



## COCOR SPA MENU

### **360° SPA EXPERIENCE**

Forget about the hustle and the bustle of the city and escape the stress of everyday life. COCOR SPA combines the tradition of natural rehabilitation therapies with the most suggestive wellness rituals inspired by Western and Oriental cultures.

The design and multisensory elements offer guests a fully calming and relaxing atmosphere.

COCOR SPA is the universe in which our guests will discover the true state of well-being and inner harmony.

**Fusion** 80 min 190 Lei  
A unique combination of Thai and Swedish massage relaxes the muscles, removes the obvious signs of physical fatigue and restores energy balance.

**Ayurveda Harmony** 50 min 190 Lei  
A combination of massage and acupressure techniques. From head to toes, the warm oil and the massage manoeuvres have the effect of stimulating blood circulation and lymph flow, strengthening the muscles and improving joint flexibility.

**Indian Head** 45 min 120 Lei  
This special therapy inspired by traditional Indian medicine aims to relax facial contractions caused by stress and to remove cranial tension. A thread of hot sesame oil flows constantly on the “third eye” (situated in middle of the forehead) and is followed by a delicate scalp massage. For an effective treatment for the scalp, skin and hair, it is recommended to keep the oil on your hair for at least 2 hours.

**Lomi Lomi** 50 min 190 Lei  
Also known as “loving hands” massage, Lomi Lomi therapy gives our guests the feeling of floating, relaxes and calms down at the highest level. It involves the use of forearms, elbows and hands and is carried out with long and continuous movements. Through the used manoeuvres, the massage helps eliminating energy blockages, aiming not only to facilitate healing at a physical level, but also to create a balance both mentally and emotionally.

**Rhythmic Hot Stone** 50 min 160 Lei  
Hot stones massage has ancient roots. More specifically, it is the Ayurveda therapy that relaxes the muscles and restores the balance between the mind and the body. The heat that stones emanate induces a profound relaxation, stimulates the peripheral circulation of the blood and helps, at the same time, to the elimination of toxins.

**Sensorial Candle** 50 min 160 Lei  
The flame of a candle containing essential oils, coconut and Shea butter generates a mix of ingredients that nourish, moisturize and tone the skin while the relaxing massage completes this sensory ritual with an aromatherapeutic effect.

**Oriental Essence** 50 min 160 Lei  
Intense hydration therapy performed with a complex of ingredients that deeply nourish and soften the skin. The massage is made with Moroccan Argan oil and Shea butter.

<b>Aroma Relaxing Massage</b>	25 min	70 Lei
	50 min	130 Lei

Relaxing aroma massage with Almond oil and slow and deep motions, specific to each area of the body. This type of massage rejuvenates the body, relieving it from stress and fatigue. Intended to de-stress the whole body and give vitality and force to the body, has the effect of relieving stress and fatigue.

<b>Essential Back Massage</b>	25 min	100 Lei
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Relaxing back and shoulders massage especially recommended for removing muscle contraction caused by incorrect posture and effort.

<b>Head Neck &amp; Back</b>	50 min	140 Lei
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Certainly the most appropriate massage to relieve tension from the back, neck and head, affected by an uncomfortable everyday posture. This therapy relaxes the most strained parts of the body and seeks to reduce muscle tension.

<b>Intensive Muscle Relief</b>	50 min	170 Lei
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A vigorous body massage that stimulates the senses and provides vitality. It has the effect of increasing muscle tonus, improving blood circulation and restoring muscle mass weakness.

<b>Deep Relief</b>	50 min	200 Lei
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Therapeutic massage that focuses on the realignment of the deep layers of muscles and connective tissue. Reduces chronic muscle tension by light stretches, deep pressures and friction on the contracted areas, following the muscle fibres, tendons and fascia.

<b>Reflexology</b>	45 min	120 Lei
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Massage of reflexogenous zone of the foot located on the corresponding energy meridians of the various organs of the body. This balances the energy deficit / excess that causes dysfunctions or diseases.

