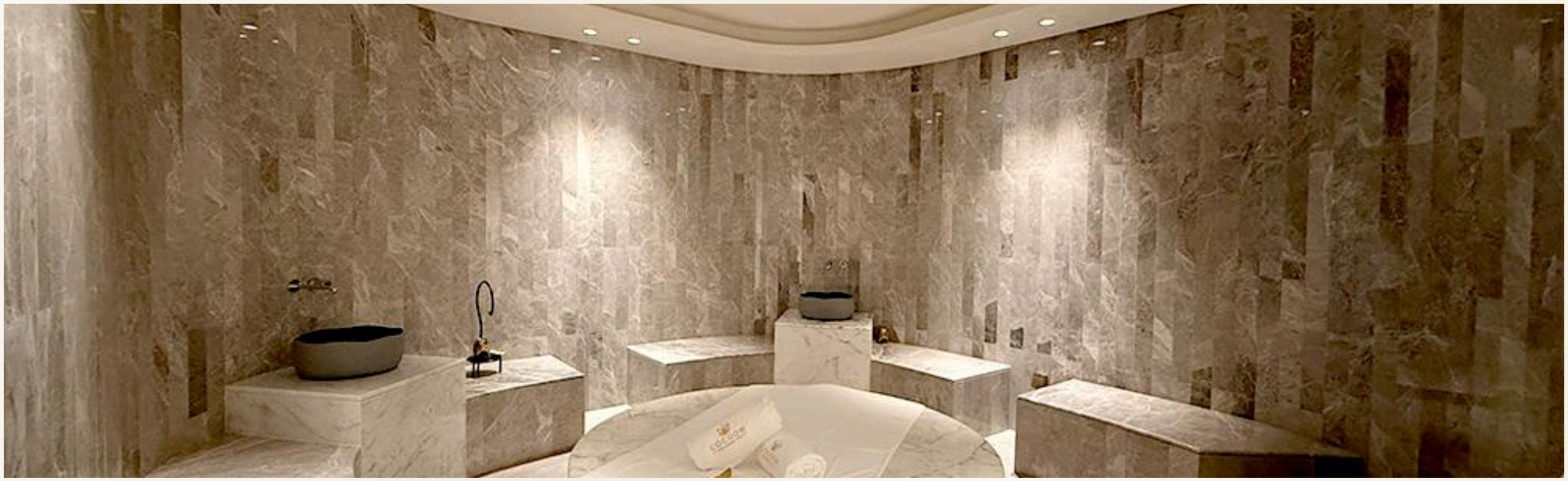
COCOON

WELLNESS SPA

Price list

RIFFA · BAHRAIN



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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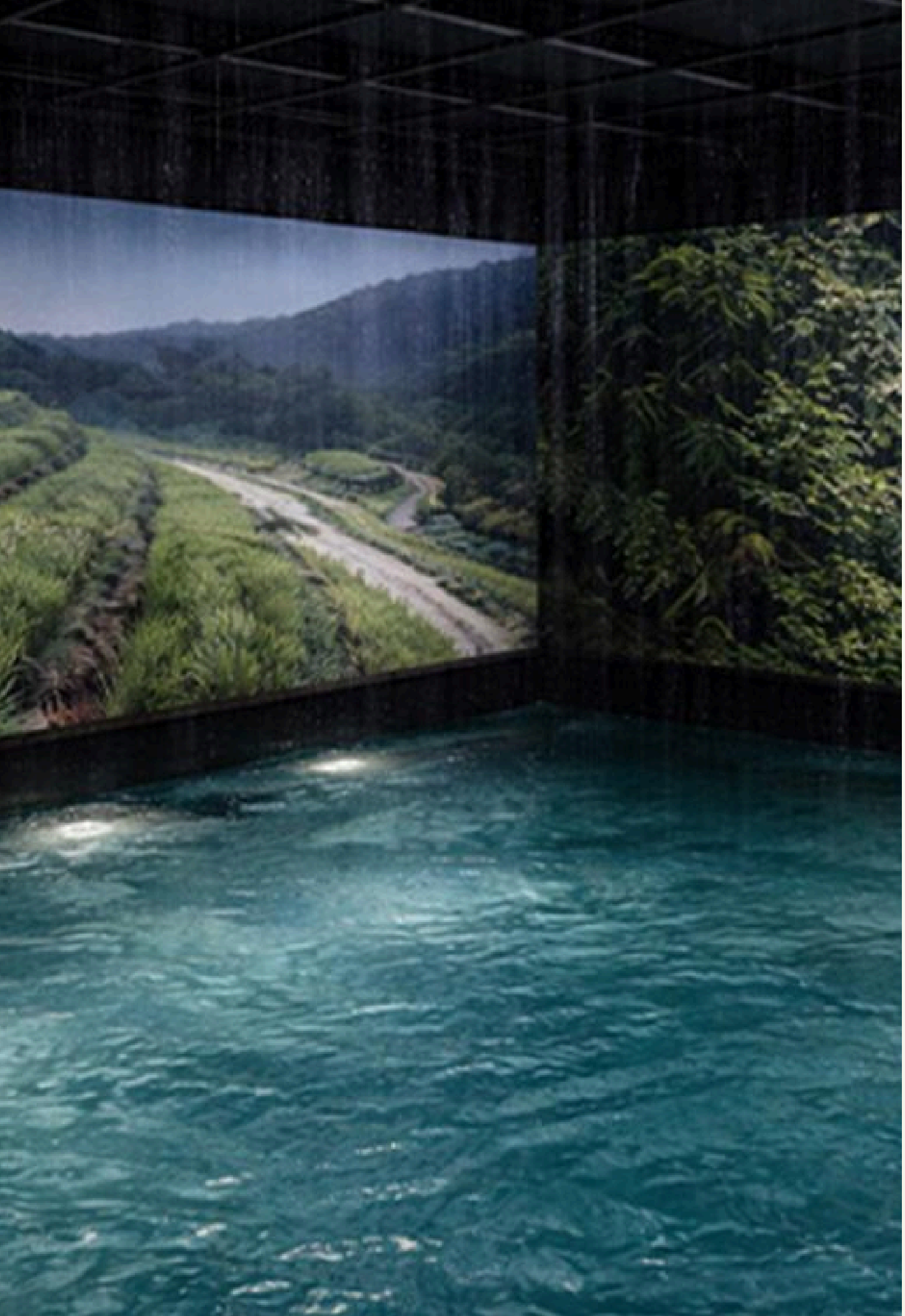

Riffa

Ajirah Avenue, Riffa

