



COCOON
— WELLNESS SPA —

ندخلكم المستوى الأحدث للصحة الجمالية و مكافحة علامات تقدم السن بلمسة الروح الآسيوية

NEXT LEVEL AESTHETIC & ANTI-AGING
WELLNESS WITH ASIAN SOUL



5 star rating from +400 reviews



ندخلكم عالم جديد من حيث مقاومة الإجهاد و عوامل الإرهاق
بقائمة من العلاجات المتطورة الي تمنحك الحيوية و الإشراق

يوفر فريق كوكون ألكيميست عناية صحية عالية للبشرة والجسم
بأسعار في متناول الجميع. كل ما نقوم به هو تحقيق نتائج طويلة الأمد
لأهدافك الصحية والجمالية

تأسست كوكون في بالي عام 2012، والآن يمكنك تجربة خدماتنا الفريدة
في البحرين الجميلة

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.

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.

Born in Bali in 2012, now you can experience
Cocoon's unique services in beautiful Bahrain.

"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



Beautiful Bahrain

ROYAL SPA DAY - 3 hours

When you need time out to relax and replenish. Enjoy full access to our hydrotherapy facilities - steam, sauna, hamman for up to 3 hours.

30 BHD

Free for guests spending more than 100 BHD.

EXPRESS RELAX - 30 minutes

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

25 BHD

COUPLES MASSAGE WITH THAI FLOWER BATH

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

2 hours 140 BHD

BAHRAIN ISLAND RITUAL - 120 minutes

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. This is followed by a high-performance Purifying Express Facial to rebalance and hydrate your skin. Emerge feeling both relaxed and invigorated.

130 BHD

MASSAGES

Next-level massages with spirit and soul.

Your Cocoon Alchemist will personalise the massage to your personal needs, by using a variety of tools and ancient healing techniques that levels up your therapy to give you deep relaxation, reduce muscle tension and transport you to the next level of relaxation.

Accessories include: gua sha, warm stones, foot and head wraps, wheat packs, Tibetan singing bowl, salt poultices, tuning fork and bamboo sticks.

Singles: 60mins 40 BHD / 90mins 55 BHD

Couples. 60mins 75 BHD / 90mins 100 BHD

THE SIGNATURE GOLD MASSAGE

Deeply Relaxing. Luminous Skin. Luxurious oils.

Long, flowing movements blended with Swedish strokes, combined with asian therapy accessories and tools to relax and help with any muscle pain areas. Concludes with a divine facial massage.

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.

I prezzi includono le tasse / Prices include taxes





COCOON PERSONALISED MASSAGE

Need to focus on a particular area of the body? Have it your way - a full Body Massage curated by your Cocoon Alchemist for your individual needs. Your therapist will combine ancient healing tools that are suited to your goals and preferences, including wraps, sound therapy and vibrational tools.

THE DEEP RECOVERY

Deep Tissue Rescue. Tension Release Remedy. Energy Boost. Using tools and accessories including bamboo stick, gua sha, reflexology tool, together with deeper massage techniques including shiatsu, this massage will release muscle knots and tension.

HOT STONE BACK NECK & SCALP MASSAGE

We massage warm stones on key stressor points to ease tightness in the back, neck and shoulders. A remedy for chronic fatigue, stress and sleep issues. Feels so good!

FEEL-GOOD FEET, HANDS & FACIAL REFLEXOLOGY

Circulation Booster. Fluid Retention. Jet Lag Remedy. Be treated to the ultimate reflexology experience. Your lower leg and feet massage is enhanced with hand reflexology to soothe overuse on the digitals and concludes a mind-balancing facial massage with gentle accupressure. 30mins 25 BHD / 60mins 40 BHD

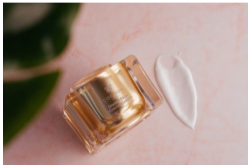


HYDRA FACIALS

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

HYDRATION BOOSTER EXPRESS FACIAL - 40 minutes
Purifying facial with hydration boost with Hyaluronic Acid Mask. Diminishes fine lines and wrinkles and restores radiance and brightness to the skin.
60 BHD

SIGNATURE CLEOPATRA 24 CARAT GOLD FACIAL - 80 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.
BONUS! Choose 1 Cocoon skincare product to take home
110 BHD



BODY BEAUTIES

ADVANCED FAT + CELLULITE BURNER

Non-surgical Slim, Shape and Sculpt
Muscle activating slimming, firming and reducing cellulite.
Similar to the Elixir and Velashape technologies, the treatment consists of the best targeted technologies for localised fat loss.

