

The background is an abstract composition of various shades of brown, tan, and dark grey. A large, textured brown circle is the central focus. Below it, there are several rectangular blocks of different colors and textures, including a dark brown block on the left, a light tan block on the bottom left, a medium brown block on the bottom right, and a dark grey block on the right side.

THE SPA MENU

CASA COOK SAMOS



CASA COOK SAMOS
SPA TREATMENT MENU

THE SPA

Inspired by the healing powers of nature, our bespoke spa concept offers a soothing and restorative escape for body and soul. Through the healing hands of our expert therapists, we take you on a journey through some of the world's most ancient techniques in body healing, inviting you to let go and fully unwind.

Each treatment has been designed with the utmost care, using only the finest local herbs and natural products. Whether you're in the mood for a reviving massage or a refreshing facial, let us guide you to a place of balance and tranquility.

The spa is open daily from 10am - 8pm.

OUR SIGNATURE THERAPIES

Hippocrates Healing Ritual

To kick-start your body detox, this head-to-toe treatment begins with invigorating body brushing, followed by a blend of targeted movements and application of pressure along the energy meridians to open the body's natural channels through the chakras. Warm virgin olive oil allows the therapist to deliver a flowing, medium-intensity massage that helps detect and release blockages. The ritual concludes with the ancient art of cupping—gentle suction that stimulates circulation, increases oxygen flow, and draws out toxins. The result: restored balance, released tension, and a renewed sense of well-being.

30min - €70

70min - €140

Pythagoras Theorem

Created for those who spend long hours at a desk, this unique therapy experience focuses on the lower back and continues with a massage of the back, shoulders, neck, jaw, masticatory muscles, scalp, and head. Combining Swedish techniques with vibration and tapping, it helps absorb pain and release negative energy. A body butter made from Greek therapeutic herbs deeply hydrates and nourishes the skin. Ideal for those seeking moments of stillness, as well as those suffering from migraines or insomnia.

55min - €125

Thaiatsu release

Unlike more modern forms of massage, Thaiatsu is a unique blend of Thai and Shiatsu techniques. Its core purpose is to restore natural energy flow by balancing Qi, increasing range of motion, and reducing muscle stiffness and pain. This therapy is typically performed on a floor mat with the client fully clothed. The therapist uses a combination of acupressure, joint mobilisation, and assisted yoga stretches to release tension and enhance overall well-being. Depending on the goal of the session, the effect can be either stimulating and invigorating or calming and deeply relaxing.

45min - €75

75min - €125



BESPOKE RITUALS

Show me love

Touch has a powerful ability to comfort, heal, and deepen connection. A couples massage elevates this experience—awakening physical awareness and celebrating shared moments of love and presence.

Includes:

- Private Jacuzzi session
- Aromatherapy or Mediterranean Relax massage
- Express facial or Soothing foot massage

120min - €230

Ultimate Spa experience

This tailor-made massage blends full-body exfoliation with a relaxing head massage for a deeply indulgent experience.

Includes:

- Body exfoliation
- Your choice of Aromatherapy, Deep Tissue, or Mediterranean Relax massage
- Head & scalp massage

120min - €235

Samos renewal

- Manicure or Pedicure
- Hippocrates healing ritual
- Facial work-out

135min - €240

Jet lag treatment

Designed for those who spend long hours traveling and lead busy, stressful lives, this face and body ritual leaves you relaxed and ready for rest.

Includes:

- Steam bath
- Body & face exfoliation
- Mediterranean Relax massage

110min - €210

Hera's harmony ceremony

- Aromatherapy & Face massage
- Head & Scalp massage

110min - €210

Love rocks energy

- Hot stone massage
- Wine facial therapy

110min - €210

WET AREAS FACILITIES

Ice Foundation, Hammam Steam Bath, Emotional Shower

A foundation of ice to rejuvenate and tighten your skin welcomes you. Rub the ice over your skin and immediately feel the firmness. A fusion of aqua therapy and chromotherapy takes you on a journey of the senses. A combination of jets, lights, and six different water temperatures will awaken your sensations. Finish with the hammam steam to relax your muscles and unclog your pores.

