

*From Stress to
Serenity*

Perfect Getaway from Everything

OUR SIGNATURE
WELLNESS PROGRAM
TRANSFORMS STRESS AND
BURNOUT WITH SELF-CARE
PRACTICES, HELPING YOU
RECHARGE AND THRIVE





"I've always dreamed of a place where I could unwind and escape my hectic life. A spa that helps me replenish my energy and spirit, making me feel rejuvenated from head to toe."

Between the demands of your career and family, you're constantly stressed and drained—and now, you're worried about your skin losing its vitality.

Balancing a demanding job and family responsibilities leaves you constantly stressed and drained, with little time for self-care. No matter how hard you try, it feels like you're always falling short, and the toll on your skin and health is impossible to ignore. You deserve to feel vibrant and confident, but the strain makes rejuvenation feel out of reach.

You've tried lifestyle changes like yoga and hiking, and while they help relieve some stress, it's hard to maintain the routine with everything on your plate. Finding the time feels impossible, and even when you prioritize self-care, it doesn't fully address your skin health or visible signs

of stress. You need something more focused, something that works with your busy life and helps you feel better inside and out.

Despite investing in beauty and wellness treatments, you're left disappointed by the results. This frustration, paired with the anxiety over failed attempts to preserve your skin health, keeps you up at night.

You want a solution that brings deep relaxation and revitalization, easing stress while addressing your skin health. You need holistic wellness treatments tailored to your needs, helping you stay energized and balanced.

What if there were a way to change that—to make time for yourself, feel rejuvenated, and restore the confidence that's been slipping away?

It's not just a wish—it's the beginning of your journey to feeling vibrant, balanced, and truly at ease in your own skin again.

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 profound sense of wellness and overall health transformation
- Total relaxation that revitalizes both your body and mind
- A refreshed, positive outlook on life as stress melts away
- Smooth, glowing, and deeply nourished skin from head to toe
- Renewed energy and vitality after every treatment, emerging more refreshed and revitalized each month

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!



Our Signature Wellness Program offers the perfect escape—a space to leave the stress behind and truly relax.

Designed with you in mind, our program combines self-care rituals, mindfulness practices, and holistic therapies that recharge both body and mind. You'll return to your responsibilities with renewed strength and focus.

Your skin reflects your inner balance, and we understand the importance of maintaining a youthful, radiant appearance. Our personalized treatments address the unique challenges of aging skin while promoting overall wellness, providing real, lasting results. Say goodbye to confusing advice and ineffective solutions.

It's more than just beauty—it's about feeling empowered and thriving. We're here to help you experience unbound energy, nurture your body, and create the time and space for what truly matters in your life.

Week 1

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

Sunshine Body Escape (60 min)

Immerse yourself in an energizing, sunlit experience with this multisensory body treatment, featuring the aromatic, anti-stress, and revitalizing essential oils of Mandarin and Sweet Orange.

Your journey to full-body wellness begins with a nourishing sugar body scrub, leaving your skin soft and smooth. This is followed by a warm, cocooning cream wrap that deeply hydrates, repairs, and leaves your skin velvety soft.

Kickstart Week 1 for just \$154!
(Regular Value: \$223)

Week 2

Wellness Facial (60 min)

Wellness facials are designed to take you and your skin on a journey of pure relaxation! With delightful textures and fragrances, you'll enjoy a unique moment to unwind completely and let go.

Upgrade Facial Mask

Enhance your results with a specialty mask tailored to boost the absorption of key ingredients during your facial.

Invest Just \$142 in Week 2.
(Regular Value: \$165)

Week 3

Full Body Massage (90 min)

Breathe... this is your time. With healing hands and a caring heart, you'll enter a state of deep relaxation.

Your Week 3 Investment: Only \$142.
(Regular Value: \$153)

Week 4

Wellness Manicure (45 min)

Wellness Pedicure (45 min)

The ultimate pampering for your hands and feet, this enhanced care rejuvenates your skin and invigorates the senses, leaving it irresistibly silky and hydrated. Polish application not included.

Take-home product
(\$40 value)

Invest \$142 in Week 4.
(Regular Value: \$189)

Special Price for the
"Perfect Getaway from
Everything"
Wellness Program
\$580*
(Value: \$730)

Total time of the
Wellness Program
5 hours 45 min

*A gratuity fee is included
in the price.

Step 3. You Look Radiant!

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

For more information visit www.thecocoon.ca