

COCO SPA



Menu of Services

Signature Treatments

Sundari Signature

Combining Indian Ayurvedic principles with modern spa techniques, Sundari products address to balance body, mind and spirit. Begin with a foot ritual followed by an Indian inspired Abhyanga massage to relax the body and clam the mind. A soothing flower bath is followed by a Sundari facial adapted to your specific skin type.

3 hours | \$230

Uniquely Coco

An indigenous spa treatment beginning with a foot bath ritual followed by a heated sand compress applied all over your body to relieve muscle tension and stimulate the energy paths, coupled with a relaxing and soothing massage.

80 minutes | \$135

Coco Fusion

This treatment is a blend of 5 different massage techniques: Shiatsu, Thai, Balinese, Swedish and Reflexology combining many different strokes along with deep muscle stimulation and gentle stretching.

50 minutes | \$110



Ayurvedic Massages

Shirodhara Massage

The concept of Shirodhara aims to relax the body and open the third eye. This treatment begins with a gentle whole body massage using warm oil followed by the pouring of oil in a steady stream over the forehead to enhance deep relaxation, restoring balance to the body and relieving stress.

50 minutes | \$100

Abhyanga Massage (Sundari Abhyanga Massage)

A profoundly relaxing treatment for anyone in need of deep de-stressing. Applying warm oil with rhythmical relaxing strokes helps to remove stagnant energy and stimulate the body's vital energy. Your nerves are soothed as you drift into a deep state of bliss and joy.

85 minutes | \$140

Kativasthi Massage

Specially prepared warm oil is poured and pooled over the lower back while various massage strokes are applied to the rest of the body. This treatment is specifically beneficial for any type of back pain and spinal disorders.

50 minutes | \$80

Indian Head & Neck Massage

The head, neck and facial areas are massaged with the purpose of manipulating the energy channels. The goal is to clear blockages in these channels, which may cause a negative energy build-up that in turn may lead to various physical ailments.

30 minutes | \$60



Asian Massages

Balinese Massage

A traditional massage utilizing a combination of rigorous techniques into one session designed to release tense and knotted muscles by working deeply into the tissue and targeting all muscle groups. The boost to your circulation will help reduce stress and rebalance the body.

50 minutes | \$95

Traditional Thai Massage

A full-body treatment that involves passive yoga-like stretching and pressure-point massage along the body's major energy channels to release blocked energy, relieve tension, align the skeletal structure, and increase flexibility. Traditionally done on the floor with the guest wearing loose clothing. This treatment does not require any oil application.

50 minutes | \$90

Traditional Japanese Shiatsu Massage

An alternative technique that involves manual pressure applied to the meridians of the body to relieve tension and pain. Also known as acupressure, Shiatsu, works to reduce fatigue, muscle tension and improves blood circulation in the body as well as the function of the lymphatic system.

50 minutes | \$90



All prices are subject to an additional 10% service charge and 3.5% Tourism Goods & Services Tax

Classic Massages

Warm Stone Massage

Heated basalt stones are used to massage the body, providing a nurturing and enhanced therapeutic effect. The heat of the stones warms the skin which allows for the absorption of therapeutic oils while allowing the therapist to work into the deeper muscle layers. This massage has a very calming effect on the nervous system and takes you into a deep state of relaxation.

50 minutes | \$110

Swedish Massage

A classic European massage incorporating a variety of techniques to treat sore muscles, tension, stress and poor circulation. It improves muscle tone and creates total relaxation.

50 minutes | \$100

Coco Journey – Four Handed Massage

A marvelous choreography performed by two therapists working in perfect harmony delivering an unforgettable experience.

50 minutes | \$120

Sports Massage

A deep tissue massage for tired muscles helping the body achieve its maximum physical efficiency. This massage will also boost circulation and the immune system as well as improve flexibility and body strength.

50 minutes | \$95

Foot Reflexology

Stimulating pressure points on the feet that correspond to different parts of the body, gives an extreme sense of relaxation, improves circulation and promotes a general feeling of well being.

50 minutes | \$75



Body Scrub Treatments

Silk Body Polish (Sundari Jivana Body Polish)

Using Gotu Kola and Walnut to cleanse, soften, and tone all skin types. This treatment includes a foot bath, Abhyanga back massage and a body polish.

50 minutes | \$75

Royal Javanese Lulur Scrub

A traditional Javanese treatment used by brides as a purifying ritual before marriage. Lulur, with its golden yellow color reflecting the main ingredient of turmeric, is blended with traditional spices and applied to the whole body cleansing it and leaving the skin shiny and radiant. After a relaxing flower bath, a refreshing yogurt moisturizer is applied.

90 minutes | \$135

Lime and Coconut Body Scrub

Indigenous coconut and lime will cleanse, exfoliate and condition the skin restoring its shine and radiance. Recommended for dry skin.

90 minutes / \$140

Coffee Orange Scrub

Coffee acts as a powerful anti-oxidant and helps to tighten the skin. The application of fresh orange will leave the skin radiant. A luxurious tropical flower bath will complete the experience.

90 minutes | \$140



All prices are subject to an additional 10% service charge and 3.5% Tourism Goods & Services Tax

Body Wrap Treatments

Cucumber Body Wrap

The cooling and refreshing effect of cucumber greatly aids in treating sun burned skin. Both honey and cucumber are applied to the entire body while a relaxing scalp massage is performed. A cool shower followed by an application of Aloe Vera lotion hydrates and nourishes the skin. This is a very cool and soothing wrap.

