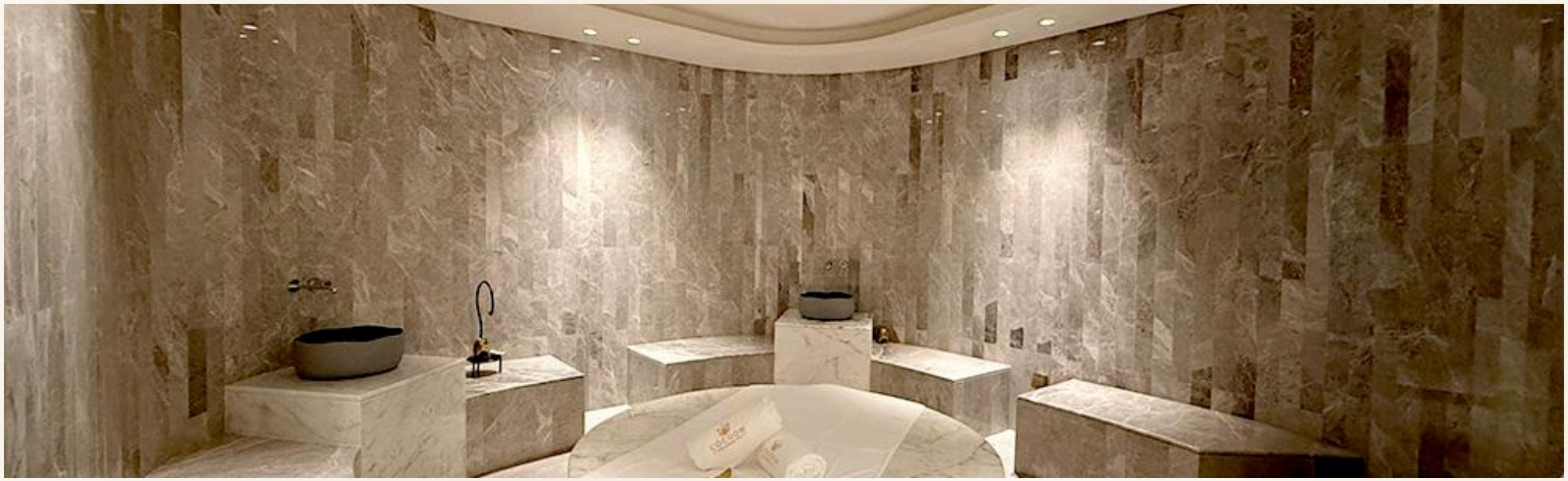
COCOON

WELLNESS SPA

Price list

JUFFAIR · SEEF · RIFFA · MALPENSA



About us

Wellness inspired by Bali, for more than 15 years: much-loved Asian therapies, warm hospitality and new wellness technology, at four spas in Bahrain and Italy.

Cocoon began in Bali. Cocoon Medical Spa opened its doors in January 2013, in Seminyak and Ubud.

Since then, Cocoon has grown across Bali, the Middle East and Europe, with Cocoon Wellness Spa in Bahrain and at Milan Malpensa Airport.

Our approach has stayed the same from the first day. Much-loved traditional Asian therapies, given in a modern way you remember, alongside new wellness technology for real results for skin and body.

15+
years of Bali-inspired wellness

4.9
Google rating from 1,450+ reviews at our four spas

4
spas: Juffair, Seef and Riffa in Bahrain, and Milan Malpensa Airport

2026	Favourite Spa Brand in Bahrain 2026, Oh la la Bahrain Spa Awards
2025	Favourite Signature Treatment, Oh la la Bahrain Spa Awards
2024	Travellers' Choice Award, Cocoon Wellness Spa Malpensa, Tripadvisor
2024	Best Female Spa, Oh la la Bahrain Spa Awards
2024	Best Facial Treatment, Oh la la Bahrain Spa Awards
2023	Favourite Facial Treatment in Bahrain, Cleopatra 24 Carat Gold Hydrafacial, Oh la la Spa & Wellness Awards Bahrain

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Juffair & Seef

Hilton Bahrain, Juffair · Hilton Bahrain City Centre, Seef

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Juffair menu August 2025, Seef menu January 2026. Prices are in Bahraini Dinar (BHD) and include taxes.

Beautiful Bahrain

Express Relax

30 minutes — **30 BHD**

Let your mind and body ease into complete rest. Relax on a heated Amethyst Crystal PEMF Biomat and receive a luxurious neck, shoulder, face and head massage.

Couples Massage with Himalayan Salt Bath

120 minutes — **150 BHD**

JUFFAIR ONLY

We treat you to a full body scrub and massage with a Himalayan Salt bath including Thai grapefruit, peppermint and maychang essential oils. Includes an Asian Foot Ritual.

Cinta "Love" Couples Massage

60 minutes — **80 BHD**

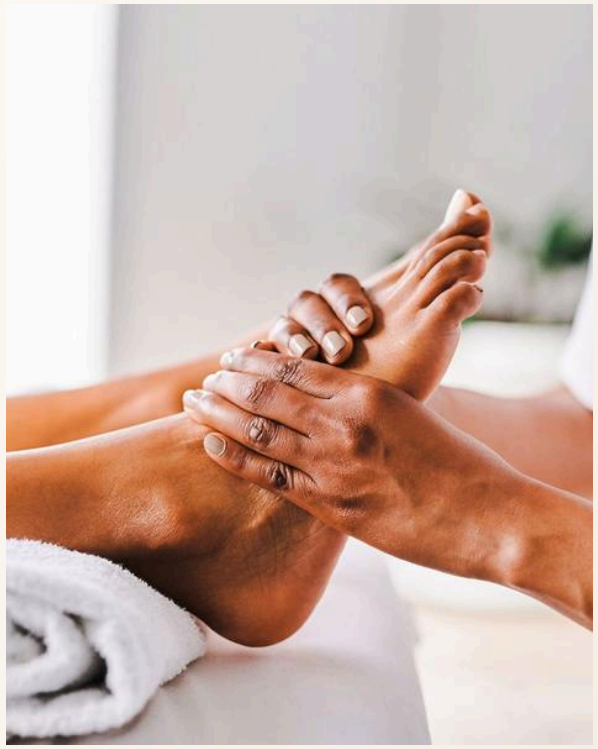
90 minutes — **110 BHD**

Connect with your loved one with a relaxing and peaceful couples massage. A couples therapy but individual to each of you, as you choose your preferred massage, accessories, oils and timing.

Bahrain Island Ritual

135 minutes — **115 BHD**

Be treated to a full body relaxation massage delivered with an alchemy of exquisite local aromatherapy oils. A full body scrub will purify, tone and polish the skin texture.



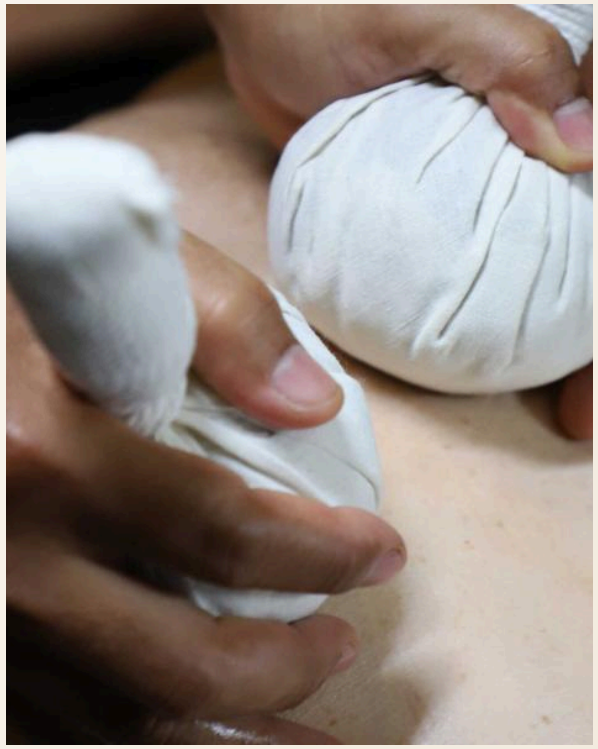
Cocoon Healing Massage

Choose from: Asian Fusion, Balinese Santi Signature Massage, Warm River Stone Massage, Karuna Kaya Deep Recovery, Kundalini Back Release Digital Detox, Feel Good Foot Massage, Traditional Thai Bodywork, Shiatsu, Tui Na

Cocoon Healing Massage

60 minutes — **45 BHD**

90 minutes — **60 BHD**



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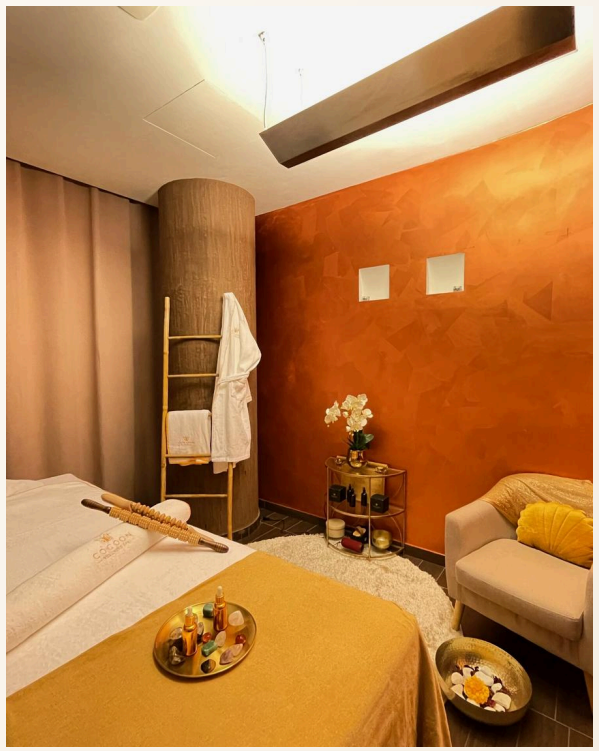
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Cocoon Maternal Massage

Cocoon Maternal Massage

A gentle and enveloping strokes that improves the blood circulation, lower down anxiety and eases the muscle tension.

60 minutes	55 BHD
90 minutes	70 BHD



Hammams

Imperial Turkish Hammam Package

SEEF ONLY

Relax as the ancient royals did with our skilled Hammam therapists and luxurious oils and massage.

120 minutes	115 BHD

Royal Moroccan Hammam Package

SEEF ONLY

“Noir” Black soap applied with a Kese Mitt and using Asian infusion aromatherapy of lemongrass deeply exfoliates and cleanses the skin. A Rhassoul clay mask nourishes the skin, infusing important minerals.

