

COCOR SPA HOTEL 2009 PACKAGES

Special offer from 15th to 30th of April 2009

Individual tourism

SPA PROGRAMMES

Special Thalasso rituals will help you get rid of stress and tiredness, forget about work and get into the holiday spirit. Marine natural extracts are used in a lot of treatments which have been selected with the help of our team of specialists. Get the most out of the privileges of the sea and nature and we will be surprised how much these may help you feel tranquil, relaxed and invigorated. Our packages for 2, 3, 6, 12 and 18 days are at your disposal.

These packages include the SPA programme, 1 bed in a double room, breakfast, half board of full board, VAT and local tax.

Our guests having acquired one of these packages have free daily access to THERMARIUM, between 16.00 – 18.00 hrs.

Package 1 – Wellness Thalassotherapy – for 2 or 6 day programme

Consisting of: once-over medical examination, 3 therapies per day

Programme for 2 SPA days and 3 stay nights: 1 x essential oils hydromassage, 1 x sea salts hydromassage, 1 x marine algae hydromassage, 1 x mud wrap “Dry Flotation”, 1 x Vichy douche massage, 1 x Aroma Relaxing Massage 25 min

Programme for 6 SPA days and 7 stay nights: 2 x essential oils hydromassage, 2 x sea salts hydromassage, 2 x marine algae hydromassage, 1 x underwater massage, 3 x mud wraps “Dry Flotation”, 1 x Vichy douche massage – for back and legs, 2 x Aroma Relaxing Massage 25 min, 6 x Aqua Gym session

Recommendations: for persons with very demanding activities, both from a psychological and physical point of view, for fighting against somatic and psychological stress effects, amelioration of muscle contractions and pain, and also of rheumatic pain, sleep disorders, release from nervous tension by attaining a state of physical and psychological relaxation.

	Breakfast	Half board	Full board	Single supplement/sojourn
3 nights	623 lei	758 lei	893 lei	203 lei
7 nights	1305 lei	1620 lei	1935 lei	473 lei

Package 2 – Serenity and Life Balance – for 2 or 6 day programme

Consisting of: once-over medical examination, 3 therapies per day

Programme for 2 SPA days and 3 stay nights: 1 x essential oils hydromassage, 1 x Jacuzzi, 1 x aqua gym anti-stress, 1 x Hydra Facial, 1 x Dry Flotation Aromaceane Slender & Detox (wrap), 1 x Aroma Relaxing Massage 25 min

Programme for 6 SPA days and 7 stay nights: 3 x essential oils hydromassage, 3 x Jacuzzi, 6 x aqua gym anti-stress, 1 x Hydra Facial, 1 x Dry Flotation Aromaceane Slender & Detox (wrap), 2 x Aroma Relaxing Massage 25 min, 2 x scalp massage 25 min

Recommendations: this is meant to reduce day to day stress and to relax senses by the combination between the efficiency of water and algae and body and facial care.

	Breakfast	Half board	Full board	Single supplement/sojourn
3 nights	601 lei	736 lei	871 lei	203 lei
7 nights	1250 lei	1565 lei	1880 lei	473 lei

Package 3 – Remise en forme – for 6 or 12 day programme

Consisting of: once-over medical examination, 2 therapies per day

Programme for 6 SPA days and 7 stay nights: 2 x hydromassage bath, 1 x Vichy douche massage (back and legs), 2 x mud wrap, 3 x Aquagym, 2 x Aroma Relaxing Massage 25 min, 2 x scalp massage 25 min

Programme for 12 SPA days and 13 stay nights: 4 x hydromassage bath, 4 x Vichy douche massage (back and legs), 4 x mud wrap, 4 x Aquagym, 4 x Aroma Relaxing Massage 25 min, 4 x scalp massage 25 min

Recommendations: this programme is recommended to those who want to come back in shape, by combining a relaxing vacation with an over-all stimulation of the body. It contributes to invigoration, increase of muscle strength and resistance to effort, amelioration of sleep disorders, prophylaxes of rheumatic affections, lumbar pains and osteoporosis.

