

Welcome to Cocoon @ The Amber Springs Hotel  
Step inside and let your spirits soar!

Step into our world – a world away from the daily stresses of our ever busier lives. Let us take you on a journey, immerse yourself in the spa experience that is Cocoon. At Cocoon we will cater for your mind, body and soul. Your time at Cocoon will be one of effortless relaxation and enjoyment. Whether it is for a full day package, or your regular beauty treatments, our expert therapists will leave you refreshed, revitalised and energised.

Enjoy a unique experience in our “Dry Float” where you can experience the sensations of a full night sleep in little over 30 minutes. Immerse yourself in our therapeutic Balneotherapy bath which has proven healing and relaxation properties. Sample our renowned range of treatments from Elemis, a recognised world leader in skin and body care.

Relax in our Lotus Suite, under a 'Canopy of Stars' between treatments and enjoy refreshments provided.  
Continue your Cocoon journey at home with the advice of our expert therapists.

## **Elemis Facial Skin Therapy (S) (C)**

Developed by a specialised team, with extensive clinical and scientific studies, Elemis Professional Spa Therapies are world renowned for their powerful massage sequences combined with the most dynamic actives available in the world today.

Elemis Facials provide the perfect skin maintenance, using exceptional skinconditioning plant actives to deeply cleanse the face, whilst renewing radiance andstimulating the skin for long-lasting, proven results. Each superior treatment is further enhanced by a luxurious hand and arm and de-stress scalp treatment, for the ultimate in scientific skin therapy.

### **Elemis Advanced Anti-Ageing Facials (S) (C)**

#### **Elemis Visible Brilliance Facial – 75 mins €95**

To combat ageing, stressed and slackened skin. Independently tested with revolutionary results, this Anti-Ageing facial instantly firms, rejuvenates and plumps up the skin, whilst reducing dark circles from around the eye contour. Moisture levels of the skin are proven to increase by up to 38% and elasticity by 28% after just 1 treatment.

#### **Elemis Pro-Collagen Quartz Lift Facial – 75 mins €95**

Clinically proven to reduce the number of wrinkles by 94% and improves skin firmness by 57% after just one treatment. This anti-ageing face and eye treatment helps to protect against the signs of ageing, reducing the appearance of fine lines and wrinkles on the face, and restructuring the eye contour.

#### **Tri-Enzyme Resurfacing Facial – 60 mins €95**

Clinically proven after just one treatment: up to 75% resurfacing & up to 32% increased skin smoothness.

Skin is left incredibly clean, smooth and radiant bringing a renewed level of evenness and clarity to the complexion.

### **Elemis Advanced Performance Facials**

#### **Elemis Oxygen Skin Calm Facial – 70 mins €85**

This face and eye treatment is pure soothing heaven for sensitive skin. Gentle massage techniques combined with calming active ingredients and a restructuring Japanese Silk Mask help to rebalance delicate, fragile and sensitive skin. Reduces redness and offers immediate comfort to stressed skin.

### Elemis S.O.S Purifying Facial – 70 mins €85

This is a powerful purifying face and eye treatment for oily, problem and congested skin. A Japanese Sculpture Mask is impregnated with Vita-C Booster Serum to help absorb sebum, calm irritation, repair scarring and to rebalance oil-rich pores, leaving a beautiful matt skin.

### **Elemis Skin Specific Facials**

#### Elemis Fruit Active Glow – 60 mins €75

This facial will bring back the glow to tired, dull and lifeless complexions. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

#### Elemis Exotic Moisture Dew - 60 mins €75

For skin in need of a super saturating moisture boost, this thirst-quenching facial is perfect. Following a deep cleanse and nourishing facial massage, the skin is fed with moisture giving actives that will bring back that healthy, dewy look to the skin.

#### Elemis Herbal Lavender Repair – 60 mins €75

For perfect restoration of skin balance, this facial helps to heal and repair oily and congested skin. Deeply cleansing, to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

### **Time for Him**

#### Elemis Skin IQ Facial – 70 mins €95

An intelligent Anti-Ageing facial that adapts to super boost the skin. Prescribed to protect against the harsh, ageing effects of shaving and environmental damage, this is the ultimate skin over-haul for male skin.