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

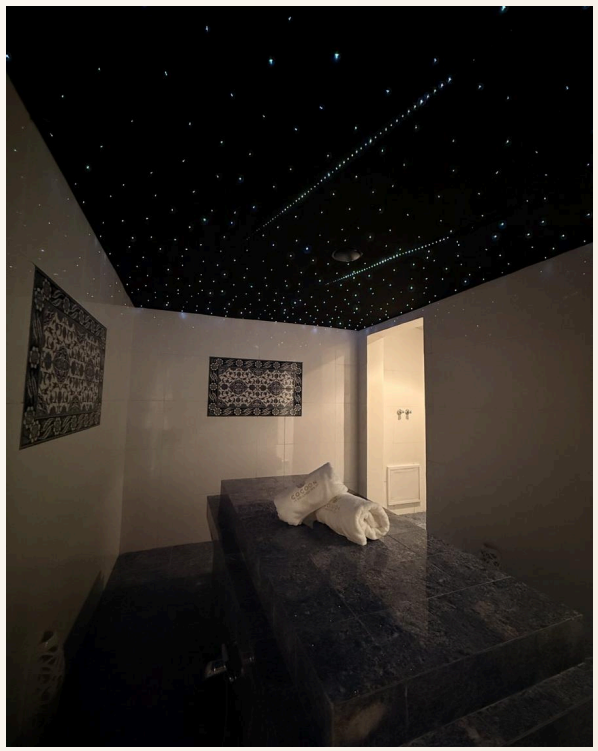
Wellness Facilities

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**

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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

