It's time for yourself
CORA

WELCOME TO CORA SPA & BEAUTY

CONTENTS

Our Philosophy	6
Cora Signature the Signature Massage by CORA SPA&Beauty	7
Our wellness centre	8
Private SPA couples' experiences	10
Beauty	12
Facial Treatments by Sothys	15
Rituals by Sothys	18
Body Treatments	20
Zerobody Cryo	23
Hydrosoft	24
Hammam	25
Solarium	26
Salt Cave	27
Massages	28
For Our Little Guests	30
Our Partners	32

OUR PHILOSOPHY
SLOW LIVING

Forget the flow of time

YOUR MOMENTS
OF PEACE AT
CORA SPA & BEAUTY

Taking things slowly is the only way to fully embrace a truly unique experience. Moments of peace to reconnect with ourselves.

We offer our guests a concept of SLOW LIVING, accompanying them on a journey of unique experiences, where time seems to stand still.

We have dedicated the new space of our wellness centre to your moments of tranquillity.

Carefully selected scents, sounds and expert techniques transform each treatment into a unique experience, allowing you to discover yourself in a magical place.

Experience the professional care of our beauty specialists. They will recommend the most suitable treatment for your mood, your skin needs and your personal preferences.

Your wellbeing is our priority.

INSPIRATION
FOR YOUR TIME
WITH US

CORA SIGNATURE

THE SIGNATURE MASSAGE BY CORA SPA&BEAUTY

Full-Body relaxation massage with warm oil and Tibetan singing Bowls. The treatment with Tibetan singing bowls* is a massage technique that uses sound waves to restore balance to body and mind. Their vibrations promote deep relaxation, enhance psychophysical energy and bring inner peace.

*Our specialists are certified in this holistic treatment.

CORA SIGNATURE: Relaxation massage with Tibetan singing bowls.

Served with a soothing herbal tea at the end.

80 min

€ 120

OUR WELLNESS CENTRE

Here you will find all the information about our wellness centre, wet area and gym, including opening hours and general rules. For any questions or special requests, our team is available at the SPA reception.

9:00 am - 12:30 pm / 1:30 pm – 7:00 pm

Reservations

To ensure you can enjoy your preferred treatments at your chosen time, we recommend booking in advance by email or by phone.

Health

We request that you inform us if you have any medical conditions, allergies, intolerances or if you are expecting. Pregnancy is a special but delicate period. At your first appointment, you will be asked to complete a short health questionnaire to ensure that the requested treatment is suitable for your wellbeing.

Guidelines

We kindly ask guests to arrive at least 5 minutes prior to their scheduled treatment, wearing a bathrobe and slippers and free of any jewellery. The spa cannot be held responsible for any lost or forgotten items. In case of delay and in order to respect subsequent appointments, treatments may be modified or shortened. Mobile phones should be switched off or set to silent mode.

Cancellation Policy

We kindly ask that bookings be cancelled at least 24 hours in advance. For late cancellations, the full cost of the scheduled treatment will be charged.

Wet Area

The SPA experience includes a foot bath, steam room, finnish sauna, ice fountain, heated stone features and dedicated relaxation areas with loungers. Access is permitted for guests aged 16 and over.

Salt Cave

This area is dedicated to relaxation. Guests are kindly requested to remain quiet, enter completely dry wearing your bathrobe and leave slippers outside.

Hammam

Self-treatment available upon reservation and at an additional charge. Included are the following products: black soap and a Kessa glove. For more information, please contact the SPA reception.

Gym

Equipped with „Technogym" machines for cardio and strength training. Access is permitted to adults only, with appropriate clothing and footwear. For everyone's comfort, please leave equipment clean after use.

Visiting Guests

SPA access, in the morning or afternoon, is €35 per person. Reservation is recommended.

Guests who book a treatment from our SPA menu of €80 or more per person, enjoy complimentary entry.

PRIVATE SPA

THE EXCLUSIVE EXPERIENCE FOR TWO

Couples' experiences are available by reservation and at an additional charge.

You may book the exclusive environment for memorable moments together, be it a birthday, anniversary or special occasion.

