

The background is a dark, textured brown. A large, light brown circle is centered in the upper half. Below it, there are two overlapping rectangles: a light beige one on the left and a medium brown one on the right. The text 'THE SPA MENU' is centered within the large circle.

**T H E   S P A   M E N U**

**C A S A   C O O K   S A M O S**



CASA COOK SAMOS  
SPA TREATMENT MENU

# THE SPA

Inspired by the healing powers of nature, our bespoke Spa concept offers a soothing and restorative escape for the body and soul. Through the healing hands of our expert therapists, we take you on a journey through some of the world's most ancient techniques in body healing, inspiring you to leave your worldly cares at the door.

Each treatment has been designed with utmost care, using only the best local herbs and natural products. Whether you're in the mood for a reviving massage or a refreshing facial, let us guide you to a place of balance and tranquility.

The Spa is open daily from 11am - 8pm

## OUR SIGNATURE THERAPIES

### Greek Botanicals Relaxing Massage

This slow-flow massage helps you to ease in the moment, lets you find your inner tranquility as well as mental stability. The treatment starts with some breathing techniques to get you grounded to your core and continues into a full-body Swedish massage.

Chamomile and Lavender, an anti-inflammatory blend of essential oils, with a calming aroma, as well as a conditioning nourishment make this the perfect therapy for skin, body and mind, designed for a true moment of peace.

