

*From Stress to  
Serenity*

# Golden Years of Vitality

OUR SIGNATURE  
WELLNESS PROGRAM  
HELPS WOMEN AGE  
GRACEFULLY, ENJOY A  
HIGHER QUALITY OF LIFE,  
AND LOOK RADIANT





*"I'm seeking skin treatments that specifically address my age spots and wrinkles while enhancing my skin's overall texture."*

# You love your skin, but it just doesn't feel like "you" anymore.

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Every morning, you look in the mirror and see the changes—a fine line here, a wrinkle there. That once radiant glow feels harder to find.

You've tried everything—serums, creams, even those "miracle" DIY masks. But no matter how many products you pile on, it feels like your skin is one step ahead of you.

And then there's the stubborn stuff. Age spots, uneven texture, and pores that seem determined to take the spotlight. You feel like you're fighting a battle you didn't sign up for, and the results? Let's just say they're not exactly "rejuvenating."

You catch yourself avoiding close-ups, skipping makeup-free days, and dodging that friend who's always ready with a selfie stick. Even those compliments you used to get—"You look amazing!"—feel like they belong to another time.

You want to feel confident, radiant, and, let's be honest, like the best version of yourself. But the mirror? It's not giving you the vibe you're hoping for.

The frustration is real. The disappointment is creeping in. And the thought of invasive treatments? Let's not even go there.

But what if there was a way to turn things around?  
To rediscover the glow you've been missing and  
feel at home in your skin again?

It's not just a dream—it's the start of your journey  
back to feeling you.

**Michelle Vail**, Spa Therapist & Owner



## Step 1. Begin Your Journey



The journey to your best self begins when we meet. Together, we'll assess where we are and what it takes to get to where we want to be!

The first step is an in-depth consultation for both body and face, covering diet and fitness recommendations. This crucial step helps us establish clear goals and a timeline as we move forward. It's also a great opportunity to explore what you believe defines your ideal look and optimal skin health. Together, we'll identify the aspects you're less satisfied with and use this insight to shape your vision for a refreshed look and a healthier lifestyle.

How do we know where to start if we don't know what the result should look like? Great question!

We begin with your ideal outcome and work backward using our signature Wellness Roadmap. This approach keeps us all focused, aligned, and working toward the same successful result.

Starting with the end in mind gives us a clear goal, allowing us to create a tailored plan to bring your vision to life.

*"These insights help us craft a plan that's not only effective but also perfectly tailored to your unique needs and aspirations."*

**We also need to understand where we currently are:**

- Are there any health conditions we need to be mindful of?
- What kind of personal lifestyle feels true to you?
- What is your long-term vision or dream?
- How does your ideal day look?
- What kind of timeframe are we working with?
- Do we need to align with a specific budget?

# Step 2.

## The Wellness Roadmap

This is the step where we create your personalized Wellness Roadmap to success.

Our team of highly skilled Spa Therapists will help create a schedule tailored to your desired timeline. Together, we'll ensure there's enough time to complete the treatments outlined in your prep plan. The Wellness Roadmap keeps us on track, and free from unnecessary stress or anxiety.

### What Can You Expect from This Wellness Journey?

- A natural, rejuvenated feeling—like turning back the hands of time.
- Prioritizing you and your well-being.
- Enhanced skin through exfoliation, hydration, firming, and an even tone.
- Visible improvements, including reduced fine lines, softer, more supple skin, and refined contours.

At Cocoon Wellness Spa, our therapists will continuously adapt the products and treatments used in your future appointments, ensuring ongoing results as your internal and external needs evolve.

### Our Wellness Program Includes a Comprehensive Consultation for Body and Face

As part of your service experience, enjoy a personalized in-depth consultation with tailored diet and fitness recommendations to support your wellness journey.

For maximum benefits from the Wellness Program, we recommend repeating sessions monthly.

Emerge renewed, one month at a time!



## Week 1

**In-depth consultation for body and face, including diet and fitness recommendations (45 min)**

**Contouring Body Wrap (90 min)**

Start your journey to full-body wellness with a nourishing body scrub to awaken the senses, followed by a targeted treatment cream to address your specific concerns. Then, enjoy a cocooning wrap for hydrated, toned, and repaired skin, finishing with a deeply nourishing massage.

**Aging Well Facial (60 min)**

The ultimate treatment for visibly younger-looking skin, offering firmer, smoother, and redefined facial contours with a lifting effect.

**Kickstart Week 1 for just \$376!**  
(Regular Value: \$448)

## Week 2

**Aging Well Facial (90 min)**

**ClearLift** is an innovative dual-light therapy technology that stimulates collagen production in the skin with virtually no pain and no downtime. It helps reduce the appearance of pores, fine lines, and wrinkles and is safe for use on delicate areas of the entire face.

**Bio Seaweed Gel Manicure (60 min)**

**Bio Seaweed Gel Pedicure (60 min)**

Bio Seaweed Gel Polish is a healthy, 5-Free alternative that does not harm the natural nail. Odorless and safe for pregnant women, it won't weaken, stain, or dehydrate nails. Invented by a Toronto nail technician in 1995, it's a breakthrough in nail care.

Your nails, hands and feet will receive ultimate care with shaping/trimming of nails and cuticles, soaking and exfoliating, followed by a soothing massage and a perfect polish finish with a warm towel.

We're excited to offer you a luxurious product gift (\$20 value).

**Invest Just \$413 in Week 2.**  
(Regular Value: \$472)

## Week 3

**Contouring Body Wrap (90 min)**

Awaken your senses with a scrub, address concerns with a cream, hydrate with a wrap, and finish with a massage.

**Aging Well Facial with Upgraded Mask (60 min)**

**Your Week 3 Investment: Only \$376.**  
(Regular Value: \$400)

## Week 4

**Aging Well Facial (60 min)**

**Clear lift** with this 4th facial to finish the month with even more results.

**Eyebrow Tinting and Shaping (15 min)**

Darken your eyebrows with a vegetable-based dye to enhance the expression of your eyes!

**Temporary facial hair removal, typically for the upper lip and chin (15 min)**

We customize our hair removal treatment to suit your skin and hair type, leaving you with smooth, hair-free skin.  
**2nd appointment scheduled for week 4.**

**Makeup Application (45 min)**

Enhance your natural beauty with BABOR's luxurious makeup and the expert techniques of our makeup artist!

**Take-home product (\$80 value)**

**Invest \$375 in Week 4.**  
(Regular Value: \$520)

Special Price for the  
"Golden Years  
of Vitality"  
Wellness Program  
**\$1,540\***  
(Value: \$1,840)

Total time of the  
Wellness Program  
11 hours 30 min

\*A gratuity fee is included  
in the price.

# Step 3. You Shine Bright!

We are Team Cocoon Wellness Spa, here to help you enjoy a higher quality of life and achieve the radiant look you deserve.



READY TO LOOK YOUR BEST?



Why not call us to see how we can help you look radiant and enjoy a higher quality of life?

CONTACT US AT 902.569.2256

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For more information visit [www.thecocoon.ca](http://www.thecocoon.ca)