Elegant atmosphere, soft music, subtle lighting and a sense of exclusivity make these moments unforgettable.

Info at the SPA reception

Couples' Private SPA Experiences

WELLNESS PACKAGE

The Hydrosoft cabin relaxes and prepares the body for an aromatic body scrub, followed by a personalized massage with scents of your choice. End your experience with a glass of Trento DOC and a fresh fruit cup, enjoyed in comfort on the relaxation bed.

150 min € 360 per couple

SOTHYS SECRETS PACKAGE®

Women's Ritual: combines elegance and refinement with the elements of a truly unique treatment, offering an unforgettable wellness experience with the scents of rose and peach. The Hydrosoft cabin relaxes and prepares the body for an aromatic body scrub, enhanced by a rose and peach scented massage. End your experience with an aromatic „Le Galenica" herbal tea and a fresh fruit cup, enjoyed in comfort on the relaxation bed.

150 min € 360 per couple

RELAX PACKAGE

The Hydrosoft cabin helps to release tension. The experience continues with a relaxing massage using warm butters, scented with your choice of fragrance. In conclusion, a moment of pure well-being with soothing music on a relaxation bed, accompanied by a bowl of fresh fruit and a „Le Galenica" herbal tea, will make this a truly unique experience for two.

120 min € 310 per couple

COUPLES MASSAGE

A 50-minute massage of your choice. To conclude, enjoy a moment of pure serenity while sipping an aromatic herbal tea on a relaxation bed.

90 min € 230 per couple

COUPLES FACIAL TREATMENT

An 80-minute facial treatment tailored to enhance your skin according to its individual needs. Allow our Beauty Specialists to recommend the most suitable treatment for your skin. As a final touch, enjoy a moment of relaxation while sipping an aromatic herbal tea on a comfort bed.

105 min € 290 per couple

BEAUTY

CLASSIC MANICURE

with hand cream application

50 min

€ 45

BASIC PEDICURE

with cream application

50 min

€ 55

SPECIALISED PEDICURE

with cream application

75 min

€ 85

CLASSIC NAIL POLISH APPLICATION

20 min

€ 15

SEMI-PERMANENT NAIL POLISH APPLICATION

30 min

€ 30

SEMI-PERMANENT NAIL POLISH REMOVAL

with nail filing

20 min

€ 20

HAIR REMOVAL

FULL LEG	€ 55
HALF LEG	€ 30
UNDERARMS	€ 25
BIKINI LINE	€ 30
FULL BIKINI	€ 45
UPPER LIP OR CHIN	€ 15
ARMS	€ 35
BACK	€ 45
CHEST	€ 45

EYELASH LAMINATION

Treatment performed on natural eyelashes to enhance and intensify your look.

50 min

€ 65

EYELASH & EYEBROW TREATMENT - TINT & SHAPE

45 min

€ 50

EYEBROW SHAPING

from € 15 to € 25

FACIAL TREATMENTS

SOTHYS PARIS

Pure excellence for your skincare. Maison Sothys offers constantly evolving, high-performance professional cosmetic solutions, embodying the idea of responsible beauty that respects both your skin and the environment.

FACIAL CLEANSINGT

Personalised consultation, followed by double cleansing, gentle peeling, purification, serum application, a tailored mask and finishing cream.

Also recommended for men.

Our beauty specialists, will provide expert guidance on the perfect at-home skincare routine for your skin.

50 min

€ 80

Advanced Facial Treatments

SECRETS SOTHYS

An exceptional treatment featuring Sothys Rose Stem Cells. Never has a treatment been so effective! From the very first session, your complexion will appear visibly glowing.

80 min

€ 150

JEUNESSE ANTI AGE

A five-step anti-age treatment. Enjoy the Sothys expertise alongside 1 hour and 20 minutes of luxurious relaxation with our expert therapists, leaving your skin looking visibly younger.

80 min

€ 140

HYDRATING HYDRA4

A perfect harmony of technical expertise and sensory experience. This treatment combines ultra-comfortable textures with high-performance active ingredients, enveloping the skin in well-being and delivering an intense sensation of profound hydration.

