



THE SPA MENU

CASA COOK SAMOS



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SPA TREATMENT MENU

THE SPA

Inspired by the healing power of nature,
our bespoke spa concept offers soothing and
restorative escape from the body and soul.

Through the healing hands of our expert
therapist, we take you in a journey through
some of the worlds most ancient technique in
body healing, inspiring you to leave your worldly
cares at the door.

Each treatment has been designed with utmost
care, using only the best local herbs and natural
products.

Whether you're in the mood for a reviving massage
or refreshing facial, let us guide you to a place
of balance and tranquillity.

The Spa is open daily from 10am to 8pm

OUR SIGNATURE THERAPIES

Hippocrates Healing Ritual

To kick start your body detox, this superior top to toe treatment begins with a body brushing, followed by a combination of strokes and pressure along energy meridians that open the channels through the healing chakras. Warm virgin olive oil helps the therapist to apply a medium intensity flowing massage and find the blockages. The therapy culminates with the ancient technique of cupping. Gentle suction increases the blood circulation, sending oxygen and release all waste of toxins, restoring your body natural function ability, release tension and promote overall wellbeing.

30 minutes € 70

70 minutes € 140

Pythagoras Theorem

Designed for office workers this unique therapy experience make focus on lower back continues with back, shoulders, neck, jaw, masticatory muscles, scalp and head massage combine Swedish techniques with vibration and taping to absorb the pain and negative energy. Body butter from Greek therapeutic herbs enriched hydration and nursing. Ideally for those seeking moments of stillness and those suffering from migraines or insomnia.

55 minutes € 125

Thaiatsu Release

Enjoy a modern combination of Thai and Shiatsu massage technique's purpose to restore the "normal flow" focusing to balancing qi energy increased range of mobility, reducing muscle stiffness and pain. The therapy is typically performed on a mat on the floor, with the client fully dressed and use joint mobilization, acupressure and assisted yoga stretches to release tension and improve wellbeing. The effect depending on the goal of the session and can be stimulating and invigorating or calming and sedative.

45 minutes € 75

75 minutes € 125



OUR PROPOSAL RITUAL

Show me Love

A refined wellness experience that harmoniously blends shooting technique with delicate aromatic infusion, creating a serene atmosphere of luxurious intimacy, relaxation and renewal engaging physical awareness and celebrate love and connection.

- Private Jacuzzi Session
- Aromatherapy or Mediterranean relax
- Speedy facial or shooting foot massage

120 minutes € 230

Ultimate Spa Experience

Invites you to disconnect from the outside world and reconnect with a deeper state of relaxation and inner harmony. Tailor made massage combine exfoliation and head massage for a top to toe experience.

- Body exfoliation
- Aromatherapy, Deep tissue or Mediterranean relax (choose between)
- Head & Scalp massage

120 minutes € 235

Jet lag recovery treatment

A sublime journey designed for the modern traveller. This indulgent ritual restore harmony after long distance travel, gently guiding the body back in natural rhythm and let you ready for bed. The steam prepares you for next step by releasing the muscles and open the pores.

- Steam bath
- Body & Face exfoliation
- Mediterranean relax massage

110 minutes € 210

Samos renewal Top to Toe

- Manicure or pedicure
- Hippocrates healing ritual
- Work out facial

135 minutes € 240

Hera's Harmony Ceremony

- Aromatherapy massage
- Face massage session
- Head & Scalp massage

110 minutes € 210

Love Rocks Energy

- Hot stone massage
- Honey facial therapy

110 minutes € 210

WET AREA FACILITIES

€ 20 day

Ice foundation, hammam steam bath, emotional shower, relaxation area

You are invited directly in the hammam steam bath to relax your muscles after a full day or wellness program. Warm moisture will help the body to sweat and eliminate quickly all the toxins. A foundation of ice is the next step to rejuvenate and tight your skin and helps to feel firmness.

The emotional shower is a union between aqua therapy, chromotherapy that invites you on a journey through senses. Combination of jets, lights and six different water temperature will animate your sensation. In the relaxation area you are welcome to enjoy a cup of herbs tea and healing sound and waterfall.

Private Jacuzzi session

Our private jacuzzi experience invites you to unwind in warm, soothing waters, enriched with aromatic bath salts that gently relax the body and awaken the senses. During the session, we delight you with carefully curated touches: delicate sweet bites, a fresh seasonal fruit platter, and refreshing healthy cocktails.

