



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

You will discover a soft to medium pressure full body massage, which is a fusion of eastern and western techniques, promotes healing of body, mind, and soul. This treatment gives you ultimate relaxation and stress relief. Choose one of our award-winning signature oil blends with wonderful scents and therapeutic benefits adapted to your emotional and physical needs.

Intensive Muscle Release | €77 55mins

Deep tissue massage specifically designed for stressed and tense muscles, combine Swedish and cross muscle massage techniques used to focus on a particular area for a deeper release of pain and sore muscles. Wonderful scents in addition promote therapeutic benefits to your emotional and physical needs.

Back To Basics | €48 25mins

An intensive and restorative back massage using essential oils that will penetrate your skin, will warm up the tired and aching muscles, and ease stiffness and pain. Massage intensive techniques will maintain relaxation effects to the neck, shoulder and back.

Calming Head Massage | €42 25mins

This a fusion of Indian and European massage technics combines gentle and firm movements targeting especially tense areas of the shoulders, neck, head, and scalp. Pure essential oils, used in the treatment will detox your mind, deeply calm your mood, and soothe headaches and migraines.

Immune Recovery | €59 45mins

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.

Moorea Treasures Candle Massage | €77 55mins

Monoï from Tahiti, noun as a Tiare flower with pure coconut oil full body Candle massage, promotes nourishing, rejuvenating and relaxing properties. Applied with medium pressure and lymphatic technics is a real escape from your daily routine to enjoy it as often as you wish.

Massage Rituals

Fire Aelia Cupping | €62 45mins

Traditional cupping massage, inspired by an ancient, traditional technique used to heal the body, fire cupping alleviates aching body and muscles, helping to reduce bronchitis inflammation. The cups 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

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

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

Dating back to ancient times, hot stone massage journey is an excellent way to regenerate tissues while alleviating tension. The soothing heated stones and deep pressure points reduce body aches, melt away tension and create a feeling of pure bliss.

Wellbeing Child | €52 35mins

Child full body massage will increase dopamine - neurotransmitter that makes your child happy, fulfilled and balanced. It improves sleep quality and promotes a healthy immune system.

Foot Rituals

Foot Reflexology | €45 35mins

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

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.

Light legs | €55 45mins

An amazing sublime pineapple legs treatment, offers you a lymphatic full legs massage with specific product, followed by full legs treatment wrap, and finished with specific legs fluid to relief bloated and tired legs.

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.





Body Rituals

Tranquillity™ Full body Scrub | €88 50mins

An extraordinary deep cleansing aromatherapy scrub enhancing cellular oxygenation, micro circulation, and skin vibrancy. It eases mental and physical fatigue, promotes muscle detensioning, improves posture, and offers a pleasant feeling of lightness and elasticity. You can use this treatment to accompany any of our body or facial rituals.

Aelia Royal Dream | €98 85mins

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.

Body strategist Collagen Wellness Treatment | €101 55mins

Guarantees complete skin wellbeing for the entire body. Suitable for all ages, it is particularly recommended for the first signs of skin aging on the body and for those experiencing periods of physical or psychological stress. It combines active formulas based on algae, expert professional techniques, and an innovative tool to detoxify, energize, and stimulate collagen and elastin production. Its Key benefits are Elasticizing, firming and detoxifying

Tranquillity Magnesium Ritual | €96 55mins

Suitable for everyone. 55 Minutes of total sensory immersion offering multiple benefits for body and mind at any time of year. It relieves mental and physical fatigue, promotes muscle relaxation, and helps the body rediscover a pleasant feeling of lightness and vitality, aligning mind and body. The skin becomes radiant, well hydrated and nourished, and as soft as silk. Key Benefits are Muscle Relief-Nourishing and Energy Rebalance



Face Rituals

Express Facial | €53 25mins

Express treatment suited for all skin types and skin concerns to refresh your skin through the daily stress. It includes cleansing, exfoliation, massage and mask with products suited to your skin, leaving it glowing and refreshing.

