



# **THE SPA MENU**

**CASA COOK RHODES**

# SPIRITUAL WELLNESS SPA

## THE ART OF WELLBEING

Ayurvedic medicine, one of the world's oldest holistic healing systems, was born out of India thousands of years ago. At the Spiritual Wellness Spa, Ayurveda lies at the core of our approach, providing an integrated path to wellbeing by harmonising the mind, body, and spirit for a truly restorative experience.

A sanctuary designed to soothe your soul, each treatment is tailored to help you unwind, detox, and restore your body's natural balance. Whether you seek a reviving massage or a soothing therapy, let us guide you to a place of balance and tranquility.

Our philosophy is to care for you holistically. Indulge in the relaxing ambiance and take time to focus on your health and wellbeing.

*"Sometimes you don't feel the weight of something you've been carrying until you feel the weight of its release."*



# AYURVEDA TREATMENTS

## ABHYANGA

A healing full body massage to rejuvenate the nervous system and minimise the effects of ageing. Herb-infused oil is massaged into the skin, lubricating the joints, optimising circulation and prepping the skin with a new found glow.

*Please be aware this treatment is not recommended during pregnancy.*

**60min - €85**

## SHIRODHARA

A unique, blissful therapy to balance the nervous system and purify the mind. Warm herbal oil is poured in a thin steady stream directly onto the forehead, alleviating anxiety and fatigue, and increasing quality of sleep.

**45min - €65 / package of 3 sessions - €150**

## KOREAN HEAD SPA

Treat yourself to the ultimate relaxation experience with our face, scalp, neck and shoulder massage, coupled with an aromatic steam hair treatment. Unwind in our serene oasis and let our skilled therapists melt away your stress and tension, leaving you feeling rejuvenated.

### Benefits:

- promotes relaxation and stress relief
- improves circulation to the scalp
- deeply conditions and nourishes hair follicles
- restores moisture balance in the hair
- promotes a healthy scalp

**SCALP, SHOULDER AND NECK MASSAGE - HAIR STEAM TREATMENT 35min - €40**

**SCALP, SHOULDER AND NECK MASSAGE - HAIR STEAM TREATMENT- KOREAN SKINCARE 50min - €75**

**SCALP, SHOULDER, NECK AND BACK MASSAGE - HAIR STEAM TREATMENT- KOREAN SKINCARE 65min - €95**

**BLOW DRY HAIR 10-15min - €5**

# EXPRESS TREATMENTS

## HAPPY FEET

A stimulating herbal oil massage, placing pressure on vital points on the feet, soothing and releasing tension throughout the whole body and putting a spring back in your step.

**30min - €40**

## INDIAN HEAD MASSAGE

Indian head massage is one of the most beneficial forms of therapeutic body and mind massages. Gentle pressure is applied on the face, neck and head to relieve tension, headaches and migraines.

30min - €40

## NECK & BACK MASSAGE

Some say we carry our worries on our back. This deeply relaxing neck and back massage works to soothe the body and mind. Your therapist uses gentle techniques to relieve tension from these specific areas.

30min - €50

## FACE MASSAGE

Facial massage helps in detoxifying the skin, promoting a tightening effect and leaving you with an overall glow. The face has 43 muscles that are used on daily basis. Our face massage helps to relax the facial muscles, leaving you feeling rejuvenated.

30min - €40

## FULL BODY MASSAGE

### CASA COOK DAY SPA

This starts with a relaxing full body treatment of your choice and followed by a facial treatment. The ritual concludes with a blissful, relaxing, aromatic massage.

*Please be aware this treatment is not recommended during pregnancy.*

130min - €90

### HOT STONES MASSAGE

Using volcanic stones of basalt. Helps to relieve muscle pain and promote blood flow to leave you feeling relaxed and energised.

*Please be aware this treatment is not recommended during pregnancy.*

70min - €95

### DEEP TISSUE MASSAGE

A deep and energetic massage in which fingers, fists and elbows are used to relieve tensions and relax the soft tissues. Strong pressure improves blood circulation, while direct connection to the pressure points acts deep within the muscles, relaxing them.

