



COCOON
— WELLNESS SPA —

BENESSERE ESTETICO E ANTI ETÀ DI ALTO LIVELLO CON UN'ANIMA ASIATICA

NEXT LEVEL AESTHETIC & ANTI-AGING
WELLNESS WITH ASIAN SOUL



5 star rating from +400 reviews



Entriamo in una nuova era in cui l'amore per sé stessi è la nuova cura. Esplora un menu di bellezza basata sulle esperienze, sul benessere biohacking e trattamenti olistici di alto livello per darvi un'esperienza sensoriale.

We step into a new era where self-love is the new self-care. Explore a menu of evidence-based beauty, biohacking wellness, and holistic treatments levelled up to give you a sensory experience.

Il nostro team di Cocoon Alchemists offre salute della pelle e del corpo di alto livello a un prezzo accessibile. Tutto ciò che facciamo è portare risultati duraturi per i tuoi obiettivi di benessere, salute ed estetica.

Our team of Cocoon Alchemists deliver high-calibre skin and body health at an affordable price. Everything we do is to bring long lasting results for your wellness, health and aesthetic goals.

Nato a Bali nel 2012, ora puoi provare i nostri trattamenti durante la tua sosta a Sheraton Milano Malpensa

Born in Bali in 2012, now you can experience Cocoon spa during your stopover at the Sheraton Malpensa Airport Hotel, Milan.

"Best Medical Spa Treatment - Naked Skin Package"

AsiaSpa Awards
2015

"Best Cosmetic Clinic in Bali"

Bali Spa Guide
2015

"Best Medical Spa in the World"

IMTJ Awards,
London, 2015

"Best Luxury Medical Spa - Asia"

World Spa Awards
2014

"Best Medical Spa in Asia"

Asia Spa Awards
2014

"Best Spa in Bali"

Yak Awards
2013



TRAVELLER'S TRANSIT

SPA STOP-OVER - 3 hours

Long transit? Take your time. Relax and replenish in-between your travels. Enjoy full access to our hydrotherapy facilities - steam, sauna, emotional showers and cold therapies. We provide you with robe, slippers and towel. Free for guests who spend more than €100 on treatments. €60

DEEP RELAX SIESTA TIME - 45 minutes

Let your mind and body ease into complete rest. Relax on a heated Amethyst Crystal PEMF Biomat and receive a luxurious feet and lower leg massage - perfect for jet lag and promoting better sleep. €60

SOS EXPRESS MASSAGE - 30 minutes

Short transit time? Renew and revive and arrive fresh and alive! Foot bath ritual + reflexology, neck and shoulder + head and scalp massage. €45

TRAVELLER'S RETREAT - 120 minutes

Feel cleansed, relaxed and invigorated - emerge reborn. Cocoon Personalized Massage + Full Body Scrub + Face, Head and Scalp massage. €160



HOLISTIC FACIALS

Discover the world's finest and high-calibre facials to transform your skin.

HYDRATION BOOSTER EXPRESS FACIAL - 30 minutes
Purifying facial with hydration boost with Hyaluronic Acid Mask. Diminishes fine lines and wrinkles and restores radiance and brightness to the skin.
€99

SIGNATURE CLEOPATRA 24 CARAT GOLD FACIAL - 75 minutes
Deep cleanse with hydra facial. LED Enlightenment Facial. The most luxury mask of all: 24 Carat Gold Brightening Peel off Mask. Extreme Hydration Active HA Serum.
€150

REWIND TIME HYDRA FACIAL - 60 minutes
6 high tech technologies work at all levels of the skin to repair and renew. Non invasive. Zero downtime. Go and Glow.
€150



GLASS SKIN - 100 minutes
Shimmery Glow. Dewy Skin.
€260

Treatment Features:

Dry Body Brush and Vitamin C Body Scrub
Crystal Tourmaline Sauna Dome
360 Body Red Light Radiance

Illuminating cocktail of **bronzers, balms and butters** For a dewy, sunkissed finish for face & body.

Glass Skin

MASSAGES

Next-level, Results-Based Curative massages with spirit and soul

THE SIGNATURE GOLD MASSAGE

Anti-inflammatory. Luminous Skin. Deeply Relaxing.
Himalayan Salt Massage. Holistic Hemp Recovery Oil.
Hyaluronic Acid Collagen Gold Mask. Foot Reflexology.
60mins €90 / 90mins €135

THE ASIAN FUSION

Relaxation. Energising. Restorative.
Asian Foot Wash. A massage cocktail of Balinese flowing
strokes, Thai stretches, accupressure and a hint of Indian
Ayurveda head massage.
60mins €80 / 90mins €120

