX £280

**Key ingredients** Vitamin C, Arginine, L-Cysteine, Lysine.

### IMMUNITY £240

**Key ingredients** B-Vitamins, Calcium, Magnesium, Selenium, Glutathione, Phenylalanine, L-Leucin, L-Valine, L-Lysine.

## FITNESS £220

**Key ingredients** B-Vitamins, Taurine, Glutamine, Arginine, L-Carnitine, Vitamin C, Magnesium.

## FREQUENT FLYER £200

**Key ingredients** B-Vitamins, Magnesium, Selenium, Zinc, Glutathione, Taurine, L-Carnitine, Arginine.

## BOOSTER SHOTS

An intramuscular vitamin shot administered within seconds that delivers essential nutrients directly to the body.

## IMMUNE CHARGER £100

An immunity booster shot.

## ANTIOXIDANT £80

A Glutathione IM, ideal for detoxification.

## B12 BOOSTER £50

Ideal for those leading fast-paced or busy lifestyles.

## HAIR, SKIN & NAILS £50

Supports hair, skin, and nail health.

## OXYGEN BAR £50

Breathing higher concentrations of oxygen can relieve stress, migraines and improve athletic performance. Enjoy 20 minutes of calming rejuvenation alongside another spa treatment.

## MINERAL TISSUE HEAVY METAL ANALYSIS £250

A measurement of minerals, oxidative stress and toxic metals in the body; non-invasive analysis providing immediate results.

# de Mamiel

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The de Mamiel Collection, by Annee de Mamiel is more than just skincare. The products and treatments have been created using the ancient principles of Chinese medicine, combined with scientific research into how ingredients interact with our bodies.

## URBAN WARRIOR FACIAL

*Including 15 minute consultation*      **60min - £150 | 90min - £190**

Exclusive to The Ned, the De Mamiel Urban Warrior pollution proof facial has been designed to calm, soothe and deeply cleanse, whilst releasing locked in tension from stressed facial muscles. Targeting inflammation and boosting skin cell metabolism, it leaves the skin intensely hydrated and glowing.

## DE MAMIEL SLEEP SERIES TREATMENT      30mins - £90

This whole-body experience is designed to help you unwind using a combination of carefully selected sleep series oils, coupled with tension-relieving back stretches, facial massage and a deep cleanse.

# Remedy

Physiotherapy, Osteopathy & Sports Massage

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Whether you are in pain or need treatment for an injury, want to prevent a sporting accident or enhance physical performance, Remedy can create a tailor-made programme to help you achieve your goal.

The Ned's resident health team Remedy can provide therapies in Ned's Club Spa, on the floor of Ned's Club Gym or from the comfort of your hotel bedroom.

## PHYSIOTHERAPY      60mins - £175 | 90mins - £250

Our physiotherapists have over 25 years' experience in sporting rehabilitation and have worked with elite athletes and celebrities all around the world.

## OSTEOPATHY      60mins - £175 | 90mins - £250

Our osteopath has 22 years' experience and the majority of his career has been spent working with elite athletes. He specialises in pain management and sporting injuries.

## SPORTS MASSAGE      60mins - £160

Whether you are in pain or just feeling tight, our sports masseurs will help improve your performance and accelerate your recovery times. We have extensive experience in keeping you ready to train and compete.

# Hamмам Treatments

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## SPEEDY HAMMAM

50min - £80

A six stage hammam sequence to clear the mind and cleanse the skin. The treatment begins with a foot cleanse and authentic black soap wash, followed by a kessa scrub, rassoul hair cleanse, shirodhara and speedy facial. The treatment ends with an application of precious oil blended with pure shea butter.

## REJUVENATING HAMMAM

60mins - £150

Start your treatment with a foot cleanse and authentic black soap wash, followed by a kessa scrub, rassoul hair cleanse and shirodhara. The treatment ends with a stress-relieving La Sultane de Saba shea butter back, neck & shoulder massage.