#### Elemis Urban Cleanse Facial – 70 mins €95

A high-performance complexion cleanse for total skincare defence. This super-grooming facial decongests the skin, working overtime to eliminate blocked pores, neutralise impurities and reduce sensitivity.

#### Elemis Skin Specific For Men €75

For perfect restoration of skin balance, this facial helps to heal, repair and nourish skin.

## **Massage, Holistic & Body Therapy**

Here at Cocoon we use our signature product Cocoon Coconut Melt as our premier product.

Using pure, hard Coconut Oil, our therapists melt the oil and apply it to the body. Coconut is anti-bacterial, anti-fungal and is a natural anti-oxidant, protecting the body from ageing and damage to the skin. It improves the immune system and increases metabolic rate (great for weight loss). It is renowned for its healing and restoring properties.

Coconut oil is the best massage oil on the planet, what it does for your skin you simply have to witness. It forms a barrier against infections, softens and moisturizes your skin and prevents wrinkles, sagging and age spots when used as part of your homecare routine. It also promotes healthy hair and complexion and protects the body from UV damage.

This amazing product is the basis for all our signature treatments as we want our client not only to enjoy the journey with us, but also to obtain great benefits from the product we use. Choose the Cocoon Coconut Experience and let our treatments tell their story.

***Cocoon Coconut Melt Full Body Massage – 1 hour €80***

***Cocoon Coconut Melt Back Massage – 30 mins €50***

Using our signature Caribbean Cocount Melt, Cocoon therapists will massage your full body using our unique movements. Here at Cocoon we use Aromatherapy hot towels to enhance the treatment, giving you the most relaxing and de-stressing massage you will ever experience. (v) (s) (p)

***Cocoon Cocunut Face, Scalp & Intensive Hair Treatment – 45 mins €65***

Using warm oil to massage the face, neck, shoulders and scalp, our therapists work using lymphatic drainage movements, ideal for sinus and tension. We then treat the pressure points on the head, working the warm oil into both the scalp and hair. This treatment is perfect for the skin and hair, moisturising and revitalising. Please note, there are shower facilities available for clients who do not wish to leave the hot oil deep hair treatment in overnight.

## **Elemis Massage Therapy**

### **Elemis Deep Tissue Muscle Massage – 60 mins (p) (v) €90**

Submit your body to a workout of deep rhythmic pressure massage.

Focused on relieving specific stress and muscle tension, this powerful, customised massage uses dynamic blends of essential oils to suit individual needs.

### **Elemis Deep Tissue Back Massage – 30 mins (p) €55**

Maximum tension relieving results for those with minimal time.

Specifically targeting the back, shoulders and neck areas, this powerful massage is focused where you need it most.

### **Elemis Nurturing Massage for Mother-to be – 90 mins €120**

Combines tried and tested safe pregnancy massage techniques, adapted to each stage of pregnancy.

The ultimate in comfort and relaxation, relieving tension in the back, and alleviating swelling in the hands and feet. Includes de-stress scalp and face massage.

### **Elemis Aroma Spa Ocean Wrap – 70 mins (s) (bp) €89**

Seaweed wrap treatments detoxify and deep cleanse the body inside and out.

Let your thoughts drift away, whilst you are cocooned in a comforting foil wrap and treated to a pressure-point facial massage and de-stress scalp treatment.

Clients may choose from the following wraps:

#### **Musclease Aroma Spa Ocean Wrap:**

A warming blend of Maritime Pine and Rosemary, help to ease the pains of rheumatism, arthritis and muscle fatigue.

#### **Cellutox Aroma Spa Ocean Wrap:**

A detoxifying blend of Juniper and Lemon decongest and stimulate the body's systems, improve the dimpled appearance of cellulite and reduce fluid retention.