COCOON PERSONALISED MASSAGE

Full Body Massage curated by your Cocoon Alchemist for
your individual needs.
60mins €80 / 90mins €120

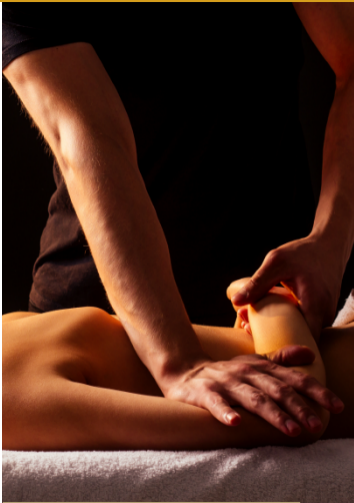
THE DEEP RECOVERY

Deep Tissue Rescue. Tension Release Remedy. Energy
Boost. Back, neck and shoulder tension releasing massage.
30mins €50/ 60mins €80

FEEL GOOD FOOT MASSAGE

Improves Circulation. Fluid Retention. Jet Lag Remedy.
30mins €50 / 60mins €75

I prezzi includono le tasse / Prices include taxes





YIN YOGA

Reset your body clock with this guided yoga class to enhance oxygen flow through your body. Our certified practitioner will guide you through a series of gentle stretches and movements to boost blood flow, energy and circulation. Every class is tailored to your body's needs. Long-haul flights can cause havoc on our body system including fatigue, sleep and digestive issues as well as dehydration. 60mins €80 / 90mins €120

THAI YOGA MASSAGE

A deeply nourishing treatment combining gentle Thai stretches with profound massage movements. This treatment helps to unblock stagnation in the body and promote energy and flow. Every massage is tailored to your body type. 60mins €80 / 90mins €120



AYURVEDIC TREATMENTS

Ayurveda is a time-honoured medicine system that brings balance and harmony to your body, being and energy. Ayurveda 'science of life' is based on the understanding that we need to treat the whole body to experience real wellbeing. Cocoon Ayurvedic practitioners are highly-skilled and certified in Ayurveda.

SHIRODHARA – 60 minutes

This Ayurvedic treatment is face and head, oiling the 6th chakra, bringing tranquilly and harmony to your body, mind and being. Warm medicated oils flow gently across your forehead. Enhanced with a deeply nourishing neck and shoulder massage. Calms a restless mind, anxiety and sleep issues. €120

ABHYANGA "SOUL TOUCH" BODY MASSAGE – 60/90 minute

We blend your full body holistic head-to-toe massage with warm herbal oils and long, flowing movements to bring your body into harmony. Deeply nourishing, relaxing and nurturing. Softening and lubricating for the skin. 60mins €80 / 90mins €120

AYURVEDIC MASSAGE + SHIRODHARA – 100 minutes

The ultimate Ayurvedic treatment experience. Your full body Ayurvedic 'Abhyanga' massage is enhanced with the Shirodhara to bring balance and calm to your mind, body and energy. €190

AYURVEDA TASTER EXPERIENCE – 60 minute

An invitation to explore the best of Ayurvedic treatments. Pada Abhyanga (Foot & Leg Massage Therapy) + Ayurveda Marma Point Facial + Shiro Abhyanga (Indian Head Massage) €90

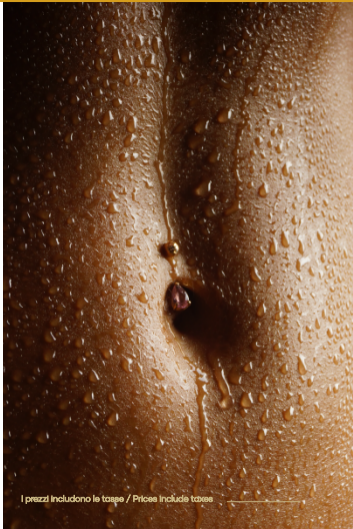
BIOMETRIC HEALTH ASSESSMENT

BIOMETRIC WELLNESS SCREENING - 10 minutes

The Cocoon Biometric Screening offers a clinical evaluation of your health. We assess health issues that could be markers to why you are experiencing low energy, sluggishness and/or gaining weight.

Measures: Muscle & Fat Analysis, Health Score, Bioelectrical Impedance, Nutritional analysis, BMI, Real body age.

