

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.

SILVER SEASON: 01.05 – 28.05.2009, 31.08 – 30.09.2009

GOLD SEASON: 29.05 – 12.07.2009

DIAMOND SEASON: 13.07 – 30.08.2009

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
SILVER SEASON				
3 nights	700 lei	835 lei	970 lei	203 lei
7 nights	1459 lei	1774 lei	2089 lei	473 lei
GOLD SEASON				

3 nights	820 lei	955 lei	1090 lei	275 lei
7 nights	1738 lei	2053 lei	2368 lei	641 lei
DIAMOND SEASON				
3 nights	963 lei	1098 lei	1233 lei	360 lei
7 nights	2071 lei	2386 lei	2701 lei	840lei

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
SILVER SEASON				
3 nights	656 lei	791 lei	926 lei	203 lei
7 nights	1426 lei	1741 lei	2056 lei	473 lei
GOLD SEASON				
3 nights	776 lei	911 lei	1046 lei	275 lei
7 nights	1705 lei	2020 lei	2335 lei	641 lei
DIAMOND SEASON				
3 nights	919 lei	1054 lei	1189 lei	360 lei
7 nights	2038 lei	2353 lei	2668 lei	840lei

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
SILVER SEASON				
7 nights	1283 lei	1598 lei	1913 lei	473 lei
13 nights	2342 lei	2927 lei	3512 lei	878 lei
GOLD SEASON				
7 nights	1562 lei	1877 lei	2192 lei	641 lei
13 nights	2862 lei	3447 lei	4032 lei	1190 lei
DIAMOND SEASON				
7 nights	1895 lei	2210 lei	2525 lei	840 lei
13 nights	3480 lei	4065 lei	4650 lei	1560 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
SILVER SEASON				
7 nights	1778 lei	2093 lei	2408 lei	473 lei
13 nights	3068 lei	3653 lei	4238 lei	878 lei
19 nights	4073 lei	4928 lei	5783 lei	1283 lei
GOLD SEASON				
7 nights	2057 lei	2372 lei	2687 lei	641 lei
13 nights	3588 lei	4173 lei	4758 lei	1190 lei
19 nights	4073 lei	4928 lei	5783 lei	1739 lei

DIAMOND SEASON

7 nights	2390 lei	2705 lei	3020 lei	840 lei
13 nights	4206 lei	4791 lei	5376 lei	1560 lei
19 nights	5736 lei	6591 lei	7446 lei	2280 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
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SILVER SEASON

4 nights	980 lei	1160 lei	1340 lei	270 lei
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GOLD SEASON

4 nights	1140 lei	1320 lei	1500 lei	366 lei
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DIAMOND SEASON

4 nights	1330 lei	1510 lei	1690 lei	480 lei
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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
SILVER SEASON				
7 nights	-	-	2773 lei	473 lei
13 nights	-	-	4632 lei	878 lei
19 nights	-	-	6347 lei	1283 lei
GOLD SEASON				
7 nights	-	-	3052 lei	641 lei
13 nights	-	-	5152 lei	1190 lei
19 nights	-	-	7107 lei	1739 lei
DIAMOND SEASON				
7 nights	-	-	3385 lei	840 lei
13 nights	-	-	5770 lei	1560 lei
19 nights	-	-	8010 lei	2280 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
SILVER SEASON				
7 nights	-	-	2378 lei	473 lei
13 nights	-	-	4832 lei	878 lei
19 nights	-	-	6547 lei	1283 lei
GOLD SEASON				
7 nights	-	-	3287 lei	641 lei
13 nights	-	-	5352 lei	1190 lei
19 nights	-	-	7307 lei	1739 lei
DIAMOND SEASON				
7 nights	-	-	3620 lei	840 lei
13 nights	-	-	5970 lei	1560 lei
19 nights	-	-	8210 lei	2280 lei