

SPA & WELLNESS

Create your own sanctuary

T 08 8333 3195

www.cocoonspa.com.au

MASSAGE

An indulgence for singles, couples or groups in one of our deluxe group rooms.

Heavenly

30mins	\$75
45mins	\$95
1hr	\$120
1hr 30mins	\$160

An incredibly soothing massage designed to ease tight muscles, improve circulation and calm a busy mind.

Deep Tissue

1hr	\$130
1hr 30mins	\$170

Deep Tissue Massage uses firm pressure to reach deeper layers of muscle and is ideal for relieving muscle tension, aches and pain. Specific areas such as a stiff neck, tight upper and lower back, leg muscle tightness and sore shoulders can be targeted.

Warm Stone

1hr	\$130
1hr 30mins	\$170

Massage stones are used to infuse soothing warmth into tense muscles resulting in a deep level of relaxation. This massage also helps to lower pain levels and provides a greater range of movement. This is the ultimate relaxation massage that delivers immediate results.

Warm Herbal Compress

1hr	\$140
1hr 30mins	\$180

During this intensely relaxing body treatment, warmed herbal compresses are massaged over your body to alleviate tired and sore muscles, reduce emotional stress, improve circulation and restore a sense of well-being.

Indian Head

45mins	\$95
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A wonderfully soothing ancient massage of the pressure points located on the scalp, neck and shoulders. This massage will not only improve circulation but relieve tension and increase relaxation of the mind.

MOTHER TO BE

Pregnancy Massage

1hr	\$120
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Nurture yourself with an intensely relaxing full-body Pregnancy Massage to reduce general pregnancy discomforts such as an aching neck, sore back, swelling of the ankles, sciatic pain and leg cramps. It also helps to reduce stress hormones and general anxiety leaving you feeling more relaxed and serene.

Pregnancy Joy

2hrs	\$190
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Massage, Pedicure

A beautifully relaxing full-body Pregnancy Massage designed to restore a sense of total well-being for mums-to-be. Also included is an Essential Feet Pedicure to soothe and pamper tired, aching feet.

Peaceful Pregnancy

1hr	\$140
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Massage, Facial, Eye Revive Mask

Let your stress simply float away with this divine Back, Neck and Shoulder Massage accompanied by a Pregnancy Refresher Facial to nourish and balance your complexion. Complete your time-out with a revitalising Eye Revive Mask.

Pregnancy Bliss

1hr 15mins	\$130
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Foot Soak, Massage

Soak away aches and pains in your tired feet with a soothing Lushly Foot Soak followed by a nurturing full-body Pregnancy Massage to alleviate body soreness and fatigue.

Pregnancy Refresher Facial

30mins	\$80
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The perfect pick-me-up Facial for sensitive skin during pregnancy. Your skin is gently cleansed, toned, lightly exfoliated, treated with a specially selected mask, moisturised and an eye cream applied. You will look and feel totally refreshed and radiant.

BODY TREATMENTS

These deluxe treatments can be enjoyed in one of our spacious spa suites, accommodating couples and groups.

Sweet Sensations

2hrs 15mins \$260

Champagne, Aroma Bath, Body Scrub & Wrap, Massage

The perfect chocolate lover's indulgence! Sip on a glass of Champagne and enjoy a selection of chocolates in your own private chocolate-infused Aroma Bath before indulging in a lush chocolate Body Scrub, cocooning Wrap and full-body relaxation Massage. Sensational!

Pure Balance

1hr 30mins \$170

Body Scrub, Massage

Let your cares drift away with a totally revitalising full-body Scrub followed by a deeply relaxing and rebalancing 1hr full-body Heavenly Massage.

Coffee Detox

1hr 15mins \$150

Body Scrub & Wrap, Body Moisturise

Detoxify your body naturally with minerals found in this full-body Coffee Scrub and Wrap. Your treatment is completed with a nourishing Body Moisturising treatment leaving your skin feeling incredibly soft and silky.