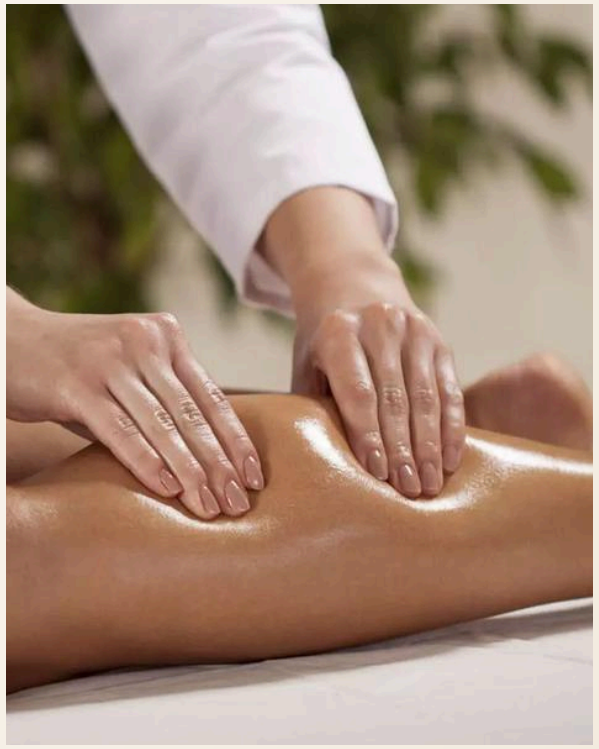
120 minutes	115 BHD

Traditional Moroccan or Turkish Hammam

SEEF ONLY

The traditional way of using a Kesse mitt for exfoliation after a black soap application or an alternate foamy bubble bath scrub with the gentle heat of the Hammam steam to soften the muscles and refresh the mind, body, and soul.

Scrub only · 45 minutes	50 BHD
Scrub and mask · 75 minutes	65 BHD



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Energise Me

Energise Me

90 minutes — **70 BHD**

Recharge. Energy Replenish. Skin Vitality. Shimmery Glow. Dewy Skin. Enhance feel-good endorphins and replenish your energy. Includes an Asian Fusion Massage to promote circulation and 'chi' flow.



Scrubs and Wraps

Celestial Glow: Detox Scrub Ritual

45 minutes — **40 BHD**

Begin with a stimulating copper body brushing ritual to awaken lymphatic flow and gently lift away dull surface cells.

Sculpt & Detox: Infrared Cocoon Wrap Ritual

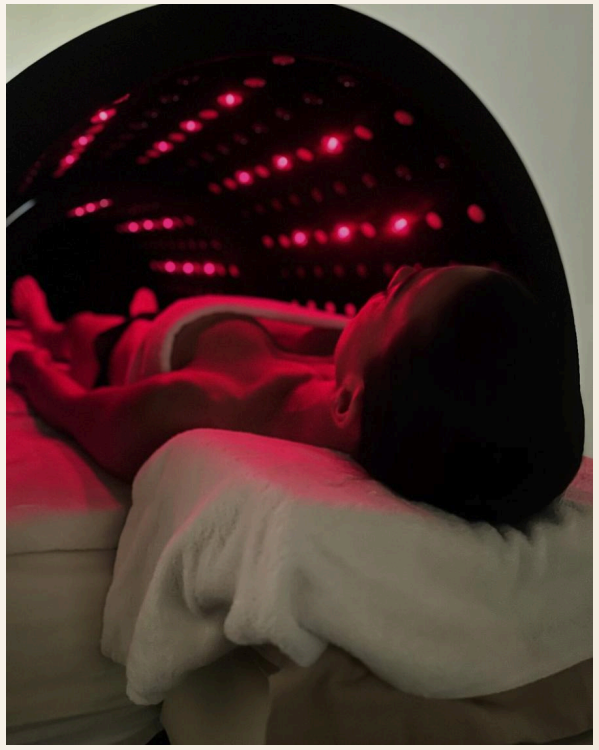
60 minutes — **55 BHD**

This advanced body transformation therapy begins with the application of a therapeutic Dead Sea mineral mask formulated with potent botanical actives and marine extracts to stimulate lipolysis and refine body contours.

Combine Celestial Glow and Sculpt & Detox

90 minutes — **80 BHD**

The perfect duo - smooths, hydrates, and deeply detoxifies — leaving your body radiant, lighter, and recharged.



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Enhance Your Wellness

PEMF Crystal Healing Infrared Body Mat

15 minutes — **15 BHD**

To give energy to cells, reduce inflammation in the body and to improve sleep and digestion a more restful treatment. Surrender to deep relaxation, calm and ease.

LED 360 Body Red Light Radiance

15 minutes — **15 BHD**

Has many benefits including a natural and safe way to boost energy, speed up healing, increase circulation and boost skin health.

Oxygen Halo "Breath of Life"

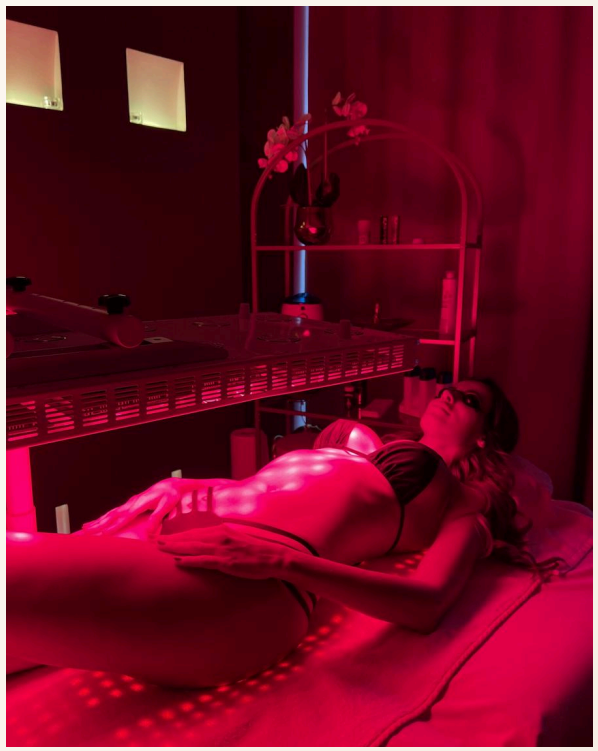
15 minutes — **15 BHD**

Floods the body and skin with oxygen, thereby reducing free radicals, improving skin vitality, and reducing inflammation in the body.

Red LED Light Therapy Head Cap

15 minutes — **15 BHD**

Elevate your treatment with the Red LED Light Therapy Head Cap, combining red and near-infrared light to gently energize the scalp.



Biometric Wellness Screening

15 minutes — **15 BHD**

A clinical evaluation of your health, to assess issues that could be markers to why you are experiencing low energy, hormone imbalance or gaining weight.

Rose Quartz Eye Mask Treatment

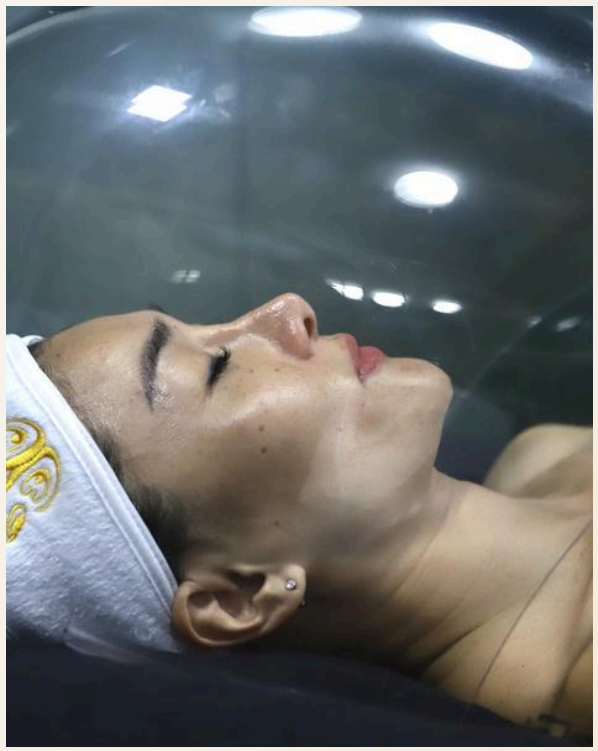
15 minutes — **10 BHD**

The Rose Quartz Eye Mask is made from 100% natural jade and gently soothes the eye area while promoting circulation, reducing puffiness, and easing tension. Jade has long been valued for its soothing and restorative effects.

Copper Dry Body Brush

15 minutes — **10 BHD**

Copper brushes are an effective way to reduce the toxic exposure of technology waves, but flooding our skin with neutralising electrical ions.



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Enhance Your Wellness CONTINUED

The Ultimate Paraffin Therapy Mitts

15 minutes — 10 BHD

Transform dry, cracked skin to spa-soft hands and feet with professional-grade Paraffin Wax Therapy Mitts & Booties.

Facials

Manual Facial

45 minutes — 40 BHD

A refreshing express facial add on using hand-applied techniques and products.

Hydration Booster Express Facial

60 minutes — 60 BHD

Purifying facial with hydration boost with Hyaluronic Acid Mask. Diminishes fine lines and wrinkles, and restores radiance and brightness to the skin.

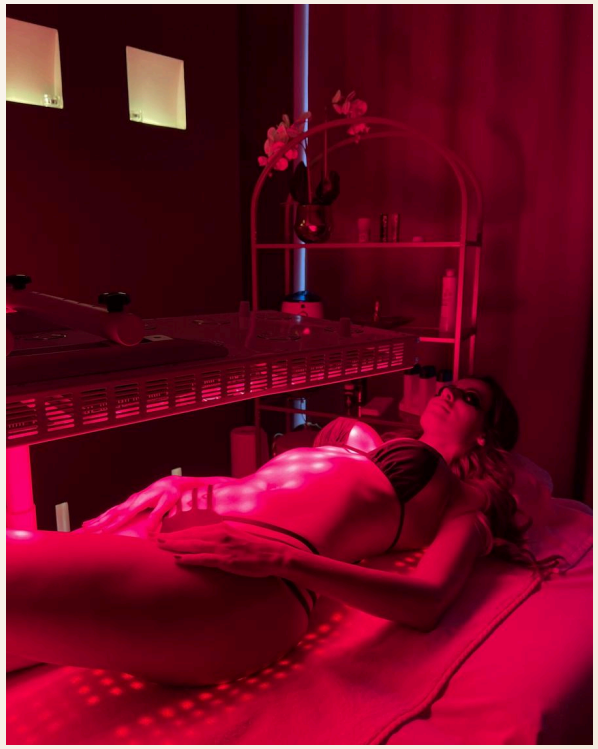
Cleopatra 24 Carat Gold Hydrafacial

Face · 75 minutes — 80 BHD

Face + Neck + Décolletage · 90 minutes — 100 BHD

A high calibre 7-step facial to transform your skin. Exfoliation, toning, tightening, LED light, massage, gold luxury mask, and moisturization.





