

# Cocoon

SPA & WELLNESS

SKIN CLINIC

SALON

MASTER CLASS



SPA & WELLNESS

SKIN CLINIC

SALON

MASTER CLASS

## create your own sanctuary

Welcome to Cocoon Spa and Wellness. As one of Adelaide's most welcoming, relaxing and luxurious day spas, we offer a wide range of expert body and facial treatments which can all be enjoyed in our deluxe beauty suites.

This is where the search for relaxation ends and the process of rejuvenation begins. Where you can detach from the cares of the world and unite body, mind and spirit. Where you can linger just an hour or two yet feel the benefits for the entire day or longer. This is where every minute counts and time stands still.

Let our qualified spa therapists soothe and pamper your body, improve your appearance and replenish your spirit.

## massage

Let our qualified therapists soothe your body and restore your wellbeing with our relaxing range of massage treatments.

### heavenly *30 / 45 / 60 / 90min*

This soothing massage uses gentle techniques for relaxation. Designed to ease tired muscles and soothe a busy mind, this slow and rhythmic technique relaxes the entire body.

### warm stone *60 / 90min*

Melt away tension with this deeply relaxing massage. Combines warm stones with a unique massage technique.

### bamboo *60 / 90min*

An invigorating, deep tissue massage with the focus on problem areas. This treatment is designed to stimulate circulation, boost vitality and relieve stress.

### warm candle *60 / 90min*

This warming massage uses gentle techniques for relaxation and to rebalance the body. Designed to ease tired muscles and soothe a busy mind.

### warm herbal compress *60 / 90min*

Experience the deep relaxation of natural Thai herbs with our steamed herbal compresses. Designed to promote the relief of stress and fatigue and boost emotional and physical wellbeing.

### sports *30 / 45 / 60 / 90min*

A firmer style of full body massage concentrating on relieving muscle tension, relaxing and soothing tired muscles in problem areas.

### pregnancy *30 / 45 / 60min*

A safe, nurturing massage on our customised pregnancy bed, available after the first trimester, this massage is designed to soothe and relieve tension for mothers to be.

### indian head *45min*

An Indian head massage will energise your mind and allow tension to slip away. Pressure points on the scalp, neck and shoulders are stimulated to improve circulation, relieve tension and promote relaxation.

warm oil scalp *30min*

A deep scalp massage with a blend of essential oils. Stimulates the scalp and relieves stress for the whole body. Scalp massage offers a variety of benefits, including stress relief, reduction in headaches and migraines, and boosts blood flow stimulation.

time out for two *30 / 45 / 60 / 90min*

Enjoy a relaxing and private massage side by side as a couple or with friends.

As an addition complete the experience in your private aroma bath, with gentle music to take you away from it all.

suggested massage add ons

- eye revive mask
- lushly foot soak
- scalp pressure point massage
- aroma bath
- deluxe spa time



## body treatments

Take your body on a sensory journey and revitalise your mind with our decadent and nourishing range of natural body products.

### body bliss *45min*

A deep exfoliation followed by a hydrating moisturising treatment, leaving the skin feeling soft, supple and silky.

### body detox *75min*

A highly detoxifying treatment using the power of natural minerals. Offers improved contouring and relief of physical tension, leaving the skin and body refreshed and toned. Choice of chocolate or vino aromas.

### pure balance *90min*

A deep exfoliation followed by a soothing massage, with gentle relaxation techniques to rebalance the body.

### indulge *2hrs*

Take some well-deserved time out with this personal journey into pure bliss. Beginning with an aromatic bath, followed by a full body exfoliation and a heavenly body massage.

### unwind vino body therapy *1hr 45min*

This body treatment will keep you coming back for more. Commence with a vino bath soak, followed by a pinot noir scrub, mask and moisturise. Completed with a scalp massage.

### sweet sensations *2hrs 15min*

Indulge your senses. Enjoy a chocolate infused aroma bath, followed by a chocolate body scrub, body wrap and full body massage.

### suggested body treatment add ons

eye revive mask

lushly foot soak

scalp pressure point massage

aroma bath

deluxe spa time

revive facial

## mother to be

Happiness is on its way with a range of pregnancy treatments, which will ensure to nurture.

### pregnancy massage *30/45/60min*

A nurturing massage on our customised pregnancy bed, to soothe and relieve tension for mother's to be. Available after the first trimester.

### pregnancy bliss *75min*

A deeply soothing lushly foot soak followed by a nurturing full body massage.

### pregnancy joy *2hrs*

A relaxing full body massage followed by an essential feet pedicure.

### pregnancy refresh facial *30min*

A refreshing facial which will leave skin feeling rejuvenated and hydrated.





## facials

Experience the ultimate in scientific skin therapy to look and feel great. Our experienced professionals will customise a facial treatment just for you to restore the skin and revive the spirit.

### revive *30min*

A refreshing facial treatment when time is of the essence.

