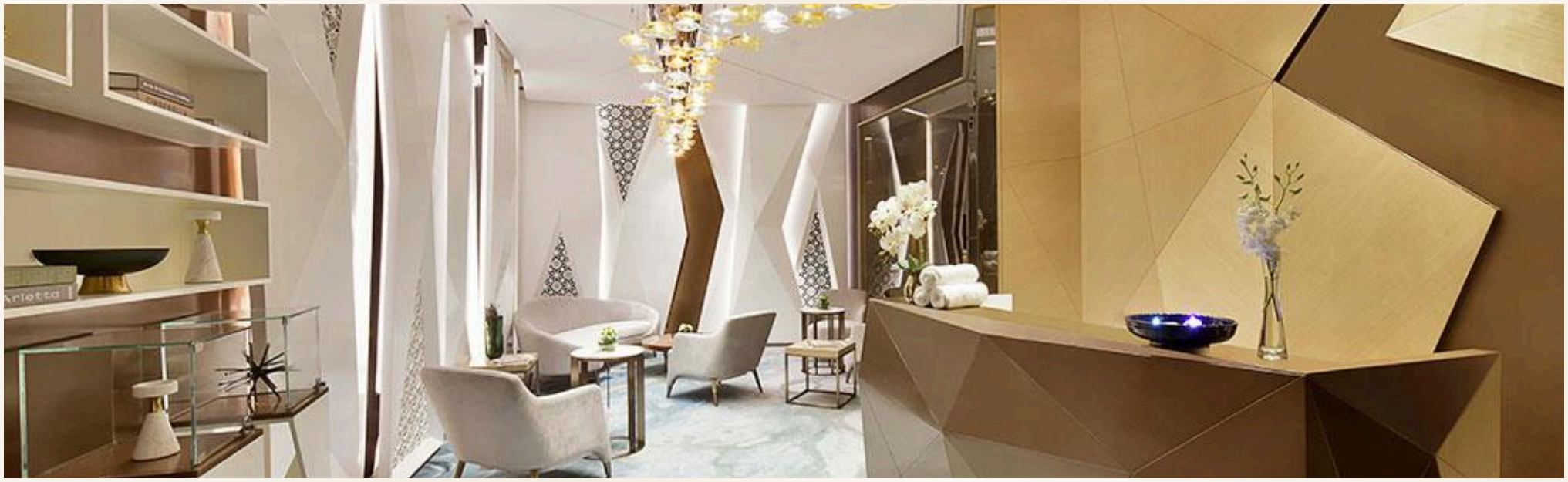
COCOON

WELLNESS SPA

Price list

SEEF · 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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Seef

Hilton Bahrain City Centre Hotel & Residences, 7th floor

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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.

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**

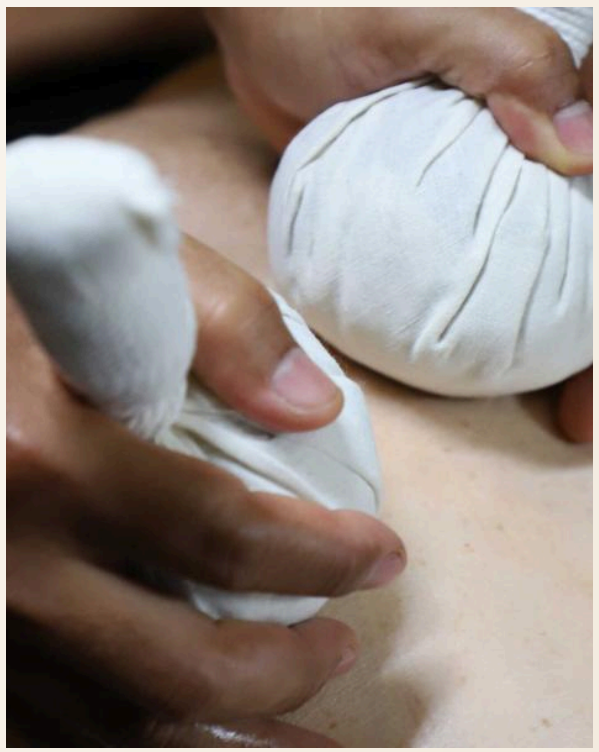
Be treated to a full body relaxation massage delivered with an alchemy of exquisite local aromatherapy oils. A full body scrub will purify, tone and polish the skin texture.



