



THE SPA
TREATMENTS MENU

CASA COOK IBIZA



THE SPA

With the healing power of nature in our hands, our spa invites you to escape into a restorative oasis of tranquility; a place of relaxation and care, a safe space for the body, mind and soul to soothe and heal.

Each treatment has been designed with the utmost care and the products we use are natural, created using only the finest plants and herbs from Ibiza and beyond.

Let our expert therapists personalise your experience and take you on a journey through a modern and ancient techniques, inspiring you to leave your worldly cares at the door.

Whether you're in the mood for a Balinese or Mayan Ritual Massage, a rejuvenating facial or a special immersive package, we're ready to guide you to a place of balance, serenity, and inner and outer peace.

Opening hours

The Spa is open daily from 10h - 20h.

CASA COOK IBIZA - WELCOMING TOUCH

Experience the true essence of the island of Ibiza. On arrival, we offer you a welcoming ritual to immerse you into your Spa experience, transporting you instantly into a calmer state of mind.

Choose your essence to make your massage completely unique to you. We offer:

- Lavender
- Vanilla
- Peppermint
- Citrus
- Rosemary

CASA COOK IBIZA SIGNATURE TREATMENTS

Botanical Ibiza

Utilising the finest local and 100% natural products Ibiza has to offer, we awaken your senses and personalise this massage based on your individual likes, preferences and needs. With a variety of essences to choose from including aloe vera, you'll experience a truly revitalising and unique treatment, sourced entirely from the roots of Ibiza.

50 mins · 120

Customise Your Massage

From a soothing foot and leg massage to working out all the knots and tension in your back, neck and shoulders, your massage is your choice. Just tell our therapists what you feel like, what oil you would like us to use, and we can personalise something that's just right for you.

50 mins · 110 | 80 mins · 170

Soak up the nature

Absorb Casa Cook Ibiza's stunning natural surroundings into your treatment. Choose the perfect space to enjoy your massage; whether it's on our rooftop with breath-taking views over the sea and surrounding island, or close to the elements by our poolside.

50 mins · 120 | 80 mins · 180



MASSAGE THERAPY

Ultimate Relaxation

A true source of stress-relief, this massage soothes, nourishes and relaxes, generating a sense of wellbeing and calmness within the mind and body. Tension is released, balance is restored, and the skin is left nourished, deeply moisturised and incredibly soft.

50 mins · 90 | 80 mins · 140

Deep Tissue Massage

A highly effective technique that works between muscles, freeing the body from adhesions and knots caused by different stresses. We can adjust the pressure according to your needs or preferences, and target specific areas to promote deep healing.

50 mins · 120 | 80 mins · 170

SPECIALIST MESSAGES FROM AROUND THE WORLD

Balinese

Experience the essence, spirit and energy of beautiful Bali with this hour-long massage. Beginning with a peppermint foot bath, we use natural oils to immerse you into a state of bliss and employ a range of Balinese massage techniques and strokes to encourage you to completely relax and revitalise.

50 mins · 100

Mayan Ritual

Traditional Mayan massage is a holistic and physical concept, with ancestral tradition incorporating 'hammocking' techniques to heal the spiritual, physical, chemical, emotional and energetic states of the body. Our handcrafted treatment purifies and drains the physical body of toxins in the skin, sending you back to a state of harmony.

80 mins · 160

Janzu Aquatic

This floating massage therapy combines the stretching and gentle acupressure of a shiatsu with the relaxing effects of being weightless in warm water to rebalance body and mind, and is especially helpful for those who suffer from stress, disrupted sleep patterns or low immunity.

50 mins · 120 | 80 mins · 170

Cacao Body Therapy

Bursting with antioxidants and with the power to hydrate and regenerate the skin, our Cacao exfoliation, scrub and full body massage provides absolute detoxification. We begin by gently exfoliating dead skin, shedding everything that doesn't serve you, before relaxing into a soothing massage, encapsulated by the essence of cacao.

80 mins · 180

FACE THERAPY

High Performance Facial

This customised facial treatment for the face, neck and décolleté is the ultimate rejuvenating and anti-aging experience. Using a selection of high performance products reducing wrinkles and improving the skin with a lifting massage, your complexion will be left looking regenerated and your skin visibly smoother.

50 mins · 130

Soothing and Hydrating Facial

Perfect for when your skin needs some special attention. We use natural products bursting with nutrients to soothe the skin and then rehydrate and reenergise, leaving you feeling fresh, boosted and full of confidence to face the world!

50 mins · 120



COUPLE'S RETREAT PACKAGE

Ibizan Love Affair

The perfect way to unwind and reconnect as a couple. Our Ibiza Love Affair treatment transports you to a place of total relaxation and rejuvenation. The treatment is a full body massage of choice, infused with warm essential oils. The experience is finished with a nutrient rich juice or tea, bursting with goodness.

80 mins · 320 (for both)

SPA PACKAGE

Nourish & Replenish Full Body Treatment

The ultimate treatment to leave you feeling relaxed and rejuvenated from the inside out. This treatment includes a relaxing facial, full body massage and foot treatment to visibly improve skin tone and elasticity, reducing fine lines and improve overall clarity. With a delicious refreshment included, it's an absolute must during your stay.

2 hrs 30 mins · 320

FITNESS MENU

For those who like to earn their down time before they relax, we offer a unique selection of private sessions to enhance your overall fitness.

Physiotherapy and Rehabilitation Session

For those with recurring injuries or sport-related trauma. Our therapist will analyse your posture, issues and movement patterns and utilise rehabilitation techniques as well as kinesio tapping.

60 mins · 90

Personal Training

Whether you want to simply keep up your training while on holiday or kickstart a brand-new fitness regime, our qualified Personal Trainer will be happy to put you through your paces in our dedicated fitness area with a plan that's right for you. Sessions include a pre-training consultation.

60 mins · 80

SPA ETIQUETTE

Opening hours

The Spa is open daily from 10h - 20h.

Reservations

Treatments and sessions can be booked directly at the Spa 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. On the day of 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

Please leave all jewellery and valuables in your room before visiting us for a treatment.

Consideration

While we want you to feel totally at home, we request that you refrain from using your mobile phone and smoking in the Spa.

Age

We only offer treatments to guests aged 16 and over.

Retail

You will be treated to a full retail consultation after your treatment and products are available to purchase from our Spa reception. We also offer room delivery of products, if needed.

Attire

Please dress yourself in suitable underwear or swimwear during the treatment. For some treatments you will be provided with disposable undergarments by your therapist, and suitable towel draping will be used at all times.

