



C O C O O N
— WELLNESS SPA —

STIJLVOLLE, ANTI-AGING WELLNESS MET EEN AZIATISCHE ZIEL

NEXT LEVEL AESTHETIC & ANTI-AGING
WELLNESS WITH ASIAN SOUL



5 star rating from +400 reviews



U betreedt een nieuw tijdperk waarin zelfliefde de nieuwe zelfzorg is. Ontdek ons aanbod van wetenschappelijk onderbouwde schoonheidsbehandelingen, biohacking wellness en holistische behandelingen die op elkaar afgestemd zijn om u een sensationele ervaring te geven.

Ons team van Cocoon Alchemisten zorgt voor eersteklas huid- en lichaamsgezondheid tegen een betaalbare prijs. Het doel is daarbij langdurige resultaten te boeken voor uw welzijn, gezondheid en esthetische doelen.

Cocoon spa is ontstaan op Bali in 2012, ervaar nu onze Europese Cocoon spa in het mooie Amsterdam.

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 our European Cocoon spa in beautiful Amsterdam.

"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

RIVERSIDE *Rejuvenations*

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.

€75

KOBIDO FACIAL - 60 minutes

This renowned anti-aging facial massage works to lift, tonify, sculpt and activate the elastin and collagen in the skin. It consists of lymphatic drainage, targeting the fascia to bring glow and radiance to your complexion. The renowned Kobido originates from 1472 Japan with secret movements and techniques passed down over 26 generations. Every facial is tailored to your skin's needs.

€100

SPIRIT OF COCOON - 120 minutes

Be treated to deep restore, relaxation and radiance. Feel nurtured and nourished. Hot Stone Back, Neck & Scalp + Facial Massage + LED Light Therapy with Foot & Leg Reflexology + Sauna & Steam

€220



HELENDE MASSAGE

Resultaatgerichte therapeutische massages op het hoogste niveau, met geest en ziel

MASSAGE CURES

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

60mins €110 / 90mins €150

COCOON GOLD HEMP MASSAGE

Deeply Relaxing. Healing Oils. Luminous Skin. Long, flowing movements blended with relaxing strokes. Concludes with a divine facial massage.