Why your body will LOVE this:
Anti-cellulite - Reshape, ReSculpt, Results - Zero Downtime.
Say goodbye to stubborn cellulite and uneven texture in your skin.
Cavitation, Radio Frequency, Roller massage + Slim+Shape Body Cream.

- 1 Area eg. Abdomen or Arms - 1 hour 65 BHD
- 2 Areas eg. Hips and Thighs - 2 hours 100 BHD
- 3 Areas eg. Abdomen, Hips and Thighs - 2.5 hour 140 BHD

HIGHER DOSE VITAMIN C BODY SCRUB

Antioxidant-rich. Glow-boosting. Skin-soothing.
Dry Body Brush + Full Body Scrub
45 minutes 40 BHD





GLASS SKIN - 100 minutes
Shimmery Glow. Dewy Skin.
130 BHD

Treatment Features:

Dry Body Brush and Body Scrub

360 Body Red Light Radiance

Illuminating cocktail of **bronzers, balms and butters**

For a dewy, sunkissed finish for face & body.

Glass Skin

WELLNESS FACILITIES

When you book a treatment at Cocoon Wellness Spa, we invite you to enjoy one-hour access to our wellness facilities. Separate facilities for women and men. Lockers and towels provided.

STEAM ROOM

Cleanse away in our elegant steam room. The warmth from the steam boosts circulation and oxygen flow through the body that promotes all over wellbeing. Enhances skin health and glow. Emerge feeling replenished and renewed.

SAUNA

Time spent in a sauna promotes wellbeing for mind, body and spirit. Our classic Finnish Sauna is detoxifying for the skin and mind. Cocoon your being in warmth and feel any tensions melt away.

INDOOR JACUZZI

Bubble away in our private indoor jacuzzi that is a joyful way to soften muscle and joint pain. Surrender in the warm healing waters and let all the stressors of the day be soothed away.

RELAXATION LOUNGE

We invite you to rest and recover in our dedicated private lounge where our Cocoon team will serve you complimentary tea and refreshments. Stay hydrated!

BIOMETRIC SCREENING

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.
30 BHD



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.

40 BHD

RED LIGHT BIO MAT OR RED LIGHT FACIAL - 30 minutes

This power duo will help to greatly reduce inflammation, and stress causing blockages in the body, eliminate toxins, and rejuvenate the skin.

40 BHD

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.

40 BHD

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.

40 BHD

HIGH TECH THERAPIES

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



Energise Me



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

Enhance feel good endorphins and replenish your energy.

Includes an Asian Fusion Massage 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.

70 BHD

Beauty Salon

Women only luxury salon.
Level up the condition of your hair, nails and more.



COCOON HAIR

WASH, CUT AND FINISH

Precision haircut, simple styling.
From 25 BHD

SIGNATURE BLOWOUTS

A combination of soft waves and loose curls flowing from smooth crown. Or a sleek straight top blending down to softer ends.
Short From 18 BHD
Long From 22 BHD

SEMI-PERMANENT SMOOTHING

Keraorganic Keratin Organic

Keraorganic is a semi permanent treatment that creates a barrier from heat and humidity and will smooth and fill in the damage of the hair cuticles layer. Keratin is unlike a permanent straightening in that it doesn't actually change the disulfide bonds. Last 3 to 6 months. Formaldehyde free.
From 80 BHD

PERMANENT HAIR STRAIGHTENING

A revolutionary alkaline based smoothing system, resistant to chlorine and salt. A unique proprietary technology which is a hybrid between Keratin and Rebonding. Three strengths Thin and Damaged, Wavy and Curly and Thick and Afro. Suitable for bleached and coloured hair.
From 80 BHD

PERMANENT REBONDING

For those who want a permanent solution, this is a chemical process that breaks the bonds, and rearranges them to form straight, smooth, frizz-free hair, resistant to moisture, sweat and humidity.
Lasts up to 6 months.
From 80 BHD

HAIR SPA TREATMENTS

Hot Oil Treatment

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.
From 25 BHD

Cream Bath

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.
From 25 BHD

The Crowning Glory - hair ritual treatment

Transform your hair and get the 'wow' factor within the hour. The best of the best products and brands to tame the frizz, and nourish the scalp and hair. The ultimate hair overhaul. We treat your hair and scalp with the Kerastase Ultimate Treatment: Fusio Scrub + Doses and Booster Shot. Includes an express blow dry.
From 35 BHD