80 min

€ 130

SPA FACIAL TREATMENTS
WITH THERMAL WATER

Eau Thermale Spa Line: a soothing treatment for sensitive skin. Facial masks, serums and creams enriched with the benefits of thermal water.

50 min

€ 85

HOMME

Essential facial treatment to energise and detoxify men's skin. This treatment combines relaxation with high-performance care, leaving the skin strengthened, revitalised and with a flawless complexion.

50 min

€ 75

ORGANICS®

A certified organic and vegan facial treatment that revitalises the skin, leaving it instantly radiant. A perfect fusion of sensory experience and high-performance results. Suitable for all skin types.

40 min

€ 65

CRYO EYES

A targeted treatment for the eye contour. It immediately reduces signs of fatigue and ageing, providing an instant sensation of freshness, using Sothys' exclusive sculpting ceramides.

50 min

€ 75

Body Treatments

RITUALI SOTHYS

A SENSORY JOURNEY

SECRETS BODY RITUAL

Delicately scented with Rose and Peach. The Sothys Secrets Ritual is a luxurious body treatment combining wellbeing, relaxation and anti-ageing care. Exclusive ingredients, including Sothys Rose stem cells and porcelain flower oil, together with aromatherapy and specialised massage techniques, regenerate and revitalise the skin, offering an unforgettable moment of heavenly escape.

60 min

€ 100

HANAKASUMI RITUAL

Delicately scented with cherry blossom and lotus flower. This ritual draws inspiration from Japanese bathing traditions. A gentle enzymatic scrub removed with exfoliating gloves, followed by a soothing foot massage and a relaxing full-body massage, transports you to the enchanting world of cherry blossoms.

60 min

€ 100

SENSATION ORIENTALES RITUAL

Fragranced with the warm scents of amber and myrrh. This ritual draws inspiration from ancient oriental traditions. A soothing syrup prepares the body for an enzymatic scrub, gently removed with exfoliating gloves, followed by a relaxing full-body massage that revitalises and enhances the skin, creating a moment of serene relaxation.

60 min

€ 100

*These rituals can also be experienced as a couple, within the serene privacy of our exclusive Private SPA.

Our Treatment Rooms

BODY TREATMENTS

SOTHYS SENSORY EVASION

Exceptional treatments celebrating wellbeing, relaxation and the beauty of the body. Allow yourself to become the protagonist of your own beauty ritual. A collection of sensory experiences designed to soften the skin and reveal its natural radiance. Choose your preferred fragrance:

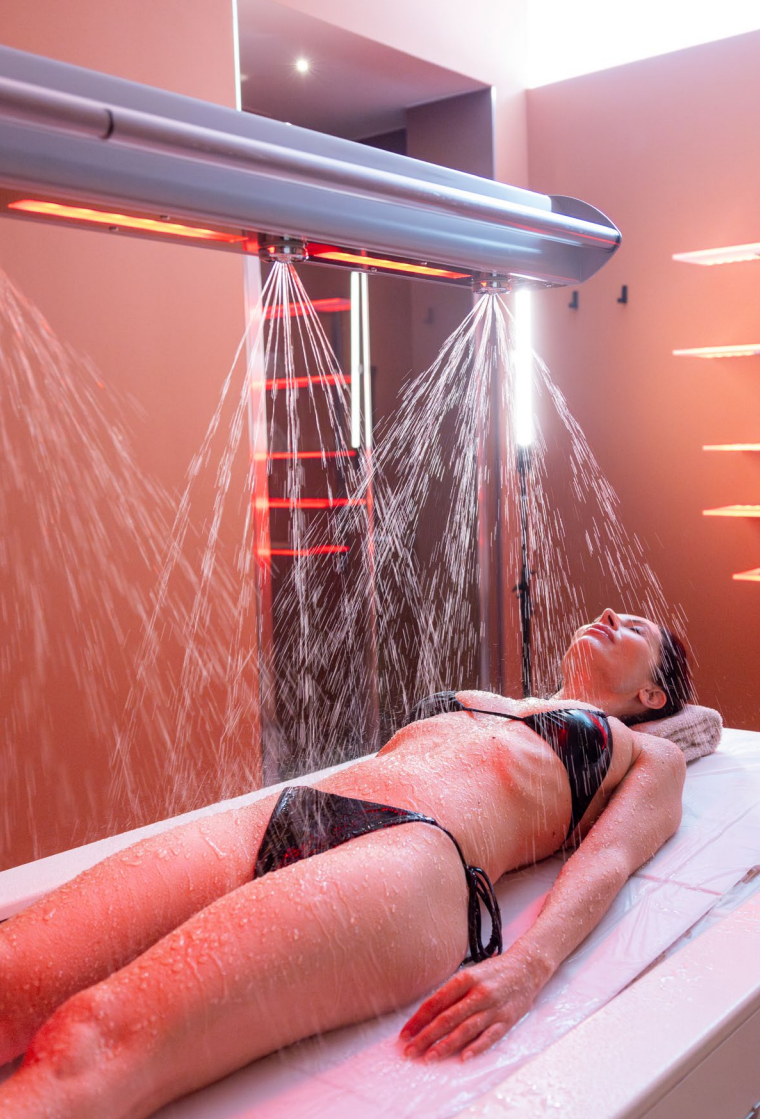
- Lemon & Petitgrain
- Orange Blossom & Cedarwood
- Jasmine & Sandalwood