THE DEEP RECOVERY

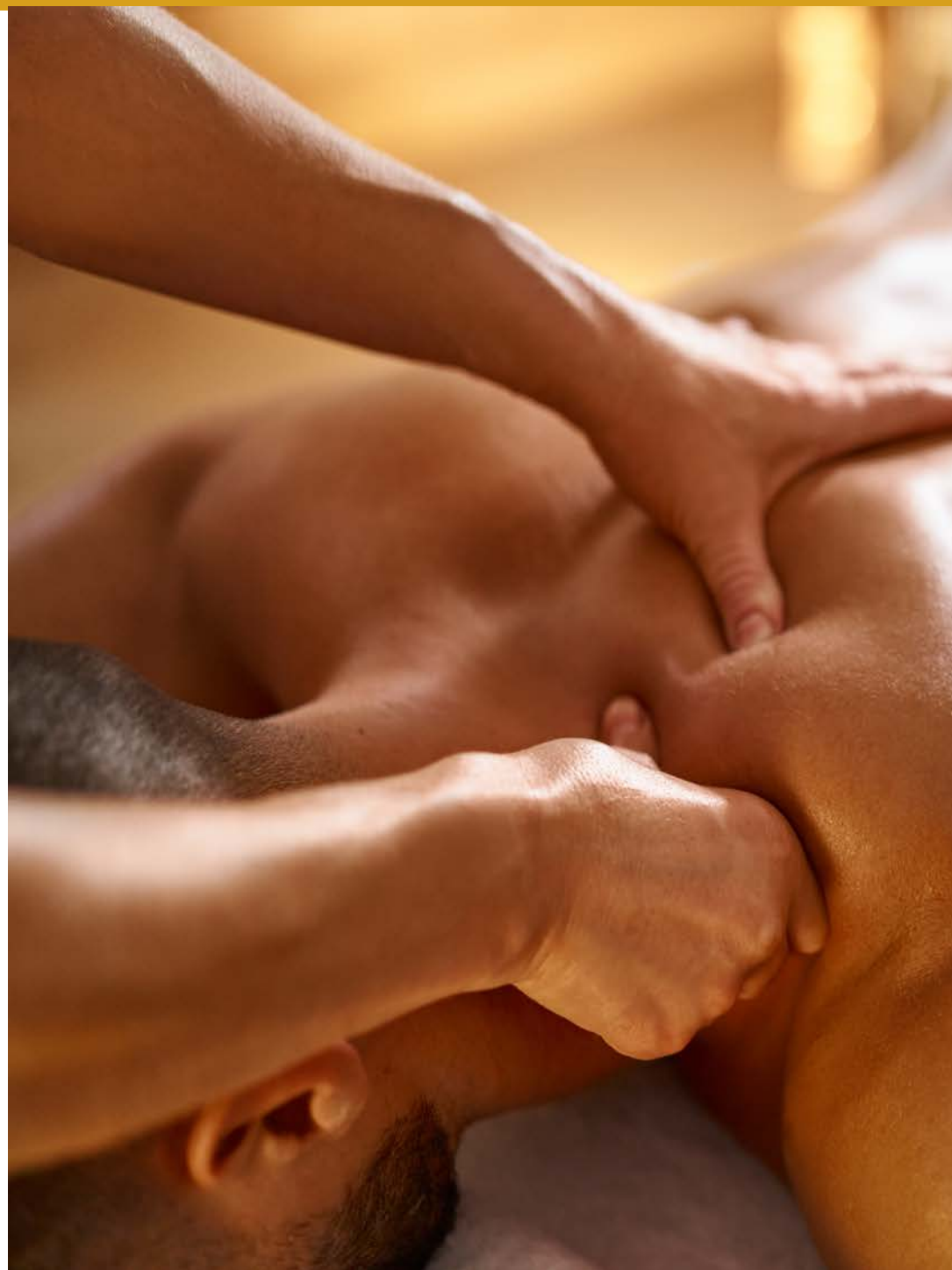
Deep Tissue Rescue. Tension Release Remedy. Energy Boost. Back, neck and shoulder tension-releasing massage.

ASIAN FUSION HARMONY

Be stretched and massaged into blissful harmony. We blend the best of Eastern healing with acupressure, reflexology, Shiatsu and relaxation. Emerge transformed.

COCOON CUSTOMISED MASSAGE

Every day is different and every body is beautifully unique. Need more back, neck and shoulder? Prefer more focus on your lower back and feet? Our Cocoon Alchemists will personalize a therapeutic massage tailored to your needs.





REIKI HEALING

A subtle yet powerful treatment to rebalance and bring harmony to your body, mind and energy. Recommended to support and help clear away emotional, mental and physical issues, stressors and negative energies. Feel clear and inspired.

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.



GEZICHTSBEHANDELINGEN

Geavanceerde, op technologie gebaseerde gezichtsbehandelingen voor echte, langdurige resultaten

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.
€120

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
€230

SCHOONHEDEN VAN HET LICHAAM

BODY BEAUTIES

LYMPHATIC DRAINAGE BODY MASSAGE - 60 minutes

In this treatment, we use specific movements to activate the lymph system, increase circulation and eliminate toxins from the body. Recommended for inflammation, fluid retention, sluggishness, jet lag, and if you are feeling bloated, overloaded, are experiencing menstrual and other modern-day health challenges.

€110

BODY SCRUB + LYMPHATIC DRAINAGE - 90 minutes

Dry Body Brush + Full Body Scrub +
Massage + Steam & Sauna

€160





DE GEGLAZUURDE DONUT

Glanzende billen. Glinsterende gloed. Klaar voor vakantie!

THE GLAZED DONUT

Buffed Butt. Shimmery Glow. Holiday Ready!