<b>Mud Massage</b>	20 min	60 Lei
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It is a therapeutic massage made with sapropelic mud from Techirghiol Lake. Boosts blood circulation and eliminates toxins, reduces muscle tension, improves articular mobility and softens the skin.

\*\*\* On medical recommendation

Water rituals refresh the whole body, nourish, regenerate and reduce muscle tension. After water therapy, sleeping is better and more restful.

**Thermarium Heat Experience & Pool** 120 min 50 Lei

An incursion into the world of wellness, which aims at psychological and physical relaxation. You can create yourself your own relaxing experience, enjoying all the facilities of Thermarium. At your disposal: swimming pool, cervical waterfalls, bio sauna, Finnish sauna, steam bath, emotional showers, ice fountain and Relaxation Budoir for moments of peace.

**Oriental Touch Massage** 25 min 130 Lei

The treatment involves detoxification and deep cleansing of the skin, removes toxins from the epidermis and softens the skin. The wet skin is first massaged with the black soap, then follows a gentle massage with the Kassa exfoliating glove. Finally, you get an invigorating Vichy shower massage.

**Rain Shower Scrub** 25 min 120 Lei

Exfoliating body treatment with aromatherapy, ideal for starting any ritual or wellness therapy. The combination of Dead Sea salt, vegetable oils and essential oils of pepper, orange, lavender and rosemary contribute to improving the quality of the skin leaving it soft, supple and slightly aromatic. All this under the warm rain of Vichy shower and a relaxing and relieving massage.

**Rain Shower Massage** 15 min 60 Lei

Just like a waterfall, the five Vichy shower heads spray the body a warm water shower, while a therapist performs a relaxing massage of the back and legs. A unique experience, a therapy that improves blood circulation, balances the nervous system and reduces stress effects.

**Underwater Massage** 20 min 55 Lei

The underwater shower is one of the most suitable muscles toning therapies that rapidly stimulates peripheral blood circulation. The massage is in-depth and is performed with a pressurized water jet, pointing to all areas of the body.

**Hydro Jet Therapy** 20 min 50 Lei

Hydromassage with essential oils and Bazna's therapeutic salt. It's a purifying bath that can be infused by choice with essential oils of rosemary, lavender or thyme. The 260 jets of water activate the peripheral circulation, relax the strained muscles and help to eliminate toxins.

**Aroma Bubble Bath** 20 min 50 Lei  
A body delight in a warm bath with Bazna therapeutic salt and decoctions of aromatic medicinal herbs. Air bubbles gently massage the body reducing muscle stress and tension.

**Mud Bath** 20 min 50 Lei  
Detoxifying bath with sapropelic mud from Techirghiol Lake. Reduces muscle tension, improves articular mobility, softens skin and induces a general well-being state.

## **BODY CARE EXPERIENCE**

**NEW! Oriental Escape** 70 min 180 Lei  
A real skin-treat. Part of the hammam ritual, symbol of Turkish traditions and customs, this ceremonial results in the cleansing, detoxification and revitalization of the skin. The scrub with black soap and Kassa glove, warm rain of the Vichy shower, soap foam massage and refreshing with Oriental essences are the stages of this wonderful ritual of beauty. The dead cells and the impurities are removed and the skin remains velvety and radiant. For your best relaxation you are invited to savour a cup of ginger tea.

**Scents of hammam** 50 min 170 Lei  
Oriental ritual for skin care which contributes to a deep cleansing, by detoxifying and moisturizing it. After a few minutes under the warm rain of the Vichy shower, a massage with traditional Moroccan black soap occurs, until the Eucalyptus Essential oil-enriched olive paste is absorbed by the skin. Hydration is followed by a deep scrub with a Kassa glove. It opens the pores and removes toxins from the epidermis, leaving the skin fresh and velvety. Next, Rassoul Clay is applied, which has absorbent and astringent properties, helping closing the pores. The ritual ends with moisturizing the skin with sweet almond oil. Prior to therapy, we recommend 5 minutes in steam bath for skin preparation.

