



Aelia
WELLNESS RETREAT

COCOON SPA



the MENU

MASSAGE RITUALS

BODY RITUALS

FOOT RITUALS

PREGNANCY RITUALS

FACE RITUALS



Massage Rituals

The Ultimate Aromatherapy Experience | €69 55mins | €98 80mins

Tranquil massage journey to seize the day

This massage ritual is a fusion of eastern and western massage techniques, promoting healing of body, mind and soul. This treatment works from head-to-toe melting away all stress and for the ultimate relaxation. Choose one of our award-winning signature oil blends with wonderful scents and therapeutic benefits best adapted to your emotional and physical needs.

Intensive Muscle Release | €75 55mins

Deep massage for muscle tension and stress

This treatment is specifically designed for stressed and tense muscles. Swedish and cross muscle massage techniques are combined with our acclaimed black pepper and eucalyptus essential oils to instantly release pain and tension. Want us to focus on a particular area? We will be happy to.

Back To Basics | €48 25mins

Massage for tense back, neck and shoulders

An intensive and restorative massage using essential oils that will penetrate into your skin, warm up the muscles and ease stiffness and pain. Massage intensive techniques target tired, aching muscles, reducing tension while maintaining the relaxation effects of massage.

Calming Head Massage | €42 25mins

Ultimate head and neck massage

This massage combines gentle and firm movements targeting the especially tense areas of the shoulders, neck, head and scalp. This treatment utilises pure essential oils, which will detox your mind, deeply calm your mood and soothe headaches and migraines.

Immune Recovery | €59 45mins

Ritual to boost immunity

This treatment targets the immune system and helps alleviate allergic and respiratory symptoms. A back, shoulders, neck and head massage using our powerful essential oil blends including eucalyptus and rosemary. Give your body and immune system the boost it needs.

Massage Rituals

Fire Aelia Cupping | €62 45mins

Traditional cupping massage ritual

Inspired by an ancient, traditional technique used to heal the body, fire cupping alleviates aching body and muscles, aches and reduces specific stress. Cupping is applied on the back to target multiple acupuncture points simultaneously. A painless, effective, and extraordinarily intriguing therapy. Cupping is the inverse of a massage, yet it is as effective as a deep tissue massage.

Sleep Deeply | €75 55mins

Massage ritual for a deep sense of tranquillity

This deeply sedating body massage harnesses rich earthy essential oils renowned for their intense calming and grounding effects. Working on all aspects of physical, mental, and emotional stress, the treatment begins with a warming ritual followed by slow deep movements, which will balance your body and overactive mind.

Clear Your Mind | €75 55mins

Revitalizing treatment for the stressed mind

This body ritual uses aromatherapy techniques and combines a back, face and foot massage. Calm a stressed and overloaded mind with a refreshing yet soothing experience for body, mind and soul. A garden blend of essential oils will help to soothe and cleanse your thoughts, improve concentration and restore your wellbeing.

Stepping Stone to Tranquillity | €75 55mins

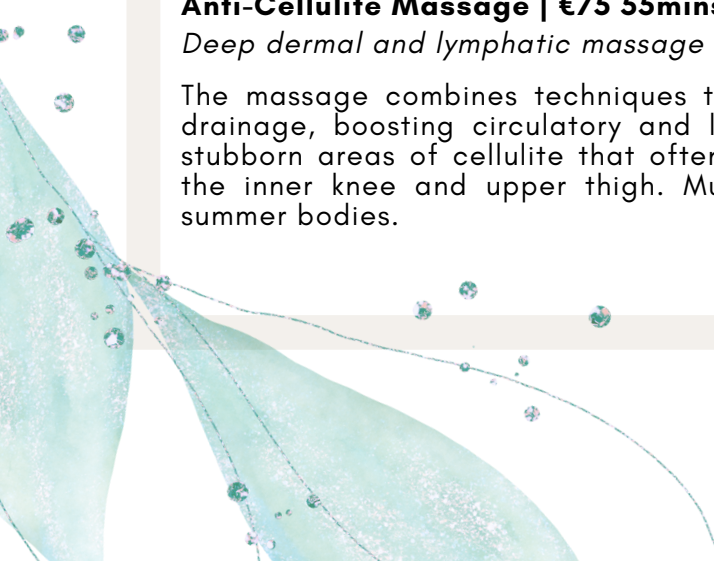
Hot stone massage journey

Dating back to ancient times, this experience is an excellent way to regenerate tissues while alleviating tension with the use of stones, which deeply warm your muscles and stimulate circulation. The soothing heated stones and deep pressure points reduce body aches, melt away tension and create a feeling of pure bliss.