Body Bliss

45mins \$95

Body Scrub, Body Moisturise

Leave your worries behind as you relax into a full-body Scrub to gently remove unwanted dry and flaky skin. Following this is a nourishing application of body moisturiser to leave your skin glowing with health and hydration.

FACIALS

Anti-Ageing Facial Treatment

1hr 15mins \$170

Look younger and more radiant with this luxurious Anti-ageing Facial Treatment designed with the unique needs of your skin in mind. Fine lines and wrinkles are noticeably reduced leaving your skin looking softer, smoother and more evenly toned.

Intensive Hydrating Facial Treatment

1hr \$145

Experience this high-performance facial treatment where deep hydration and skin clarity is the ultimate outcome. Your skin specialist will choose from either the Vitamin C Illuminating Facial or the Skin Renewal Facial depending on your skin's needs. Both facial treatments deliver brighter, more hydrated and younger-looking skin.

Total Glow

1hr \$130

Results are immediately visible with the Total Glow Facial. A vitamin-infused peel gently exfoliates your skin before you receive an indulgent face, neck and décolletage massage using a creamy, hydrating mask. To complete your treatment, a second retinol mask is then layered over to deliver more intense, radiant results.

Pure Radiance

45mins \$100

If time is of the essence, but your skin needs a boost, this is the perfect facial treatment as it delivers visible and immediate results. It includes gentle cleansing, toning, exfoliation, treatment mask and moisturiser along with a divine facial massage to nourish and tone your skin.

MAN SPACE

The Relaxed Warrior

2hrs 30mins \$275

Massage, Facial, Manicure or Pedicure

Unwind and de-stress as you begin your time-out with a 1hr Deep Tissue Massage followed by a Pure Performance Facial designed to replenish and re-balance your skin. To complete your relaxation, enjoy your choice of either the Maintenance Manicure or Pedicure.

The Great Escape

2hrs \$220

Massage, Facial, Manicure

Eliminate tired and aching muscles with a 1hr full-body Massage plus a skin-replenishing Anti-Ageing Facial Treatment and Man-tenance Manicure. A great way to unwind and restore a sense of calm and well-being.

The Get Away

1hr 30mins \$175

Massage, Facial

Indulge in a deeply relaxing and aromatic 1hr full-body Massage plus a revitalising Skin Restore Facial for men.

Deep Tissue Massage

1hr \$130
1hr 30mins \$170

Totally unwind with this stress-releasing Massage that uses slow, firm strokes to reach deeper layers of muscle and fascia. It is ideal for relieving muscle aches and pain and releasing muscle knots in specific problem areas.

Pure Performance Facial

1hr \$145

The ultimate treatment for male skin restoring moisture and reducing visible signs of ageing. It includes skin cleansing, toning, deep AHA exfoliation followed by a nourishing facial massage, treatment mask and moisture protection. Your skin will immediately look and feel refreshed and restored to good health.

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REPLENISH PACKAGES

These deluxe treatments can be enjoyed in one of our spacious spa suites, accommodating couples and groups.

Wish
5hrs \$460

Deluxe Spa Time, Massage, Facial, Champagne Lunch, Manicure, Pedicure

Relax and unwind with this luxurious collection of treatments designed to restore your sense of well-being. Your journey begins with our Deluxe Spa Time which includes an Aromatic Bath, Steam Room and Swiss Shower. Following on is a soothing full-body Massage and specialised Facial. A delicious Champagne Lunch follows before enjoying our Blissful Manicure and Pedicure.

Cocoon Pure Indulgence
3hrs \$350

Massage, Facial, Scalp Treatment, Manicure or Pedicure

A totally indulgent treatment selection beginning with a tension-releasing full-body Aromatic Massage, followed by our Advanced Hydration Facial including a Warm Oil Scalp Treatment. Your pampering is complete with your choice of either a Deluxe Manicure or Pedicure.

Drift Away
2hrs 15min \$245

Aromatic Bath, Dry Body Brushing, Massage, Facial

Drift away with a relaxing Aromatic Bath, followed by gentle Dry Body Brushing to exfoliate and boost your circulation. Next, experience a full-body Heavenly Relaxation Massage plus a Petite Hydration Facial to leave you feeling completely refreshed and restored.