Prices are in Bahraini Dinar (BHD) and include taxes.

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Cocoon Hair

Wash and Cut

From 25 BHD

JUFFAIR ONLY

Precision haircut, simple styling.

Signature Blowouts

From 22 BHD

JUFFAIR ONLY

A combination of soft waves and loose curls flowing from a smooth crown. Or a sleek straight top blending down to softer ends. Depending on the length of your hair.



Hair Spa Treatments

Hot Oil Treatment

From 25 BHD

JUFFAIR ONLY

Includes a 15-minute head and shoulder massage while the hot oil penetrates the hair shaft to revive damaged and dry hair. Hair emerges, revived, shiny and healthy.

Cream Bath

From 25 BHD

JUFFAIR ONLY

A luxurious cream mask is applied to the hair and while penetrating enjoy a blissful scalp head and shoulder 15-minute massage. Hair is deeply nourished and revived.

The Crowning Glory - hair ritual treatment

From 35 BHD

JUFFAIR ONLY

Transform your hair and get the 'wow' factor within the hour. Includes an express blow dry.



Prices are in Bahraini Dinar (BHD) and include taxes.

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Semi-Permanent Smoothing

Nanoplastia Hair Therapy

From 100 BHD

JUFFAIR ONLY

Nanoplastia is a formaldehyde free treatment which is a combination of hair botox and keratin.

Express Hair Color

Root Color

JUFFAIR ONLY

Men	20 BHD
Women	from 28 BHD

Full Color

JUFFAIR ONLY

Short	40 BHD
Medium	50 BHD
Long	60 BHD





Prices are in Bahraini Dinar (BHD) and include taxes.

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Cocoon Nails and Beauty

The Deluxe Spa Manicure

16 BHD

JUFFAIR ONLY

Soak, cut, and file, cuticle tidy, nail buff, hand exfoliation, hydrating mask, hand and arm massage

The Deluxe Spa Pedicure

22 BHD

JUFFAIR ONLY

Soak, cut and file, cuticle tidy, nail buff, feet exfoliation, hydrating mask, foot and leg massage

The Deluxe Spa Manicure & Pedicure Combo

35 BHD

JUFFAIR ONLY

Soak, cut, and file, cuticle tidy, nail buff, hand and feet exfoliation, hydrating mask, massage.

Express Manicure

12 BHD

JUFFAIR ONLY

File, cuticle tidy, trimming, no polish

Express Pedicure

18 BHD

JUFFAIR ONLY

File, foot file, cuticle tidy, trimming, no polish

Express Manicure & Pedicure Combo

25 BHD

JUFFAIR ONLY

File, foot file, cuticle tidy, trimming, no polish

Russian Manicure (use of machine)

16 BHD

JUFFAIR ONLY

File, cuticle tidy, trimming, no polish.

Russian Pedicure (use of machine)

22 BHD

JUFFAIR ONLY

File, foot file, cuticle tidy, trimming, no polish.

Prices are in Bahraini Dinar (BHD) and include taxes.





Cocoon Nails and Beauty CONTINUED

Russian Manicure & Pedicure Combo (use of machine)

35 BHD

JUFFAIR ONLY

File, foot file, cuticle tidy, trimming, no polish.

Additional

JUFFAIR ONLY

Polish (Mani or Pedi)	5 BHD
Gel Polish (Mani or Pedi)	8 BHD
Gel Removal	7 BHD

Hydrating Bubble Foot Spa

45 minutes — 18 BHD

JUFFAIR ONLY

A pampering foot experience that focuses on softening, moisturizing and nourishing the tired feet leaving you feeling refresh, smooth and hydrated.

Ultimate Callus Removal Treatment

60 minutes — 25 BHD

JUFFAIR ONLY

This technique involves the specialized treatment to effectively remove stubborn, thick calluses, giving your feet a renewed comfortable feel.

Waxing

Waxing Full body (no face and privates)

100 BHD

JUFFAIR ONLY

Brazilian with backline

45 BHD

Brazilian (front)

35 BHD

Full back

20 BHD





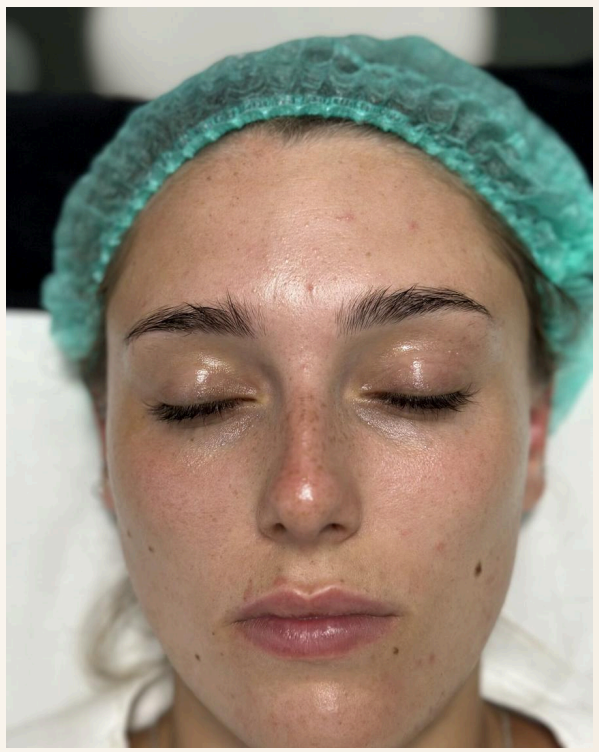
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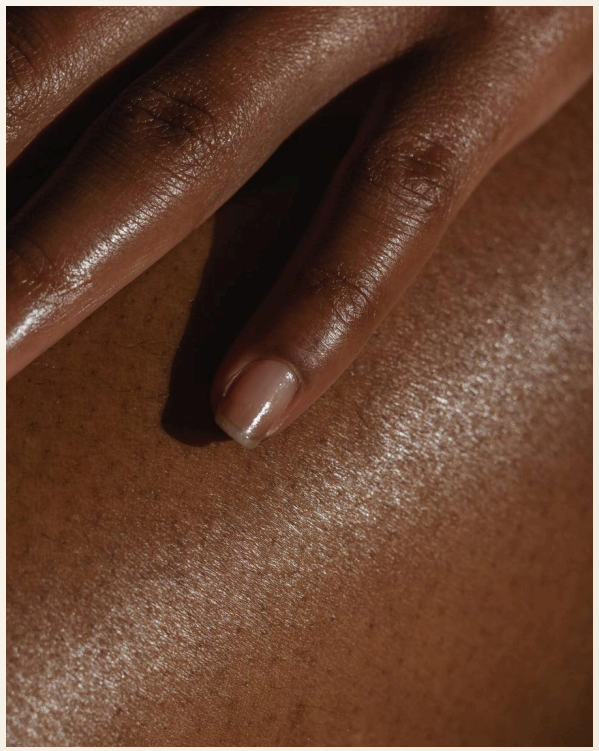
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Waxing CONTINUED

Full Arm	20 BHD
Half Arm	15 BHD
Full Legs	25 BHD
Half legs	18 BHD
Armpit	15 BHD
Chest and stomach	20 BHD
Full Face	25 BHD
Waxing Full body SEEF ONLY	100 BHD





Threading

Eyebrow shape JUFFAIR ONLY	8 BHD
Upper Lip JUFFAIR ONLY	8 BHD
Full Face JUFFAIR ONLY	25 BHD

Prices are in Bahraini Dinar (BHD) and include taxes.

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Memberships

12-Months - Elite Diamond Class

JUFFAIR ONLY

Benefits & Privileges 40 x 1 Hour Massage 12 x Classic Manicure Pedicure 12 x Hot Oil Hair Treatment 2 x Hydration Booster Express Facial 2 x Gold Cleopatra Signature Facial 24 x Entry to the Level 6 Facilities 20% Discount on Cocoon Skincare 20% Discount at Cocoon Wellness Spa Ability to freeze annual membership for one month

Family members over 18 years old must sign up for a separate membership

Single Membership	2,100 BHD
Couple Membership	2,040 BHD each
Family Membership (min. 4 members)	1,980 BHD each

6-Months - Gold Class

JUFFAIR ONLY

Benefits & Privileges 20 x 1 Hour Massage 6 x Classic Manicure Pedicure 6 x Hot Oil Hair Treatment 2 x Hydration Booster Express Facial 12 x Entry to the Level 6 Facilities 20% Discount on Cocoon Skincare 20% Discount at Cocoon Wellness Spa

Family members over 18 years old must sign up for a separate membership

Single Membership	1,050 BHD
Couple Membership	1,020 BHD each
Family Membership (min. 4 members)	990 BHD each

3-Months - Silver Pass

JUFFAIR ONLY

Benefits & Privileges 10 x 1 Hour Massage 3 x Classic Manicure Pedicure 3 x Hot Oil Hair Treatment 6 x Entry to the Level 6 Facilities 20% Discount on Cocoon Skincare 20% Discount at Cocoon Wellness Spa

Family members over 18 years old must sign up for a separate membership

Single Membership	525 BHD
Couple Membership	510 BHD each
Family Membership (min. 4 members)	495 BHD each

1-Month - Bronze Pass

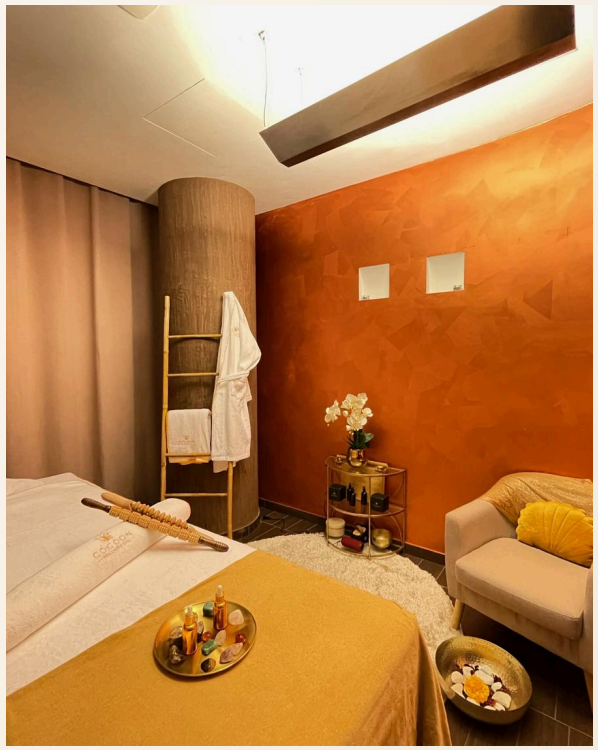
JUFFAIR ONLY

Benefits & Privileges 4 x 1 Hour Massage 1 x Classic Manicure Pedicure 1 x Hot Oil Hair Treatment 10% Discount on Cocoon Skincare 10% Discount at Cocoon Wellness Spa

Family members over 18 years old must sign up for a separate membership

Single Membership	175 BHD
Couple Membership	170 BHD each
Family Membership (min. 4 members)	165 BHD each





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Memberships CONTINUED

1 Month - Beauty Membership

JUFFAIR ONLY

A luxury salon with hair and beauty treatments using leading brands. Nanoplastia for Keratin treatment, OPI and Essi for Classic Polish and Luxe for Gel Polish.