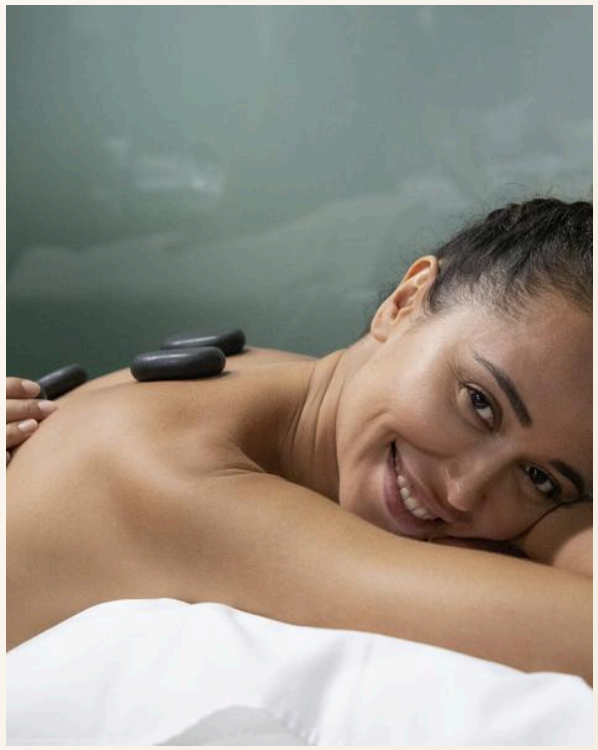
60 minutes	25 BHD
90 minutes	35 BHD

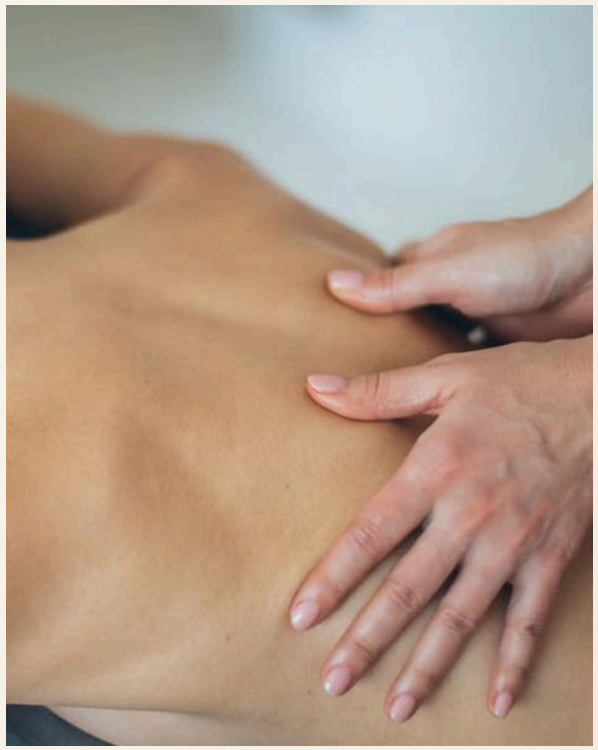
Cocoon Maternal Massage

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

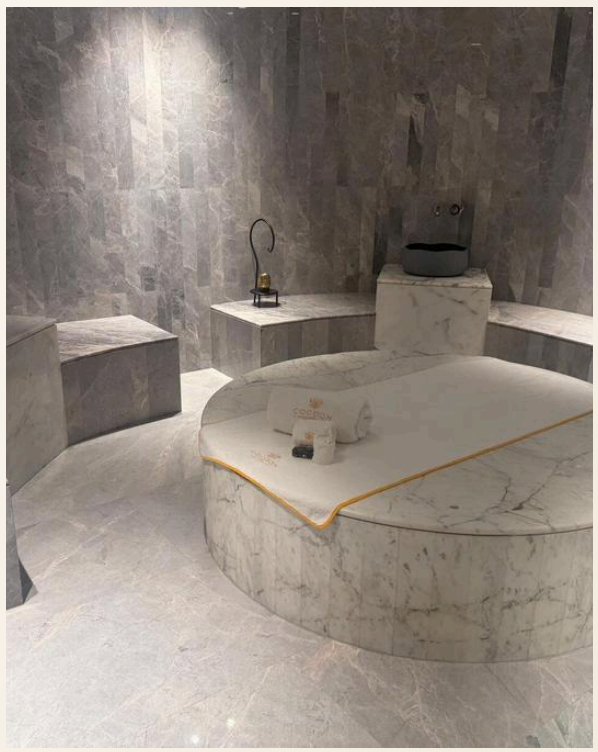
60 minutes — 30 BHD

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.

