

The background is an abstract composition of various shades of brown, tan, and dark grey. A large, textured brown circle is the central focus, containing the title text. Below the circle, there are several rectangular blocks of different colors and textures, including a dark brown block on the left, a light tan block on the bottom left, a medium brown block on the bottom center, and a dark grey block on the right.

# **THE SPA MENU**

**CASA COOK RHODES**



# WAVES OF WELLNESS

## A SANCTUARY FOR THE SENSES

Step into a sanctuary of serenity where relaxation and rejuvenation take center stage. At Casa Cook Spa, we invite you to escape the stress of everyday life and embrace a holistic approach to well-being. Inspired by ancient traditions and modern therapies, our carefully curated treatments are designed to harmonize mind, body, and spirit.

Harnessing the power of marine-based ingredients, our therapies are enriched with the natural minerals and nutrients of the sea, promoting deep nourishment, hydration, and revitalization. From indulgent massages to detoxifying body treatments and illuminating facials, each experience is crafted to restore balance and awaken your senses.

Let the soothing atmosphere, expert touch, and ocean's healing energy guide you to a state of pure bliss. Surrender to tranquility, embrace the moment, and allow yourself to be truly cared for. Your journey to renewal begins here.

*"True relaxation isn't found, it's felt—like a wave washing away the weight of the world..."*



# SIGNATURE TREATMENTS

## SPARKLES OF THE SEA

The ultimate indulgence from head to toe. This luxurious treatment begins with a gentle peel to exfoliate the skin, revealing a fresh, radiant glow. A self-warming body mask follows, infused with marine ingredients to nourish the skin and ease muscle tension. As it activates, soothing warmth deeply relaxes the muscles and boosts circulation. Once rinsed away, the skin feels refreshed and revitalised. A rich, hydrating moisturiser is then massaged in for lasting smoothness. To finish, a rejuvenating facial restores balance, leaving both body and face radiant, renewed, and luminous.

*Please be aware this treatment is not recommended during pregnancy.*

**120min - €190**

## KOREAN HEAD SPA

Indulge in the ultimate relaxation with our luxurious Steam Hair Treatment, designed to deeply nourish your hair while easing tension in your scalp, shoulders, and neck. Sink into serenity as our skilled therapists melt away stress, leaving you refreshed, revitalised, and completely renewed.

### Benefits:

- promotes relaxation and stress relief
- improves circulation to the scalp
- deeply conditions and nourishes hair follicles
- restores moisture balance in the hair
- promotes a healthy scalp

**SCALP MASSAGE - HAIR STEAM TREATMENT 45min - €50**

**SCALP MASSAGE - HAIR STEAM TREATMENT- KOREAN SKINCARE 60min - €80**

## BODY MASSAGE

## SHIRODHARA

A deeply soothing therapy designed to balance the nervous system and clear the mind. Warm herbal oil flows in a gentle, steady stream onto the forehead, easing anxiety, reducing fatigue, and promoting restful sleep.

**40min - €65**



## HOT STONES MASSAGE

Using volcanic stones of basalt. Helps to relieve muscle pain and promote blood flow to leave you feeling relaxed and energised.

*Please be aware this treatment is not recommended during pregnancy.*

**70min - €95**

## DEEP TISSUE MASSAGE

A deep and energetic massage in which fingers, fists and elbows are used to relieve tensions and relax the soft tissues. Strong pressure improves blood circulation, while direct connection to the pressure points acts deep within the muscles, relaxing them.

*Please be aware this treatment is not recommended during pregnancy.*

**30min - €60 / 50min - €100**

## CANDLE MASSAGE

The subtle, creamy hot candle oil glides over the body nourishing the skin deeply, while a combination of various massage pressures, stretches and continuous movements relaxes the muscular system and stimulates the blood micro-circulation, helping the body to eliminate all the daily stress through a joyful sensorial escape.

*Please be aware this treatment is not recommended during pregnancy.*

**50min - €80 / 75min - €115**

## HOLISTIC MASSAGE

Ritual massage with authentic Manoi de Tahiti, the holy oil of Polynesia, balancing the energy flow and promoting total relaxation and wellness. Deep movements with the forearms, gentle pressures, relax tired areas, absorb tension and stress, while transferring you to an exotic paradise of fragrances and colors.

**50min - €75 / 80min - €110**

## MUM TO BE

Celebrate this special time with a soothing pregnancy massage. Designed to provide comfort and relaxation, our massage helps alleviate the aches and pains of pregnancy, offering you some time to unwind.

**50min - €90**

## AROMA MASSAGE

Experience pure relaxation with our Aroma Massage, where soothing techniques and therapeutic essential oils work in harmony to melt away stress and ease muscle tension. Tailored to your needs, this rejuvenating treatment enhances circulation, restores balance, and leaves you feeling refreshed in both body and mind—the perfect escape for total well-being.