Anti-Cellulite Massage | €75 55mins

Deep dermal and lymphatic massage

The massage combines techniques that work to stimulate the tissues and promote drainage, boosting circulatory and lymphatic systems. It is a great way to target stubborn areas of cellulite that often cannot be targeted through exercise, such as the inner knee and upper thigh. Multiple treatment sessions help to sculpt those summer bodies.





Body Rituals

Body Scrub | Full €30 25mins | Half €20 15mins

Exfoliating detox body scrub

The delightful scrub is applied onto your body and massaged with perfect pressure. This treatment can accompany any of our body or facial rituals.

Nourishing Body Relax | €82 65mins

Coconut body peel and massage

The treatment is a full body peel and massage, with unique relaxation and wellness movements. Signature ingredients of coconut oil and tiare flower oil are of natural origin and give gentle protection and rich nourishment.

Mind & Soul Escape | €82 65mins

Mango body peel and massage

The treatment is a full body peel and massage, with unique relaxation and wellness movements. Signature ingredients of wild mango and cocoa are of natural origin and give rich hydration and nourishment.

Cocoon Body Thrill | €98 85mins

Honey body peel, wrap and massage

This luxurious treatment is designed for full body nourishment and rejuvenation. The ritual begins with a body peel and wrap, followed by a nourishing massage. The signature ingredient of honey is historically known for its incredible protection, hydration and radiance. The ideal treatment for relaxation and soft velvety skin.

Aelia Royal Dream | €98 85mins

Relaxing wellbeing body ritual

This sensory journey from different origins of the world, aims to bring you ultimate wellbeing and harmony. It combines a welcome ritual, peel, wrap and massage - all from African, Mexican and Polynesian ancestral origins and techniques. A superbly indulgent experience for the body, mind and senses.

Workaholics Reprieve | €82 55mins

Relaxing back massage & express facial

The ultimate, all-inclusive rejuvenating treatment including an upper body massage and cleansing facial. Relieves an overactive body with a back, shoulder and head massage. Cleanses and hydrates the skin with a balancing facial. The ideal all in one treatment for the busy body.

Foot Rituals

Foot Reflexology | €45 35mins

Traditional foot massage

This massage combines pressure points and specific movements for the foot and lower leg. It promotes body healing, releases energy and brings harmony and balance to the body. The perfect relaxation treatment and as an add on to other massage or body rituals.

Toe-Tal Harmony | €50 45mins

The ultimate foot scrub and massage

This ritual will deeply hydrate, soften and revive your feet. The feet and lower legs are exfoliated, refreshed with hot towels and oils are massaged into the skin using traditional reflexology techniques. Your feet will feel soft, silky and revitalized.

Pregnancy Rituals

Baby on Board | €72 55mins

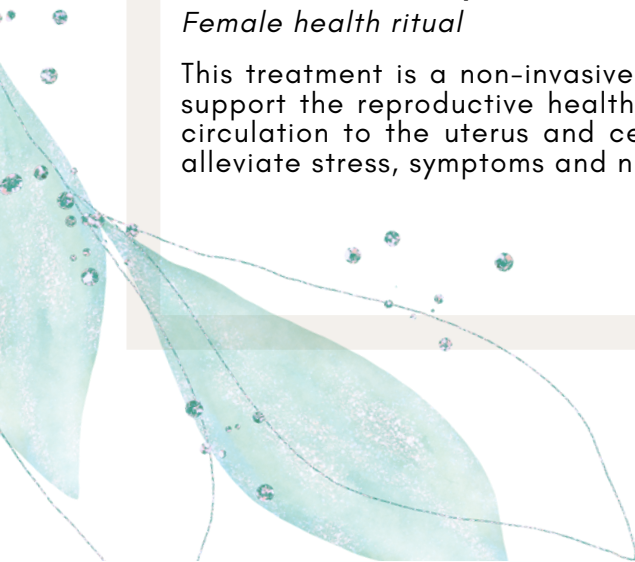
Peaceful pregnancy massage

Once you have passed your first trimester, treat yourself to a massage, a nurturing experience for both the mother-to-be and baby. Feel nurtured and supported in a time of constant change. This top-to-toe massage will relieve stress and tension, ease the heaviness of pregnancy, and help ease an aching back and heavy legs.

