

The logo features a large, dark purple circle centered on a background with a repeating pattern of small, stylized leaves in a lighter shade of purple. Inside the circle, the text "Cocoon Spa" is written in a light yellow, sans-serif font. "Cocoon" is on the top line and "Spa" is on the bottom line, both centered horizontally.

Cocoon
Spa



Cocoon Spa

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

Attending a spa can 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.

YON-KA FACIALS



Yon-Ka's philosophy is to create measurable changes in the skin in the safest possible manner. The range is based on a powerful blend of essential oils called the 'quintessence'. These oils were first used to treat burns and sold initially to hospitals. The range is created by biochemists who are always actively seeking new and advanced formulations. They believe in researching ingredients and securing the finest quality available. The range channels vitamins, essential fatty acids, marine and plant extracts into the skin to give what is known as a 'Yon-Ka Glow'. Yon-Ka is a natural, results driven range.



YON-KA EXPRESS FACIAL

25 mins €60

The Escale Beaute Facial was created as the ultimate mini treatment for those dealing with busy schedules. Whether you're dealing with clogged pores, dry patches or fine lines, your therapist can address and treat your concerns fast.

YON-KA Hydralescence

50 mins €85

This high performance treatment will quickly help to restore the skin's balance, suppleness and softness. This facial includes the powerful softening action of seaweed and fruit extract, 2 refreshing masks, one including a massage. The skin is renewed, soothed and rebalanced. Softness and beauty are restored!

YON-KA OPTIMIZER

50 mins €90

This anti-aging treatment acts like a "personal trainer" for the skin. By stimulating the skin's natural regeneration processes, it optimizes firmness, reduces wrinkles and fine lines, and intensifies glow. Using products rich in Marine collagen and hyaluronic acid to protect the skin cells from free radical damage.

Yon-Ka Excellence Code

60 min €120

This high-performance treatment is the Ultimate Anti-Aging facial. It oxygenates skin cells and improves skin radiance using stems from the fermentation of coconut juice. Incorporating facial drainage techniques and an acupuncture point massage for total relaxation and well-being.

Add on: Yon-ka c20 treatment

€15

Yon-Ka Serum C25 can be added to any Yon-Ka Facial. Contains 20% Stable Vitamin C. Enriched with organic apricot oil and sweet orange oil.

This Serum is Anti-aging and Antioxidant. It helps improve radiance and helps pigmentation fade. Suitable for all skin types.

VOYA FACIALS

VOYA

Irish Organic Skincare range VOYA combines the highest-quality botanical ingredients and aromatherapy oils with certified organic seaweed. The seaweed is carefully harvested by hand and selected by sight from the Wild Atlantic coast and is accredited by the Organic Soil Association. This assures that the ingredients have surpassed the strictest standards and are sourced both responsibly and ethically.

VOYA products are all certified organic, are suitable to use during pregnancy and are formulated to deeply nourish your skin and aid its natural ability to heal and repair:

VOYA Express Facial **25 mins €60**

This introductory facial will give a quick and instant pick-me up for dull, lifeless skin. Tailored to suit your skins needs.

VOYA Self Discovery Radiance Facial **50 mins €80**

This skin type-specific, ocean inspired organic facial is deeply detoxifying, thoroughly revitalizing and helps to smooth skin tone and increase clarity. A relaxing facial massage to release any build-up of toxins and to repair and nourish skin cells damaged by pollution and chemical exposure. Using a combination of gentle exfoliators, serums and masks, this facial helps to transform your skin leaving it feeling purified, nourished and perfectly balanced. You will be left with a revived glowing, yet non-greasy complexion, enriched and strengthened.