Family members over 18 years old must sign up for a separate membership

Single Membership	135 BHD
Couple Membership	130 BHD each
Family Membership (min. 4 members)	124 BHD each

Please note: All memberships must be paid in full upfront and cannot be downgraded after purchase.

Cocoon Skincare

Skin Super Hero — 40 BHD

JUFFAIR ONLY

Pure Retinol Super anti-aging - complexion, pigmentation, fine lines and wrinkles. Improves skin's texture, tone, and overall appearance.

Skin Reborn — 38 BHD

JUFFAIR ONLY

Retinol + Hyaluronic Acid Skin booster- superior hydration, reduces wrinkles, repairs aging cells. The Elixir is a combination of 2 powerful ingredients, with extraordinary versatility and its capacity for deep hydration.

Supercharged Skin — 38 BHD

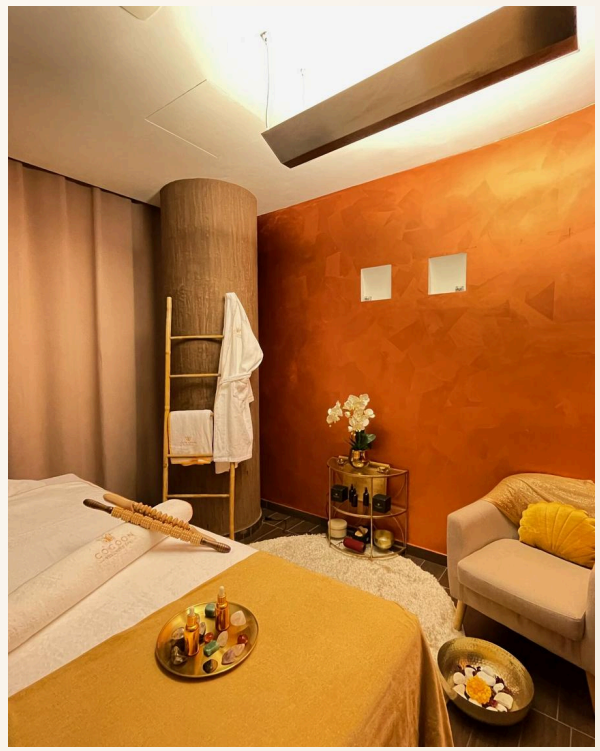
JUFFAIR ONLY

DNA Peptide collagen serum Skin repair and radiance. Works at the cellular level to even out your skin tone and texture, improving the overall health and radiance of your skin.

Dream Skin Xtreme Cream — 60 BHD

JUFFAIR ONLY

Collagen activator with Placenta Stem cells. Improve skin elasticity, firmness, and wrinkles while nourishing and revitalising your complexion. Ideal for restoring a youthful look, too tired or aging skin.





Prices are in Bahraini Dinar (BHD) and include taxes.

Cocoon Skincare CONTINUED

Skin Elixir

42 BHD

JUFFAIR ONLY

Epidermal growth factors for complete skin rejuvenation, renewal, and repair. Two powerful active ingredients that work together to reverse and repair aging cells, delivering visible transformations and regeneration.

All-in-One Skin Superfood Oil

35 BHD

JUFFAIR ONLY

Nourishing oil for the face & body. Nutrient-rich blend of 98% organically sourced bioactive fruit and seed oils. It will moisturise and nourish dry, itchy or burning-prone skins; control acne scars in addition to reduce stretch marks.

Slim + Shape

35 BHD

JUFFAIR ONLY

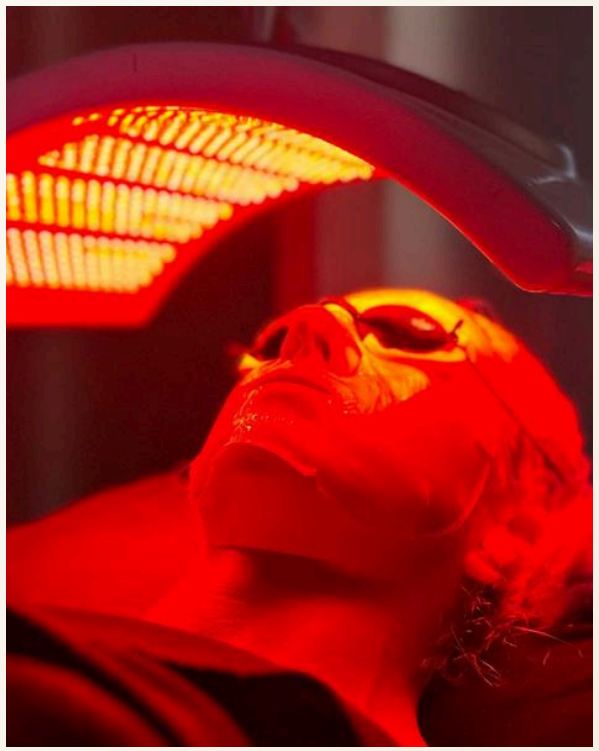
Muscle activating slimming, firming and reducing cellulite. An innovative texture that allows it to adapt to environmental conditions, provides softness and smoothness to the skin.

Eye Am Beauty

38 BHD

JUFFAIR ONLY

Hyaluronic luminous eye cream Brightens, hydrates, revives. Reduce dark circles and fine lines around your eyes. Helps fight the signs of aging, such as tiredness or visible wrinkles.



Cocoon Products

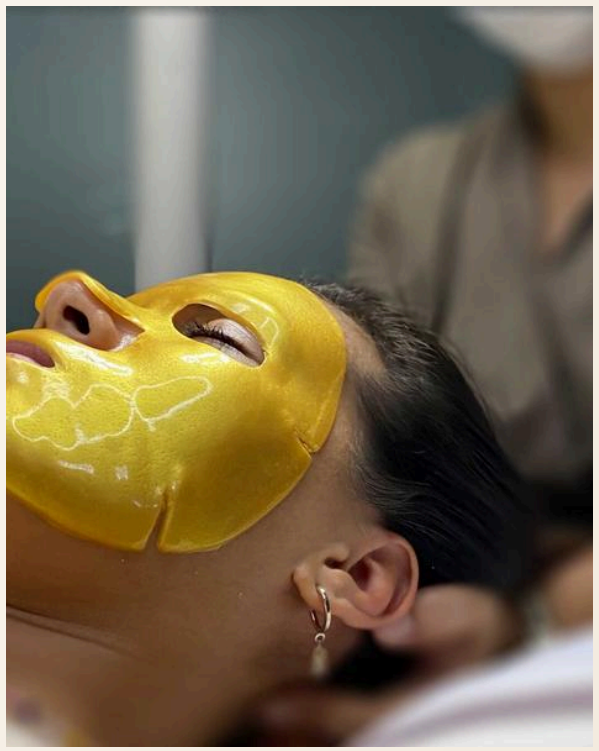
LED Light Mask

40 BHD

JUFFAIR ONLY

Red light, anti aging, Blue light is for reducing active acne. Everyday use for 30 mins on clean, dry skin.

(COMING SOON)



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Cocoon Products CONTINUED

Acupressure Tool
15 BHD
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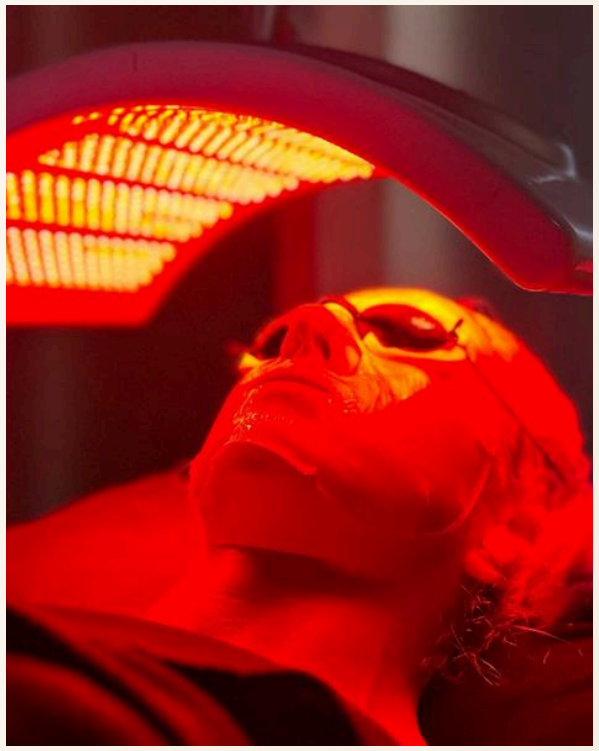
Shaker
8 BHD
JUFFAIR ONLY

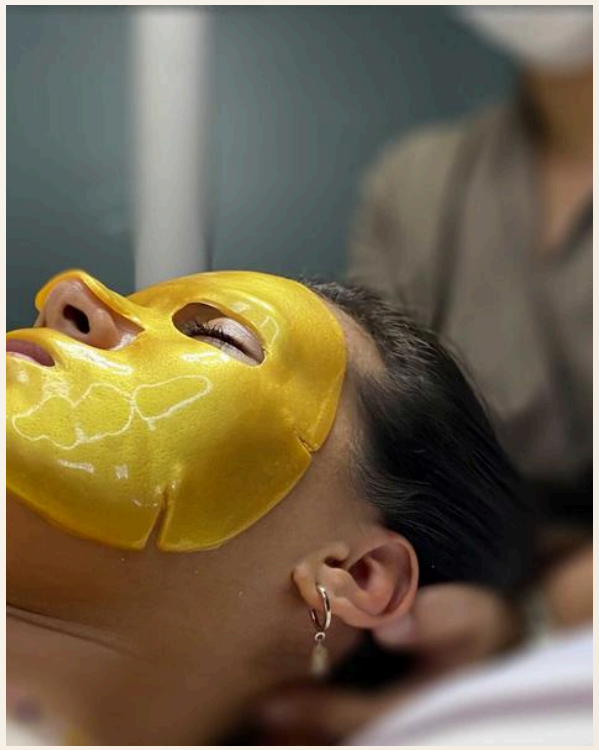
Radio Frequency Home Care Device
70 BHD
JUFFAIR ONLY
Skin tightening, use every day with serum.