## INDULGENT HAMMAM

90mins - £220

A foot cleanse and authentic black soap wash and kessa scrub followed by a rassoul hair cleanse and shirodhara. Then relax with a top to toe skin replenishment treatment, using organic oils. Finish with a 60 minute full body massage.

## ULTIMATE HAMMAM

120mins - £280

Combines the Indulgent Hammam treatment with a customised deep-cleansing body mask, honey face mask and shea body butter, finishing off with rassoul lava clay. Whilst cocooned in our precious blend, a relaxing head and scalp massage takes place.

Please note hammam treatments are not suitable for pregnant women

## HAIR

Our team of experts at Ned's Parlour offer signature cuts, colours, blow-dries and up-dos for any occasion.

Our speakeasy-style Barbershop for the modern gentleman offers haircuts and traditional wet shaves using our own range of styling products.

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## Ned's Parlour

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Styling	Stylist	Head Stylist
Fringe Trim	15	15
Dry Styling (arrive with pre-washed and dry hair)	30	40
Dry Styling with Extensions (arrive with pre-washed and dry hair)	50	60
Blow Dry	45	55
Blow Dry with Extensions	65	75
Cut & Blow Dry	70	90
Cut & Blow Dry with Extensions	90	110
Hair Up (arrive with pre-washed and dry hair)	65	75
Hair Up with Extensions (arrive with pre-washed and dry hair)	85	95

Bridal Styling available, trial 150, on the day 180

## Ned's Parlour

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Colour	Stylist	Head Stylist
Gloss	35	55
Colour Retouch	60	75
All Over Tint	75	85
Bleach Retouch (inc. toner)	110	130
T Section, H/Lights	85	100
Half Head H/Lights / Balayage	125	145
Half Head & Tint	165	185
3/4 Head H/Lights	140	160
Full Head H/Lights / Balayage	155	175
Full Head & Tint	195	215

Please note a patch test is required  
48-hours prior to your colour service  
for all pregnant and new clients

## Ned's Parlour

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Treatments	Head Stylist
Oribe	20
L'Oreal Smartbond	35
Olaplex	45
Philip Kingsley Complete Hair & Scalp Treatment	55

## Ned's Barbershop

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Haircut	Senior	Head
Back & Sides Back and sides in between haircuts <b>30 minutes</b>	40	45
Shampoo & Haircut Shampoo and haircut with finish <b>45 minutes</b>	45	55
Restyle Haircut Shampoo & restyle haircut with finish <b>60 minutes</b>	50	60
One Grade All Over Electric clipper, 1 grade all over <b>30 minutes</b>	20	20
Shampoo & Style Look great with a wash and style <b>30 minutes</b>	20	25



## Ned's Barbershop

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### Shaves

Senior Head

Traditional Wet Shave  
A hot towel, cut throat shave  
**45 minutes**

45 55

Quick Beard Trim & Condition  
A tidy-up for the beard: trim  
and conditioning treatment  
**15 minutes**

20 25

Full Reshape  
For the overgrown beard: clipper and  
scissors to shape with conditioning /  
moisturising treatment  
**30 minutes**

30 35

Full Beard Shape With  
Cut Throat & Hot Towel  
For the overgrown beard: clipper and  
scissors to shape with conditioning /  
moisturising treatment  
**45 minutes**

40 50

Moustache Trim & Style  
Tidy-up, shape and style  
with moustache wax  
**15 minutes**

15 20

## Ned's Barbershop

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### Groom

Senior Head

Express Grooming  
Facial Cleanse, Exfoliation and Mask  
**30 Minutes**

40 45

Threading  
Tidy Up Of Facial Hair  
**10 Minutes**

15

Homme  
A Subtle Wash In Colour Treatment  
To Disguise White Hair  
**30 Minutes**

35 35

Please note a patch test is required  
48-hours prior to your colour service

Shoe Shine Service  
**10 - 15 Minutes**

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The Ned offers a day spa, where members of the public can access the whole floor when they spend £200 on treatments per person from Friday to Monday, or £150 on treatments per person from Tuesday to Thursday.

T&Cs apply

**THENED.COM**

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