60 minutes | €120.00

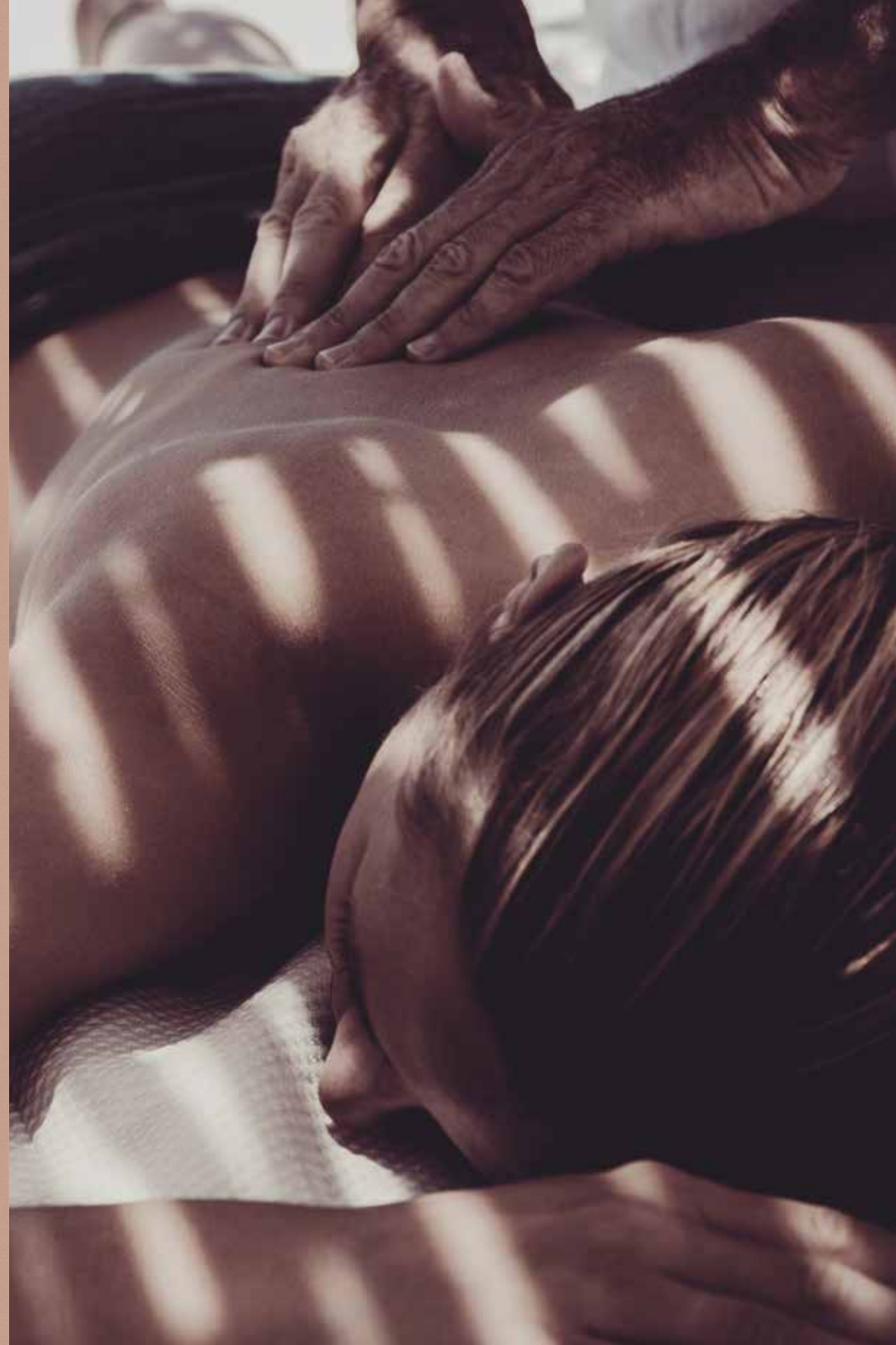
90 minutes | €150.00

### Amber Healing Head, Scalp and Back Massage

An amber body balm is used for a relaxing back massage. Amber draws toxicity from the body, heals and renews the nervous system and balances the right and left parts of the brain. It absorbs pain and negative energy, helping to alleviate stress.

The ritual follows with a Head & Scalp Massage, transporting you to a most tranquil and relaxing state, helping you to keep the mind still and relaxed. A unique therapy experience for those seeking moments of stillness and those suffering from migraines or insomnia.

60 minutes | €120.00



## MASSAGE & BODY THERAPIES

### Deep Tissue Massage

This is a vigorous workout for the body, perfect to alleviate high stress levels and tailored entirely to your needs. It leaves you feeling grounded and focused.

Your therapist will select an aromatic oil according to your concerns: muscle pain, stress relief, pure relaxation or emotional balance. A deep tissue massage is as effective as an hour's stretching, but much more nurturing.

30 minutes | €65.00

60 minutes | €120.00

### Aromatherapy Massage

This lavishly hydrating body massage is based on the concept of aromatherapy, a holistic healing treatment that uses natural plant extracts to promote health and well-being. The skin is anointed with nourishing oils chosen to uplift your spirit, relax your senses, empower your strength or calm you down. At the same time, a bespoke massage comforts the skin.

Your skin is left exquisitely moisturized, intensely supple and deliciously scented. Choose between the Calm, Embrace, Fortitude, Sleep or Clarity Essential Oil Essence, according to your mood and the result you want to achieve.

60 minutes | €110.00

90 minutes | €150.00

### Hot Stone Massage

Balinese stones, bathed in moisturizing Frangipani Monoi Body Oil, are worked over the body deep into your muscles, getting into areas of tension and persuading the muscles to release their trapped energy, soothing your body.

The result is sparkling vitality with the added bonus of an intensely hydrated skin.

60 minutes | €120.00

### Reflexology

Reflexology is an ancient, healing art. This therapeutic massage involves applying different amounts of pressure to the feet, hands and ears, stimulating predefined pressure points and encouraging the blood flow.

Reflexology not only quells the sensation of pain but relieves the source of pain as well.

45 minutes | €100.00

### Soothing Foot Massage

Massaging the feet brings you to a deep state of relaxation.

It releases blockages that can hold back energy, which should be flowing freely, through the body.

20 minutes | €50.00

### Intensely Cleansing Salt Scrub

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Perfect choice to even your suntan.

Choose between Lime & Ginger or Frangipani.

40 minutes | €80.00

### Cellutox Seaweed Detox & Contouring Wrap

Detoxify and kick-start your body. Let your thoughts drift away whilst cocooned in a comforting wrap of rich marine algae and detoxifying Juniper and Lemon. Enjoy a facial massage and de-stress scalp treatment or soothing foot massage. Helps refine the appearance of cellulite and relieve, the discomfort of fluid retention.

