

# SPA & WELLNESS

Create your  
own sanctuary

T 08 8333 3195  
[www.cocoonspa.com.au](http://www.cocoonspa.com.au)

## MASSAGE

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

### Heavenly

30mins	\$80
45mins	\$100
1hr	\$125
1hr 30mins	\$165

An incredibly soothing relaxation style massage.

### Deep Tissue

1hr	\$135
1hr 30mins	\$175

Performed by a qualified remedial therapist, ideal for relieving muscle tension, aches and pain.

### Warm Stone

1hr	\$135
1hr 30mins	\$175

Massage stones are used to infuse soothing warmth deep into the muscles.

### Warm Herbal Compress

1hr	\$145
1hr 30mins	\$185

Warmed herbal compresses are massaged over the body to alleviate tired and sore muscles.

### Indian Head

45mins	\$100
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A soothing holistic massage of the pressure points located in the scalp, neck and shoulders.

## MOTHER TO BE

### Pregnancy Massage

1hr	\$125
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Nurture yourself with an intensely relaxing full body Pregnancy Massage.

### Pregnancy Bliss

1hr 15mins	\$135
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### Lushly Foot Soak, Pregnancy Massage

Soak away aches and pains with a soothing Lushly Foot Soak and full body Pregnancy Massage.

### Pregnancy Refresher Facial

30mins	\$80
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The perfect pick-me-up facial for sensitive skin during pregnancy.

## BODY TREATMENTS

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

### Pure Balance

1hr 30mins	\$180
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### Body Scrub, Massage

Let your cares drift away with this revitalising Body Scrub & Heavenly Massage.

### Body Bliss

45mins	\$110
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### Body Scrub, Body Moisturise

Leave your worries behind with this nourishing Body Scrub & Moisturise.

## MAN SPACE

### The Get Away

1hr 30mins	\$195
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### Massage, Facial

Indulge in a deeply relaxing full body Heavenly Massage and Skin Restoring Facial.

### Deep Tissue Massage

1hr	\$135
1hr 30mins	\$175

Performed by a qualified remedial therapist, ideal for relieving muscle tension, aches and pain.

### Muscle Recovery

1hr 30min	\$150
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### Deluxe Spa Time, Massage

Revive tired muscles with Deluxe Spa Time in our Steam Room, Swiss Shower and Aroma Bath followed by a full body Heavenly Massage.

## COUPLES DELIGHT

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

### Couples Retreat

2hrs 45mins	\$345pp
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### Deluxe Spa Time, Body Scrub & Wrap, Massage, Petite Facial

Enjoy total relaxation with Deluxe Spa Time in our Steam Room, Swiss Shower and Aroma Bath followed by a Body Scrub & Wrap, Heavenly Massage & Petite Facial.

### Couples Haven

1hr 30mins	\$150pp
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### Deluxe Spa Time, Massage

Revive tired muscles with Deluxe Spa Time in our Steam Room, Swiss Shower and Aroma Bath followed by a full body Heavenly Massage.

## FACIALS

### Pure Radiance

45min \$110

If time is of the essence this is the perfect express facial for a quick skin pick-me-up.

### Total Glow

1hr \$140

This facial is packed with a high dose of skin-loving vitamins to deeply exfoliate and nourish all skins, even those with sensitivity.

### Skin Renewal

1hr \$155

Instantly improve texture and clarity with this delicate AHA exfoliation. Recommended for sun damaged and congested skin.

### Vitamin C Illuminating

1h \$180

This treatment provides intense luminosity using the power of Vitamin C, perfect for skins suffering from dullness and pigmentation.

### Instantly Ageless

1hr 15min \$195

This facial is a fast and effective solution for those concerned with fine lines and wrinkles to leave your skin looking smooth and velvety.

### Advanced Firming

1hr 15min \$195

Lift and sculpt the face with this firming facial designed to assist with the appearance of hooded eye lids and loss of elasticity around the jaw and neck.

### Ultimate Age Defying

1hr 15min \$200

The ultimate in anti-ageing treatments, especially great for those concerned with all signs of aging including pigmentation and dehydration. Enjoy elevated results with the incorporation of an enzyme or AHA peel.

## REPLENISH PACKAGES

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

### Wish

5hrs \$485

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

Your journey begins with Deluxe Spa Time which includes an Aromatic Bath, Steam Room & Swiss Shower. Following this, enjoy a Heavenly Massage & Facial including a warm oil scalp treatment. Then indulge in a champagne lunch, followed by a Deluxe Manicure and Pedicure to finish.