€20 / day



MASSAGE & BODY THERAPIES

Exclusive Spa hammam

An ancient beauty ritual, the Hammam is born from a timeless tradition of care, sharing, and generosity. A foam massage is performed on a heated marble table, combining a body scrub that is equally calming and meditative as it is indulgent and luxurious. Using a Kessa glove and pillowcase, the therapist creates a complete and immersive experience. Renewal is the essence of this session.

40min - €110

Hammmam self-bathing

The hammam experience can be combined with a unique journey into Eastern culture. Deep skin cleansing with a Kessa glove is paired with black soap made from olive paste and eucalyptus. The Kessa glove is yours to keep—a special gift to continue caring for your skin at home.

€45

Deep tissue massage

This is a vigorous workout for the body that targets the deeper layers of muscles and connective tissue with movements and techniques designed to release tension. Perfect for alleviating high stress levels, it is tailored entirely to your needs. It leaves you feeling centered and recharged for the day ahead.

30min - €70

55min - €125

75min - €160

The Mediterranean wellbeing

Designed for a true moment of peace, this medium-flow massage takes you on a journey across the waves, helping you find mental balance and inner tranquility. A Mediterranean blend of calming aromas, breathing techniques, and warm oil will leave you completely revitalised.

55min - €125

80min - €155

Aromatherapy massage

This lavish hydrating body massage is based on the concept of aromatherapy—a holistic healing treatment using natural plant extracts to promote health and well-being. The skin is gently coated with nurturing oils chosen to uplift your spirit, relax your senses, empower your strength, or soothe your mind. At the same time, a bespoke massage comforts the body. To seal in the essential oils, we finish with a touch of body butter, leaving your skin deeply nourished and beautifully scented.

55min - €115

80min - €150

Reflexology

Reflexology is an ancient healing art. This therapeutic massage involves applying varying amounts of pressure to the feet and hands, stimulating specific pressure points and encouraging blood flow. Reflexology also helps to soothe sensations of pain.

45min - €100

Hot stone massage

Balinese stones, warmed and bathed in moisturising aromatic oil, are worked deeply into your muscles, targeting areas of tension and encouraging the release of trapped energy throughout your body. The result is a sparkling vitality, accompanied by intensely hydrated skin.

55min - €120

Mother to be

Pamper yourself with a baby-safe massage that begins with a relaxing back massage to ease backache, followed by a head, neck, and shoulders massage to support your breathing. We gently work through tension in your hands and legs with soft, flowing movements to promote your well-being. Available after the first trimester of pregnancy.

45min - €100

Intensely cleansing salt scrub

This treatment, based on fragranced salt, argan oil, and pink crystal particles, gently sloughs away dead skin cells, encouraging the regeneration of new ones. A tailored moisturiser is then applied to seal open pores and deeply nourish the skin, leaving it refreshed and soft.

45min - €85

Aloe vera after sun care treatment

Treat your sun-kissed skin with highly effective, vitamin-enriched products. The cooling mask delivers an immediate sensation of “skin freeze” and refreshing coolness. A wrap with Aloe Vera helps to soothe the burn and hydrate your skin. Calendula cream and prebiotics work together to regenerate new skin cells.

45min - €95

Detox cocooned with seaweed

Let your thoughts drift away while cocooned in a comforting wrap of rich marine algae that detoxifies your body. A vigorous massage is applied to areas affected by cellulite to reduce the discomfort of fluid retention. Upon request, the therapist can also apply gentle cupping suction to help refine the skin's texture.