VOYA Anti-Aging Restorative Facial **60 mins €95**

This intensive facial is particularly good for sensitive, maturing, dry or dehydrated skin. Using a combination of antioxidant algae complexes and a restorative blend of organic ingredients, this facial helps to fight the signs of aging and reduce the appearance of fine lines and wrinkles through lifting, plumping and firming. Fresh leaves of Wild Atlantic seaweed are placed over a richly blended oxygenating face mask. Your skin is left beautifully hydrated and refreshed. Enjoy a soothing scalp massage and a hand and arm massage during your treatment.

VOYA Skin Renewal Facial **60min €90**

This specialized facial is the complete approach to results driven organic skin health. Using VOYA'S first bio-tech skin specific serums, targeting various skin concerns for optimal skin health. Starting with VOYA'S deep cleansing ritual to ensure your skin is prepared for the resurfacing AHA peel that diminishes congestion and lacklustre skin. Followed by an age defying facial massage, deeply restorative mask, and soothing scalp massage. All to be polished off with VOYA'S advanced serum and moisturizer tailored to your needs.

Add on: VOYA Marine eye treatment **€15**

Voya Marine eye patches are an exquisite addition to any voya facial. The cooling patches are a great pick me up for dull, tired and puffy eyes.





RELAXATION

Dry Floatation

25 min €40

You lie peacefully in a soft cocoon of a warm membrane filled with warm water while keeping you totally dry. Imparting a feeling of weightlessness, to stimulate zero gravity and allows any worries to float away. Benefits include reduced stress levels, relieves anxiety and helps sleep quality. During the treatment it is equivalent to 3 hours of sleep for your muscles aiding muscle recovery. This treatment is not suitable for pregnancy, high blood pressure and any heart conditions.

VOYA Seaweed Bath

45 min

The simplest and purest of VOYA'S organic treatments. You will immerse in to a bath of seaweed, hand-harvested from the unspoilt Atlantic coast of Ireland. This treatment will relax the muscles, increase circulation, promote healing, and support skin regeneration and renewal while combating the effects of aging.

Single: €50 | Duo: €80

VOYA Organic Infused Spiced bath

45 min

Let your body be pleasantly immersed into this dark deep relaxing bath, offering a potent detoxification, and purifying for the body. This deep relaxing bath can soothe aches and pains and energise mind and soul. Infused with aromatic spices of ginger and orange to revive the senses.

Single: 45 | Duo: €80

VOYA Aroma Bath Salts Therapy

45 min

Using VOYA's organic blend of essential oils, organic lemon, lime, clove, basil, mandarin, and patchouli, combined with bath salts. Having many benefits including easing tension and fatigue in the body, they are particularly beneficial for those who carry stress in their bodies, those who work out regularly and those who work in very labour-intensive jobs.

Single: €45 | Duo: €80



VOYA
Candle
Scented
Candle

MASSAGE

Cocoon Back Massage **25 mins €60**

Our back can take a lot of pressure in our lives whether from work or play. Tension can be carried in our neck, shoulders and lower back resulting in stress and pain. This massage is designed to ease tension in the back, neck and shoulders.

Cocoon Full Body Massage **50 mins €85**

Using rhythmical techniques to relax the deepest tension in the gentlest way. Stimulates circulation, eases muscle tension, improving flexibility and promotes relaxation. The mind and body are left energized & in a state of harmony

Indian Head Massage **25 mins €60**

An ancient head and shoulder massage to relax the mind and body. This relaxation treatment relives stress, muscle tension and stiffness. Improving blood circulation to drain away any accumulated toxins, which can help with headaches and eye strain.

Reflexology **50 mins €80**

An ancient art of healing the body and mind. Gentle pressure is applied to specific points on the feet to establish a healthy flow of energy within the body and to encourage your body's own natural healing system. Beautifully relaxing, calming and beneficial to your entire system.