Hope
2hrs \$220

Massage, Facial

Remove all traces of tension and stress with this relaxing duo of services. Your pampering begins with a full-body Heavenly Massage to totally unwind, followed by a skin-queenching Advanced Hydration Facial Treatment. Bliss!

Total Time-out
1hr 30min \$190

Foot Soak & Scrub, Back Scrub, Massage, Petite Facial

Begin your personal time-out with a revitalising Foot Soak and Scrub, then a refreshing Back Scrub plus a comforting Back, Neck and Shoulder Massage. Complete your relaxation with a nourishing Petite Hydration Facial.

Allure
1hr \$140

Massage, Petite Facial, Eye Revive Mask

When you need to wind down but time is short, indulge yourself with a calming Back, Neck and Shoulder Massage plus a refreshing Petite Hydration Facial and Eye Revive Mask.

Escape
1hr 30min \$135

Bath Soak, Massage

Escape the everyday hustle with a soothing Aromatic Bath Soak followed by a full-body and Scalp Relaxation Massage.

To add to your enjoyment, Cocoon Spa also offers a range of pampering extras to complement your treatments. Please review our Add-on menu to make your selection.

COUPLES DELIGHT

Enjoy these deluxe treatments in one of our private spacious spa suites.

Couples Retreat

2hrs 45mins \$330pp

Deluxe Spa Time, Body Scrub & Wrap, Massage, Petite Facial

Total relaxation is assured during your private Aroma Bath, Swiss Shower and Steam Room experience whilst indulging in your choice of Champagne or beer. Next, enjoy a full-body Scrub and Wrap, a relaxing full-body Massage plus Petite Facial. A sensational experience!

Soul Retreat

2hrs \$250pp

Body Scrub, Massage, Petite Facial

Relax and unwind with a full-body Scrub followed by a soothing 1hr Body Massage to rebalance the body and mind. Your retreat is complete with a cleansing and nourishing Petite Facial Treatment.

Elements

2hr 15mins \$210pp

Body Brushing, Massage, Pedicure

Experience the sheer pleasure of Dry Body Brushing to gently exfoliate your entire body followed by a soothing full-body and scalp Massage. Complete your pampering with an Essential Feet Pedicure.

Indulge the Senses

1hr 30mins \$190pp

Massage, Petite Facial

Spend time relaxing side by side with an intensely relaxing full-body and scalp Massage complemented by a Petite Facial. Truly a top to toe indulgence.

Couples Haven

1hr 30mins \$145pp

Deluxe Spa Time, Massage

Restore your sense of well-being and revive tired aching muscles by starting your treatment with Deluxe Spa Time which incorporates our Steam Room, Swiss Shower and Aromatic Bath. Following this, relax even further with a 1hr full body Deep Tissue Massage to eliminate tight and aching muscles.

MORE PLEASE

Enjoy one or more of these pampering extras to enhance your treatments.

Petite Hydration Facial

30mins \$80

Specialised Treatment Mask

Hydrating/Anti-ageing/Brightening
15mins \$40

AHA Peel

15mins \$40

Microdermabrasion

15mins \$40

LED Light Therapy

20mins \$50

Hydrating Infusion Therapy

15mins \$50

Booster Serum

Collagen/Hyaluronic/Multivitamin \$20

Eye Revive Mask

\$35

Scalp Pressure Point Massage

15mins \$25

Warm Oil Scalp Massage

30mins \$65

Infrared Sauna

Detox, relax and reduce aches and pains
30mins \$30
45mins \$45

Deluxe Spa Time

Aroma Bath, Swiss Shower, Steam Room pp \$35

Aroma Bath

pp \$30

Body Exfoliation

30mins \$60

Dry Body Brush

15mins \$30

Lushly Foot Soak

15mins \$20

Champagne Lunch

Catered lunch plus a glass of champagne \$30

Cheese and Wine Platter for two

Platter plus a choice of red or white wine \$60

Glass of Champagne

\$15

Glass of Red or White Wine

\$10

Corona Beer

\$15