Crystal Water Bottle
15 BHD
JUFFAIR ONLY
Water infusion of Rose Quartz Crystals to give positive energy.

Cocoon Silk Eye Mask
30 BHD
JUFFAIR ONLY
Made from luxurious 100% Silk Mulberry Cocoons. Perfect for lash extensions, keeping them in place. Wake up to bright eyes and reduce the pureness.

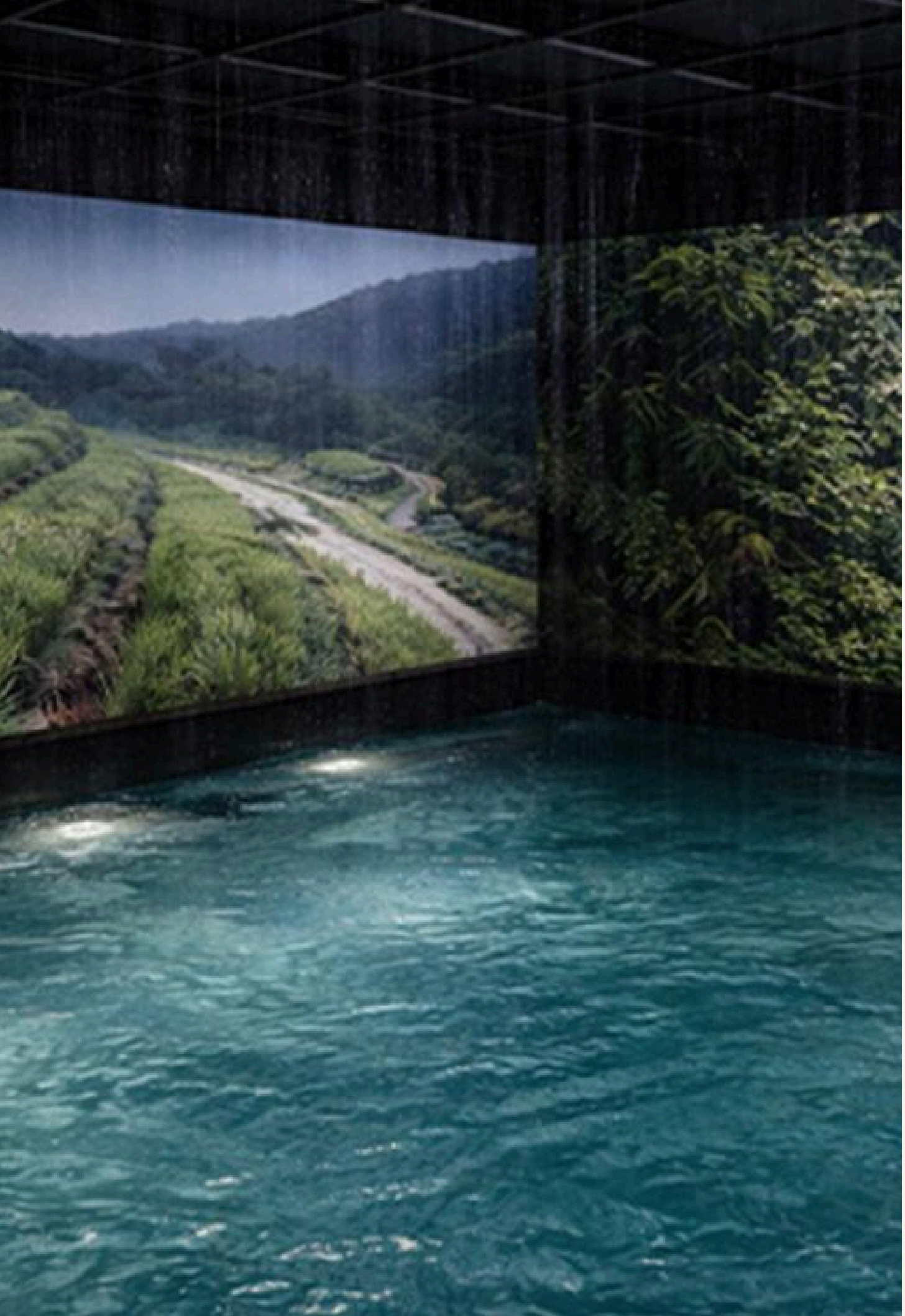
Copper Body Brush
20 BHD
JUFFAIR ONLY
Particles for the skin lymphatic system





Prices are in Bahraini Dinar (BHD) and include taxes.

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Riffa

Ajirah Avenue, Riffa, Bahrain

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Riffa menu March 2026. Prices are in Bahraini Dinar (BHD) and include taxes.

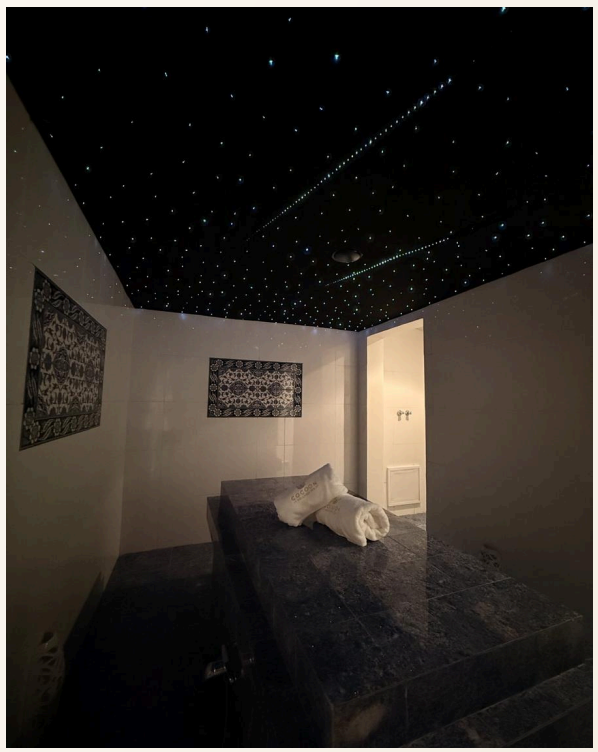
Wellness Facilities

Included: Traditional Sauna, Steam Room, Splash Bucket (Cold Shot), Jacuzzi, Waterfall Pool, Bali Immersive Pool, Nyepi Relaxation Room

Entrance Price

Including guest comfort pack: slippers, robe, towel and locker and complimentary drink.

Per adult first 2 hours	**15 BHD**
Per adult per extra hour	**10 BHD**



Beautiful Bahrain

Express Relax

Let your mind and body ease into complete rest. Relax on a heated Amethyst Crystal PEMF Biomat and receive a luxurious neck, shoulder, face and head massage.

30 minutes — **15 BHD**

Bahrain Island Ritual

Be treated to a full body relaxation massage delivered with an alchemy of exquisite local aromatherapy oils. A full body scrub will purify, tone and polish the skin texture.

135 minutes — **60 BHD**



Prices are in Bahraini Dinar (BHD) and include taxes.

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Cocoon Healing Massage

Choose from: Asian Fusion, Balinese Santi Signature Massage, Warm River Stone Massage, Karuna Kaya Deep Recovery, Kundalini Back Release Digital Detox, Feel Good Foot Reflexology, Traditional Thai Bodywork, Shiatsu, Tui Na

Cocoon Healing Massage

60 minutes	25 BHD
90 minutes	35 BHD

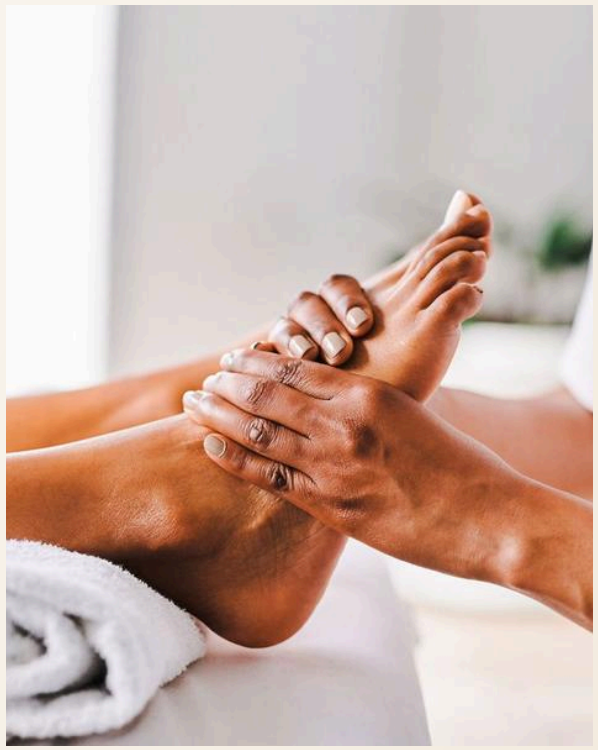
Cocoon Maternal Massage

Cocoon Maternal Massage

A gentle and enveloping strokes that improves the blood circulation, lower down anxiety and eases the muscle tension.

60 minutes	30 BHD
90 minutes	45 BHD





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Hammams

Imperial Turkish Hammam Package

120 minutes — 60 BHD

Relax as the ancient royals did with our skilled Hammam therapists and luxurious oils and massage.