50 minutes | \$80

Papaya Body Wrap

Papaya is a rich source of the papain enzyme which helps to soften and revitalize the skin when absorbed. This wrap is both nourishing and repairing and counteracts premature aging and sun damage skin by delivering wrinkle-smoothing and rejuvenating benefits.

50 minutes | \$80

Black Mud Wrap (Natural Black Mud Mask)

Black mud from the Dead Sea is 100% pure mud blended with natural ingredients. A warm towel is applied to the body to open the pores followed by an application of a black mud masque which penetrates deep into the pores. This treatment nourishes and purifies the skin leaving it silky and smooth.

90 minutes | \$135

Anti Cellulite Therapy

A massage of strokes, circular motion, mineral rich and pure natural oils blended with special extracts to help release toxins stored in the cells followed by an application of black mud mask.

90 minutes | \$150

Body Envelopment Treatments

Nirvana Healing

The soothing Neem and Date Seed body exfoliator starts the purification process, followed by a massage to stimulate the lymphatic and circulatory flow. Finish with a deep cleansing mask infused with detoxifying herbs and a revitalizing scalp massage.

85 minutes | \$135

Omega 3 and Babassu

A nourishing and revitalizing treatment includes a sugar scrub; a restorative mask and an application of the intensive nourishing Baume leaving the skin supple, while providing relief from dryness which causes premature aging.

85 minutes | \$135

Gotu Kola and Oat Firming

A luxurious body treatment which incorporating the firming benefits of Gotu Kola which also helps to tone, lift and rejuvenate the entire body, followed by a relaxing Abhyanga back massage.

75 minutes | \$120

Facial Treatments

Featuring the Ayurvedic Sundari products, these facial treatments use naturally active ingredients for intensive exfoliation and renewal along with the signature Mar-massage of facial pressure point stimulation to complete the experience.

Awaken Facial (Sundari Facial)

A holistic facial customized to your skin's specific needs. Naturally active ingredients are custom-blended for intensive exfoliation and renewal; a signature Mar-massage (pressure point stimulation) completes the experience for a newly radiant skin. Recommended for combination skin.

75 minutes | \$110



Healing Facial (Sundari Neem Healing Facial Treatment)

Extracts of Neem combined with soothing oils helps to soothe and purify the most delicate skin. Hydrate and restore sensitive or irritated skin to its strength and youthful glow. Recommended for sensitive skin.

75 minutes | \$110

Radiance Facial (Akasha Radiance Face Treatment)

Breathe new life into dry or stressed skin with this deeply nourishing, intensely hydrating facial. Omega 3+ restores the skin's lipids, softening, renewing and awakening your natural glow. Recommended for dry skin.

75 minutes | \$110

Purifying Facial (Sundari Purifying Facial)

Find balance for overactive or oil-prone skin. Our special treatment uses specialized massage techniques to get specific results: normalizing oil production; draining out impurities by stimulating lymphatic flow; refining pores and clarifying the skin. Recommended for oily skin.

75 minutes | \$110

Age Defying Facial (Gotu Kola Age Defying Firming Facial)

This advanced treatment acts instantly and powerfully to firm and improve the skin tone and texture. A potent skin-tightening mask restores radiance to a time-dulled complexion. Recommended for aged skin.

75 minutes / \$110

Traditional Honey and Cucumber Facial

An age old holistic skin healer, honey and cucumber soften and moisturize the skin while reducing discomfort and irritation. Recommended for sun-damaged skin.

50 minutes | \$60

Asian Traditional Facial

A traditional facial using natural plant extracts by Biokos which work harmony with skin cells to prevent and correct skin deficiencies by stimulating cell renewal, and rejuvenation.

50 minutes | \$70

NAIL TREATMENTS

Manicure

50 minutes | \$60

Pedicure

50 minutes | \$70

Speedy Manicure & Pedicure for Men

50 minutes | \$60



All prices are subject to an additional 10% service charge and 3.5% Tourism Goods & Services Tax

Amenities

Hydrotherapy

Offering therapeutic use of water including shower-bath, steam bath, sauna, and Jacuzzi.



Bonthi Lounge

We offer a selection of complimentary refreshments in combination with a spa treatment.

Boutique

Choose from a wide range of exclusive skin care products.

Fitness

A complimentary workout room with weights and a range of high-tech cardio and resistance equipment.

Spa Etiquette

Arrival time

Please arrive 10 minutes prior to your treatment so you may have enough time to fill out your health assessment form.

Mobiles

Please have your mobile phones switched off when you arrive at the spa.

Jewelry

We recommend that you leave any personal belongings and valuables in your room.

Charges

All treatments will be charged to your room and will appear on your checkout bill. All prices are subject to a 10% service charge.

Cancellation Policy

Cancellation made less than 6 hours prior to your appointment will incur a 50% charge. If no prior notice is given, then 100% charges are incurred.

Recommendations

We recommend that you do not sunbathe before or after any spa treatment for a minimum of 4 hours. Avoid big meals and alcohol prior to your treatment. Do not shave 48 hours before a scrub or wrap treatment.

We look forward to serving you.

All prices are subject to an additional 10% service charge and 3.5% Tourism Goods & Services Tax