## **Elemis Exotics**

### **Exotic Lime and Ginger Salt Glow – 30 mins (s) €55**

**An exotic exfoliation ritual to invigorate and revitalise the body.**

**Elemis Exotic Lime and Ginger Salt Glow deep cleanses, polishes and softens to perfection, while Exotic Island Flower Body Balm leaves the skin glowing and vibrant, replenished and flawless.**

### **Exotic Coconut Rub and Milk Ritual Wrap – 60 mins (s) €75**

This opulent exotic wrap is excellent for skin smoothing and softening, all combined with a facial pressure-point massage and de-stress scalp massage to stimulate the senses.

### **Elemis Cooling Hot Stone and Facial Treatment- 60 min €120**

Hot Stone Massage on the back of body with cooling refreshing muscle gel. Followed by a taster of an Elemis Advanced Facial.

Ideal for those who are short on time, to have a taste of a massage and a facial.

### **Balneotherapy Bath**

This is one of the most sought-after Spa treatments available. A Balneotherapy Bath harnesses the power of water, and with over 160 combined jets, it massages you with both water and air.

A Balneotherapy Bath is a necessary core treatment in any top class Spa. Our unit uses both regular air and nebulised air, to deeply massage the body, and it also has a positive effect on the lungs. A Balneotherapy treatment will increase circulation, aid in the elimination of toxins and leave the body deeply relaxed and massaged as never before.

(bp) (p)

### **Musclease Bath: - 30 mins €40**

Perfect for clients who have sports injuries or sore, stressed muscles. Musclease offers tension relief and is ideal for arthritis and deep rooted aches and pains.

### **Cellutox Bath: - 30 mins €40**

The ultimate in detoxing, Seaweed is renowned for its amazing effect on the body. This bath will help in reducing fluid, removing toxins and it will have a refining effect on the skin.

### **Milk Bath: - 30 mins €40**

This nourishing Milk Bath is ideal for all skin types and leaves the skin feeling moisturised, soft and supple.

### **Dry Float**

A Dry Flotation offers complete rest and recovery for tired and stressed bodies, 30 minutes is equivalent to over 3 hours of deep sleep.

While on our Dry Float, your body will experience a feeling of total weightlessness. This allows your musculature to be removed of pressure, soothing the entire body as well as the mind. In the Dry Float you don't get wet, as you are suspended in water within a dry membrane.

### **Dry Float - 30 mins (bp)(p) €45**

**Indian Head Massage – 30 mins (S) €50**

Indian Head Massage is an ancient form of head, neck and shoulder massage to relieve tension and stress.

**Hot Stone Massage (D)(BP)(V)(H)**

Hot basalt stones are used with massage techniques and oil, to deeply relax and rebalance the mind and body.

**Full Body Hot Stone – 70 mins €95**

**Hot Stone Back Massage – 30 mins €55**

**Reflexology - 45 mins (F) €70**

Therapeutic pressure point massage, working on the reflex zones of the feet, which correspond to different parts of the body. Stimulating these reflexes can help many health problems in a natural way. Restores natural balance and harmony. Heavenly!

**Manicures & Pedicures**

**Carribbean Coconut Intensive Pedicure – 60 mins (F) €65**

A full pedicure, combined with the nourishing healing powers of coconut. Perfect for hard skin, tired feet or bad circulation.

**Express Pedicure – 45 mins (F) €50**

Ideal between full pedicures or if you are short of time.

**Carribbean Coconut Intensive Manicure – 45 mins (S) €50**

A full manicure with the added luxury and benefits of Coconut, ideal for arthritis, dry and sensitive skins.

