



# Cocoon

Spa & Wellness

*Wellness is not a luxury but, a necessity*



## COCOON SPA & WELLNESS

It's proven that attending a spa is an effective way to relax, revive & rejuvenate the mind & body, more and more people are turning to therapies to deal with life's busy routines.

Attending a spa can actually be one of the most effective ways to not only treat but also help prevent stress related disease and illness. Cocoon Spa strives to improve your quality of life by making it easy for you to make spa therapy a regular part of your health routine.

Here you will find many options to restore your body's self-healing power and boost your immune system, leaving you healthier and happier for longer.

Cocoons elite spa therapists make it personal. They look, they listen, they tune into you, performing transformative treatments, personalised to respond to the ever-evolving rhythm of your life and ever changing nature of your skin.

**ELEMIS**  
DEFINED BY NATURE. LED BY SCIENCE

**YON  
KA**  
PARIS



## ELEMIS FACIALS

Designed to respect the body's complex physiology, ELEMIS spa therapies work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today

Our globally renowned hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives.

### ANTI-AGEING

**ELEMIS Pro-Collagen Age Defy** 60 Mins €90

Target fine lines and wrinkles for beautifully nourished, younger looking skin.

**ELEMIS Pro-Definition Lift And Contour** 60 Mins €90

The lifting and contouring facial that delivers a profoundly sculpted effect.

### SKIN SOLUTIONS

**Cocoon Signature ELEMIS Facial** 50 Mins €75

This treatment is customised to perfectly suit your skin type and needs.

## YON-KA FACIALS

This is a signature blend of results driven essential oils that allows us to provide an aromatic experience while creating measurable changes within the skin. Thanks to 60 years of research and innovation Yonka remains at the forefront delivering top quality innovative and clinically proven ingredients such as Vitamin A, Vitamin C, Peptides and Hyaluronic Acid. Enter the world of Yon-ka treatments for a unique aromatic experience where every fragrance brings harmony.

**Le Grand Classique** 60 mins €75

One of the most elaborate, complete facials. Leaves you with clean, perfectly balanced skin and a radiant complexion.

**Hydralessence Facial** 60mins €75

This high performing treatment will quickly help to restore balance suppleness and softness. The powerfully softening action of seaweed and fruit extracts with the use of two refreshing masks revives and restores even the most dehydrated skin.

**Optimiser Facial** 60 Mins €85

By stimulating the skins natural regeneration process this treatment optimizes firmness, reduces wrinkles and fine lines through re-hydration and intensifies glow. Marine collagen and hyaluronic acid reinforces the structure of the skin and uses co-enzyme Q10 to protect the skin cells from free radical attacks.

## COCOON MASSAGE THERAPY

**Cocoon Coconut Full Body Massage** 50 Mins €80

**Poultice-Powered Muscle Release** 55 Mins €90

The unique Amber poultice dissolves tensions and elasticises the skin.

**Freestyle Deep Tissue Massage** 55 Mins €85

A vigorous but grounding massage, tailored entirely to your needs, to release stress and muscle pain.

**Hot Stone Massage** 55 Mins €85

A profoundly reinvigorating hot stone massage and skin conditioning treatment.

**Reflexology** 45 Mins €75

**Elemis Aroma Ocean Spa Wrap** 55mins €80

Let your thoughts drift away, whilst cocooned in a comforting wrap of rich marine algae and detoxifying Juniper and Lemon. Enjoy a facial massage and de-stress scalp treatment or soothing foot massage.

**Coconut Full Body Sugar Exfoliation** 30Mins €45

This refreshing and all over exfoliation treatment awakens the skin and body.

## YONKA WELLNESS

**Yon-Ka Aroma-Sculptant Massage** 55mins €90

The ultimate relaxation experience thanks to the toning massage, using bamboos. The Pressures are both vibrant and soft which brings a sensation of lightness, particularly beneficial on the legs.

**Yon-Ka Aroma-Relax Massage** 55mins €90

Unwinding massage with warm volcanic stones for deep relaxation and an intense feeling of well-being. On the back the volcanic stones warm the muscles and activate microcirculation to ease muscle tension and allow the mind to escape.

**Yon-Ka Aroma Energy Massage** 55 mins €90

Rebalancing massage with hands and feet acupressure. The sustained pressure with the fingertips on specific targeted areas of the hands and feet to allow to lift the energy blockages, relieve stress and relax.

