





#### **FACIAL TREATMENTS**

#### Destination OCEAN Organic Sea Fennel and Organic Wakame Youth .60′70€

This treatment concentrates all the benefits of the ocean in its products enriched with organic Criste Marine and organic Wakamé, and combines them with specific anti-ageing manoeuvres to offer you a truly invigorating youth bath.

#### Destination SHIRAKAMI Soin Hydratant bio à l'Eau d'Aosa Bio...

Embark on a rejuvenating journey to the heart of Japan in Shirakami with this multi-sensory organic treatment. It combines an exfoliating organic rice powder, an ultra-nourishing organic modelling oil and a cocooning creamy mask with pink clay for a deeply moisturised skin and a serene, rejuvenating break.

#### Destination FJORD Elat Oxygenating Care with Icelandic Water...

..60′70€

A real bubble of oxygen, this facial treatment offers you all the benefits of a cruise in the heart of the Fjords. It combines the purity of Icelandic water and an expert modelling for an ideally hydrated and perfectly oxygenated skin. Your face regains all its radiance

## Destination YUCATAN Soothing care with organic Aloe Verra ...

..60′70€

Your sensitive skin will appreciate the soothing effects of this treatment. The feeling of softness and comfort is immediate.

#### Veil of purity Purifying and detoxifying treatment...

This treatment is designed to purify and rebalance the skin of combination to oily skin. Shine and imperfections disappear, skin texture is refined and the complexion is brighter.

#### **TREATMENTS**

Massothermie Session 20′+1spaentry 90′25€										
Make	your	self	comfo	rtable	and	relax	completely	on	а	mas-
sage	bed	of	hot	jade	stones.	You	don't	have	to	get
undressed. Immerse your senses and enjoy the soft music and the relaxing essential oils.										

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free of charge before this, treatment.

# Hydromassage bath with essential oils ......20′ 35€

You'll also have access to the spa relaxation area (90 mins).

Activates circulation, helps eliminate toxins and encourages muscle relaxation.

#### **CUSTOMISED MASSAGES**

after a session of sport!

Treatments personalised on the spot! Enjoy the unique experience of a bespoke massage tailored to your individual needs and wishes, after a discussion with your practitioner. This treatment is fully personalised on the spot; simply select the areas of your body to be massaged (hands, feet, scalp, face, legs, back, etc.) and the type of pressure to be used. Then choose the purpose of

your treatment (energise, relax, detox, soothe, etc.). Perfect 90′ €115

60'

30′ €50

€85

# FOR PROLONGED PLEASURE As a complement to your treatment

Massothermie	15′22€
Hydromassagebath	15′22€
Backmassage	30′35€
Bodyscrub	
Facialcare	



#### TFFN FXPFRIFNCF

Designed for children and teenagers between 8 and 18 years old. Minifacial......30′35€ Gentle scrub, mask and relaxing massage adapted to teenage skin. Cocoon Duo Parent – child ......30′80€ A moment shared between parent and child, a relaxing massage in the twin cabin.

A 30min spa entry is offered free of charge before the treatment.

#### MANICURE/PEDICURE - NAIL SPA

Manicure or Pedicure	60′45€
Complete treatment and massage included, application o	f nail
varnish included.	
Flash manicure + semi permanent varnish application	45′ 35€
Application of semi-permanent varnish	30′25€

# **WAXING TREATMENTS**

Eyebrows/Lips	€10
Underarms	
Halflegs	
Fulllegs	
Brazilian	
Fullbikini	

### ACCESS TO COCOON SPA 90 mins

- Outdoor jacuzzi
- Herbal tea room

€12



#### APPOINTMENT:

We ask that you arrive 5 minutes before your appointment time. Arriving late for an appointment will result in a reduced treatment time. The treatment can only be used by the person who the treatment was originally booked for and is valid one time only. The time indicated includes you arriving, changing, the treatment itself, dressing again and leaving the treatment room.

#### CANCELLATION:

All treatments cancelled less than 24 hours in advance will be billed in full.

#### PREGNANT WOMEN:

Some treatments can be adapted for pregnant women. Please do not hesitate to ask our staff at Cocoon for more information. Spa entry is forbidden.

#### **HEALTH:**

The spa treatments are carried out by beauticians. The treatments and massages are neither therapeutic nor medical. They are for those in good health. If in doubt, consult your doctor. We ask you to inform us of any allergies you have and to note the regulations and contraindications within the spa.

#### CHILDREN IN THE SPA:

Children from the age of 8 are allowed in the spa under certain conditions. Depending on the number of people in the spa, we retain the right to refuse entry to children. All children must be accompanied by a parent or adult.

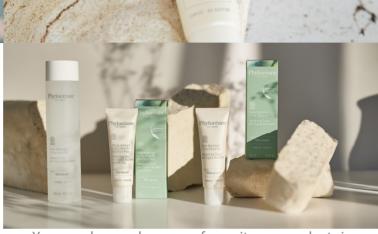
#### ATMOSPHERE:

The spa environment is calm and relaxing. Please respect the calm and other spa users. The use of mobile phones is forbidden. Long swim shorts are forbidden.

For hygiene reasons, please keep long hair tied back. Please remove all jewellery.

Lockers are operated using a code, which we will give to you. We do not receommend leaving valuable items in the lockers. The management is not responsible for theft or damage to any personal items in the spa.

SAS SILLO - Yelloh Village Les Grands Pins Plage Nord - 33680 Lacanau Océan Tél. 05 56 03 20 77 - www.lesgrandspins.com R.C Bordeaux 304 142 714



phytoceane

You can also purchase your favourite spa products in our shop and continue to enjoy them, after your treatment.

Possible to hire spa for private groups between 8 and 12 persons. Please ask for more information at the Cocoon spa reception.





CENTRE BIEN-ÊTRE





# Only by reservation Tel +33 6 31 30 94 52 / cocoon@lesgrandspins.com

June-September: 10am to noon /2pm to 6pm In July and August: 10am to noon /2pm to 7pm