**High Precision Contouring** 50 min 220 Lei  
The first corrective treatment that attacks two types of fat - superficial and profound – underlying the lack of tonus of the skin and cellulite. 50 minutes in three steps:  
1. STIMULATION: Body Wrap with Oxygen helps oxygenation of the tissues which “distributes” and reactivates the release of fat deposits.  
2. CORRECTION: Perfect Sculpture massage is a succession of profound and efficient movements leading to the long-term removal of cellulite. Corrector Remodelling Concentrate and Correcting Massage Gel helps to fortify the skin.  
3. SUPPORT: For the final look, we will use a cream that is adapted to the body appearance for correction or toning, which will provide a more efficient result.

### **Tunisian Scrub**

25 min

100 Lei

Oriental cleansing and hydration ritual using 100% natural ingredients: alum salt extracted from the Tunisian mineral salts, honey, royal jelly and sweet almond oil! Besides the mechanical exfoliating action, the scented scrub with alum stone has nutritional properties, softening and hydrating the epidermis due to the presence of oil and honey. Finally, hydration with Shea butter will leave your skin soft and pleasantly scented.

### **Honey Peeling**

40 min

140 Lei

An ideal spa treatment for dry, devoid of elasticity skin. This peeling done with honey and salt from the Dead Sea gently removes dead cells while having an intense action to soothe and protect loose or stressed tissues. For optimal results, wrapping is done on Dry Flotation, which allows the opening of pores and deep penetration of active ingredients.

### **Shea Bliss**

50 min

120 Lei

A special body treatment where 100% Shea butter is the star ingredient! This almost miraculous ingredient stimulates cellular regeneration, nourishes, softens and moisturizes the skin. Shea butter acts as a natural barrier against sunlight and is a natural anti-aging remedy. Relaxation with Dry Flotation packing.

### **Chocolate Decadence**

50 min

135 Lei

Chocolate pampering: This precious elements rich treatment hydrates the body stimulating endorphin production. It has a powerful soothing, anti-stress and detoxifying effect. Through chocolate wrapping there are very good results against cellulite, lack of tonus or dehydration. The scrub, massage and chocolate wrapping on Dry Flotation make this treatment too good to refuse "delight".

### **Organic Sea Algae Wrap**

45 min

130 Lei

Sometimes, the best method of detoxification comes from the heart of the ocean. Micronized algae stimulate the elimination of toxins and impurities and together with the body peeling act on improving skin quality. A treatment that detoxifies and remineralizes the body.

<b>Legs Revival</b>	40 min	130 Lei
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Special care for the comfort of the tired legs and for the elimination of the sensation of “heavy” and bloated legs. Improves circulation, protects capillary vessels, prevents the appearance of varicose veins and broken capillaries.

<b>Sapropelic Mud Wrap</b>	20 min	60 Lei
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Techirghiol mud packing with therapeutic, detoxifying and muscle relaxation effects.  
 \*\*\* On Medical recommendation.

## BODY DETOX

<b>Iyashi Dome</b>	1 session	210 Lei
	3 sessions	540 Lei

Iyashi Dome responds to everyone’s expectations of finding a way to activate slimming, regenerating and balancing the body, improving its health. It is a revolutionary Japanese-born concept, based on a long infrared system of organic origin. Several Iyashi Dome sessions can help you get rid of stress, toxins, fatigue, headaches, tarnished skin, closed pores, heavy metals (ceramic / titanium technology of Iyashi Dome have the property of decomposing toxins), cellulite and excess weight (allows loosening at least 600 kcal). An Iyashi Dome session produces intense perspiration, equivalent to an effort of 20 km of running without negative effects, such as excess endorphins, development of lactic acid, cardiac risk, premature body aging.

## FACIAL EXPERIENCE

Harmony and authentic beauty comes from within, but the skin is the living proof of time passing. At COCOR SPA you will rediscover the vitality of a perfect skin.