Cocoon Healing Massage

Cocoon Healing Massage

60 minutes — **45 BHD**
90 minutes — **60 BHD**



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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

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

120 minutes	115 BHD

Royal Moroccan Hammam Package

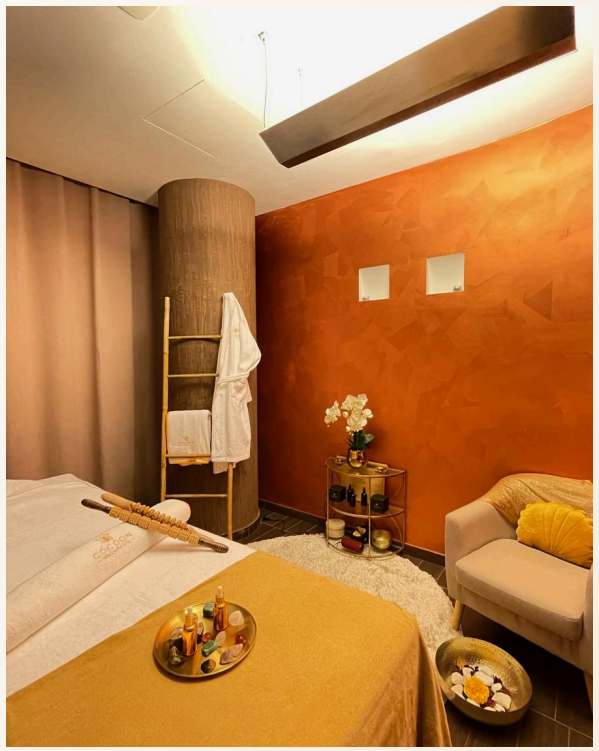
“Noir” Black soap applied with a Kese Mitt and using Asian infusion aromatherapy of lemongrass deeply exfoliates and cleanses the skin. A Rhassoul clay mask nourishes the skin, infusing important minerals.

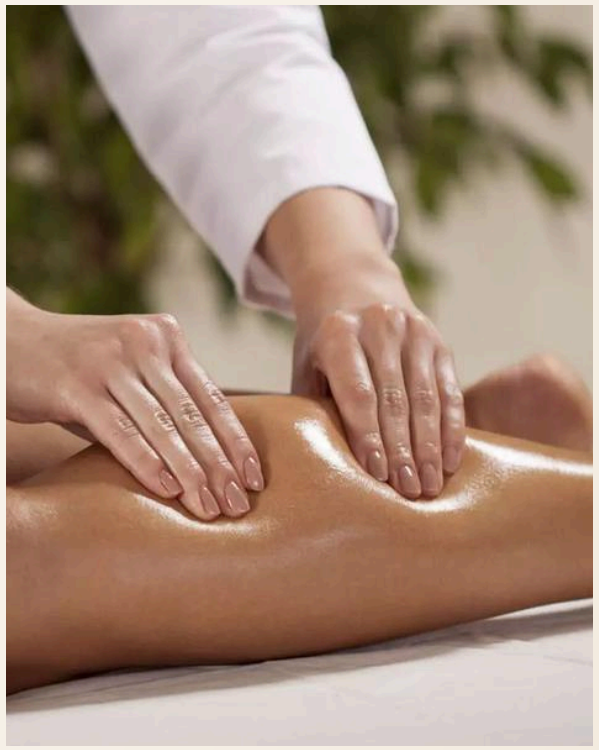
120 minutes	115 BHD

Traditional Moroccan or Turkish Hammam

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

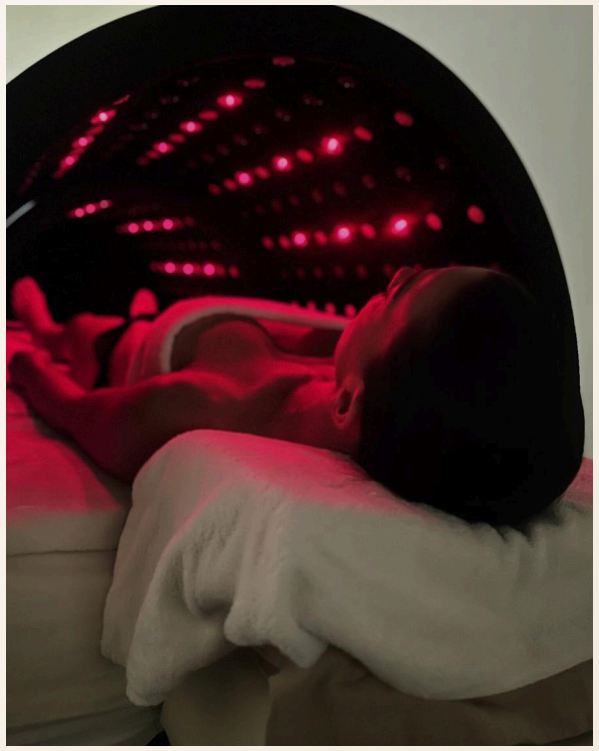
This advanced body transformation therapy begins with the application of a therapeutic Dead Sea mineral mask formulated with potent botanical actives and marine extracts to stimulate lipolysis and refine body contours.