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.

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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**

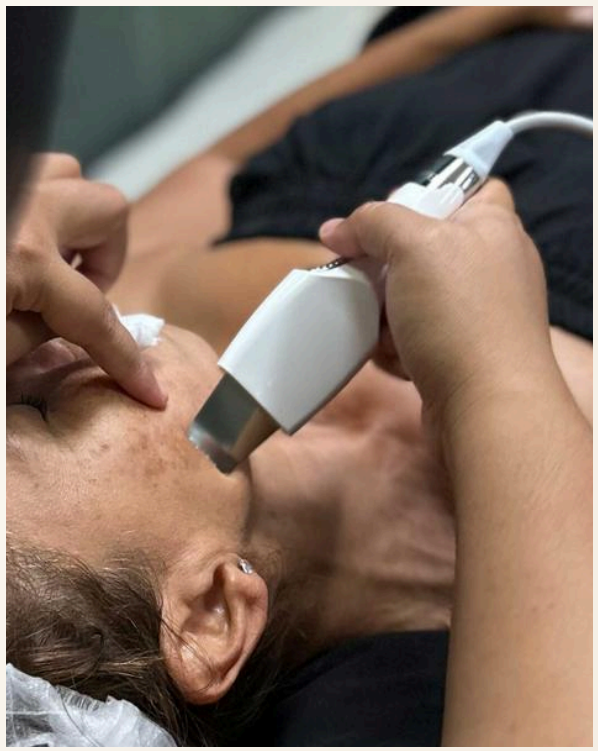
Purifying facial with hydration boost with Hyaluronic Acid Mask. Diminishes fine lines and wrinkles, and restores radiance and brightness to the skin.