### Cocooned Pure Indulgence

3hrs \$380

#### Massage, Facial, Scalp Treatment, Manicure or Pedicure

A totally indulgent treatment beginning with an hour Heavenly Massage and Advanced Hydration facial including a warm oil scalp treatment. Finish with your choice of either a Deluxe Manicure or Pedicure.

### Drift Away

2hrs 15min \$270

#### Aromatic Bath, Dry Body Brushing, Massage, Facial

Completely relax in an Aromatic Bath followed by a gentle Dry Body Brushing. This is followed by an hour Heavenly Massage and Petite Hydration Facial.

### Hope

2hrs \$235

#### Massage, Facial

Relax and unwind with an hour Heavenly Massage followed by a relaxing Advanced Hydration Facial to finish.

### Total Time-out

1hr 30min \$195

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

Begin with a revitalising Foot Soak and Back Scrub followed by a back, neck and shoulder massage and Petite Hydration Facial.

### Allure

1hr \$150

#### Massage, Petite Facial, Eye Revive Mask

Indulge yourself with a soothing Back, Neck and Shoulder Massage followed by a Petite Hydration Facial.

### Escape

1hr 30min \$140

#### Aromatic Bath, Massage

Escape with a soothing Aromatic Bath Soak followed by a full body Heavenly Massage and relaxing scalp massage.

# HOLISTIC TREATMENTS

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Cocoon's holistic treatments focus on healing the entire person including the physical, emotional and spiritual aspects of your wellbeing.

## Life Abundance

1hr 30mins – Therapist	\$220
1hr 30mins – Senior Therapist	\$250

Experience complete tranquillity and a deep sense of wellness from this customised holistic and healing facial treatment. A grounding foot bath to encourage mindfulness and a deeper inner connection begins the process and is followed by Cocoon's organic Signature Crystal Facial including personalised aromatherapy blends. This unique and specialised facial includes rhythmic crystal massage and pendulum chakra balancing to heal and enhance your energy flow.

## Within

1hr 15mins – Therapist	\$190
1hr 15mins – Senior Therapist	\$220

This intuitive and aromatic organic Crystal Facial, which incorporates a head and heart chakra crystal massage, energetic cleansing mists and guided meditation, will take you on a healing journey to re-align your mind, body and soul. Your holistic therapist uses their intuitive ability to guide and connect with you to provide a unique and fully customised sensory treatment that delivers renewed vibrancy and balance.

## Mystic

1hr – Therapist	\$150
1hr – Senior Therapist	\$180

Embrace the soothing sensations of inner healing and intense relaxation whilst feeling more deeply connected to the inner you. Warm and cool massage crystals holistically enhance your organic Crystal Facial while guided meditation balances and restores your sense of peace and well-being.

## Zen

1hr 30mins	\$180
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A personalised blend of signature aromatic oils is used throughout this sensory treatment to promote a feeling of physical, mental and emotional wellbeing. You begin your journey with a magnesium-based Epsom salt body exfoliation in a private steam room to alleviate muscle tension, eliminate toxins and promote a sense of peacefulness. Following this, enjoy a wonderfully rhythmic and soothing full body Aromatherapy Massage to balance your energy, spirit and physical body.

## Indian Head

45mins	\$100
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A soothing holistic massage of the pressure points located in the scalp, neck and shoulders

## INFRARED SAUNA

Experience all the incredible health benefits that infrared therapy has to offer in our state of the art Infrared Sauna.

### Infrared Anti-aging

30 mins	\$30
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When delivered at a low, constant intensity level, infrared penetrates tissue to help improve various skin concerns including wrinkles and skin texture. This is achieved through the increased production of collagen and elastin fibres.

### Infrared Cardio

45 mins	\$45
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This infrared session starts at a high intensity to increase heart rate and cardiac output, then lowers to sustain heart rate level. Enhanced circulation helps to promote healthy blood pressure.

### Infrared Detoxification

37 mins	\$37
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The infrared initially begins at a high intensity to increase the body's core temperature, then reduces to a low, comfortable intensity level. IR combination improves vascular access flow to reach and reduce toxins at the cellular level.

### Infrared Pain Relief

30 mins	\$30
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An IR blend provides natural pain relief by reducing inflammation and swelling, while Near IR LEDs penetrate the tissue to promote cellular repair at a medium, constant intensity level.