Combine Celestial Glow and Sculpt & Detox

90 minutes

80 BHD

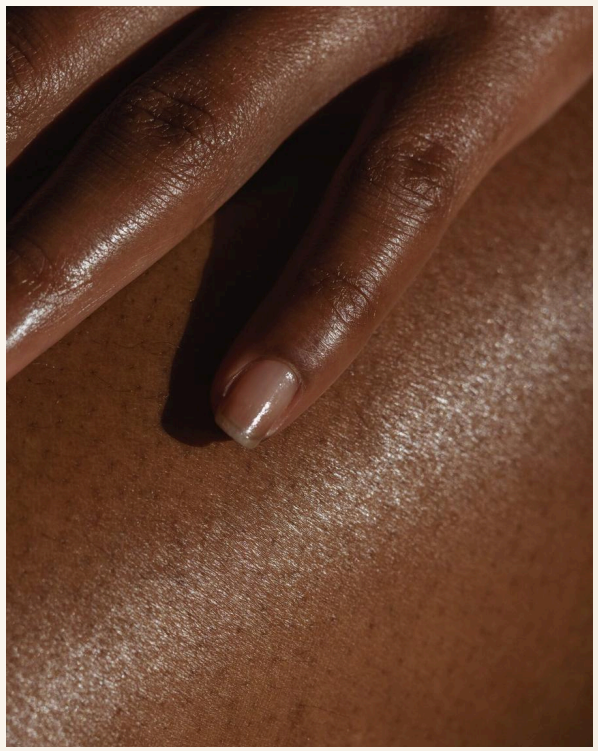
The perfect duo - smooths, hydrates, and deeply detoxifies — leaving your body radiant, lighter, and recharged.

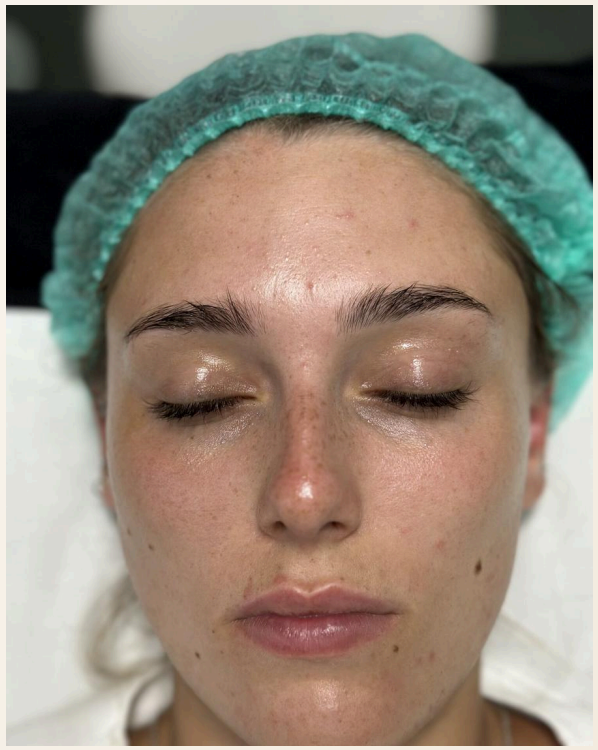


Prices are in Bahraini Dinar (BHD) and include taxes.