<b>Extra Facial Cleansing</b>	30 min	50 Lei
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\*\*\* Exclusive along with a facial treatment

<b>REGARD JEUNESSE</b>	30 min	120 Lei
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Illuminating treatment for the area around the eyes, with anti-aging effect, against circles and bags under the eyes.

## NEW!

### **HYPERBARIC OXY HIDRAFACIAL**

55 min

300 Lei

Hyperbaric oxygen treatment is the ideal solution for hydration, nourishment, elimination of sunspots or irritation. It gives the skin a younger look, from the inside, stimulating the production of collagen and elastin, the outline of the face being noticeably improved starting with the first session.

Facial treatment consists of infusion into deep skin layers of beneficial substances such as: vitamins (A, E,F, B5), hyaluronic acid, plant and fruit extracts, stem cells extracted from seaweed, with the help of hyperbaric oxygen that is produced by a special appliance.

\*\*\* recommended for all types of skin

### **HYPERBARIC OXY DERMOPURE**

55 min

290 Lei

The fastest and safest medicine against acne. Only after one oxygen session, the skin will be and feel clear and calm. Acne itself will be reduced and the bacteria that worsen the pores will be minimized.

\*recommended for oily and acne skin

### **HYPERBARIC HYALLURONIC ACID**

55 min

320 Lei

The best choice for perfect skin care. The results obtained are based on improving cellular respiration, cellular regeneration, and deep skin hydration.

\*\*\* recommended for people over the age of 30

## **Lifting and Anti-Aging Facial Treatments**

### **COLLAGENE MARINE**

55 min

300 Lei

Anti-aging treatment, toning and bio-restructuring. To combat the first visible signs of aging, this unique professional treatment uses native marine collagen, whose original, redensifying molecules are aimed at smoothing fine lines and wrinkles. Now, the intense hydrated skin, regains its smooth and radiant appearance.

### **MARINE HYALURONIC TREATMENT**

75 min

330 Lei

This treatment rich in hyaluronic acid treats the underlying causes of wrinkles. The skin is instantly refreshed, the wrinkles and lines are pushed from the inside, the skin is hydrated and smooth. The Fundamental Anti-Wrinkle Mask acts as a second skin to feed the wrinkled skin with "Initial Marine Substance", a complex rich in marine algae and peptides. Ideal for people aged 35-45 years, recommended for second degree wrinkles.

## **SILICON SUPER-LIFT**

75 min

360 Lei

Your secret in lifting and redefining, rich in Caffeine and Silicon Marine Complex, for specific remodelling of the facial and throat contour. This treatment tones the skin, gives it elasticity and at the same time fills deep wrinkles. One treatment can rejuvenate your appearance for up to 5 years. The appearance of the face will be radiant, the skin becomes stronger and the wrinkles less pronounced. Adequate for people with mature skin looking for an ultra-concentrated, intensive treatment for a firmer contour of the face and neck and a noticeably younger appearance.

## **M-CEUTIC MESOLIFT MARINE**

55 min

320 Lei

A new vision of perfection, one goal: restoring the ideal skin quality!

Major innovation directly inspired by medical laboratories is based on two revolutionary patents: Mesolift Marin, an original bio-regenerative infusion with a unique composition of poly-revitalizing nutrients, hyaluronic acid for preserving youth and an anti-age nucleotide cellular complex and Neo Skin, a powerful combination of algae extracts that treat causes of acne appearance and severe imperfections of the skin, redoing the velvety and radiant appearance. The treatment is the ideal solution for stimulating cellular metabolism for the preservation of youthful skin, the solution for a young, bright, smooth skin.

\*\*\* Also recommended in 4 sessions cures for optimal results.

## **PRODIGES DES OCEANS**

55 min

340 Lei

“Ultimate revival, full youth”

Regenerative Marine Intelligence - Born from the heart of the oceans.