75 minutes | €140.00



#### Targeted Body Sculpting Therapy

A targeted sculpting massage that kick-starts the micro-circulation, promoting a smoother silhouette. A cooling rubberized mask, rich in super-detoxing caffeine and green clay is applied to problem areas, whilst clinically proven Red Algae redefines areas prone to sagging.

Choose a localized treatment: Arms or Hips & Thighs or Abdomen

30 minutes | €85.00

#### Theragun Massage Add-On

A handheld, battery-operated 'Percussive Therapy' device, designed to naturally address muscle pain. The rapid and repetitive application of pressure increases blood flow and the oxygen levels delivered to the muscle, relieving soreness, improving movement and aiding recover.

Add it to any of our Massages or Body therapies for that extra bit of recovery and stress relief.

€10.00

## THE CASA COOK SPA RITUALS

### Ultimate Spa Experience for two (The Spa Suite)

- Body Exfoliation 30min
- Choice of Massage 60min
- Speed Spa Facial 30mins

120minutes | €430 (for both)

### Top-to-Toe Masssage Experience for two

- Aromatherapy or Deep Tissue Massage 90min
- Head & Scalp Massage 30min
- Foot Massage 15min

2hrs15mins | €430 (for both)

### Detox & Skin Renewal

- Body Exfoliation 30mins
- Cellutox Seaweed Contouring Wrap 75mins
- Pro-Glow Brilliance Facial 60mins

2hrs45mins | €400

### Sleep Harmony

- Aromatherapy Massage Sleep Essence 90mins
- Head & Scalp Massage 30mins

120 minutes | €205

### Energy Healing Ritual

- Hot Stone Massage 60min
- Pro-Glow Workout Facial 45mins

1hr45mins | €205

### Complete State of Calm

Day 1

- Body Exfoliation 30mins
- Aromatherapy Massage 60mins

Day 2

- Deep Tissue Massage 60mins
- Pro-Glow Smooth Facial 60mins

Day 3

- Cellutox Seaweed Detox Wrap 75mins
- Foot Relaxing Massage 15mins

3 Days | €640

## FACE

Powered by ELEMIS, the No1 British Luxury Spa & Skincare Brand

### Pro-Glow Genius Facial

Clinically proven intelligent skincare, and a triple-level approach to skin hydration, results in transformative results for younger-looking skin. With a focus on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, the skin will be visibly smoother, resilient, and firmer-looking. An unsurpassed, line-fighting facial experience, the skin will appear immediately firmer and more radiant after just one treatment.

75 minutes | €160.00

### Pro-Glow Smooth Facial

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

50 minutes | €130.00

### Pro-Glow Resurface Facial

Purify and brighten as the skin's texture is transformed. With a spotlight on enlarged pores, blemishes and blackheads, this unique facial, powered by patented Tri-Enzyme technology, minimizes the look of uneven tone, texture, fine lines and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother and renewed.

50 minutes | €130.00

### Pro-Glow Brilliance Facial

Turn up the brightness with a triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer-looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant, and healthy. A Vegan Friendly Facial for an immediate glow.

30 minutes | €85.00  
50 minutes | €120.00

### Pro-Glow Workout Facial

This is a cardio session for your face that tones, tightens and sculpts the facial contour. Using the ELEMIS Sculpting wands, we help encourage micro-circulation and at the same time help penetrate the active ingredients to the deeper levels of the epidermis. The Ultra Smart Eye Tools target puffiness and dark circles around the eye area, and the ELEMIS Jowl & Chin Signature Massage helps firm and tighten the area around the chin. This facial workout simulates blood circulation, promotes collagen production and visibly tones and lifts the facial contour

45 minutes | €115.00

### Pro-Glow Men's Facial

This is the hard-working facial for aging, stressed dehydrated skin, and tired eyes. An energizing treatment that addresses every skin concern, restoring vital moisture and nutrient levels. Multi-dynamic facial massage sequences boost circulation, whilst targeted scalp and foot massage deeply relax you.