Royal Moroccan Hammam Package

120 minutes — 60 BHD

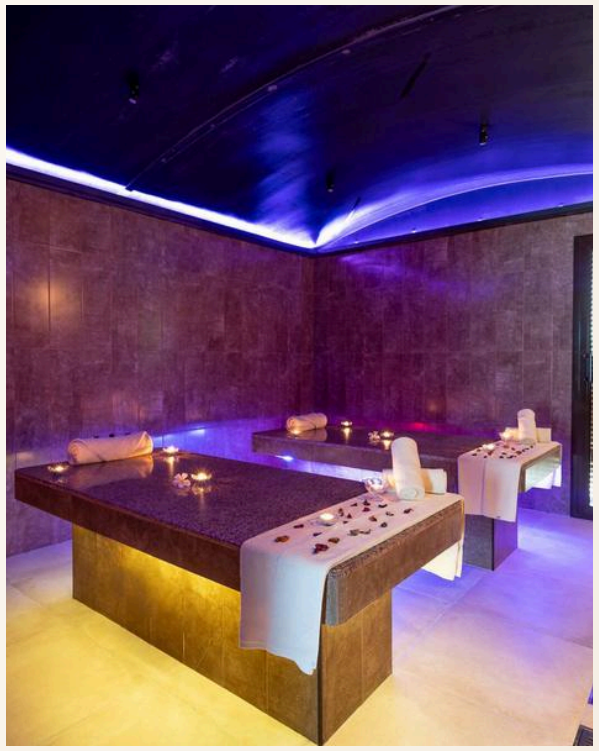
“Noir” Black soap applied with a Kese Mitt and using Asian infusion aromatherapy of lemongrass deeply exfoliates and cleanses the skin. A Rhassoul clay mask nourishes the skin, infusing important minerals.

Traditional Moroccan or Turkish Hammam

Scrub only · 45 minutes — 20 BHD

Scrub and mask · 75 minutes — 40 BHD

The traditional way of using a Kesse mitt for exfoliation after a black soap application or an alternate foamy bubble bath scrub with the gentle heat of the Hammam steam to soften the muscles and refresh the mind, body, and soul.



Scrubs and Wraps

Celestial Glow: Detox Scrub Ritual

45 minutes — 20 BHD

Begin with a stimulating copper body brushing ritual to awaken lymphatic flow and gently lift away dull surface cells.

Sculpt & Detox: Infrared Cocoon Wrap Ritual

60 minutes — 30 BHD

This advanced body transformation therapy begins with the application of a therapeutic Dead Sea mineral mask formulated with potent botanical actives and marine extracts to stimulate lipolysis and refine body contours.

Combine Celestial Glow and Sculpt & Detox

90 minutes — 45 BHD

The perfect duo - smooths, hydrates, and deeply detoxifies — leaving your body radiant, lighter, and recharged.



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Energise Me

Energise Me

90 minutes — **45 BHD**

Recharge. Energy Replenish. Skin Vitality. Shimmery Glow. Dewy Skin. Enhance feel-good endorphins and replenish your energy. Includes an Asian Fusion Massage to promote circulation and ‘chi’ flow.



Enhance Your Wellness

PEMF Crystal Healing Infrared Body Mat

15 minutes — **10 BHD**

To give energy to cells, reduce inflammation in the body and to improve sleep and digestion a more restful treatment. Surrender to deep relaxation, calm and ease.

LED 360 Body Red Light Radiance

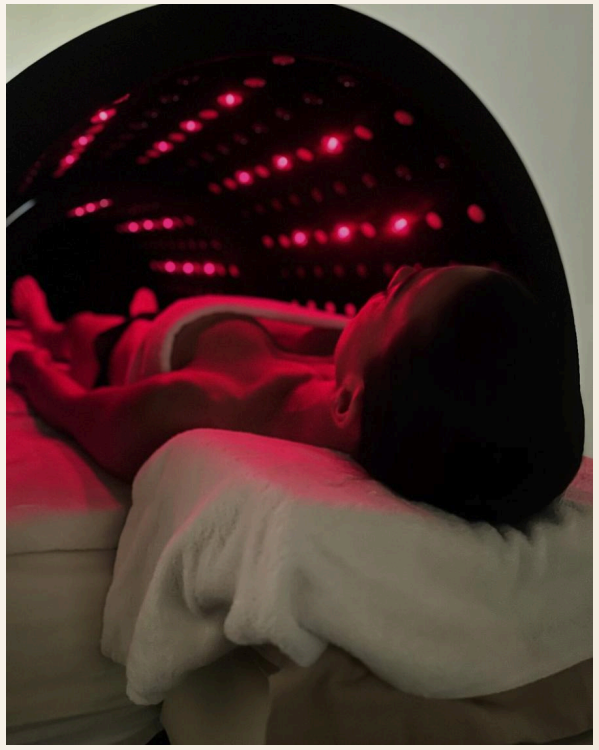
15 minutes — **10 BHD**

Has many benefits including a natural and safe way to boost energy, speed up healing, increase circulation and boost skin health.

Oxygen Halo “Breath of Life”

15 minutes — **10 BHD**

Floods the body and skin with oxygen, thereby reducing free radicals, improving skin vitality, and reducing inflammation in the body.



Red LED Light Therapy Head Cap

15 minutes — **10 BHD**

Elevate your treatment with the Red LED Light Therapy Head Cap, combining red and near-infrared light to gently energize the scalp.

Biometric Wellness Screening

15 minutes — **10 BHD**

A clinical evaluation of your health, to assess issues that could be markers to why you are experiencing low energy, hormone imbalance or gaining weight.

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Enhance Your Wellness CONTINUED

Rose Quartz Eye Mask Treatment

15 minutes — **5 BHD**

The Rose Quartz Eye Mask is made from 100% natural jade and gently soothes the eye area while promoting circulation, reducing puffiness, and easing tension. Jade has long been valued for its soothing and restorative effects.

Copper Dry Body Brush

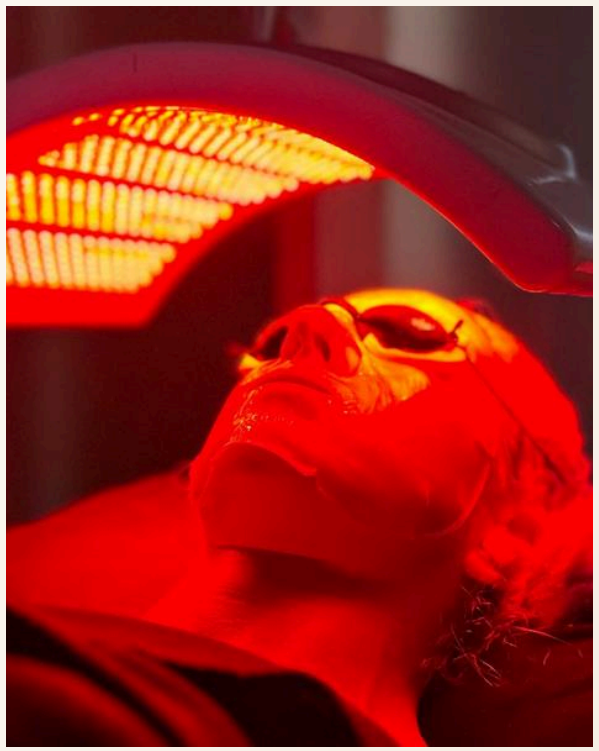
15 minutes — **5 BHD**

Copper brushes are an effective way to reduce the toxic exposure of technology waves, but flooding our skin with neutralising electrical ions.

The Ultimate Paraffin Therapy Mitts

15 minutes — **5 BHD**

Transform dry, cracked skin to spa-soft hands and feet with professional-grade Paraffin Wax Therapy Mitts & Booties.



Facials

Manual Facial

45 minutes — **25 BHD**

A refreshing express facial add on using hand-applied techniques and products.

Hydration Booster Express Facial

60 minutes — **30 BHD**

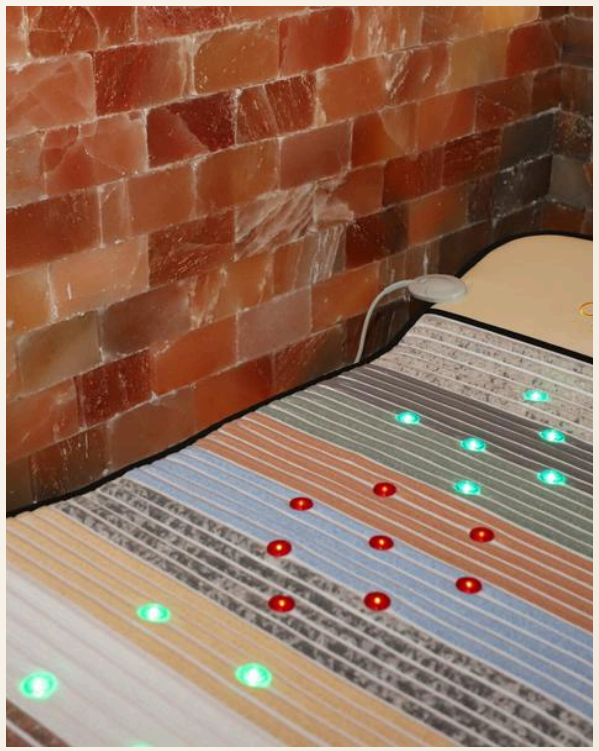
Purifying facial with hydration boost with Hyaluronic Acid Mask. Diminishes fine lines and wrinkles, and restores radiance and brightness to the skin.

Cleopatra 24 Carat Gold Hydrafacial

A high calibre 7-step facial to transform your skin. Exfoliation, toning, tightening, LED light, massage, gold luxury mask, and moisturization.

Face · 75 minutes — **40 BHD**

Face + Neck + Décolletage · 90 minutes — **50 BHD**



Prices are in Bahraini Dinar (BHD) and include taxes.

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Cocoon Hair

Wash and Cut

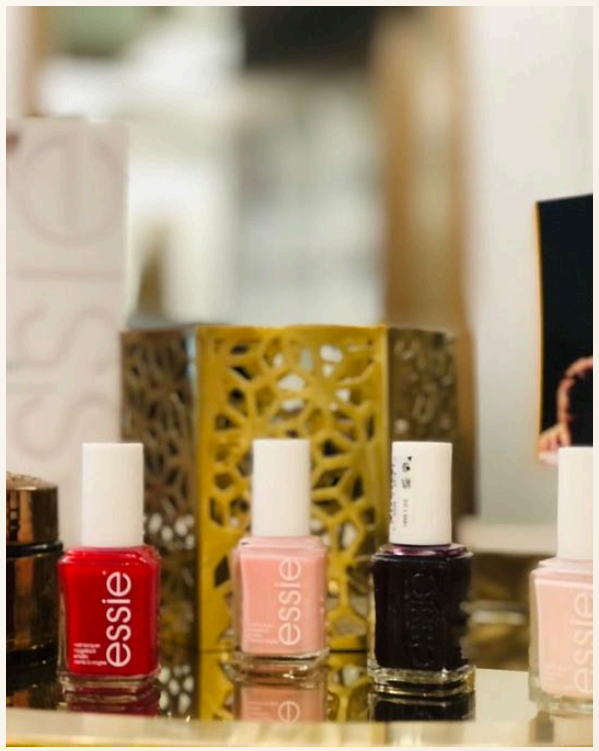
From 12 BHD

Precision haircut, simple styling.