### rejuvenate *45min*

A powerful lactobionic and ferulic peel which offers anti-inflammatory and anti-ageing results. This premium treatment reduces pigmentation, skin redness and wrinkles.

### true radiance *60min*

Melt away your worries while you enjoy this personalised facial that will leave your skin radiant.

### skin renewal *60min*

Instantly improve the texture and clarity of your skin through delicate and effective exfoliation with AHA's. Highly recommended for sun damage, ageing and skins prone to clogging.

### rebalancing *60min*

Normalise and rebalance oily skin targeting bacteria and excessive sebum production. This facial will leave your skin renewed and refreshed. Perfect for oily, congested and skins prone to breakouts.

### thirsty skin *60min*

A deeply hydrating treatment for the face, neck and décolleté that will provide your skin with renewed moisture and silkiness. This facial will help prolong a youthful and radiant appearance by restoring hydro-balance to dehydrated, dull or dry skin.

### collagen booster *60min*

Designed for dehydrated skin concerned with fine lines and wrinkles. Suitable for all skin types, this extremely hydrating, plumping and firming facial will increase the skins suppleness. A treatment ideal prior to special events.

### vitamin c illuminating *60min*

Brighten dull skin with this advanced facial based on our Vitamin C formula. This treatment provides intense luminosity and is suitable for the treatment of dull or pigmented skin.

### instantly ageless *75min*

Offering visible results after just one treatment. This facial is a fast and effective solution especially for expression wrinkles and to prevent further signs of ageing.

### pure fusion *75min*

This luxurious treatment is designed to strengthen and nourish your skin with a cocktail of vitamins, helping to vanish any signs of life's daily stresses. Perfect for ageing, dehydrated and dull skin types.

### suggested facial add ons

- booster ampoules
- eye revive mask
- advanced resurfacing peel
- prime performance rubber mask
- microdermabrasion
- led light therapy



## man space

Designed specifically for men, our man space signature treatments will clear your mind and will have you feeling restored.

### total time out *90min*

This treatment is designed to have you feeling refreshed and rejuvenated. Beginning with a lushly foot soak and scrub, followed by a back scrub, back, neck and shoulder massage, and finishing with a reviving hydrating facial.

### pure performance facial *60min*

Help to calm and minimise the signs of ageing.

This facial is the ultimate overhaul for male skin. This treatment protects against the harsh effects of shaving and is designed to restore hydration.

### signature sports massage *60min*

Initially combining gentle yet specific massage techniques, leading into an amazing sports body massage to ease away all those aches and pains. Relaxes and soothes tired muscles.

### man-tenance

#### manicure *30min*

For the handy men (excludes polish).

#### pedicure *45min*

For tired and let down feet (excludes polish).

### men's waxing

3/4 leg

full leg

chest

torso

chest + torso

shoulders

lower back

full back

3/4 arm

full arm

under arm

## packages

Why stop at just one treatment? Indulge yourself with this lavish range of sumptuous spa packages.

### allure *1hr*

For the person on the run. Enjoy a divine back, neck and shoulder massage followed by a refreshing facial.

### escape *90min*

Pure relaxation and indulgence starts here with our aromatic bath soak followed by a soothing full body and scalp massage.

### hope *2hrs*

Relieve stress with a heavenly massage followed by an advanced hydrating facial treatment.

### ultimate delight *2hrs*

Spend some quality relaxation time in an aromatic chocolate infused bath whilst enjoying a glass of champagne and chocolates. Be taken away by our sweet chocolate massage followed by a petite spa facial.

### dream *2hrs 15min*

Restore and rebalance the body with a destressing heavenly full body massage followed by a blissful feet pedicure.

### drift away *2hrs 15min*

Have your mind renewed and body restored. Beginning with a relaxing aromatic bath and followed by gentle dry body brushing, this package also includes a heavenly massage and a revive facial treatment

### the essential package *2hrs 45min*

Prepare your body to unwind, calm and relax with a heavenly massage, followed by a pedicure and manicure.

### cocooned pure indulgence *3hrs*

A rejuvenating indulgent package featuring a full body massage with aromatic oil. Then enjoy a luxurious advanced hydrating facial with a warm oil scalp treatment. Finishing with your choice of deluxe manicure or pedicure.

### wish 5hrs

Replenish your mind, body and soul with a full day's pampering in unforgettable luxury. Begin in total relaxation with a private spa time, followed by a full body massage and specialised facial. As your body, mind and spirit are at ease continue the indulgence with a sumptuous champagne lunch, concluding with a blissful hands manicure and blissful feet pedicure.

### spa social group treatments

Experience the fun of sharing treatments in the company of your friends. Includes tailored treatments to suit your individual needs.





## hands and feet

### nail file and polish hands *30min*

Nails are reshaped and polished.

### essential hands manicure *45min*

Hands are soaked and exfoliated followed by meticulous nail and cuticle care. This treatment is finished with a luxurious hand massage and a fresh coat of enamel.