Bernard Cassiere

Youth Booster | €87 55mins

Deluxe treatment suitable for all skin types and concerns, treats dull and stressed skin with a lack of oxygen. This facial will leave your skin looking clean, healthy and hydrated with rich, invigorating ingredients.

Bernard Cassiere

Alpha Male | €87 55mins

A treatment adapted for the men daily skin concerns, suitable for all skin types, to treat dull and stressed skin. With the use of rich, invigorating ingredients, your skin will get clean, healthy and hydrated.

Bernard Cassiere

Hydra Glow | €87 55mins

Experience the ultimate in skin hydration with our nourishing facial treatment. Designed to replenish moisture and restore a healthy glow, this treatment uses a blend of hydrating serums and masks to deeply hydrate and soothe dry, tired skin. Perfect for all skin types, it leaves your complexion feeling refreshed, plump, and rejuvenated. Enjoy a radiant, hydrated look that lasts!

Skin Regimen | Comfort Zone

Hydramemory Hydra Plump | €86 55mins

An indulgent treatment designed for those seeking an immediate, visible glow, deep hydration, and revitalized skin, enhanced by the soothing warmth of an expert facial massage. This experience combines the renewing power of Lactic Acid for instant radiance, a high concentration of Hyaluronic Acid for both surface and deep hydration, and the bioactive Prickly Pear extract sourced from regenerative agriculture to deliver lasting moisture and luminosity. The massage techniques are tailored to create a plumping effect and redefine facial contours, ensuring a hydrated, radiant, and healthy-looking complexion. Key benefits are Hydrating, plumping and firming

Orange Detox | €79 55mins

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

Facial Lifting Massage | €53 25 mins

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.

Face Rituals



A VIABLE ALTERNATIVE TO COSMETIC SURGERY, HYDRADERMIE IS A TREATMENT THAT VISIBLY REJUVENATES THE SKIN BY RESTORING THE CELLULAR ENERGY OF MORE YOUTHFUL SKIN.

GUINOT
INSTITUT • PARIS

Lifting Eye Care treatment | €65 40mins

Eye contour Treatment minimize signs of aging and fatigue (wrinkles, puffiness and dark circles) due to an exclusive method muscles stimulation. Give an instant lifting effect and decrease wrinkles depth.

Guinot

Instant Lifting Face treatment | €98 55mins

This treatment helps lift the features and redefine the facial contour in just one treatment. Works specifically to help visibly lift and improve skin tone. The use of precious active ingredients helps improve firmness and decrease wrinkles depth.

Guinot

Intense Anti-Aging Face treatment | €125 55mins

An expert in anti-aging treatment, that helps erase signs of aging (wrinkle depth, loss of firmness, reducing swelling, deeply oxygenating the skin) for face neck and decollete, leaving the skin toned, firm, smoothed, revived and radiant.

Guinot

Moisture Care Face treatment | €98 55mins

A treatment that uses advanced technologies to increase effectiveness of the serums to carry into the depth of the epidermis, creating more moisture deposits, followed by massage to help rest the face and finishes with an intense mask to increase an intense result in a moisture level in the epidermis.

Guinot

Purifying Equilibre Face treatment | €98 55mins

Treatment that helps to balance skin microbiome, minimizes blemishes, tighten the pores, facilitate the removal of sebum and dead skin cells, purify the skin and absorb excess sebum. The use of the new technologies prevents shine and sebum excess in the skin surface.

Guinot

THE FIVE TREATMENTS ABOVE ARE NOT SUITABLE FOR INDIVIDUALS WITH METAL OR TITANIUM IMPLANTS, OR THOSE WITH HEART DEVICES SUCH AS PACEMAKERS (DENTAL IMPLANTS ARE SAFE AND EXCLUDED FROM THIS RESTRICTION).