Boost Mama to be | €72 55mins

Female health ritual

This treatment is a non-invasive therapy that incorporates massage techniques which support the reproductive health, menstrual cycle, and fertility. The aim is to increase circulation to the uterus and cervix and stimulate the tissues. This massage helps to alleviate stress, symptoms and nurture future pregnancy.





Face Rituals

Express Facial | €48 25mins

Express facial cleanse & mask

This express treatment includes a facial cleanse, mask and massage with products suited to your skin, leaving it glowing and refreshed. For all skin types and skin concerns. As a treatment on its own or as a preparation treatment for other face rituals.

Bernard Cassiere

Luminous Eye Therapy | €42 25mins

Revitalizing eye treatment

Refresh and brighten your eyes with this revitalizing eye treatment, the perfect treatment or complement to any treatment. The delicate eye area requires special care and attention, which is targeted with herbal extracts that are rich in antioxidants. As a treatment on its own or as an add on to other face rituals.

Bernard Cassiere

Youth Booster | €72 55mins

Delux rejuvenating facial

A treatment suitable for all skin types and concerns, particularly dull skin in need of a cleanse and refresh. This facial will leave your skin looking clean, healthy and hydrated with rich, invigorating ingredients. This facial will stimulate blood circulation, nourish the tissues, and smooth imperfections.

Bernard Cassiere

Alpha Male | €72 55mins

The alpha facial for men

A treatment suitable for all skin types and concerns, particularly dull skin in need of a deep cleanse. This facial will leave your skin looking clean, healthy and hydrated with rich, invigorating ingredients.

Bernard Cassiere

Coco Bean Facial | €72 55mins

Indulgent chocolate facial

This facial is a luxurious, indulgent treatment for all skin types. The cocoa ingredients will balance, brighten skin. With the aromas and texture of cocoa butter and fondue, it is even good enough to eat.

Bernard Cassiere

Face Rituals

Glow Facial | €48 25mins

Express facial for skin glow

This facial is dedicated to time-pressed urbanites with dull, tired skin in need of a facial. The combination of the active ingredient Vitamin C and the specific massage provides an intensive solution for immediate glow and radiance.

Skin Regimen | Comfort Zone

Detox Facial | €72 55mins

Urban facial detox

The perfect antidote for everyone to detox the skin from the city life and to specifically contrast impurities and imperfections. A deep cleansing treatment restoring energy and vitality to dull lifeless skin. It is enhanced with Gua Sha techniques and a skin booster. The booster will be tailored to your skin needs -to treat impurities, to brighten, to treat signs of aging and skin exposed to pollution.

Skin Regimen | Comfort Zone

Longevity Facial | €79 55mins

Ultimate urban facial rejuvenation

The perfect antidote to urban lifestyle and specific skin concerns. This facial is ideal to renew the skin and counteract the effects of stress and aging. It is enhanced with Gua Sha techniques and gentle acids, which further reinforce the anti-aging effects. The booster will be tailored to your skin needs - to treat impurities, to brighten, to treat signs of aging and skin exposed to pollution.

Skin Regimen | Comfort Zone

Detox & Longevity Facial Boosters:

- Tea tree: impurities and imbalance
- Vitamin C: bright, glowing skin
- Hyaluronic Acid: hydration and plumping
- Retinol: imperfections, fine lines and wrinkles
- Tulsi: nourished, radiant skin

Facial Lifting Massage | €72 55mins

Revitalizing facial ritual

The lifting massage is a deep massage, working on the many facial muscles at all biological levels. While working on the facial muscles, we stimulate cells, drain excess fluid and toxins and rejuvenate the skin as we stimulate circulation, deliver nutrients and improve firmness.