Signature Blowouts

From 11 BHD

A combination of soft waves and loose curls flowing from a smooth crown. Or a sleek straight top blending down to softer ends. Depending on the length of your hair.



Hair Spa Treatments

Hot Oil Treatment

From 12 BHD

Includes a 15-minute head and shoulder massage while the hot oil penetrates the hair shaft to revive damaged and dry hair. Hair emerges, revived, shiny and healthy.

Cream Bath

From 12 BHD

A luxurious cream mask is applied to the hair and while penetrating enjoy a blissful scalp head and shoulder 15-minute massage. Hair is deeply nourished and revived.

The Crowning Glory - hair ritual treatment

From 15 BHD

Transform your hair and get the ‘wow’ factor within the hour. Includes an express blow dry.



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Semi-Permanent Smoothing

Nanoplastia Hair Therapy

From 50 BHD

Nanoplastia is a formaldehyde free treatment which is a combination of hair botox and keratin.

Japanese Hair Spa

Advance Nourishing Hair and Scalp Treatment

60 minutes

30 BHD

A unique and more comprehensive wellness treatment focuses on the scalp, combining deep cleansing, steaming, scalp massage, and targeted treatments of specialized products to promote relaxation, improve scalp health and potentially stimulate hair growth.





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Express Hair Color

Root Color

Men	10 BHD
Women	From 14 BHD

Full Color

Short	20 BHD
Medium	25 BHD
Long	30 BHD



Cocoon Nails and Beauty

The Deluxe Spa Manicure — 8 BHD

Soak, cut, and file, cuticle tidy, nail buff, hand exfoliation, hydrating mask, hand and arm massage

The Deluxe Spa Pedicure — 11 BHD

Soak, cut and file, cuticle tidy, nail buff, feet exfoliation, hydrating mask, foot and leg massage

The Deluxe Spa Manicure & Pedicure Combo — 18 BHD

Soak, cut, and file, cuticle tidy, nail buff, hand and feet exfoliation, hydrating mask, massage.

Express Manicure — 6 BHD

File, cuticle tidy, trimming, no polish

Express Pedicure — 9 BHD

File, foot file, cuticle tidy, trimming, no polish

Express Manicure & Pedicure Combo — 13 BHD

File, foot file, cuticle tidy, trimming, no polish



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Cocoon Nails and Beauty CONTINUED

Russian Manicure (use of machine)
8 BHD

File, cuticle tidy, trimming, no polish.

Russian Pedicure (use of machine)
11 BHD

File, foot file, cuticle tidy, trimming, no polish.

Russian Manicure & Pedicure Combo (use of machine)
18 BHD

File, foot file, cuticle tidy, trimming, no polish.

Additional

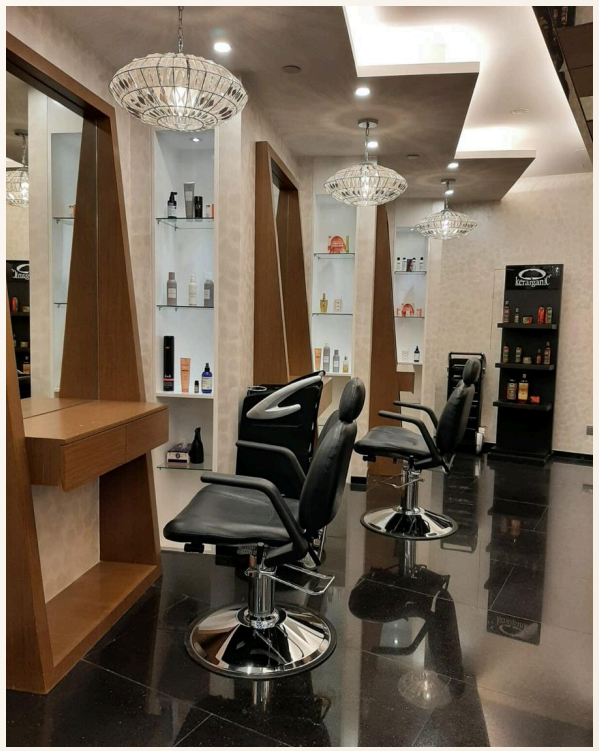
Polish (Mani or Pedi)	3 BHD
Gel Polish (Mani or Pedi)	6 BHD
Gel Removal	4 BHD

Hydrating Bubble Foot Spa
45 minutes — 10 BHD

A pampering foot experience that focuses on softening, moisturizing and nourishing the tired feet leaving you feeling refresh, smooth and hydrated.

Ultimate Callus Removal Treatment
60 minutes — 15 BHD

This technique involves the specialized treatment to effectively remove stubborn, thick calluses, giving your feet a renewed comfortable feel.





Waxing

Full body (no face and privates)
50 BHD

Brazilian with backline
23 BHD

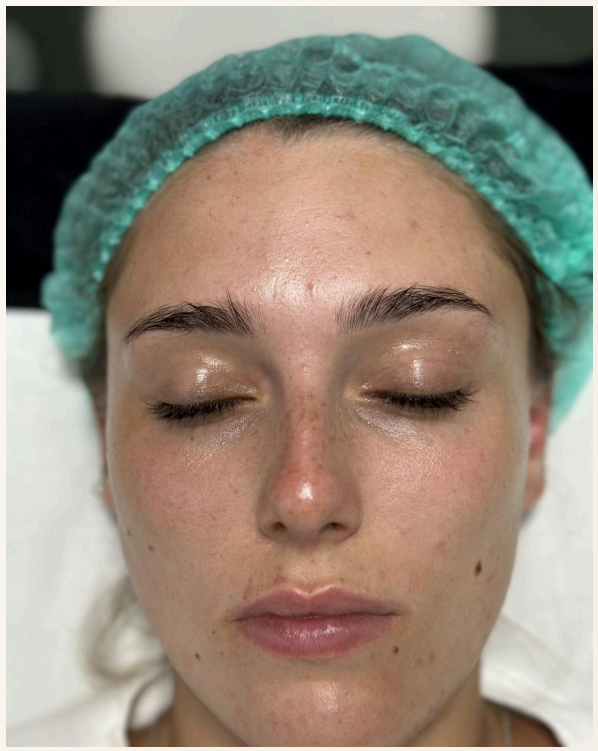
Brazilian (front)
18 BHD

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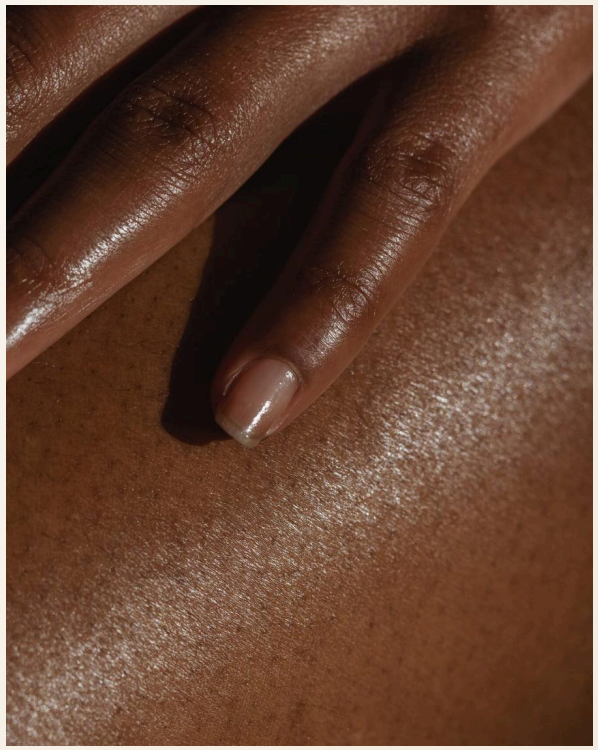
Waxing CONTINUED

Full back	10 BHD
Full Arm	10 BHD
Half Arm	8 BHD
Full Legs	13 BHD
Half legs	9 BHD
Armpit	8 BHD
Chest and stomach	10 BHD
Full Face	13 BHD



Threading

Eyebrow shape	4 BHD
Upper Lip	4 BHD
Full Face	13 BHD



Prices are in Bahraini Dinar (BHD) and include taxes.

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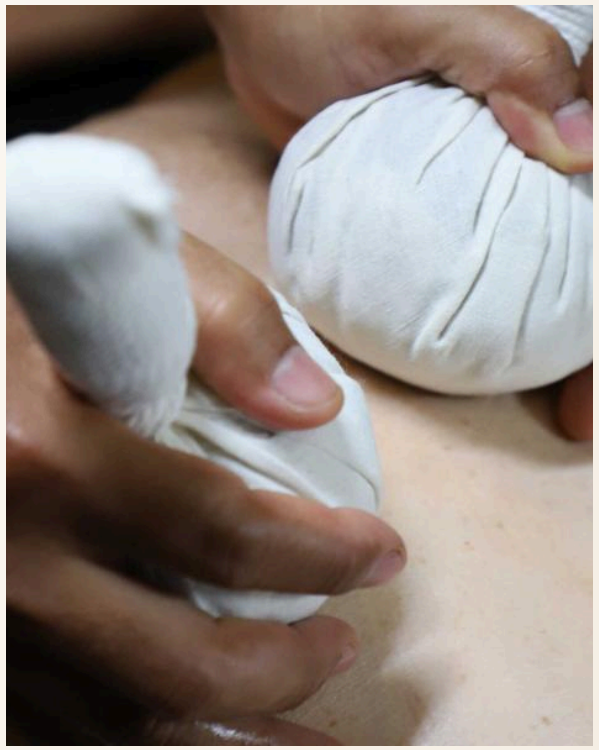
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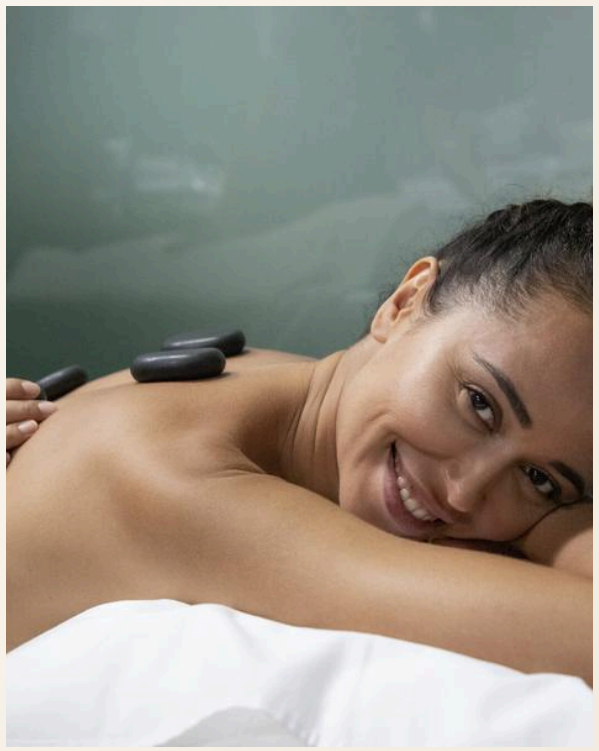
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Malpensa menu September 2026. Prices are in euro (€) and include taxes.