*Please be aware this treatment is not recommended during pregnancy.*

30min - €60 / 60min - €100

## CANDLE MASSAGE

The subtle, creamy hot candle oil glides over the body nourishing the skin deeply, while a combination of various massage pressures, stretches and continuous movements relaxes the muscular system and stimulates the blood micro-circulation, helping the body to eliminate all the daily stress through a joyful sensorial escape.

*Please be aware this treatment is not recommended during pregnancy.*

**50min - €80 / 80min - €115**

## HOLISTIC MASSAGE

Ritual massage with authentic Manoi de Tahiti, the holy oil of Polynesia, balancing the energy flow and promoting total relaxation and wellness. Deep movements with the forearms, gentle pressures, relax tired areas, absorb tension and stress, while transferring you to an exotic paradise of fragrances and colors.

**50min - €75 / 80min - €110**

## MUM TO BE

Celebrate this special time with a soothing pregnancy massage. Designed to provide comfort and relaxation, our massage helps alleviate the aches and pains of pregnancy, offering you some time to unwind.

**60min - €90**

## SWEDISH MASSAGE

Using gentle, flowing strokes, this classic massage technique promotes circulation, relieves muscle tension, and enhances overall wellbeing. Perfect for reducing stress and rejuvenating your body and mind.

**60min - €90**

## AROMAVEDIC WELLNESS MASSAGE

A holistic treatment for face and body inspired by the traditions of India. This relaxing ritual combines extracts of apricot oil, rich in vitamin E, with the essences of lily, ylang-ylang, rosemary, rose, ginger, violet, coriander, and camellia.

Experience a rejuvenating blend that provides you with complete relaxation, designed to fill you with energy, joy, and a renewed passion for life.

**90min - €125**

# FACE TREATMENTS

## MOISTURISING FACIAL

Ultra-hydrating treatment designed to resurface and brighten the skin. Leaving it fresh, clean and hydrated.

50min - €65

## SOFTNESS SOOTHING TREATMENT

Gentle bouquet of flowers for the care of sensitive skin. Ingredients that soothe irritations and deliver calm and glowing skin.

60min - €70

## OXYGEN ANTI-AGING TREATMENT

This advanced facial therapy infuses your skin with pure oxygen and to stimulate collagen production, improve cell turnover, and restore a youthful glow.

60min - €90

## GOLDEN FACIAL

Indulge in luxury with our exclusive Golden Facial Treatment. This opulent experience harnesses the power of pure gold to rejuvenate and nourish your skin, leaving it glowing with a luminous, youthful sheen.

60min - €80

## CAVIAR FACIAL

This opulent facial utilises the nourishing properties of caviar extract, rich in essential nutrients and antioxidants, to rejuvenate and revitalise your complexion.

60min - €80

## SNAIL FACIAL

Embark on a journey of skin renewal and rejuvenation with our innovative Snail Facial Treatment. This unique experience harnesses the remarkable benefits of snail mucin, renowned for its regenerative properties, to revitalise your skin and unveil a radiant complexion.

60min - €75

# BODY TREATMENTS

## BODY SCRUB & MOISTURIZING

This rose petal and moroccan jasmine exfoliating treatment gently smooths away dead skin cells, enhances circulation and promotes cell renewal. A rich body milk is then applied to hydrate the body leaving you with a radiant complexion.

*Please be aware this treatment is not recommended during pregnancy.*

**45min - €55**

## AFTER SUN BODY TREATMENT

Gentle treatment designed to hydrate sun damaged skin. Balancing and remineralising the skin texture, leaving it soft and silky.

*Please be aware this treatment is not recommended during pregnancy.*

**60min - €65**

## DETOX BODY TREATMENT

Detoxifying treatment designed to tone the skin and stimulate blood flow around the body. Removing dead skin cells, smoothing and improving the overall appearance of the skin.

*Please be aware this treatment is not recommended during pregnancy.*

**60min - €70**

## GOLDEN BODY TREATMENT

Elevate your pampering experience with our Golden Body Treatment. This indulgent spa ritual uses the power of pure gold to nourish and rejuvenate your skin from head to toe, leaving you feeling radiant and revitalised.

**60min - €75**

## CLEOPATRA'S BODY TREATMENT

Step back in time and indulge in the luxurious Cleopatra's Body Treatment, inspired by the ancient beauty rituals of the legendary Queen herself. This opulent spa experience combines exotic ingredients and pampering techniques to rejuvenate and nourish your skin, leaving you feeling like royalty.