60 minutes € 80

Private Yoga session	75 minutes	60 €
Private Pilates session	60 minutes	50 €

MASSAGE & BODY THERAPIES

Deep Tissue massage

This is a vigorous workout for the body who goes in the deeper layers of muscle and connective tissue, using slow, intentional form arm strokes and pressure to target chronic tightness and areas of discomfort. Emerge feeling grounded, revitalized, and profoundly renewed.

30 minutes € 70

55 minutes € 125

75 minutes € 160

The Mediterranean wellbeing

Designed for a true moment of peace, this medium flow massage takes you in a journey across the waves, helping you to find the mental stability and inner tranquillity. Mediterranean blend with a calming aroma, breathing techniques and warm oil will prove your absolute revitalization.

55 minutes € 125

80 minutes € 155

Aromatherapy Massage

This soft lavish hydrating body massage is based on a concept of aromatherapy, a holistic healing treatment that uses natural plant extract to promote health and wellbeing. A bespoke massage with warm oil enriched with your favourite essential oil blend, come to comfort your skin, uplift your spirit and calm you down. A pinch of body butter is the final touch to seal the essential oils and let your skin intensely supple and deliciously scented.

55 minutes € 115

80 minutes € 150

Reflexology

As an ancient, healing art this specialized therapeutic treatment focuses on precise pressure points on the feet, palm and ears each corresponding to different organs and systems encouraging natural balance and energetic flow. Through rhythmic, intentional touch, tension is gently released, circulation is stimulated and the body 's innate ability to heal is awakened.

45 minutes € 100

Exclusive Spa Hammam

As an ancient beauty ritual, the hammam born out of an authentic ancestral tradition of human caring, sharing and generosity. On a heated marble table, with black soap with eucalyptus and kessa glove, the therapist gives you a deep scrub following by a foam massage. Rebirth is the key to this session.

40 minutes € 110

Hammam self-bathing

The use of hammam can be combine with a unique journey into the culture of East. Deep skin cleansing with a kessa glove, combined with black soap from olive paste and eucalyptus. The kessa glove is for personal use, a special gift to take care your skin also at home.

€ 45

Hot Stone massage

Balinese stone, bathed in moisturizing aromatic oil, are worked over the body deep into your muscles, getting into area of tension and persuading the muscles to release their trapped energy, soothing your body. The result is sparkling vitality with the bonus of the intensely hydrated skin.

55 minutes € 120

Mother to Be

Pamper yourself with a baby safe massage that starts with a relaxing back massage, to ease back ache, completed with a head, neck and shoulders massage to aid your breathing. We follow tension through your hands and legs with soft flow to aid your wellbeing. Available after first trimester of pregnancy.

45 minutes € 100

Intensely Cleansing Salt Scrub

Treatment based on fragranced salt, argan oil and pink crystal particles will gently slough away dead skin cells encouraging the regeneration of new cells. Tailored moisturizer come to seal open pores and nourishing the skin refreshed and supple.

40 minutes € 95

Aloe vera after Sun Care treatment

Treat your sun kissed skin with high efficiency vitamin enriched products. The cooling mask gives an immediate feeling of "skin freeze" and coolness, a super fresh sensation.

An aloe vera wrap shoots the burn and hydrate your skin. Calendula cream and prebiotics join the forces to regenerate the new skin.

40 minutes € 95

Detox Cocooned with Seaweed

Let your thoughts drift away whilst cocooned in a comforting wrap of rich marine algae and detoxifying your body. A vigorous massage is applied on cellulite zone to reduce discomfort of fluid retention. On request the therapist can apply also gentle suction of cupping to help refine the appearance of the skin texture.

70 minutes € 145



FACIAL TREATMENTS

Designed by Natura Bissé

Young Soul Antiox Glow

Reveal your skin's naturally radiance with this revitalizing treatment designed to brighten and energize even the dull, environmentally stressed skin. Using a combination of exfoliation, vitamin rich mask and shooting facial massage this treatment deeply nourishes and revitalize your face. Specifically targets skin damage caused by sun exposure, environmental pollution, and digital blue light. A cutting-edge serum claims is three times more effective than standard Vitamin C alone due to its antioxidant cocktail.

60 minutes € 110

Diamond Experience Sensory Reflex

Designed to provide a "360°" wellness experience, it targets both the skin's physical appearance and the guest's mental state by stimulating specific points on the face that correspond to various systems in the body. Relax your skin with facial reflexology, diamond line technology and hydro mask.

