



THE SPA
TREATMENTS MENU



CASA COOK
SPA TREATMENT MENU

SAY HELLO TO
A NEW YOU

A sanctuary for soothing your soul and super-charging body and mind, the Casa Cook Spa is a complete retreat during your getaway - the place to drop your worldly cares at the door. Whether you're in the mood for a reviving massage or a cleansing hammam ritual, let us guide you to a place of balance and tranquillity.

Our treatments blend ancient and modern traditions. Combined with nature-based products, including aromatherapy oils and plant hydrosols, they embody an integrated approach to wellbeing. Before, during and after your treatment, our expert in-house and visiting therapists are here to make you feel at ease and meet your needs. We also want your stay with us to have positive and lasting effects, so we'll be happy to create a personalised wellness programme.

Opening hours

The Casa Cook Spa is open daily from 10:00 am-8:00 pm.

OUR TREATMENTS

All guests booking a treatment are invited to use the hammam. If you are interested in a therapy taking place in the hammam itself, choose one of our rejuvenating Hammam Rituals.

CASA COOK SIGNATURE TREATMENTS

Casa Cook Signature Hammam

Our signature hammam ritual begins with relaxing on the warm marble, followed by a cascading rinse and invigorating rub-down of the body. Our therapist uses a kessa glove and natural olive oil soap to create a rich lather. The treatment continues with a cleanse and conditioning of the hair and concludes with a full-body massage using aromatherapy oils. Guests are then invited to relax in the lounge, restored and rebalanced, with some calming tea.

1 hr 25 mins · 150 | Couple 1 hr 25mins · 250

Hippocratic Anatripsis Massage

Inspired by the principles of the physician Hippocrates, this therapy dates to the time of ancient Greece. Focused on the benefits of using friction and varying levels of pressure, it's a unique full-body massage using rubbing and kneading techniques, Greek olive and herbal oils, as well as hot towels.

1 hr 20 mins · 130 | Couple 1 hr 20 mins · 240

Detox Massage

Designed to banish stress and release tension, this is a specialised and rhythmic massage to encourage lymphatic flow. The body will be refreshed and the mind soothed by long, gentle massage strokes and the use of essential oils rich in antioxidants, such as fennel, grapefruit, cypress and rosemary.

1hr 20 mins · 130 | Couple 1hr 20 mins · 240



Aegean scrub

This full body scrub incorporates the hydrating effects of natural Greek olive oil, mineralising Aegean sea salt and soothing local herbs. It provides deep hydration while exfoliating dead skin cells and refining the skin structure. Ideal as pre-treatment preparation.

30 mins · 50 | Couple 30 mins · 90

Personalised face treatment

After analysing your skin's needs, a personalised and unique masque is created by blending organic, natural products, oils and herbs. Applied with a soothing facial massage technique, your skin will feel rejuvenated, refreshed and hydrated.

60 mins · 80 | Couple 60 mins · 150

MASSAGES

Release and Relax

Using a variety of techniques, this invigorating massage improves blood and lymphatic circulation while also targeting aches and pains, and improving the suppleness of the muscles.

55 mins · 80 | Couple 55 mins · 150

Energising

A stimulating massage designed to release tension from the upper body and increase flexibility. Relaxing and restorative, this therapy is based on Swedish massage techniques and targets the neck, shoulders, back and hands.

30 mins · 50 | Couple 30 mins · 90

Hot Stone

A deeply relaxing treatment. Warm stones are placed on the body to maximise the effects of a therapeutic massage with a focus on the spine. The treatment uses a combination of massage techniques and synergistic aromatherapy oils and fragrances.

1hr 25 mins · 150 | Couple 1hr 25 mins · 290

Happy Feet

A detoxifying foot bath and stimulating massage with pure essence of mint to revive tired legs and sore feet and put a spring back in your step.

40 mins · 60 | Couple 40 mins · 110

Reflexology

Specific pressure techniques focused on your feet, are aimed to sooth and release tension throughout the whole body.

30 mins · 50 | Couple 30 mins · 90

Face Time

This gentle treatment aims to release any residual tension in the face and calm the mind. A soothing massage of the neckline, neck, face and head using aromatherapy oils.