70min - €145

ADD-ONS

Foot relief massage

10min - €30

30min - €70

Head & scalp

10min - €30

20min - €45

Shoulder & décolleté

10min - €30

Theragun massage

10min - €12

Speedy facial therapy

20min - €40

Eye bright treatment

15min - €35



FACE

Young soul anti-aging wine therapy

Turn back time with this luxurious treatment, designed to rejuvenate and restore your skin's youthful vitality. It combines advanced anti-ageing techniques with potent ingredients like collagen-boosting peptides, hyaluronic acid, and the powerful antioxidants found in grape seeds—rich in vitamins A, C, and E, as well as omega 3-9 essential fatty acids. Rewind time.

30min - €85

50min - €120

Aegean hydra-charge

Drench your skin in deep hydration after a powerful resurfacing technology lifts away dead skin cells with this intensive, moisture-boosting therapy. Clinically proven intelligent skincare and a triple-level approach to hydration deliver transformative results for younger-looking skin.

30min - €90

50min - €135

Serenity glow brilliance

Reveal your skin's natural radiance with this revitalising treatment designed to brighten and energise. Using a combination of exfoliation, vitamin-rich masks, and soothing facial massage, this therapy deeply nourishes and revitalises your complexion. Powerful anti-pollution filters create a protective shield on the skin's surface. A blend of matcha, prebiotics, calendula, lavender, sesame, and melissa helps regulate melanin activity in the upper layers of the skin, promoting a more even tone. Vitamin C further supports skin clarity, restoring colour, uniformity, and radiance.

50min - €135

Active carbon knights ritual for Him

Designed to address common male skin concerns—such as deep cleansing, impurity removal, and balancing skin function—this royal treatment is powered by tri-enzyme technology and enriched with prebiotics. It helps minimise the appearance of uneven tone, texture, fine lines, and pigmentation. A mask with activated charcoal leaves tired-looking skin instantly brighter, smoother, and renewed. Multi-dynamic facial massage sequences boost circulation, while targeted scalp and foot massages promote deep relaxation.

50min - €120

HANDS & FEET

Simple manicure €30

Semipermanent manicure €40

Simple pedicure €45

Semipermanent pedicure €55

Spa manicure

A complete manicure treatment including exfoliation, a nourishing hand mask, and a soothing hand massage, followed by the application of a nail varnish of your choice.

Spa manicure - Simple varnish €45

Spa manicure - Semipermanent €60

Spa pedicure

Pamper your tired feet with a luxurious treatment including exfoliation, a sea salt bath, a relaxing foot massage, and a rich moisturiser, followed by the application of a nail varnish of your choice.

Spa pedicure - Simple varnish €50

Spa pedicure - Semipermanent €60

Waxing

Full leg €30

Half leg €20

Full bikini (Brazilian) €20

Back €20

Chest €25

Full arm €20

Half arm €15

Full leg & bikini line €40

Bikini line €12

Upper lip & chin €12

Underarm €10

Eyebrow shaping €16

SPA ETIQUETTE

General

- Please arrive 15 minutes prior to your treatment, as you will be asked to complete a health and lifestyle questionnaire. Time lost due to late arrival may result in a shortened treatment without refund.
- For safety reasons, valuables and jewellery must be placed in your room safe or in a locker.
- To preserve the spa's tranquillity, we respectfully request that mobile phones are switched off and stored in your locker.
- Please remember that our spa is a non-smoking area.
- Kindly note that swimwear is compulsory when using any public areas of the spa.

Having a treatment

We highly recommend booking your appointments well in advance. All our therapists are trained to prioritise your privacy and comfort at all times. During treatments, please inform your therapist if you have any preferences regarding pressure, lighting, music, or temperature. Your comfort and care are our utmost priority. We provide disposable undergarments and ensure you are always appropriately draped. For best results, we suggest that men shave a few hours prior to a facial treatment, and that ladies remove all makeup beforehand.

Cancellation policy

Please note that no fee will be charged for cancellations made at least 24 hours before your appointment. Cancellations within 24 hours of your appointment will incur a 50% cancellation fee. The full amount will be charged for no-shows or cancellations made within 3 hours of the appointment time.



Casa Cook
— SAMOS —