60min - €110

## CALIFORNIAN WAVE

One of the most renowned massage therapies, this treatment uses specialised techniques to target deeper muscles and bones, releasing tension and promoting relaxation. Ideal for a soothing escape and enhanced overall well-being.

60min - €90

## LEG MASSAGE

A revitalising herbal oil massage that targets key pressure points on the feet, easing tension and soothing the body from head to toe, leaving you feeling refreshed and rejuvenated with every step.

30min - €50

## HEAD & FEET MASSAGE

A deeply therapeutic treatment combining gentle pressure on the scalp, neck, and feet to relieve tension and stress. Effective for easing headaches, migraines, and foot discomfort, it promotes relaxation, boosts circulation, and restores balance to body and mind.

45min - €60

## NECK & BACK MASSAGE

Some say we carry our worries on our back. This deeply relaxing neck and back massage works to soothe the body and mind. Your therapist uses gentle techniques to relieve tension from these specific areas.

30min - €60

## FACE MASSAGE

A lovely face massage helps in detoxing the skin, has a tightening effect and leaves an overall glow of the skin. The face has 43 muscles that are used on daily basis. A facial treatment relaxes all the muscles and leaves a feeling of rejuvenation.

30min - €40

# FACE TREATMENTS

## **CLEAR SKIN EXPRESS - SKIN CLEANSING TREATMENT -**

A warming marine face mask to draw out impurities, followed by a customised treatment to refine pores and refresh the complexion.

40min - €60

## **INSTANT GLOW - MOISTURISING TREATMENT -**

A treatment that hydrates, revitalises, and detoxifies, providing instant moisture, softness, and radiance. A blend of flowers and goji berries in vitamin-rich formulas reveals your natural beauty.

60min - €80

## **HAPPY SKIN - SOOTHING RELAXING TREATMENT -**

A balancing treatment for stressed skin, with prebiotic sugars, lavender flowers, and soothing flower mist to nourish and soften

60min - €80

## **DETOX-OXYGEN - ANTI-AGEING TREATMENT -**

A luxurious oxygen facial that relaxes and revitalises, leaving the skin glowing while reducing wrinkles and imperfections.

60min - €120

## **GOLDEN COLLAGEN - BOOSTER TREATMENT -**

This opulent facial uses the nourishing power of pure gold to rejuvenate your skin, leaving it radiant with a youthful, luminous glow.

60min - €110

## **NEW SKIN FOR MEN**

A treatments designed for the unique needs of male skin. Choose from hydrating, anti-ageing, soothing, or pollution-fighting options.

50min - €80

## **ADD-ON**

## **EYE PERFECTION: RADIANCE & SMOOTHING TREATMENT**

An intensive treatment for bright, youthful eyes. The eye contour is smoothed and refreshed, complementing all facial treatments.

20min - €40

## **BODY TREATMENTS**

### **MARINE SCRUB**

Exfoliation paired with a massage for a quick beauty treatment that leaves the skin soft and silky. Available with or without a shower.

50min - €70

### **FLOWERS & FRUIT SCRUB**

An indulgent exfoliation with fruit, flower, and natural ingredients to cleanse, brighten, and leave the skin velvety soft, restoring radiance and smoothness.

*Please be aware this treatment is not recommended during pregnancy.*

45min - €65

### **AFTER SUN TREATMENT - FOR SENSITIVE SKIN -**

A gentle treatment for prematurely sun-damaged skin, designed to balance and remineralise, leaving the texture soft and silky.

*Please be aware this treatment is not recommended during pregnancy.*

75min - €90

### **MARINE DETOX BODY WRAP**

A detoxifying treatment that tones the skin and invigorates, exfoliating dead cells to smooth and enhance the body's contours.

*Please be aware this treatment is not recommended during pregnancy.*

60min - €105

### **GOLDEN SPA BODY TREATMENT**

Elevate your experience with our luxurious Golden Spa body treatment. Infused with pure gold, this indulgent experience nourishes and revitalises, leaving your skin radiant and rejuvenated.

60min - €95

## **ADD-ON**

### **HAPPY FEET: RELAXATION, DETOX & PAIN RELIEF**

A perfect complement to all *Phytomer* body treatments. Warm sea mud soothes the feet, boosts circulation, relieves fatigue and pain, and promotes relaxation.

20min - €40



# FACE & BODY RITUALS

## AROMAVEDIC

A holistic body and face massage with apricot oil extracts, rich in vitamin E, offering a relaxing ritual of energy and joy. Finished with a rose mask (rosewood oils and rose petal extracts), this aromatherapy treatment energises the body, leaving the skin velvety and the soul serene.