Cleopatra 24 Carat Gold Hydrafacial

Face · 75 minutes — **40 BHD**

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

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



Cocoon Hair

Wash and Cut

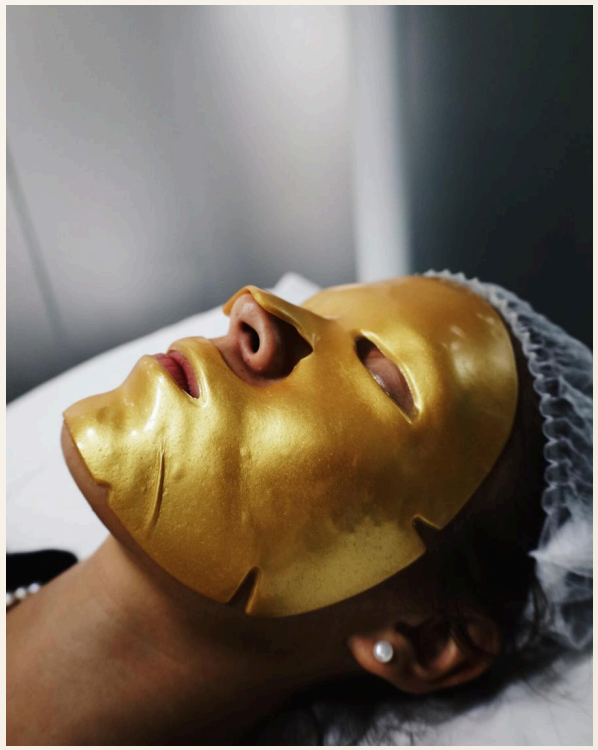
From 12 BHD

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.



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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

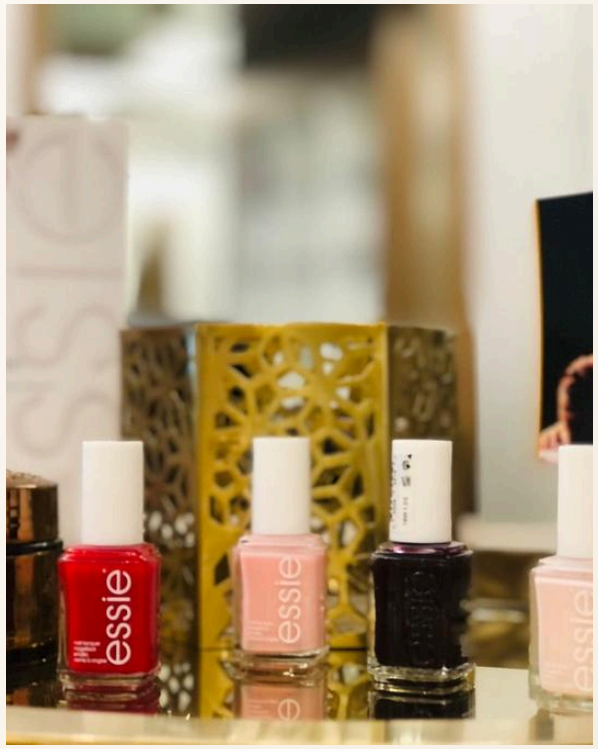
From 12 BHD

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.



Semi-Permanent Smoothing

Nanoplastia Hair Therapy

From 50 BHD

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

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

Japanese Hair Spa

Advance Nourishing Hair and Scalp Treatment

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.

60 minutes — **30 BHD**

Express Hair Color

Root Color

Men	**10 BHD**
Women	**From 14 BHD**

Full Color

Short	**20 BHD**
Medium	**25 BHD**
Long	**30 BHD**

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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

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.

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Cocoon Nails and Beauty CONTINUED

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
Full back	10 BHD
Full Arm	10 BHD
Half Arm	8 BHD
Full Legs	13 BHD