Shea Butter Hydrating Body Wrap	30 min	€ 50
Sensory Body Wrap with butter or cream	30 min	€ 50

QUARTZ BED

WITH WARM QUARTZ SAND

Silhouette Treatment – Legs (Peeling + Massage + Mud Wrap)	50 min	€ 80
Équilibre Treatment – Back (Peeling + Massage + Mud Wrap)	50 min	€ 80



AQUA BED

WITH STEAM BATH

Caring for your body means dedicating time to your wellbeing. At CORA SPA & Beauty our treatments are designed to sculpt, drain, tone and provide an instant sense of lightness, always respecting your unique self.

Each journey is tailored following a personal consultation. Every session welcomes you with expert hands, carefully selected products and an environment designed to slow down, breathe and restore balance.

Draining & Detoxifying 3-salt exfoliation	30 min € 50
Full-Body Detox Treatment with marine mud	50 min € 80
Partial Detox Treatment with marine mud	30 min € 50

Our Treatment Rooms

PHYSIO SAUNA

Full-body Silhouette treatment with body wrap	50 min € 80

PRESSOTHERAPY

With lymph node activation	30 min € 35
With compression tailored to Your needs	50 min € 80

AUREA, NAUTILUS AND ATURIA

Exfoliating gommage with shower	30 min € 50
3-Salt Exfoliation with shower and Gua-Sha* massage	80 min € 100
Full-Body Silhouette treatment exfoliation and massage with targeted serum	50 min € 80
Toning & Draining Peel-Off with alginates (glutes + inner thigh application)	30 min € 50
Partial Toning Treatment exfoliation and massage with targeted serum	50 min € 80

*Exclusive Sothys porcelain tool. An ancient technique, using slow and deep movements, that gently releases tension, stimulates lymphatic drainage and helps redefine the body's contours.

CRYO STARPOOL*

ZEROBODY CRYO

FOR SPORTS LOVERS

Latest trends in wellness reveal a growing desire for refined well-being, where advanced technologies meet personalised treatments that address both physical and mental balance, offering a safe, serene and non-invasive experience. At CORA SPA & Beauty, this unique journey comes to life.

Cold Therapy and Its Benefits:

- alleviates muscle and joint pain
- reduces stress levels
- strengthens the immune system
- supports rapid and effective athletic recovery
- stimulates skin renewal and rejuvenation

3 min	5 min	8 min	**10 session package + 1 complimentary session**
€ 15	€ 25	€ 40	

*To ensure our guests receive the utmost care, a therapist will be at your side throughout the entire session, offering all the guidance you require. Your well-being is our foremost priority.

HYDROSOFT

INFRARED & STEAM THERAPY CABIN

Disconnect, unwind and detoxify gently. In its tropical environment, infrared rays, steam and gentle heat combine to create a restorative experience suitable all year round, in complete privacy, with temperatures ranging from 30° to 40°C for soothing warmth throughout your session.
Benefits:

- purifying effect that helps release toxins through sweating
- relaxes muscles and boosts microcirculation with infrared rays.
- recovers after a day of sports
- effective post-sun treatment
- deeply hydrates skin, enhancing elasticity and radiance .