**Yon-Ka Exfoliation** 30 mins €55

Yon-Ka Gommage Douceur Exfoliation

A gentle scrub that exfoliates the skin without attacking it. Combining the exfoliating power of bamboo powder and apricot kernels with the hydrating power of Mango butter. The finesse of the grains make it an ideal exfoliation for the most sensitive skins

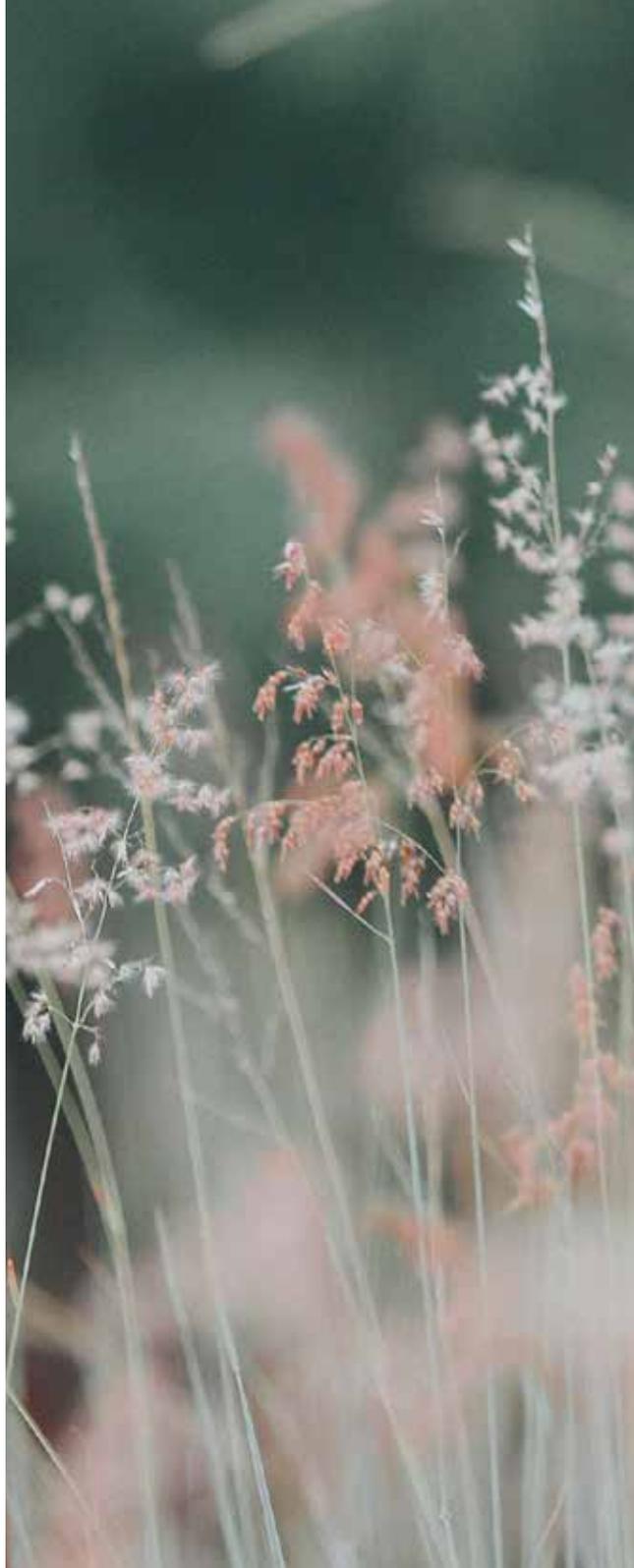
**Yon-Ka Gommage Gourmand Exfoliation** 30 mins €55

Scrub with brown and white sugar and rich in oils. Its unique texture that turns into milk in contact with water, gives this scrub a very cocooning dimension. It exfoliates, smooths and reveals the radiance of the skin.

**Yon-Ka Wellness Escape** 85mins €135

Experience a combination of a full body exfoliation combined with a wellness massage. During the consultation your therapist will be guided by your sense of smell and choose the journey your body craves most.





## COCOON PREGNANCY THERAPIES

These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich tapestry of each trimester.

**Peaceful Pregnancy Massage** 1Hr 15 Mins €100

A gently nurturing, specially formulated massage for mothers-to-be that deeply relaxes.

**Mum-To-Be Spa Package:** Approx 3.5 Hours €180

Elemis Nurturing Mum-To-Be Massage

Elemis Skin Specific Facial

Manicure or Pedicure

Relax in Lotus Suite

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## COCOON MEN

**High Performance Skin Facial** 55 Mins €80

**Poultice Muscle Release Massage** 55 Min €90

**Deep Tissue Massage** 55 Min €85

**Pedicure** 50 Mins €50

## TOUCH THERAPY

Touch therapy is a series of nurturing spa treatments for anybody undergoing cancer treatment using products from the Lindi Skin range. These specialised skincare products have been designed to soothe and benefit skin compromised by chemotherapy and radiation. Touch therapy treatments can bring unparalleled relief in reducing some of the common side effects of cancer therapies such as: Dry & itchy skin, Anxiety & depression, Fatigue & stress, Radiation rash & burn symptoms

## TOUCH THERAPY TREATMENTS

### **Facial Treatment** **60mins €75.00**

This facial treatment helps to alleviate the symptoms of dry, flaky, sensitive skin. Using soothing, clean ingredients to create visible results. Also included is a soothing hand or foot treatment .

### **Body Massage Treatment** **60mins €80.00**

Our oncology massage therapist will use a variety of specialist techniques, using light pressure and suitable positioning to help relieve pain and muscle soreness.