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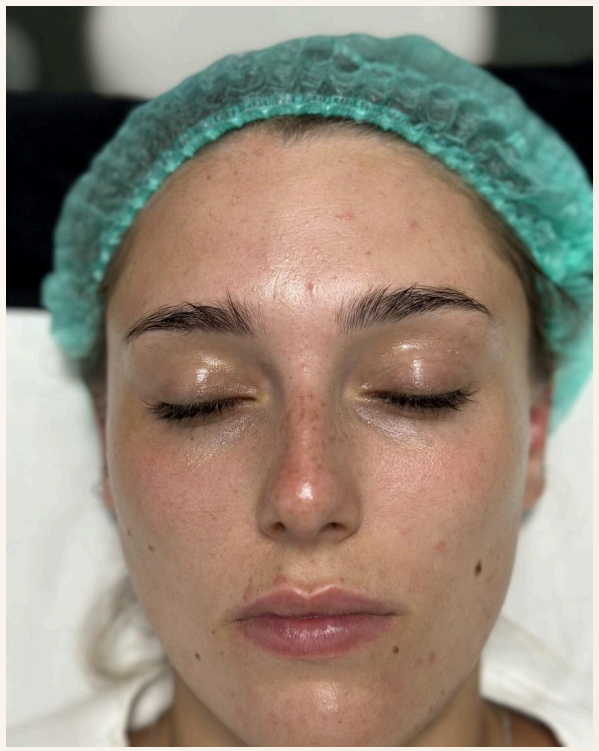
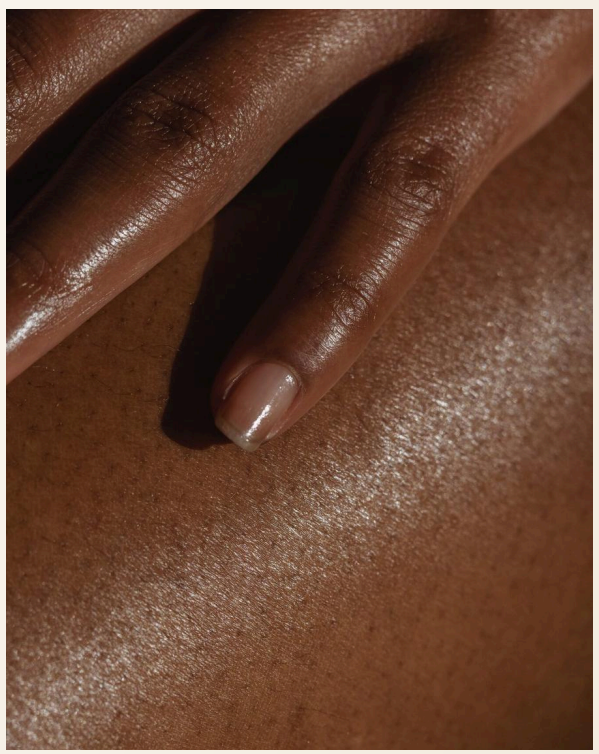
Waxing CONTINUED

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





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Memberships

All Access

Unlimited access, seven days a week.

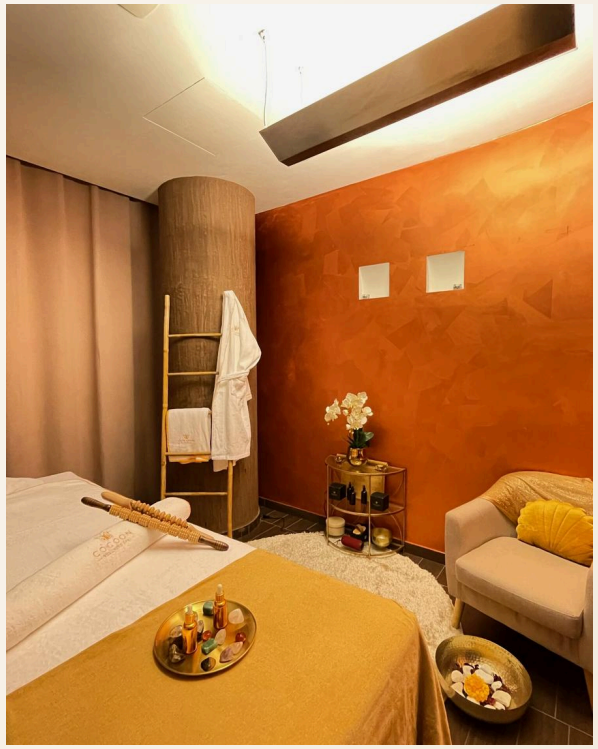
1 month	89 BHD
3 months	239 BHD
6 months	429 BHD

Off-Peak

Unlimited access from Sunday to Thursday.

1 month	65 BHD
3 months	169 BHD
6 months	299 BHD

Three months adds a 60-minute massage and a guest pass. Six months adds two of each. Every visit is booked in advance.



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Cocoon Wellness Spa Riffa

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

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