### Infrared Relaxation

40 mins	\$40
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Far, Mid and Near infrared rays induce deep relaxation as they relieve muscle tension at a low, comfortable intensity thus promoting overall stress reduction with regular use.

### Infrared Weight Loss

30 mins	\$30
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This infrared session begins at a high intensity to stimulate the cardiovascular system, then reduces to a medium level. As the body works to cool itself, there is an increase in heart rate, cardiac output and metabolic rate similar to exercise.

## SKIN CLINIC

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### MICRODERMABRASION

Microdermabrasion is a safe, controlled system of intense exfoliation and resurfacing that rejuvenates the skin. It works by gently removing redundant skin cells layer by layer.

#### Microdermabrasion Skin Treatment

45min \$130

Cleanse, Exfoliation, Microdermabrasion, Facial Massage, Mask, Moisturise, SPF

#### Microdermabrasion + Peel

45min \$140

Cleanse, Microdermabrasion, Peel, Mask, Moisturise, SPF

#### Microdermabrasion + Peel + Infusion

1hr \$150

Cleanse, Microdermabrasion, Peel, Infusion, Moisturise, SPF

#### SUGGESTED ADD ONS

##### Microdermabrasion Neck

15min \$40

##### Microdermabrasion Decolletage

15min \$40

##### Microdermabrasion back of hands

15min \$40

##### Peel add on

15min \$55

##### LED

20min \$50

### PEELS

Bespoke dermal planning skin treatments to transform the skin and achieve cell optimisation based on medical strength actives. Peel treatments offer skin changing results, skin youth, health and radiance.

#### Rejuvenate

30min \$99

Ferulic & Lactobionic peel

#### Refresh & Replenish

45min \$130

Cleanse, Exfoliation, Peel, Mask, Moisturise, SPF

#### Hydrate & Renew

1hr \$179

Cleanse, Exfoliation, Peel, Infusion, Mask, Moisturise, SPF

#### SUGGESTED ADD ONS

##### Peel Neck and Decolletage

15min \$55

##### Peel back of hands

15min \$40

##### Microdermabrasion add on

15min \$40

##### LED

20min \$50

## SKIN NEEDLING

Dermapen 3 is our advanced cosmetic treatment using fractional micro needling to tighten, lift and remodel for totally renewed timeless skin. This is a special regenerating treatment which safely penetrates deep into the underlying layers of the skin. It aids the repair and rejuvenation of the skin, improving acne scarring, fine lines, wrinkles and stretch marks. This process allows the body's natural wound healing response, resulting in the production of new collagen.

<b>Full Face</b>	
1hr	\$299
Cleanse, Dermapen, Mask	

<b>SUGGESTED ADD ONS</b>	
<b>Neck</b>	
30min	\$260
<b>Decolletage</b>	
30min	\$260
<b>Body (scars, stretch marks)</b>	
from	\$230

## INFUSION ELECTRO-MESOTHERAPY

Infusion™ Electro-mesotherapy is the safe, no-needle alternative to traditional mesotherapy. Infusion™ revitalises the skin with enriching solutions that leave it feeling supple, refreshed, and radiant.

<b>Glow</b>	
30min	\$99
Cleanse, Exfoliation, Infusion, Moisturise, SPF	

<b>Enlighten</b>	
45min	\$130
Cleanse, Microdermabrasion, Infusion, Moisturise, SPF	

## IPL PERMANENT HAIR REDUCTION

We recommend booking a complimentary consultation before your first IPL session so you can be sure this treatment is right for you.

<b>Lip</b>	
	\$35
<b>Chin</b>	
	\$35
<b>Underarm</b>	
	\$55
<b>1/2 Arm</b>	
	\$140
<b>Full Arm</b>	
	\$200
<b>Bikini X</b>	
	\$70
<b>Bikini XX</b>	
	\$100

<b>Bikini XXX</b>	
	\$130
<b>Full Back</b>	
	\$250
<b>Full Leg</b>	
	\$250
<b>Lower 1/2 Leg</b>	
	\$170
<b>Full Leg + Bikini XXX</b>	
	\$350
<b>Buttocks</b>	
	\$145
<b>Chest + Stomach</b>	
	\$250

## SKIN TIGHTENING AND WRINKLE REDUCTION

The procedures are safe, painless, and without any downtime. Our treatments are suitable for all body parts and facial areas including jowls, cheeks and forehead, as well as the sensitive areas around the eyes, neck and décolleté.