**Manicure – 30 mins €40**

**File & Paint €20**

## **Spa Packages**

### **Heavenly**

- Pro-Collagen Quartz Lift Facial/Skin IQ Men's Facial
- Dry Float/Balneo
- Coconut Scrub & Milk Ritual
- Enjoy a light lunch in the Lotus Suite
- Pedicure/Foot Massage
- Back Massage

**Approx. 5 hours €299**

### **Mum to be Package**

- Elemis Mum to be full body massage
- Manicure
- Pedicure
- Lunch in Lotus Suite
- Elemis Skin Specific Facial

**Approx. 5 hrs €249**

### **Rejuvenation:**

- Hot Stone Full Body Massage
- Balneotherapy Bath/Dry Float
- Enjoy refreshments in The Lotus Suite
- Indian Head Massage

**Approx. 3 hours €175**

### **Tonic**

- Balneotherapy Bath/Dry Floatation Treatment
- Enjoy refreshments in The Lotus Suite
- Full Body Massage
- Elemis Skin Specific Facial

**Approx. 3 hours €175**

**Purify:**

- Aroma Spa Cellutox Wrap
- Balneotherapy Bath/Dry Floatation Treatment
- Enjoy refreshments in The Lotus Suite
- Full Body Massage

**Approx. 3 ½ hours €199**

**Cocoon:**

- Cocoon Coconut Sugar Scrub
- Dry Floatation Treatment
- Enjoy refreshments in The Lotus Suite
- Cocoon Coconut Face, Scalp and Hair Treatment

**Approx. 1 ½ hours €129**

**Bride to be:**

- Pedicure
- Fake Bake Spray Tan
- Manicure
- Make-up

**Approx. 3 hours €149**

**Sunday Check Out**

- Dry Float/ Balneotherapy Bath
- His/Hers Elemis Taster Facial
- Light Lunch served in Lotus Suite

**Approx. 2 hours €99**

**(12 Noon onwards residential only)**

## **Residential Packages**

### **Pamper:**

Heavenly is a must for people who are on the go with a stressed and busy lifestyle.

Focusing on

both mental and physical tension, this package will leave you feeling calm and chilled.

- Pro-Collagen Quartz Lift Facial/Skin IQ Men's Facial
- Dry Float/Balneo
- Coconut Scrub & Milk Ritual
- Enjoy a light lunch in the Lotus Suite
- Pedicure/Foot Massage
- Back Massage

**Full Day Package, includes 1 night B&B and 1 evening meal €399 pps  
€25 Single Supplement**

### **Revive:**

- Balneotherapy Bath
- Enjoy refreshments in The Lotus Suite
- Back Massage
- Elemis Skin Specific Facial

**Includes 1 night B&B and 1 evening meal €329pps  
€25 single supplement**

### **Hen Party Package:**

- Indian Head
- Elemis Taster Facial
- Relax in our Lotus Suite

**Includes 1 night B&B, and 1 evening meal €189pps  
€25 single supplement**

## **Waxing**

*(Patch Test required 24 hours prior to waxing)*

Abdomen €12

Arm €18

Bikini Line €15

Chin €10

Upper Lip €12

Eyebrow €12

Full leg €30

Full Leg & Bikini €35

Half Leg €17

Holiday High Hip €25

Men's Back €30

Men's chest & abdomen €35

Brazilian €45

Californian €29

Hollywood €65

## **Tinting**

*(Patch Test required 24 hours prior to tinting)*

Eyebrow Tint €10

Eyelash Tint €12

Eyebrow Shape €10

Eyelash & Brow Tint, & Shape €26

## **Tanning**

*(Recommended 24 hours prior to occasion).*

Cream Tanning

Elemis Full Body €50

***Spray Tanning:***

**Fake Bake:**

Full Body €55

½ Body €35

## **Make-up**

At Cocoon, we use “id bare minerals” make-up, which is 100% natural. Made from pure minerals from the earth, it has no preservatives, no oil and no fragrance and is suitable for the most sensitive of skins. It gives flawless coverage and contains SPF15.

**Make-up application €30**

**Bridal Make-up with trial €50**

**Make-up lesson €50**

## **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 credit card number will be requested on booking.  
Cancellations can only be accepted up to 24 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 in the last 5 years 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.

## **Contra-Indications**

High Blood Pressure (bp)

Cold Sores (c)

Diabetes (d)

Fungal Infections (f)

Heart Conditions (h)

Pregnancy (p)

Varicose Veins (v)

Skin conditions (s)

Opening hours : 9am-9pm Monday to Friday  
10am-7pm Saturday, Sunday and Bank Holidays.

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