Treatment Features:

Dry Body Brush
Revitalizing Vitamin Body Scrub
Full Body and Facial Personalised Massage
360 Body Red Light Radiance
Luxurious Cocoon Gold Balm
Nourishing illuminating balms for a dewy, sunkissed finish

2.5 hours

€210

DE GEGLAZUURDE DONUT *The glazed donut*

GEAVANCEERDE THERAPIEËN

Holistische, geavanceerde wellness om rust en herstel te versnellen, de zuurstof en huidgezondheid te ondersteunen en het welzijn van binnenuit te bevorderen.

HIGH-TECH THERAPIES

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

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.

€40

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.

€90

OXYGEN HALO "BREATH OF LIFE" - 30 minutes

Recover pulmonary lung system after Covid.

Skin Booster: Forms collagen, reduces free radicals and rehydrates the skin.

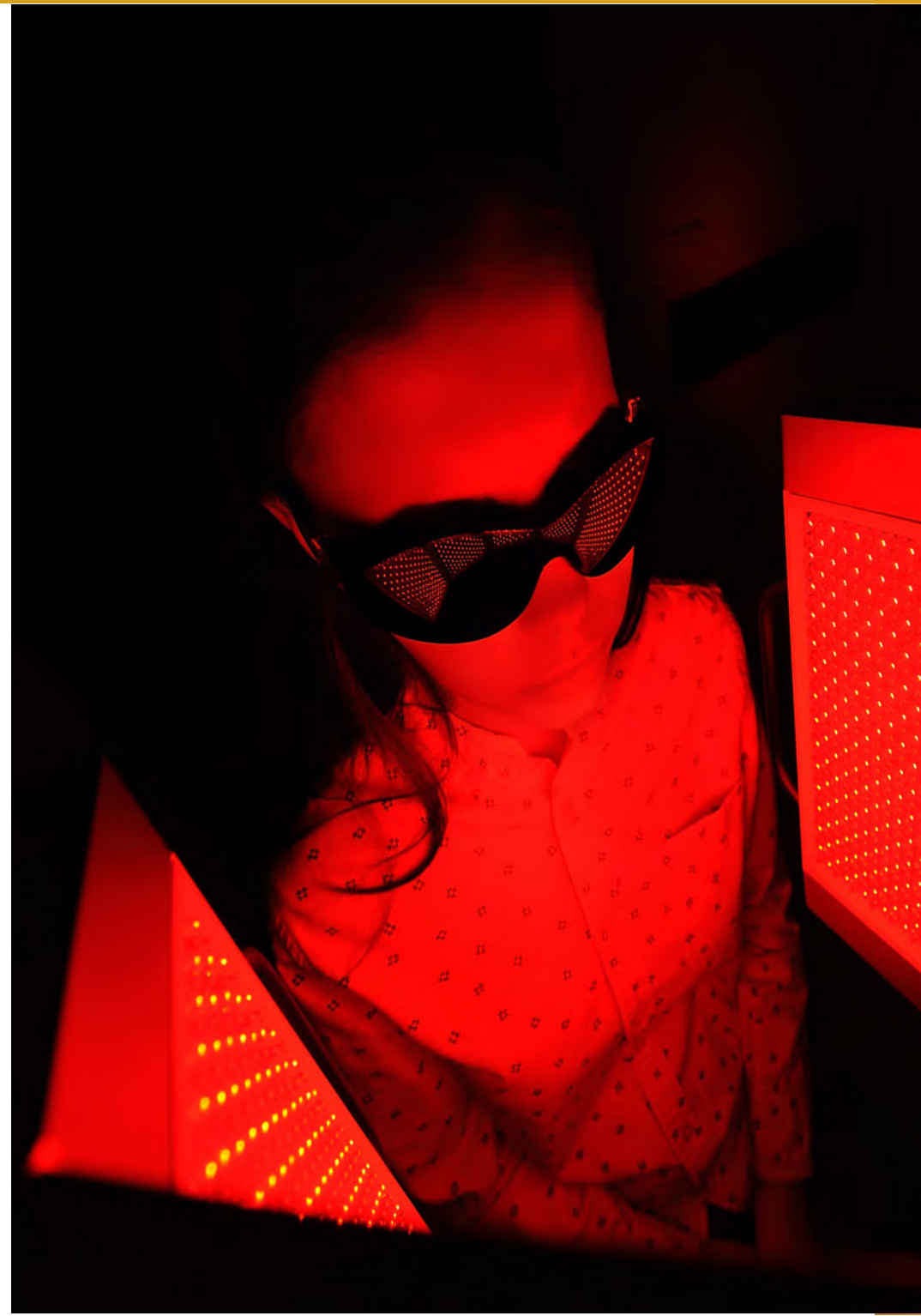
Re-builds immune resilience and provides sleep and stress support.