Innovative cellular regenerative treatment for absolute perfection that infuses the skin with 61 marine nutrients, essential for the skin’s ability to regenerate. The effects of these marine extracts are visible and lasting: skin renewal while cutaneous pigmentation is diminished.

They also enhance skin luminosity and slow aging.

The Prodiges des Oceans line addresses women of all ages and with any type of complexion.

## **MEN ONLY**

Rediscover relaxation at its highest level! Specially designed for gentlemen, these treatments give your body and skin energy and vitality.

## **Ocean Men Treatment**

50 min

260 Lei

Powerful treatment to combat the first signs of aging, acts as a true facial lifting. Restructuring active marine ingredients and an ultra-mask designed to diminish wrinkles and fine lines, all of these, are the ideal combination to reveal a lighter, more toned skin.

## **MEN IN BEST FORM**

90 min

270 Lei

Rain Shower Massage  
Fusion Massage  
Scalp Massage

## **MOM-TO-BE**

Future moms deserve to relax at double. We designed a program for them that eliminates tension accumulated in the lumbar region and leg fatigue.

## **NEW BEGINNINGS**

110 min

220 Lei

Relaxing Body & Scalp Massage  
Mini-Facial Intermezzo  
Light Legs

\*\*\* It is not recommended in the first trimester and the 8th month of pregnancy

## **SPA SUITE RITUALS**

Relaxation and delight in tandem. COCOR SPA Suite is the right place to relax with your partner or with your friends. For you, we have created a special place in which tandem therapies are available.

### **Prodiges des Oceans Ritual**

120 min

400Lei/pers

A real pampering of the senses: a ritual for the face and body.

This ritual-treatment is an invitation to experience full relaxation and the beauty of the whole body. The protocol combines several massage techniques, one inspired by Kobido, a traditional Japanese lifting method, with three phases of relaxation, stimulation and drainage, also called the “ancient way of beauty”. The products are true “essences of youth” and use the regenerative properties of marine nutrients to activate key proteins with a role in maintaining the youthful appearance of the skin, and the result is amazing and visible.

### **Escales éphémères à Zanzibar**

120 min

370Lei/pers

Explore the mystery of the island of Zanzibar with the new facial and body ritual, limited edition. Inspired by the mysterious island of Zanzibar, the natural richness and ancient African customs, this ritual is a unique experience of absolute relaxation, concentrated in the heart of an authentic professional treatment with divine fragrance. An illuminating treatment, which refreshes and smooths the skin, improves the hydration level and removes the signs of fatigue.

### **Polynesia Sensorial Spa**

110 min

290 Lei/pers

Get into the heart of the ocean and refresh all your senses! This spa ritual is inspired by the ancient Polynesian beauty rituals and takes you on a sensory journey accompanied by vanilla scents, floral Monoi perfume and marine ingredients.

Access to Mini-Hammam, Emotional Showers and Hydromassage with Essential Oils.

Exfoliating with an exotic mixture of marine salt, coconut fiber, white Tahitian sand and Algo-Monoi™ for a smoothing effect on the skin. Mahana massage, in which rhythmic Lomi Lomi movements merge with the action of sacks with warm sand to tone and relax muscles.

Polynesia oil for the final note that brings with it both hydration and glow and fragrances delicately, revealing the true beauty of the skin.

### **Marrakesh Touch**

110 min

290 Lei/pers

COCOR SPA invites you to discover the secrets of beauty from ancient times.

This ritual of skin purification and intense hydration inspired by oriental culture implies:

Refreshing the whole body with orange flowers water to induce relaxation;

Access to Mini-Hammam, Emotional Showers and Hydromassage with Essential Oils.

Peeling with alum salt, honey and oriental ingredients.

Mask with white clay and honey, followed by wrapping.

Shea butter massage.

### **Honey Moon**

150 min

310 Lei/pers

Welcome ritual and sparkling wine.