€40



OXYGEN HALO "Breath of Life" - 30 minutes

Recover pulmonary lung system after Covid
 Skin Booster: Forms collagen, reduces free radicals and rehydrates the skin. Re-builds immune resilience and provides sleep and stress support.
 €90

CRYSTAL TOURAMALINE SAUNA DOME - 30 minutes

Unlike a traditional sauna, you don't feel overwhelmed from the heat in the upper body and brain region. Calorie Burner. Reduces Cellulite. Enhance Skin Vitality.
 €90

360 FULL BODY RED-LIGHT RADIANCE - 30 minutes

Popular with elite athletes to enhance function and performance –improves muscle repair and regeneration, healing of injuries, wounds and inflammation.
 €140

CHAKRA CRYSTAL AMETHYST PEMF BIOMAT - 30 minutes

Recommended for improving the digestive and immune systems as well as improving skin vitality and beauty. Surrender into deep relaxation, calm and ease.
 €50

HIGH TECH THERAPIES

Holistic high-tech wellness to fast-track rest and recovery, oxygen and skin health support and promote wellness within.





ENHANCEMENTS

Level up your experience by adding on these treatments for 20% discount off the normal price.

Please note that this price is only valid when purchasing together with a full priced treatment.

Biometric Wellness Screening

PEMF Amethyst Crystal Biomat

Oxygen Halo

Red Light LED Facial

Red Light Bio Mat

Marma Head Massage

Neck and Shoulder Massage

Foot reflexology

20%
discount

Energise Me



**Recharge. Energy Replenish.
Skin Vitality
90 minutes**

Enhance feel good endorphins and replenish your energy.

Includes an Asian Fusion Massage y to promote circulation and 'chi' flow. Enhanced with a Red Light Radiance to enhance energy in the cells, improving the thyroid, thereby balancing metabolism function.

€180



OUR TEAM

Cocoon has been providing hands-on professional artistry and expertise in the areas of beauty, wellness, and anti-aging for over a decade.

Our clients travel from all corners of the earth to experience Cocoon's elite skin and body transforming treatments renowned for their holistic and healing edge.

We believe in a personal approach where we address individual issues and create customised and flexible treatments and plans to help one achieve high-level wellness and skin health goals. Our passion is to help people feel confident and empowered in their container by looking and feeling their absolute best – through all stages and cycles of life.



COCOON WELLNESS SPA

Level 1, Sheraton Malpensa Airport Hotel

Opening Hours:

Monday – Sunday 10.00 – 19.00

Book your treatment:

Telephone/Whatsapp: +39 351 657 1080

Email: milan@cocoonwellnessspa.com

Instagram: [@cocoon_milan](https://www.instagram.com/cocoon_milan)

Facebook: [@cocoonspa.milan](https://www.facebook.com/cocoonspa.milan)

Arrivo

Si prega di arrivare 15 minuti prima dell'appuntamento per completare un modulo di consultazione, goditi una bibita di benvenuto e permetti di discutere con noi del tuo trattamento ed eventuali esigenze personali. Si prega di comprendere che gli arrivi tardivi non possono ricevere una proroga del trattamento programmato.

Digital Detox

L'ambiente termale è uno spazio tranquillo per voi e per gli altri, siamo costretti a richiedere di spegnere e riporre tutti i dispositivi digitali nel vostro armadietto.

Cancellazioni & Riprogrammazione

Si prega di segnalare 12 ore prima la cancellazione per evitare la perdita del 50%. Le cancellazioni entro 4 ore incorreranno in un addebito del 100%.

Requisiti d'età

L'età minima per entrare nella spa è di 18 anni. 16-18 anni possono entrare nella spa accompagnati da un adulto con la firma di un modulo di consenso.

Carte Regalo

Le carte regalo sono disponibili per l'acquisto da qualsiasi importo desiderato, valido per 12 mesi.

Online Bookings

Gli ospiti possono prenotare i trattamenti online tramite il nostro sito web. Si prega di visitare www.cocoonwellnessspa.com e selezionare il "prenota ora".

LA SPA GESTITA AUTONOMAMENTE E NON AFFILIATA CON MARRIOTT INTERNATIONAL INC

Arrival

Please arrive 15 minutes prior to your appointment to complete a consultation form, enjoy a welcome drink and allow us to discuss with you about your treatment and any personal requirements. Please understand that late arrivals cannot receive an extension to their scheduled treatment.

Digital Detox

The spa environment is a tranquil space and for your benefit and others, we request you turn off and store all digital devices in your locker.

Cancellations & Rescheduling

Please allow 12 hours notice of cancellation to avoid a 50% charge. Cancellations within 4 hours will incur a 100% charge.

Age Requirements

The minimum age to enter the spa is 18 years. 16-18 years must be accompanied by an adult and sign a consent form.

Gift Cards

Gift Cards are available to purchase from any amount you would like, valid for 12 months.

Online Bookings

Guests are able to book treatments online via our website. Please visit www.cocoonwellnessspa.com and select 'book now'.

THE SPA IS OPERATED INDEPENDENTLY AND IS NOT AFFILIATED WITH MARRIOTT INTERNATIONAL INC



COCOON
— WELLNESS SPA —