Cocoon Massage Experiences

Balinese Santi Signature Massage	Single · 50 minutes	€130
	Single · 80 minutes	€180
Shizen Flow Massage	Single · 50 minutes	€130
	Single · 80 minutes	€180
Warm River Stone Massage	Single · 50 minutes	€130
	Single · 80 minutes	€180
Karuna Kaya Deep Recovery	Single · 50 minutes	€130
	Single · 80 minutes	€180
Kundalini Back Release	Single · 50 minutes	€130
	Single · 80 minutes	€180
Cinta Couples Massage	Couple · 50 minutes	€250
	Couple · 80 minutes	€350





Energise Me

Energise Me	80 minutes	€200

30 minutes of Red Light Body Therapy, then a 50-minute Shizen Flow Massage.

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Enhance Your Wellness

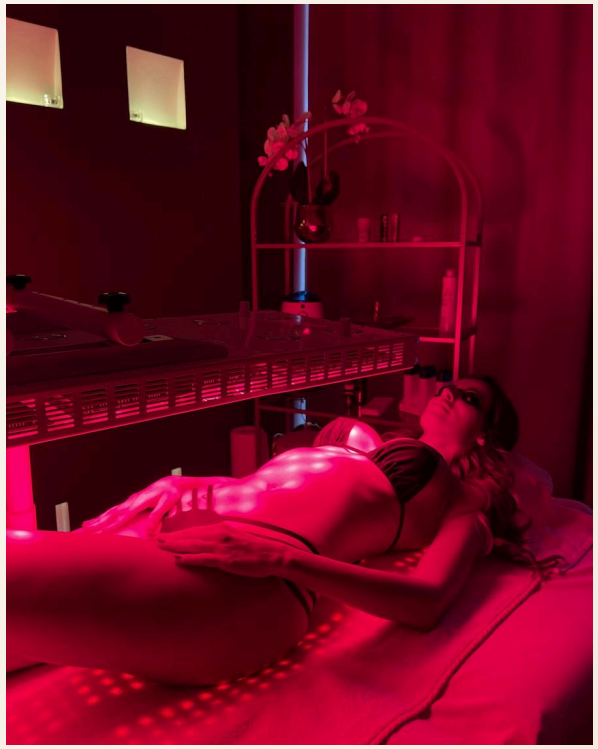
LED 360 Body Red Light Radiance	30 minutes	€50
Oxygen Halo “Breath of Life”	30 minutes	€50
PEMF Crystal Healing Infrared Body Mat	30 minutes	€50
LED Face Light Radiance	30 minutes	€50

Cocoon Transit Retreat

Relax area and indoor heated pool entrance	3 hours	€50
Changing room & Shower	1 hour	€25
Hotel Guests entrance Relax Area Day pass	Day	€10
The Reset Ritual A full body scrub followed by a personalised Cocoon massage.	80 minutes	€200

A bathrobe and slippers are required to access the spa.



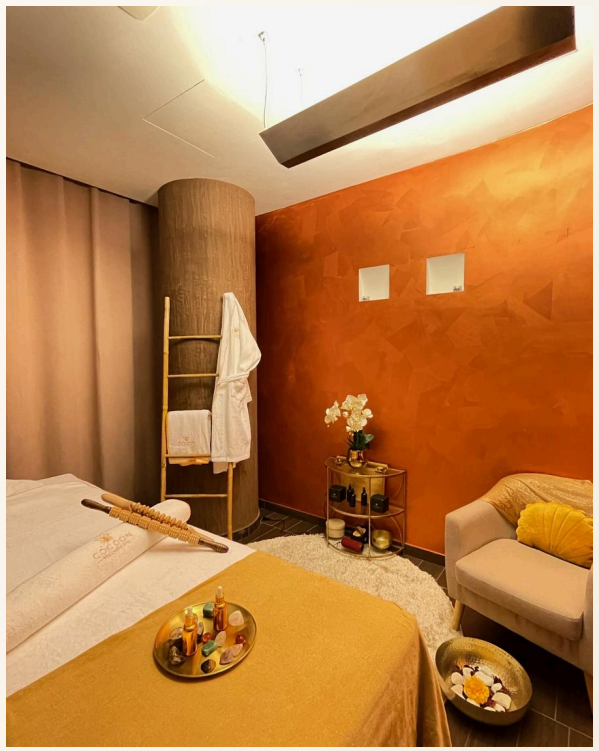


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Signature Wellness Experience

Radiance Oxygen Head Spa	50 minutes	€160
The Luxe Cocoon Body Ritual	75 minutes	€160
Crystal Radiance PEMF Ritual	50 minutes	€160
Jet Lag Therapy	Add on · 15 minutes	€45
	Add on · 30 minutes	€75
	Single treatment · 50 minutes	€150
Balinese Boreh Body Scrub	Add on · 15 minutes	€40
	Add on · 30 minutes	€60
SOS Express Massage	30 minutes	€100



Facials

Luminous Sculpt Facial Massage	30 minutes	€50
Express Facial	45 minutes	€85
Cocoon Signature 360 Hydra Facial	Cocoon Radiance Lift, Face · 60 minutes	€210
	Cocoon Radiance Lift, Face, Neck & Décolletage · 80 minutes	€240



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Nails

Deluxe Spa Manicure (polish included)	€60
Deluxe Spa Pedicure (polish included)	€75
Semi-Permanent Set	€80
Polish only (add on to your mani or pedi)	€20
Gel polish full set (add on)	€50
Remove gel polish	€25
Remove nail polish	€25



Waxing

Full body (no face)	€200
Brazilian (full)	€70
Hollywood (partial)	€45
Face (includes Brow Shaping & Upper Lip)	€25
Underarms	€30
Full arms	€50

Prices are in euro (€) and include taxes.

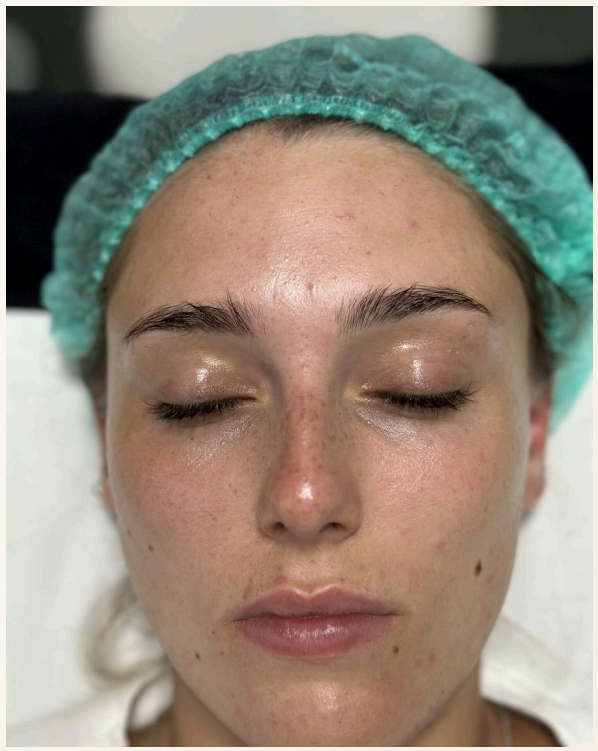


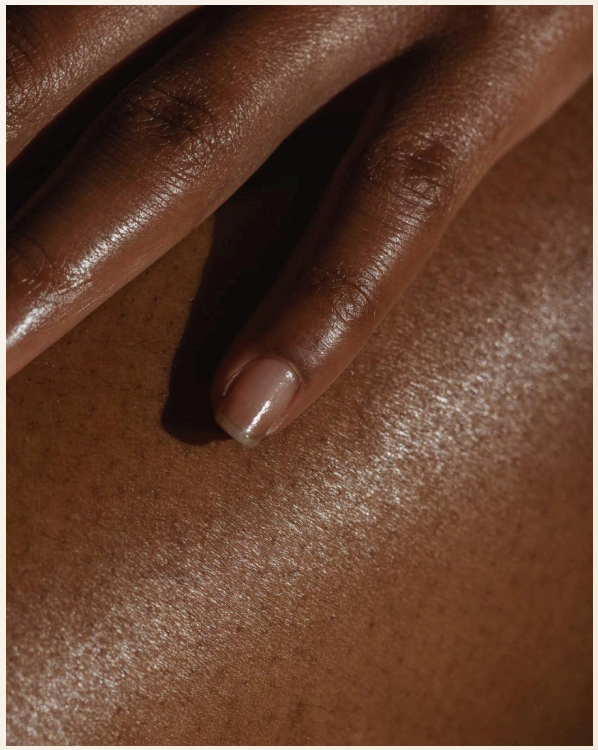
Waxing CONTINUED

Full legs	€60
Back	€60

Eyes

Eyebrow shaping	€20





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Juffair

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Sunday to Wednesday	10:00 AM–10:00 PM
Thursday to Saturday	10:00 AM–11:00 PM

Seef

Hilton Bahrain City Centre Hotel & Residences, 7th floor, Building 3222, Road 4654

Sunday to Wednesday	10:00 AM–10:00 PM
Thursday to Saturday	10:00 AM–11:00 PM

Riffa

Building A2552, Road 1275, Ajirah Avenue

Tuesday to Sunday	12:00 PM–9:00 PM
Monday	Closed

Malpensa

Sheraton Milan Malpensa Airport Hotel & Conference Centre, Malpensa Terminal 1, SS 336

Spa, Monday to Sunday	9:00 AM–9:00 PM
Relax area, Monday to Sunday	9:00 AM–9:00 PM

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