Mini-Hammam, Emotional Showers and Essential Oil Hydromassage

Tunisian scrub

Sensorial Candle Massage

### **COCOR SPA Luxury for 2**

150 min

430 Lei/pers

Welcome ritual and sparkling wine.

Mini-Hammam, Emotional Showers and Essential Oil Hydromassage

Rhythmic Hot Stone Massage

Facial Treatment: Plaisir D'Arômes / Age Defence

### **Harmony**

120 min

220 Lei/pers

For those who want to spend moments of relaxation and laughter together, in the intimate and warm atmosphere of your own sanctuary, we offer you the experience of your own mini SPA – SPA SUITE. The Ritual includes access to the suite facilities and a relaxing massage of your choice.

## **COCOR SPA SERVICE PACKAGES**

Thalasso special rites will help you get rid of stress and fatigue, forget about the job and enjoy the spirit of the holiday. Natural marine extracts are used in a variety of treatments that have been selected with help from our team of specialists. Take advantage of the privileges of the sea and nature, and you will be surprised how much they can help you feel calm, relaxed and invigorated.

Package rates are calculated per person and include VAT.

COCOR SPA services are exclusively dedicated to people over 16 years old.

## **WELLNESS OASIS PACKAGES**

### **WELLNESS THALASSOTHERAPY**

2 Days 352 Lei / 6 Days 676 Lei

Content: medical questionnaire, 3 therapy sessions/day

2 Days program: 1x Hydromassage with Essential Oils, 1x Underwater Massage, 1x Vichy Shower, 1x Aroma Relaxing Massage 25 min, 2 x Wellness AquaGym

6 Days program: 3x Hydromassage with Essential Oils, 3x Underwater Massage, 3x Mud Wrapping, 1x Vichy Shower Massage - Back and Foot Massage, 1x Massage with Mud, 1x Aroma Relaxing Massage 25 min, 6x Wellness AquaGym

Recommendations: For those of you performing psychologically and physically overwhelming activities, for combating somatic and psychological effects of stress, relieve muscle contractions and pains as well as rheumatism, sleep disturbances, relieve nervous tension by gaining physical and mental relaxation.

### **SERENITY & LIFE BALANCE**

Content: medical questionnaire, 3 therapy sessions/day

1 Day 249 Lei / 2 Days 325 Lei / 6 days 655 Lei

1 Day program: 1x Vichy Shower Massage, 1x Aroma Relaxing Massage 50 min, 1x Facial Express Treatment or 1x Hydro massage with Essential Oils

2 Days program: 1x Essential Oils Hydromassage, 1x Subacval Massage, 1x Body Aroma Scrub, 1x Facial Express Treatment, 1x Aroma Relaxing Massage 25min, 1x Essential Back Massage 20 min

6 Days program: 2x Essential Oils Hydromassage, 2x Underwater Massage, 2x Bath with herbs and bubbles, 1x Body Aroma Scrub, 1x Facial Express Treatment, 2x Aroma Relaxing Massage 25 min, 2x Essential Back Massage 20 min., 6x AquaGym

Recommendations: This program is designed to combat everyday stress, relaxing the senses by combining water power with facial and body treatments.

## ZEN ATTITUDE

3 Days - 520 Lei

A complete ritual dedicated to the face and body, with which you will rediscover the splendor and the well-being dreamed state. You will be the protagonists of a journey into the land of harmony, balance and plenitude. A ritual dedicated both to ladies and gentlemen to regain the harmony between mind, body, and soul.

Day 1: 1x Thermarium Heat Experience & Pool, 1x Rain Shower Scrub, 1x Essential Back Massage 20 min

Day 2: 1x Thermarium Heat Experience & Pool, 1x Essential Oils Hydromassage, 1x Aroma Relaxing Massage 50 min

Day 3: 1x Thermarium Heat Experience & Pool, 1x Underwater Massage, 1x Facial Hydra Source Marine/Thalgo Men

## VENUS BEAUTY & LIGHTNESS

3 days - 980 Lei

A complete package for body and face that gives special attention to the legs and feet. The program aims two goals: toning, redefining silhouette and rediscovering beauty.