Waxing

Waxing Full body	100 BHD
Brazilian with backline	45 BHD
Brazilian (front)	35 BHD
Full back	20 BHD
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





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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

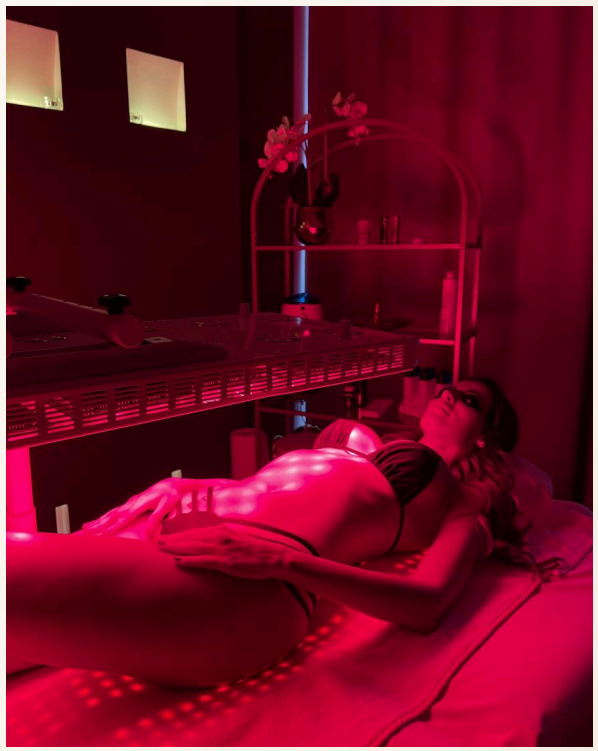
Floods the body and skin with oxygen, thereby reducing free radicals, improving skin vitality, and reducing inflammation in the body.

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

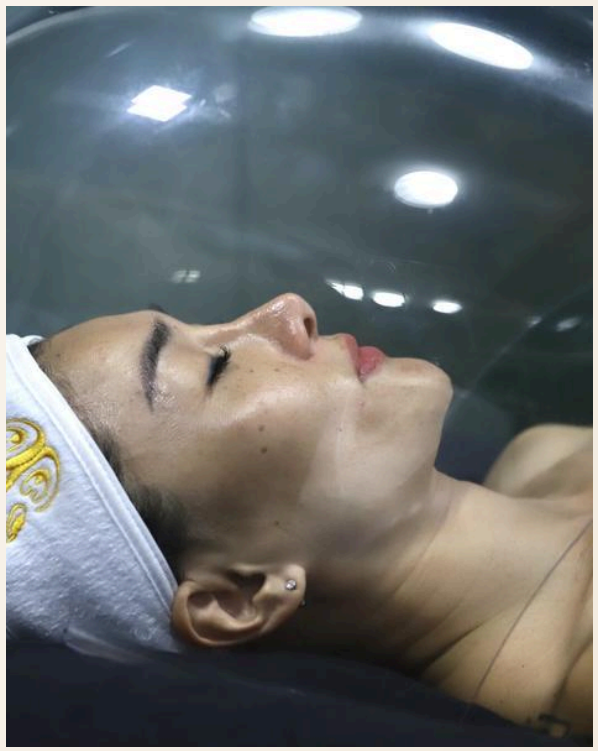
The Rose Quartz Eye Mask is made from 100% natural jade and gently soothes the eye area while promoting circulation, reducing puffiness, and easing tension. Jade has long been valued for its soothing and restorative effects.

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.

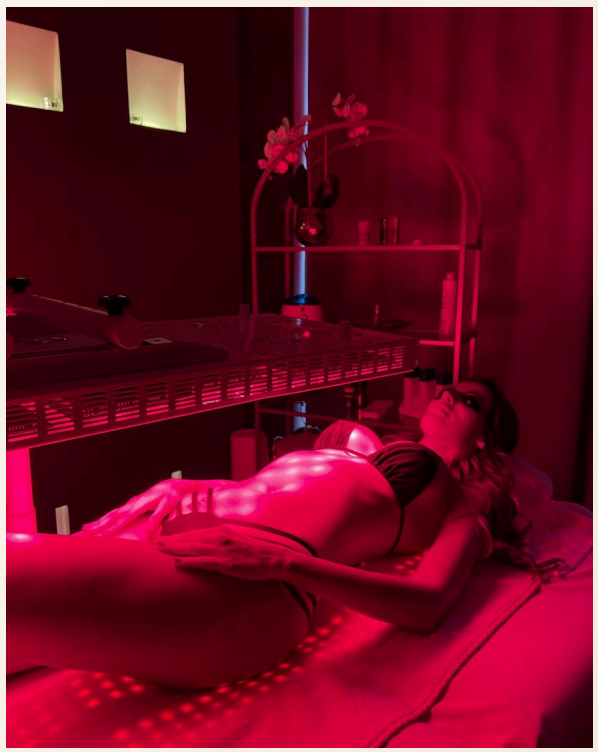
Cleopatra 24 Carat Gold Hydrafacial

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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Book via WhatsApp

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Cocoon Wellness Spa Seef

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Manama 346, Bahrain

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

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