<b>Full Face</b>	
45min	\$100

## LED

LED light therapy has the ability to reach down into all the layers of the skin where it rejuvenates, stimulates collagen production, prompts cellular repair, and increases circulation promoting a more vibrant and youthful complexion.

<b>Soothe</b>	
30min	\$60
Cleanse, LED, SPF	

<b>Diffuse &amp; Purify</b>	
45min	\$89
Cleanse, Mask, LED, SPF	

<b>Awaken</b>	
45min	\$89
Cleanse, Microdermabrasion, LED, SPF	

## DIGITAL SKIN ANALYSIS

This advanced photographic device scans your skin, capturing key information on the surface and deeper layers. This allows for a detailed skin analysis and precise diagnosis. Recommended for all first time skin clinic clients.

<b>Digital Skin Analysis</b>	
30min	\$50
Redeemable on product	

# SALON

## HANDS AND FEET

### Blissful Hands Manicure

1hr \$80

Hand soak and exfoliation, nail shape and buff, cuticle care, paraffin treatment, hand and arm massage, polish.

### Essential Hands Manicure

45mins \$70

Hand soak and exfoliation, nail shape and buff, cuticle care, hand and arm massage, polish.

### Nail Reshape and Polish – Hands

30mins \$45

Nail shape and buff, polish.

### Blissful Feet Pedicure

1hr 15mins \$95

Foot soak and exfoliation, nail shape and buff, cuticle care, foot file, paraffin treatment, foot and leg massage, polish.

### Essential Feet Pedicure

1hr \$85

Foot soak and exfoliation, nail shape and buff, cuticle care, foot file, foot and leg massage, polish.

### Nail Reshape and Polish – Feet

30mins \$55

Nail shape and buff, polish.

### Divine Hands and Feet

2hrs \$160

Enjoy a Blissful Manicure and Pedicure combined.

### Express Foot Treatment

30mins \$40

A deep exfoliation and peel for dry feet and cracked heels.

## MAN SPACE

### Man-tenance Manicure

30mins \$55

Hand soak and exfoliation, nail shape and buff, cuticle care, hand and arm massage.

### Man-tenance Pedicure

45mins \$75

Foot soak and exfoliation, nail shape and buff, cuticle care, foot file, foot and leg massage.

## SUGGESTED ADD-ONS

### Infinite Shine

\$10

### Gel Colour Application

15mins \$15

### Gel Removal

15mins \$15

### Paraffin

15mins \$20

## WAXING

<b>Face</b>	
Upper lip	\$20
Eyebrow	\$22
Chin	\$20
Sides of face	\$27
Lip + brows	\$38
Lip + brows + chin	\$50

<b>Body</b>	
Bikini X	\$32
Extended bikini XX	\$42
Full bikini XXX	\$57
Stomach	\$24
Lower back	\$24

<b>Arms</b>	
Underarm	\$22
1/2 Arm	\$32
3/4 Arm	\$37
Full arm	\$42

<b>Legs</b>	
1/2 Leg	\$37
3/4 Leg	\$44
Full leg	\$52
Top 1/2 leg	\$42
Top 1/2 leg + bikini X	\$65
3/4 Leg + bikini X	\$67
Full leg + bikini X	\$75
Full leg + full bikini XXX	\$94

<b>Men's waxing</b>	
3/4 Leg	\$49
Full leg	\$57
Chest	\$32
Torso	\$32
Chest + torso	\$55
Shoulders	\$27
Lower back	\$27
Full back	\$47
3/4 Arm	\$42
Full arm	\$47
Under arm	\$25

## FINAL FINISHES

<b>Brow tint</b>	\$20
<b>Lash tint</b>	\$25
<b>Lash + brow tint</b>	\$40
<b>Brow wax + brow tint</b>	\$40

## TANNING BOOTH

Enjoy a premium tanning experience in our state of the art Versa Spa Tanning Booth. Offering an organic, natural, paraben and cruelty free tan.

<b>Organic, natural, paraben, cruelty free tan</b>	
Light	\$35
Medium	\$40
Dark	\$45

**Extend the longevity of your tan by adding the Primer & Moisturiser**

\$10

## MAKEUP

**Bridal, formal & special occasions**

POA