*Please be aware this treatment is not recommended during pregnancy.*

**60min - €75**



# SIGNATURE PRIVATE SUITE

*The ultimate luxury experience*

Our private massage suite is complete with private pool / jacuzzi, two treatment beds and beautiful scenic views. The perfect way to relax with a partner or friend. Book a treatment for two and receive an additional hour in the private jacuzzi with a glass of sparkling wine and fresh fruit platter.

**60min - €50 (per person)**

## **SUGGESTED COUPLE PACKAGE**

Indulge in a swedish massage for 2 in one of our private suites and spend an hour relaxing in a private jacuzzi.

**120min - €280**

## HEATING POOL

Make use of our indoor heated pool whilst overlooking the views of the mountains. Opening hours 10:00 - 21:00.

*Please contact spa reception for availability.*

**€10 per person**

## SPA ETIQUETTE

### **OPENING HOURS**

Our therapists are available between 10:00 - 21:00 upon prior reservation of a treatment.

### **RESERVATIONS**

Treatments can be booked directly at the spa.

### **CANCELLATIONS POLICY**

If you wish to change or cancel your appointment we kindly request 12 hours notice.

### **OUR TREATMENTS**

When booking, please advise us of any health conditions or medication you are taking. Before your treatment, our therapist 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 reception will be happy to help.

## **PUNCTUALITY**

We ask that you please arrive at the spa 15-20 minutes ahead of your treatment in order to register and discuss any concerns with your therapist. Please be aware that if you arrival late, the length of the treatment will be shortened in consideration of the next guest.

## **VALUABLES**

Please leave all jewellery valuables in your room before visiting us.

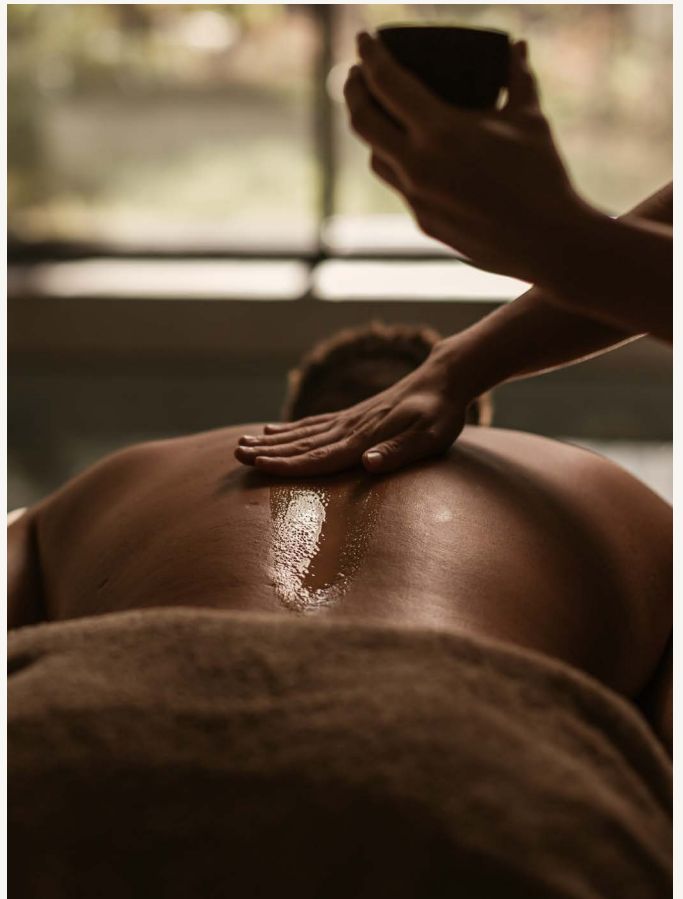
## **CLOTHING**

For reasons of hygiene, we kindly remind you that taking a shower is imperative before any massage / body treatment. The personnel will provide you with towels, underwear, robes and slippers.

You are kindly requested to have a swimming suit with you in case you intend to make use of the private jacuzzi or the pool spa.

## **COURTESY**

While we want you to feel at home, we politely request that you refrain from using mobile devices in the spa building and smoking is strictly prohibited.





*Casa Cook*  
— RHODES —