	Breakfast	Half board	Full board	Single supplement/sojourn
7 nights	1140 lei	1455 lei	1770 lei	473 lei
13 nights	2067 lei	2652 lei	3237 lei	878 lei

Package 4 – Balneovitality – for 6, 12 or 18 day programme

Consisting of: once-over medical examination, 4 therapies per day (massage, kinetic therapy, electrotherapy, fitness, hydrothermotherapy)

Procedures: therapeutic massage, douche massage, underwater massage, bubble hydromassage, kinetic therapy, gymnastics in swimming pool or in gym hall, sapropelic mud wrap, mud bath, electrotherapy

Recommendations: inflammation and degenerative rheumatic affections, post-surgical and post-trauma recovery, herniated disc, central and terminal neurological affections, secondary sterility, bloodstream peripheral disorders, osteoporosis, amelioration of high blood pressure.

	Breakfast	Half board	Full board	Single supplement/sojourn
7 nights	1503 lei	1818 lei	2133 lei	473 lei
13 nights	2672 lei	3257 lei	3842 lei	878 lei
19 nights	3765 lei	4620 lei	5475 lei	1283 lei

Beauty renaissance programmes

The beauty programmes will highlight the beauty, taking into account the state of mind you are in. We will combine innovative techniques and avant-garde products to deep relaxing moments and regenerative treatments, fostering your beauty in the most careful and efficient way.

Package 5 – Venus Youth Magic – 3 day beauty programme

Consisting of: once-over medical examination, 16 therapies per programme

Programme for 3 SPA days and 4 stay nights:

Day 1: 1 x 90 min Thermarium Heat Experience session, 1 x Facial Aesthetics (peeling), 1 x Body Aromaceane Grace and Detoxification, 1 x Kerala & Shirodara or Tibet or Chocolate Decadence treatment

Day 2: 1 x Thermarium / Biosauna session, 1 x hydromassage pool, 1 x hydra-buoying facial, 1 x gommage sweet & delicious, 1 x Oloil massage, 1 x Vichy douche massage

Day 3: 1 x Thermarium / Biosauna session, 1 x hydromassage pool, 1 x velvet care collagen + eye anti-wrinkle, 1 x Balancing Cocor Stone Massage, 1 x hydrating wrap “Dry Flotation”, 1 x Spa manicure

Recommendations: complexion nutrition and hydration, freshness and youth intensifier, revitalising eye anti-wrinkle treatment, wrinkle smoothing and skin restoring, regenerating and relaxing body treatment for skin remineralisation and invigoration; the programme consists of 4 step complete relaxation: purifying, relaxing, regenerating and revitalising.

Breakfast	Half board	Full board	Single
-----------	------------	------------	--------

				supplement/sojourn
4 nights	920 lei	1100 lei	1280 lei	270 lei

Package 6 – Detox for 6, 12 or 18 day programme available only with full board (special menu)

Consisting of: once-over medical examination, 3 therapies per day (plant hydromassage, marine algae hydromassage bath, Vichy Douche massage, mud wrap, lymphatic drainage, hydrotherapy colon cleansing)

Recommendations: programmed for body detoxifying, improved blood and lymphatic circulation, insures the oxygen which is vital for internal organs and skin, optimises metabolic processes and helps losing weight processes, improves skin quality, fights against obesity and sedentary life effects, balances and harmonises the nervous system and induces a feeling of health and energy, a “rebirth” of mind and body.

	Breakfast	Half board	Full board	Single supplement/sojourn
7 nights	-	-	2618 lei	473 lei
13 nights	-	-	4432 lei	878 lei
19 nights	-	-	6047 lei	1283 lei

Package 7 – Thalasso Slimming for 6, 12 or 18 day programme available only with full board (special menu)

Consisting of: once-over medical examination, 3 therapies per day (sea salts bath hydromassage, marine algae hydromassage bath, underwater douche, mud wrap, aquagym, lymphatic drainage, fitness, massage and optional hydrotherapy colon cleansing)

Recommendations: this is a programme meant to get you back in shape by combining Thalasso treatments and body care, using marine extract products and special massage which will lead to a very natural body detoxification. The Aquagym revigorates muscles with minimum of effort and fights against obesity and sedentary life effects. The benefits of this programme reside in a subtle gastronomic discipline meant to contribute to striving for perfection.

	Breakfast	Half board	Full board	Single supplement/sojourn
7 nights	-	-	2848 lei	473 lei
13 nights	-	-	4612 lei	878 lei
19 nights	-	-	6277 lei	1283 lei