60 minutes € 120

Island Calming Breeze

The ritual utilizes the NB-Ceutical Collection, which features a high concentration of soothing botanical ingredients and hypoallergenic formulas. Its primary goal is to increase the skin's natural tolerance levels while addressing discomforts like irritation, redness, and flakiness. Provides an instant sensation of calm, comfort, and relief for stressed or reactive skin. Bright, Mediterranean citrus fragrances that provide a well-being boost.

60 minutes € 120

Aegean O2 Infusion

Provide a radiant appearance and sensation of freshness with clinically proven intelligent skincare products. Ideal for anyone seeking an instant glow-up, deep hydration, with no recovery time, making favourite for red carpet appearance and sensitive skin.

60 minutes € 135

Flash Add Treatments

Foot relief treatment	10 minutes	€ 30
	30 minutes	€ 70
Head & Scalp	10 minutes	€ 30
	20 minutes	€ 45
Shoulder & Decollete	10 minutes	€ 30
Theragun massage	10 minutes	€ 12
Speedy Facial therapy	20 minutes	€ 40
Eye Bright treatment	15 minutes	€ 35
Instant Shock Lift mask	15 minutes	€ 40

HANDS & FEET

Simple manicure	€ 30	Semipermanent manicure	€ 40
Simple pedicure	€ 45	Semipermanent pedicure	€ 55

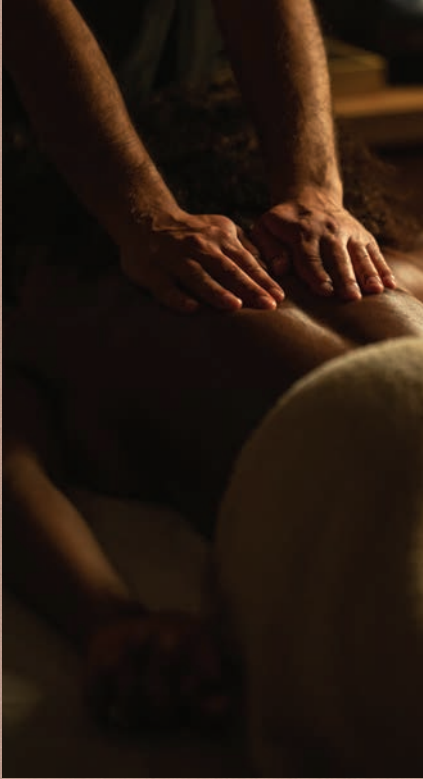
Spa manicure

A full manicure treatment including exfoliation, nourishing rich cream and shooting hand mask, followed by an application of nail varnish of your choice.

Spa pedicure simple varnish	€ 50
Spa pedicure semipermanent	€ 60

Epilation (Waxing)

Full leg	€ 30	Full leg & bikini line	€ 40
Half leg	€ 20	Bikini line	€ 12
Full bikini (Brazilian)	€ 20	Upper lip & chin	€ 12
Back	€ 20	Underarm	€ 10
Chest	€ 25	Half arm	€ 15
Full arm	€ 20	Eyebrow shaping	€ 16



SPA ETIQUETTE

General

- Please arrive 15 minutes prior to your treatment where you will be requested to complete a health and lifestyle questionnaire. Time lost through late arrival may result in shortened treatment without refund.
- For safety reasons, valuable jewellery must be deposited in room safe lockers.
- To preserve spa's tranquillity, we respectfully request that you leave your mobile phone switched off in your locker
- Please remember our spa is in a non-smoking area
- Kindly note swimwear is compulsory while using any public area of the spa

Taking a treatment

It's highly recommended to book your appointment well in advance. All our therapists are trained to ensure your privacy and comfort. During treatments, please inform your therapist if you are comfortable with the pressure, light, music or temperature. Your comfort and care are our greatest concern and priority. We provide you a disposable undergarment and always you will be draped appropriately. For best facial treatment results we recommend that gentlemen shave a few hours prior and ladies remove all their make-up.

Cancellation policy

Please note that no fee will be applied for any cancellation that will take place at least 24 hours before your appointment. For any cancellation that will take place within 24 hours from your appointment, a 50% cancellation fee will be applied.

The full amount will be charged for no show or for cancellation up to 3 hours from the appointment.