### blissful hands manicure *60min*

A deluxe nourishing and pampering hand treatment. Hands are soaked and exfoliated followed by meticulous nail and cuticle care, and a mask or paraffin treatment. This treatment is finished with a luxurious hand massage and a fresh coat of enamel.

### nail file and polish feet *30min*

Nails are reshaped and polished.

### essential feet pedicure *60min*

Feet are soaked and exfoliated followed by meticulous nail and cuticle care. This treatment is finished with a luxurious foot massage and a fresh coat of enamel.

### blissful feet pedicure *75min*

This deluxe foot treatment rids the feet of fatigue, soreness and tension. Feet are soaked and exfoliated followed by meticulous nail and cuticle care, and mask or paraffin treatment leaving the feet feeling soft, moisturised. Finished with a luxurious foot massage and a fresh coat of enamel.

### divine hands and feet *2hrs*

Indulge in complete relaxation and the ultimate treatment for the hands and feet. A warm paraffin treatment will nourish and soften the skin, helping with joint movement and skin smoothness. Finished with a fresh coat of enamel.

### infinite shine

Infinite shine nail lacquer features a unique hybrid technology which amplifies the shine and extends the wear of the nail lacquer. Can be added on to any hand and foot treatment.

### gelcolor nail polish

For lovers of shellac, this gel based polish which goes on beautifully, dries immediately and removes with no damage. Gelcolor nail polish can be added on to any hand or foot treatment. Please add 15 minutes to treatments time to allow for gelcolor nail treatment.

### optional extras to choose

infinite shine nail lacquer

gel colour

paraffin

shellac removal

pedi peel

## waxing

### face

upper lip

eyebrow

chin

sides of face

lip + brows

lip + brows + chin

### body

bikini x

extended bikini xx

full bikini xxx

stomach

lower back

### arms

underarm

1/2 arm

3/4 arm

full arm

### legs

1/2 leg

3/4 leg

full leg

top 1/2 leg

top 1/2 leg + bikini x

3/4 leg + bikini x

full leg + bikini x

full leg + full bikini xxx

## ipl

### permanent hair reduction

lip

chin

underarm

½ arm

full arm

bikini x

bikini xx

bikini xxx

full back

full leg

lower ½ leg

full leg + bikini xxx

buttocks

chest + stomach

## final finishes

### tinting

brow

lash

lash + brow

brow wax + brow tint

## tanning booth

*organic, natural, paraben, cruelty free tan*

light / medium / dark

primer

moisturiser

## make up

bridal, formal & special occasions



# important spa information

## reservations

Pre-booking your treatment is essential so we can best accommodate your needs.

We strongly encourage guests to book appointments in advance to ensure your preferred treatment or therapist is available. Bookings made on the day of service and walk in appointments are always welcome, based upon availability.

You can make your spa reservation via email or by calling us direct on 8333 3195. Please have your credit card details or gift voucher number handy at the time of booking to secure your appointment.

## arrival

Please check-in at Cocoon at least 15mins before your scheduled appointment. This will ensure you have time to change into your robe and slippers and enjoy a herbal tea or refreshing drink before your treatment. Please understand if you arrive late, your treatment time will be reduced accordingly.

## before your treatment

Casual attire is best. Robes, gowns and slippers will be provided on arrival. Please use lockers provided to store your personal belongings during your treatment. Disposable underwear will be provided if required. To preserve your pedicure polish, we suggest wearing open toed shoes.

If having a spray tan, wear loose dark clothing and avoid moisturising before your tan. Men are encouraged to shave before facial treatments.

## cancellation policy

Please provide us with a minimum of 24hrs notice of cancellation or to reschedule spa treatments. If your cancellation is within 24hrs of your spa appointment a 50% charge will apply. No shows will be charged 100%.

Please give 48hrs notice for conference, group and package bookings.

### gift vouchers

Gift vouchers are available for all services, spa packages or a dollar amount. Gift vouchers are valid strictly for 6 months from the date of issue and are not redeemable for cash. Unused balance on the gift voucher after the expiry date will not be refunded. Gift voucher numbers are required at the point of spa reservation in order to confirm bookings.

### communication

Communication is the key to getting what you want out of your Cocoon experience. Prior to the start of your service, inform your therapist the areas you would like to focus on, and if you have any medical conditions, concerns or areas to be avoided. During your service, let the therapist know if you feel any discomfort.

### special consideration

Please advise at time of reservation of any medical conditions, pregnancy, allergies or ailments you may have.

To ensure maximum relaxation and peace of all our guests, we ask that all mobile phones are switched onto silent before entering the treatment facilities.

Please note prices are subject to change without notice.

### spa group events

If you are wanting to organise a group booking please remember to pre-plan with ample amount of notice. Our spa director will be happy to ensure your spa appointments are scheduled and that you and your group are completely indulged.

create your  
own sanctuary

409 Magill Road  
St Morris SA 5068

08 8333 3195 t  
info@cocoonspa.com.au

cocoonspa.com.au