30 mins · 50 | Couple 30 mins · 90

ASIAN TREATMENTS

Shirodhara

An Ayurvedic ritual to rest and clear the mind, Shirodhara derives from the Sanskrit words shiras (head) and dhara (flow). For centuries, it has been used to calm the mind and dissolve feelings of tension and tiredness. The treatment includes a scalp massage with warm herbal oils and continues by gently pouring a stream of warm liquid (oil or milk) over the forehead, to induce a sensation of deep relaxation and release.

50 mins · 100 | Couple 50 mins · 190

Herbal Thai Massage

This treatment has deep roots in Thai culture and a long history as a curative technique. A fullbody massage, including the use of hot herbal compresses, stretching and acupressure, it is designed to relieve stress and fatigue, and soothe both body and spirit.

55 mins · 100 | Couple 55 mins · 190

Abhyanga Ayurvedic Massage

This transporting and time-honoured therapy is designed to induce a blissful state of calm. A deep-pressure massage is combined with the use of aromatic oils and herbs, warmed and blended to suit your individual dosha (body-mind type according to Ayurvedic medicine), and fragrances to reawaken and rebalance body and mind.

55 mins · 120 | Couple 55 mins · 210

Thai Yoga Massage

An ancient method of healing, this style of massage originates in Buddhist culture, where it is regarded as a meditative as well as physical therapy. The treatment takes places on a mat and includes a full-body massage using acupressure, rhythmic and stretching techniques, and assisted yoga postures. Guests are asked to wear loose, comfortable clothing.

85 mins · 120 | Couple 85 mins · 210

HAMMAM RITUALS

Turkish Hammam

One of the oldest cleansing rituals in the world, a hammam experience leaves the skin glowing and the spirit revived. Warm water and warm air have a profoundly relaxing and calming effect on the body and the mind. In this ritual, the therapist uses a kessa glove and natural olive-oil soap to rub down the body, giving a gentle massage before rinsing with water. When prepared to leave the hammam, guests are invited to rest in the lounge with some soothing traditional tea, before re-joining the world, rejuvenated.

45 mins · 60 | Couple 45 mins · 110

Moroccan Hammam

This ritual is a sensuous experience, following the tradition of a Moroccan hammam. The therapist first applies savon noir - a black soap paste rich in antioxidants with argan, olive oils and eucalyptus - to the face and body. Using a kessa glove (with a silk version for the face), they then perform the gommage - the rubbing down of the skin, before rinsing with warm water and applying a skin nourishing mask pack containing shea butter, honey and clay. The treatment concludes with a cleanse and conditioning of the hair and a head massage. Guests are invited to end this blissful treatment sipping some traditional tea in the lounge.

55 mins · 110 | Couple 55 mins · 210

SPA ETIQUETTE

Opening hours

The Casa Cook Spa is open daily from 10 am-8 pm.

Reservations

Treatments can be booked directly at the Spa or at Reception.

Payment

The Spa accepts cash or card payments. Alternatively your treatment can be charged to your room.

Cancellations

If you want to change or cancel an appointment, we kindly request a 24 hours notice. Please note that the full cost of your treatment will be charged, if we receive a cancellation later than this.

Our treatments

When booking, please advise us of any health conditions and medication you are taking. Before your treatment, our therapists will ask you to complete a health questionnaire to ensure we provide the very best service and safeguard your wellbeing. Please note that for certain medical conditions we will require written permission from your doctor to proceed. If you require any further information, our Spa team will be happy to help. We recommend that you do not sunbathe after any massage or body treatment for at least six hours.

Arrivals

Please arrive 15 minutes prior to your appointment in order to register. Please be aware that if you arrive late, the time of the appointment will be shortened in consideration of the next guest.

Valuables

We have lockers in the Spa, but recommend that you leave all jewellery and valuables in your room before visiting us for a treatment.

Consideration

While we want you to feel at home, we request that you refrain from using your mobile phone and smoking in the Spa, in line with the hotel's non-smoking policy.

Accessibility

We are currently trying to improve access to all our sites and services, so everyone can enjoy them. While improvements are being made, we apologise for any inconvenience caused. If you have any questions about access, please come and visit the Spa team, or email any suggestions and comments to

spa.kos@casacook.com