Day 1: 1x Thermarium Heat Experience & Pool, 1x Rain Shower Scrub (scrub and Vichy Shower Massage), 1x Underwater Massage, 1x Legs Revival (toning treatment for tired feet)

Day 2: 1x Thermarium Heat Experience & Pool, 1x Vichy Massage, 1x Facial Hyaluronic Treatment, 1x High Precision Contouring (body toning treatment against cellulite)

Day 3: 1x Thermarium Heat Experience & Pool, 1x Essential Oils Hydromassage, 1x Iyashi Dome, 1x Shea Butter Moisturizing Packing

## VENUS IN A DAY

1 Day - 408 Lei

In just one day with special treatments chosen for total relaxation you will rediscover the beauty. Let yourself be guided into an authentic "Beauty Renaissance" program.

Program: 1x Thermarium Heat Experience & Pool, 1x Peeling Magic Honey, 1x Aroma Relaxing Massage 50 min, 1x Facial Collagene Marine

## CLINIQUE PACKAGES

### REMISE EN FORME

6 Days 505 Lei / 12 Days 900 Lei

Content: medical check-up, 2 therapy sessions/day

6 Days program: 3x Plant and Bubble Bath, 2x Hydromassage with Essential Oils, 2x Vichy Shower Massage - Back Massage and Feet, 2x Revitalizing / Relaxing Massage 25min, 3x Hydrokinetotherapy.

12 Days program: 6x Herbal and Bubble Bath, 4x Essential Oil Hydromassage, 4x Vichy Shower Massage - Back Massage and Feet, 4x Reviving / Relaxing Massage 25min, 6x Aquagym.

Recommendations: This program is recommended for people who want to regain their maximum psychological and physical level by combining a relaxing holiday with a generous stimulation of the body. It contributes to: revitalizing, increasing muscle strength and effort tolerance, amelioration of sleep disturbances, prophylaxis of rheumatic diseases and lumbar pain.

### BALNEOVITALITY

Content: medical check-up, 4 therapy sessions/day

6 Days 1015 Lei / 12 Days 1535 Lei / 18 Days 1900 Lei

The program will be customized to the physician's directions and will include therapies such as: Mud Bath, Mud Packing, Therapeutic Massage, Vichy Shower Massage, Mud Massage, Underwater Massage, Essential Oils Hydromassage, Bath with Plants and Bubbles, Hydrokinetotherapy, Kinetotherapy, Electrotherapy, Magnetotherapy, Laser

Recommendations: inflammatory and degenerative rheumatic diseases, recovery of postsurgical and posttraumatic sequelae, herniated disc, central and peripheral neurological disorders, secondary sterility, peripheral circulatory disturbances, osteoporosis, reduction of mild / medium arterial hypertension.

### SPA RHEUMA

Content: medical check-up, 3 therapy sessions/day

5 Days 710 Lei / 10 Days 1095 Lei / 16 days 1445 Lei

The program will be tailored to your needs and doctor's recommendations and will include therapies in the range of: Mud Bath, Mud Packing, Mud Massage, Bubble Plant Salt Bath, Hydromassage, Underwater Massage, Therapeutic Massage, Hydrokinetotherapy, Kinetotherapy, and Electrotherapy.

Recommendations: for all types of locomotive and bone diseases – degenerative rheumatism (osteoarthritis) and for inflammatory rheumatic diseases, spinal cord diseases, cervical and lumbar pains, sciatica.



COCOR SPA reserves the right to make adjustments to prices without prior notification. SPA services are intended exclusively for persons over 16 years old. We reserve the right to change therapists without prior notification. The appointments are made within the limits of available places. If you have preferences regarding the time or the therapist, they should be communicated before making an appointment. Please, consult "COCOR SPA label and recommendations" before any appointment.



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**COCOR SPA**