90min - €140

## GOLDEN VEIL

Take a journey to the mythical city of Gold with this unique treatment. The Golden Veil face and body therapy combines 24 karat gold, Smyrna, Frankincense, and pearl for detoxification, hydration, and anti-aging. Your skin is left radiant, rejuvenated, and glowing like precious jewellery.

90min - €160

## AFTER SUN

A specialised facial and body treatment that soothes, hydrates, and strengthens. Marine ingredients and prebiotic sugars restore comfort, leaving skin hydrated, radiant, and silky. Ideal for sensitive skin.

90min - €130

## SIGNATURE PRIVATE SUITE

*The ultimate luxury experience*

Our private massage suite is complete with private pool / jacuzzi, two treatment beds and beautiful scenic views. The perfect way to relax with a partner or friend. Book a treatment and an additional hour in the private jacuzzi with a glass of sparkling wine and fresh fruit platter.

60min - €50 (per person)

## SUGGESTED COUPLE PACKAGE

Couple relaxing massage in private suite with 1 hour in a private Jacuzzi

120min - €280

## HEATING POOL

Make use of our indoor heated pool whilst overlooking the views of the mountains. Opening hours 10:00 - 21:00.

*Please contact spa reception for availability.*

€10 per person

# SPA ETIQUETTE

## OPENING HOURS

Our therapists are available between 10:00 - 21:00 upon prior reservation of a treatment.

## RESERVATIONS

Treatments can be booked directly at the spa.

## CANCELLATIONS POLICY

If you wish to change or cancel your appointment we kindly request 12 hours notice.

## OUR TREATMENTS

When booking, please advise us of any health conditions or medication you are taking. Before your treatment, our therapist will ask you to complete a health questionnaire to ensure we provide the very best service and safeguard your wellbeing. Please note that for certain medical conditions we will require written permission from your doctor to proceed. If you require any further information, our reception will be happy to help.

## PUNCTUALITY

We ask that you please arrive at the spa 15-20 minutes ahead of your treatment in order to register and discuss any concerns with your therapist. Please be aware that if you arrival late, the length of the treatment will be shortened in consideration of the next guest.

## VALUABLES

Please leave all jewellery valuables in your room before visiting us.

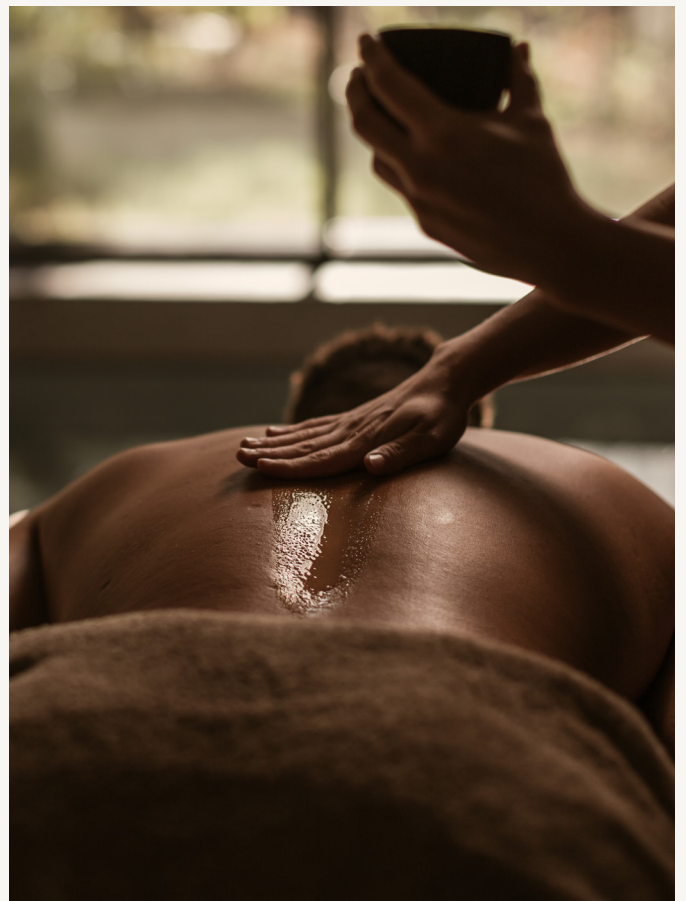
## CLOTHING

For hygienic reasons, we kindly remind you that taking a shower is imperative before any massage / body treatment. The personnel will provide you with towels, underwear, robes and slippers.

You are kindly requested to have a swimming suit with you in case you intend to make use of the private jacuzzi or the pool spa.

## COURTESY

While we want you to feel at home, we politely request that you refrain from using mobile devices in the spa building and smoking is strictly prohibited.







*Casa Cook*  
— RHODES —