VOYA Voyager Massage Journey **60 mins €95**

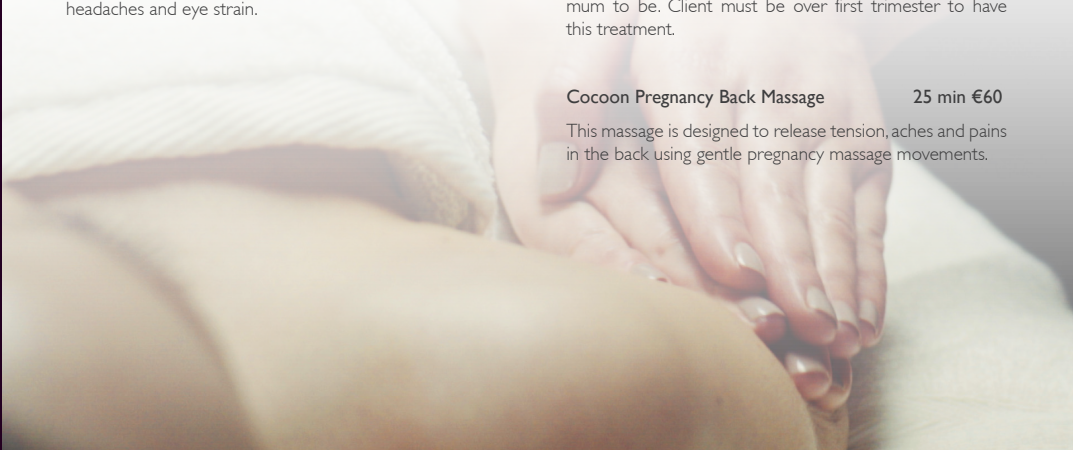
A complete top-to-toe relaxation journey, this treatment incorporates scalp, face and body massage. Combining both gentle and stimulating motions, this massage is the ultimate luxury treatment to relieve aches and pains.

Cocoon Nurturing Pregnancy Massage **50 mins €95**

A customised full body massage using safe pre-natal techniques. To help relax, reduce fatigue, release tension, aches, pains and swelling all associated with pregnancy. This massage will help increase circulation and benefit mum to be. Client must be over first trimester to have this treatment.

Cocoon Pregnancy Back Massage **25 min €60**

This massage is designed to release tension, aches and pains in the back using gentle pregnancy massage movements.



BODY TREATMENTS

Sugar Scrub Body Exfoliation 30 mins €60

This body scrub is made with natural ingredients to exfoliate, nourish, moisturise and protect the skin.

VOYA Organic Hydrating Body Scrub 45 mins €80

Voya's dual-action lathering body buff exfoliates with finely ground walnut shells and nourishes your skin with a blend of almond oil, seaweed, and ginger extracts. Our gentle yet effective formula removes rough and lifeless looking skin cells, to reveal much more refined, softer, and silky-smooth skin.

VOYA Luscious Salt Glow Scrub 45 mins €80

Luscious Salt Glow Scrub is infused with Dead Sea salts and organic seaweed oil, a combination which hydrates and firms the skin, stimulates blood and lymph flow and improves skin texture.

VOYA Organic Warm Spiced Body Wrap 50 mins €90

This treatment begins with a full body brush to increase circulation and to prepare the skin. The seaweed is taken fresh from the ocean and its purifying elements are released. The extract is rich and potent in antioxidants and minerals. This ginger and orange spiced wrap offers benefits like firming and toning, which can be immediately noticed on the skin. Its detoxifying ingredients stimulates metabolism and anti-aging.

VOYA Tangle Me Up Body Wrap 50 mins €90

This wrap hydrates and relaxes your tired, lethargic muscles, relieves stress and fatigue. It tones and firms your skin and helps target signs of aging and cellulite. Includes full body brushing to increase circulation and to aid the penetration of the potent seaweed gel.

VOYA Spring Tides Ritual 75 min €115

A wonderful top to toe treatment offering an experience that relaxes a hormonally stressed body, giving some vitamins and minerals the body is lacking through the absorption of Seaweed. This treatment begins with a blissful back of the body massage to allow the body to relax and unwind, with a grounding foot pressure massage, followed by a hydrating facial to calm skin and ease irritation, finished with a soothing scalp massage. Optional Stomach massage included.