€50

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



WELLNESS FACILITIES

When you book a treatment at Cocoon Wellness Spa, we invite you to enjoy one-hour access to our wellness facilities. 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.

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.

€40





ONS TEAM

Cocoon biedt al meer dan tien jaar professionele vaardigheid en expertise op het gebied van schoonheid, wellness en anti-veroudering.

Onze klanten reizen van over de hele wereld om de hoogwaardige huid- en lichaamstransformerende behandelingen van Cocoon te ondergaan, die bekend staan om hun holistische en helende werking.

Wij geloven in een persoonlijke aanpak waarbij we individuele problemen aanpakken en aangepaste en flexibele behandelingen creëren, zodat iedereen kan genieten van optimale welzijns- en gezondheidsdoelstellingen. Wij willen mensen helpen zich zelfverzekerd en krachtig in hun lichaam te voelen door ze er op hun best uit te laten zien en zich zo goed mogelijk te laten voelen – in alle stadia en cycli van het leven.

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 cycle of life.

VUUR

Sauna's, stoombaden, hammams en infrarood warmtetherapie

FIRE

Saunas, Steam, Hammans and Infrared heat therapies

AARDE

Zout- en steentherapie

EARTH

Salt and stone therapies

WATER

Jacuzzi's, hydrotherapie, hydraterende gezichtsbehandelingen

WATER

Jacuzzis, hydrotherapy, hydrating facials

LUCHT

Zuurstoftherapie, Zuurstof Jet gezichtsbehandelingen

AIR

Oxygen therapy. Oxygen Jet Facials

LICHT

LED-lichttherapie, 360 lichaamslicht

LIGHT

Led Light Therapy. 360 Body Light

DE NATUURLIJKE ELEMENTEN VAN COCOON WELLNESS SPA

The natural elements of Cocoon Wellness Spa



CONTACT

Spa-behandelingen

Maandag – Zondag 11.00 – 20.00

Spa Treatments:

Monday – Sunday 11.00 – 20.00

Book your treatment:

Telephone/Whatsapp: +31647792912 or +628113882241

Email: bebeautiful@cocoonwellnessspa.com

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

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

Aankomst

U wordt verzocht 15 minuten voor uw afspraak aanwezig te zijn om een consultatieformulier in te vullen, van een welkomstdrankje te genieten en ons de gelegenheid te geven uw behandeling en eventuele persoonlijke wensen met u te bespreken. Als u te laat komt, kunt u geen verlenging van uw geplande behandeling krijgen.

Steam & Sauna

De omgeving van de spa is een rustige ruimte en voor uw eigen welzijn en dat van anderen, verzoeken wij u alle digitale apparaten uit te zetten en op te bergen in uw kluisje.

Annuleringen en nieuwe afspraken

U kunt tot 12 uur van te voren annuleren om 50% annuleringskosten te besparen. Bij annuleringen binnen 4 uur worden 100% kosten in rekening gebracht.

Leeftijdsvereisten

De minimumleeftijd om de spa te betreden is 16 jaar.

Cadeaubonnen

U kunt cadeaubonnen kopen vanaf elk bedrag dat u maar wilt, en ze zijn 12 maanden geldig.

Online reserveringen

Gasten kunnen online behandelingen boeken via onze website. Ga naar www.cocoonwellnessspa.com en selecteer "nu boeken".

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.

Steam & Sauna Facilities

We invite you to enjoy our steam & sauna facilities. Locker facilities. 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 16 years.

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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