50 minutes | €120.00

### ADD-ONS

Speedy Facial Therapy - 20 minutes | €40.00  
Eye Bright Treatment - 15 minutes | €35.00  
Scalp Massage - 10 minutes | €30.00  
Foot Massage - 10 minutes | €30.00  
Shoulder & Décolleté Massage - 10 minutes | €30.00

## HANDS & FEET

### Spa Pedicure

A full pedicure treatment to soothe your tired feet, including exfoliation, foot mask and a relaxing foot massage, followed by an application of nail varnish of your choice.

€55.00  
Plus, Soak-Off LUXIO Polish | €70.00

### Spa Manicure

A full manicure treatment including exfoliation, nourishing hand mask and a soothing hand massage, followed by an application of nail varnish of your choice.

€50.00  
Plus, Soak-Off LUXIO Polish | 65.00

Simple manicure: €30.00  
Simple pedicure: €45.00  
Simple Soak-Off Manicure: €50.00

## EPILATION & WAXING

Full leg | €30  
Full leg & bikini line | €40  
Half-leg | €20  
Bikini line | €12  
Full bikini (Brazilian) | €20  
Upper lip & chin | €12  
Back | €20  
Underarm | €10  
Chest | €25  
Half-arm | €15  
Full arm | €20  
Eyebrow shaping (waxing or tweezers) | €16

## SPA ETIQUETTE

### General

Please arrive 15 minutes prior to your treatment, where you will be requested to complete a health and lifestyle questionnaire. Time loss through late arrival may result in shortened treatments without a refund.

We kindly request that guests do not wear jewellery when using the spa. For safety reasons, valuables must be deposited in the room safe. Our spa is not responsible for loss or damage to guests' personal belongings.

Guests under the age of 16 are not allowed in the gym or jacuzzi area and may not book a treatment.

For in-house guests, we recommend wearing the robe and slippers provided in your locker. Alternatively, we can provide you with a robe and slippers at our spa.

During some spa treatments you will be provided with a disposable undergarment by our therapist, and you will always be draped appropriately. Kindly note, swimwear is compulsory while using any public areas of the spa.

### Wet area usage

The usage of our hammam on your own is free daily from 11.00am to 17.30

Our hammam rituals are aimed at relaxing and preparing, adjusting to the warmth, full-body scrub and soaking, soft massage with therapeutically herbal wands and rinse.

The experience shower provides the union between aqua therapy and chromotherapy, and invites you on a journey of senses. Combinations of jets, lights, and different water temperatures animate your sensations.

A foundation of ice to rejuvenate and tighten the skin on the face or body. Rub the ice on your skin and directly feel the firmness that ice offers you.

### Taking a Treatment

It is highly recommended to book your appointments well in advance to reserve your preferred time. Feel free to either phone the spa reception or visit us in person if you have any questions about our treatments, need consultation or want to book a treatment.

All our therapists are trained to always ensure your privacy and comfort.

During treatments, please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, or if their pressure is too light or too firm. Your comfort and care are our greatest concern and priority.

For the best results, we recommend that men shave a few hours prior if having a facial treatment. We also recommend that ladies remove all make-up before any spa treatments.

If you have a particular injury or physical condition, please inform our therapists. They can suggest appropriate adjustments to the treatment for your comfort and enhancement. There is no pressure to talk during a treatment. It is entirely up to you. If you have any questions or would like to talk, certainly do so. The therapist will take their cues from you. If you are quiet, they will be too.

### Cancellation Policy

Please note that no fee will be applied for any cancellations that will take place at least 24 hours before your appointment. For any cancellations that will take place within 24 hours from your appointment, a 50% cancellation fee will be applied.

The full amount will be charged for no-shows or for cancellations up to 2 hours from the appointment.

### Spa Environment

To preserve the spa's tranquillity, we respectfully request that you leave your mobile phones switched off in your locker. This is the time for your body and mind to release worries and stresses of the day. Please remember our spa is a non-smoking area. Please conduct all conversations at levels consistent with a relaxing spa environment.

### Wet Facilities

Kindly shower before using any of our facilities. A towel should always be placed on the hammam bench when sitting, due to being a common area.

### Gym and Fitness Areas

Please place a provided towel between you and the fitness equipment when exercising and wipe down after use. Use of all gym equipment is purely at the individual's own responsibility and risk. Appropriate fitness attire is always required.

All facilities are subject to availability.