### **Comfort Touch Therapy for Chemo Clients** **60mins €80.00**

Designed with the side effects of chemotherapy in mind, from excessive dry skin, hand & foot syndrome and hair loss. Your treatment will include a body wash, the application of an intense hydrating body lotion, soothing balm and a relaxing hand and foot treatment paying particular attention to the nail beds.

### **Touch Therapy for Radiation Clients** **60mins €80.00**

A gentle therapy using hydro gels with healing aloe vera and soothing balm have anti-inflammatory properties and extract of turmeric for wound healing.

### **Manuka Honey for Hair Loss** **60mins €80.00**

Warm Manuka honey will be applied to your scalp which is massaged to encourage growth of healthy new hair follicles to reduce irritation. The honey is then removed with warm towels and the treatment concluded with an application of face and scalp serum with lavender and white birch.

## SPA DAY PACKAGES

### Time Out Package

55 mins €75

Back Massage  
Elemis Taster Facial  
Scalp Massage

### Tonic Package

2 hours 30mins €145

Cocoon Signature Facial  
Cocoon Coconut Full Body Massage  
Dry Floatation Treatment  
Relax in Lotus Suite

### The Ultimate

4 hours €250

Personalised Yon-Ka Facial  
Hot Stone Full Body Massage  
Luxury Pedicure  
Luxury Manicure

## THE SPEED SPA

Maximum Results Minimum Time

The Speed Spa delivers a condensed and curated blast of Cocoon's therapies.

### Yon-Ka Escale Facial

25mins €50

This is a wonderful quick beauty break that will give you a glow when you don't have time for the works.

### Elemis Taster Facial

25 mins €50

This superfood and mineral-packed wonder-child, feeds every layer of the skin. Expect rude good health and glow.

### Deep Tissue Massage

25 mins €60

### Hot Stone Back Massage

25 mins €60

### Coconut Melt Back Massage

25 mins €55

### Indian Head Massage

25 mins €55

### Coconut Face Scalp & Hair Treatment

25mins €55

### Balneotherapy Bath

25 mins €40

Immerse yourself in our balneotherapy bath and let 252 jets arranged accordingly to reflex zones massage the body and relax the mind. Excellent treatment to boost the circulation and ease muscle tension.

Choice of:

Muscle Bath, Cellutox Bath, Milk Bath

### Dry Float

30 Mins €40

Relax your mind & body as you lie cocooned in our dry floatation. A deeply relaxing & sleep inducing treatment; 30 minutes equals 3 hours of deep sleep for the body.



## MANICURE & PEDICURE

Coconut Intensive Pedicure	50 Mins €55
Express Pedicure	40Mins €45
Coconut Intensive Manicure	40 Mins €40
Express Manicure	30 Mins €35
Shellac 2 Week Manicure	€28
File Buff & Vinulux Paint	€20

## WAXING

*(Patch Test Required 24 Hours Prior To Waxing)*

Upper Lip & Chin	€12
Arm	€12
Bikini Line	€15
Chin	€10
Upper Lip	€8
Eyebrow	€10
Full Leg	€25
Full Leg & Bikini	€30
Half Leg	€15
Men's Back	€25
Men's Chest & Abdomen	€30
Brazilian	€40
Californian	€20
Hollywood	€60
Underarm	€10

### Waxing Special

Choose 3 Of The Following For €30

Half Leg, Bikini, Underarm, Upper Lip, Eyebrow

## TINTING

*(Patch Test Required 24 Hours Prior To Tinting)*

Eyebrow Tint	€10
Eyelash Tint	€10
Eyebrow Shape	€10
Eyelash & Brow Tint, & Shape	€25

## SPA ETIQUETTE

In order for your experience at Cocoon to be as enjoyable and carefree as possible we urge you to book your required treatments in advance. Whilst we will of course facilitate you as much as possible we cannot guarantee availability if left until day of arrival.

Clients are required to arrive at least twenty minutes prior to your appointed time, to relax and feel the calm and wellbeing ambience created for your benefit. If you are running late for an appointment please call, unfortunately your treatment may be reduced accordingly.

A deposit will be requested on booking. Cancellations can only be accepted up to 48 hours prior to a booked treatment. If a cancellation is subsequent to this, we reserve the right to apply a full charge.

You may be asked for medical details which are confidential and for your safety we ask that you give full details of any relevant medical history, illnesses, allergies or medication prior to any treatment.

Please inform us if you have High Blood Pressure, have had treatment for Cancer or are pregnant when booking as this may limit your choice of treatments.

Please note the contra-indications for each treatment which may alter your choice when booking.

Please be advised that no children are permitted in Cocoon Spa, and all clients must be over 18 to receive treatments.

## OPENING HOURS

Monday & Tuesday	9am to 6pm
Wednesday	9am-8pm
Thursday	9am to 9pm
Friday	9am to 7pm
Saturday	10am to 7pm
Sunday	10am to 6pm

## CocoonSpa&Wellness

Located on the lower ground floor  
Amber Springs Hotel, Wexford Road, Knockmullen, Gorey, Co. Wexford  
Tel: 053-94-83427 · [www.amberspringshotel.ie](http://www.amberspringshotel.ie)