Revolutionary Repair Rebonding

Rebonding K18 - superior to Olaplex, this molecular repair hair mask will repair broken bonds and strengthen the hair. Includes a quick blowdry and head & neck massage.
From 35 BHD

COCOON BEAUTY

THE DELUXE SPA MANICURE - 60 mins

Soak, cut and file, cuticle tidy, nail buff, hand exfoliation, hydrating mask, hand and arm massage, regular polish.
15 BHD

THE DELUXE SPA PEDICURE - 70 mins

Soak, cut and file, cuticle tidy, nail buff, hand exfoliation, hydrating mask, foot and leg massage, regular polish.
20 BHD

EXPRESS MANICURE - 30 mins

File, cuticle tidy no trimming, polish
10 BHD

EXPRESS PEDICURE - 30 mins

File, foot file, polish
15 BHD

THREADING

Eyebrow shape - 8 BHD
Upper Lip - 8 BHD
Full Face - 12 BHD

WAXING

Face / Underarm / Bikini / Brazilian / Leg / Arm / Back / Chest
Starting from 12 BHD

KIDS

Haircut (below 12 years) - BHD 15
Manicure or Pedicure - BHD 15



SPA ON SEVEN

A private, exclusive men's and women's spa, located on the seventh floor at Hilton Al Juffair, Bahrain.

'SOS' offering a private space for hair, beauty and wellbeing.

3, 6 and 12 month membership's available.

East Meets West: Experience the best of eastern and western massage therapies combined with Kerastase Hair, KeraOrganic Protein Treatments, OPI and Essi for Classic Polish and Luxe for Gel Polish.

Soak on Serenity: Add 10 BHD extra to have access to the Hilton Facilities and Pool (per day per person - this is an additional price and is not included in your Spa Membership Subscription).

MEMBERSHIPS

ONE-YEAR DIAMOND CLASS

Single Membership, 1,300 BHD
Couple Membership, 1,250 BHD each
Family Membership, 1,200 BHD each

Benefits & Privileges

45 x 1 hour Massages
10 x Classic Mani Pedi combination
10 x Hair treatment + Blow Dry Styling
20% discount on Cocoon Skincare
20% discount at Cocoon Wellness Salon
Complimentary 1 Classic Facial monthly
40 x Entry to the Level 6 facilities
Ability to freeze annual membership for one month

6- MONTH GOLD CLASS

Single Membership, 660 BHD
Couple Membership, 650 BHD each
Family Membership, 640 BHD each
Family members over 18 years old must sign up for a separate membership

Benefits & Privileges

20 x 1 hour Massages
5 x Classic Mani Pedi combination

5 x Hair treatment with Blow Dry Styling
20% discount on Cocoon skincare and retail
20% discount at Cocoon Wellness Salon
Complimentary 1 Classic Facial per month
20 x Entry to the Level 6 facilities

3- MONTH PLANTINUM PASS

Single Membership, 360 BHD
Couple Membership, 340 each BHD
Family Membership, 330 each BHD
Family members over 18 years old must sign up for a separate membership

Benefits & Privileges

10 x 1 hour Massages
3 x Classic Mani Pedi combo
3 x Hair Treatments
20% discount on Cocoon skincare and retail
20% discount at Cocoon Wellness Salon
Complimentary 1 Classic Facial
20 x Entry to the Level 6 facilities

1- MONTH BRONZE PASS

Single Membership, 200 BHD
Couple Membership, 180 each BHD
Family Membership, 170 each BHD
Family members over 18 years old must sign up for a separate membership

Benefits & Privileges

4 x 1 hour Massages
2 x Classic Mani Pedi combination
2 x Hair Treatment
10% discount on Cocoon skincare and retail
10% discount at Cocoon Wellness Salon
Complimentary 1 Classic Facial

1- MONTH BEAUTY MEMBERSHIP

Single Membership, 120 BHD
Couple Membership, 110 BHD each
Family Membership, 100 BHD each
Family members over 18 years old must sign up for a separate membership

Benefits & Privileges

4 x Hair Wash and Blow-dry Styling
4 x mani pedi combination
15% discount on Cocoon skincare and retail
15% discount at Cocoon Wellness Salon
Complimentary 1 Hair Treatment or Hair Cut



Cocoon Wellness Spa

Hilton Hotel Juffair
Level 6

Private Womens and Men's Spa + Hair & Beauty Women's Salon

Hilton Hotel: Level 7

Opening Hours:

Monday – Sunday 10.00 – 22.00

Book your treatment:

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Whatsapp: +628113882241

Email: bebeautiful@cocoonwellnessspa.com

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

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



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.

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'.



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