VOYA Grounding Sleep Session 45 min €80

This Voya treatment is for ultimate relaxation. Designed around sleep and relaxation to help calm the mind and encourage the best quality of sleep. Beginning with a soothing eye treatment, cooling Seaweed eye patches are applied. Followed by a deeply relaxing pressure point massage of the face and scalp to relax both body and mind. This treatment induces instant tranquility and encourages inner wellbeing, calmness, and serenity.

VOYA Nourishing Cocoon Journey 60 min €100

An organic treatment that detoxifies the skin and stimulates the renewal of cells by exfoliating the body with ground Walnut shells. The body is then cocooned in Shea and Cocoa seed butter with calming and stress relieving properties of lavender and rosemary to soothe and hydrate the skin, while calming the body and mind. Finish the treatment with a hydrating mini facial and soothing scalp massage.

Cocoon Back Ritual 50 min €80

Treat yourself with this relaxing back treatment. The treatment starts off with a back cleanse, an exfoliation, a purifying mask, and a moisturiser application. The sensations of hot and cold throughout the treatment make you feel relaxed and refreshed. While the mask is working into the skin enjoy a soothing scalp massage or a lower leg and foot massage.

BEAUTY TREATMENTS

WAXING

Upper Lip & Chin €20

Upper Lip €12

Chin €12

Eyebrow €12

Underarm €16

Arm €20

Full leg €35

Full leg and bikini €45

Half leg €20

Bikini line €20

Californian €30

Brazilian €50

Hollywood €60

Men's Back €35

Men's Chest & Abdomen €35

TINTING

Eyebrow Tint €12

Eyelash Tint €12

Eyebrow Shape €12

Eyelash & Brow Tint, & Shape €30



MANICURE

Shellac Manicure €35

File, Buff & Vinylux Paint €25

Cocoon Intensive Manicure with Vinylux €50

Cocoon Intensive Manicure with Shellac €60

PEDICURE

File, buff & Vinylux Paint €25

Express Pedicure €55

Express Pedicure with Shellac €65

Cocoon Intensive Pedicure €65

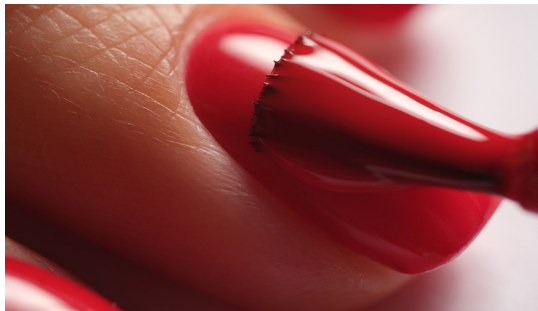
Cocoon Intensive Pedicure with Shellac €80

MAKE-UP

Make-Up €45

SPRAY TAN

Full Body €30





Appointments

Spa appointments are subject to availability. To avoid disappointment, we advise you book your treatments in advance. Patch test required 48hours before waxing or tinting. Use of our Relaxation room 1 hour max

Arrival

Please check in for your appointment at our spa reception. Please arrive 15 minutes prior to your appointment.

Contra-Indications

If you have any health concerns, conditions or allergies please let us know. If you are pregnant, please let us know at the time of booking your treatment.

Cancellation Policy

If you need to cancel your appointment, please give us at least 48 hours' notice. If you cancel within this time frame you will be charged the full cost of your treatment. If you are running late for your appointment, please notify the spa reception as soon as possible. Please note as courtesy to other clients your appointment time will finish as scheduled and you will be charged the full cost of your treatment.

Gift Vouchers

Treat someone special to an unforgettable experience with a gift voucher for Cocoon Spa.



Opening hours

9 am – 6pm
Monday – Sunday

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