Visible results from just one 30 minute session

30 min

€ 35

10 session package + 1 complimentary session

HAMMAM

SELF-TREATMENT AND PROFESSIONAL MASSAGE

The Hammam is a cleansing ritual inspired by Arab tradition. The experience opens with soothing relaxation on a heated stone, followed by gentle exfoliation with black soap and a kessa glove in the shower. A session in the steam room follows, before the ritual concludes with a rejuvenating massage using delicately fragranced Argan oil.

30 minute self-treatment in the wet area, followed by a 50-minute massage, concluding with a herbal tea.

90 min

€ 120

SOLARIUM

WELLNESS ENHANCED TANNING

Enjoy a golden tan all year round for the whole body, with visible, radiant results from the very first session in our sun shower.

Tanning shower – sessions of

8 / 10 / 12 / 14 min.

10 session package + 1 complimentary session

SALT CAVE

The Salt Cave is a peaceful place to relax and rejuvenate. **Enter with dry skin and bare feet, wearing a bathrobe.**

Pure Himalayan salt, containing 84 natural elements and trace minerals, helps restore balance and remove toxins.

Through a fine mist system in our salt cave, tiny salt particles nourish the skin, strengthen the body's defenses, relieve muscle tension and stress, boost metabolism and support natural weight loss.

MASSAGES

„Time" a precious gift to enhance body and mind.

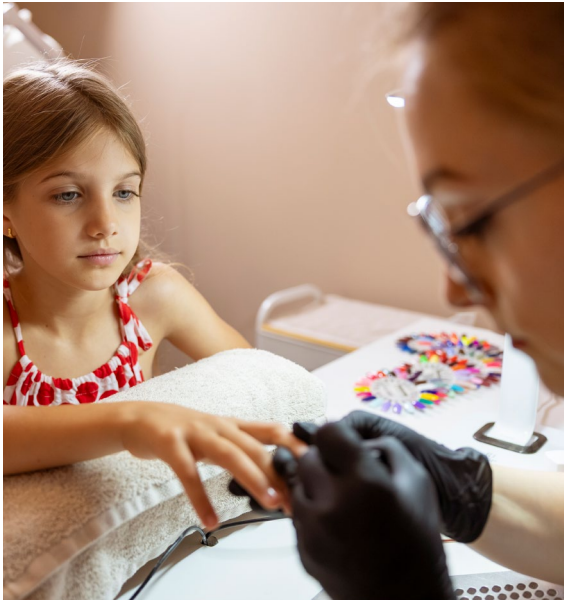
Immerse yourself in a peaceful atmosphere of soft music and delicate scents, as the expert hands of our therapists relieve tension and provide profound relaxation.

CORA SIGNATURE Relax massage followed by Tibetan singing bowls	80 min	€ 120
TIBETAN SOUND A vibrational journey that harmonises body, mind and emotions	50 min	€ 80
HOT STONE Muscle relaxation with warm lava stones	50 min	€ 90
DEEP TISSUE Relieves tension and tightness	50 min	€ 90
REMODELLING Reshapes and tones the body with specific techniques	50 min	€ 90
PERSONALISED A brief consultation to identify tension and focus areas, creating a massage tailored to you	50 min	€ 90

HEAD AND NECK To release tension	25 min € 50
RELAXING To relax body and mind	50 min € 80
DRAINING To promote the drainage of excess fluids	50 min € 80
EVASION Be the leader in choosing your Sothys scents	50 min € 80
GUA-SHA* With the exclusive Sothys massage accessory in Limoges porcelain	50 min € 80

*Exclusive Sothys porcelain tool. An ancient technique, using slow and deep movements, that gently releases tension, stimulates lymphatic drainage and helps redefine the body's contours.

FOR OUR LITTLE GUESTS



Mini treatments and little luxuries, thoughtfully tailored.

A wellness experience.

Kids

Up to 12 years old

Facial cleansing	50 min € 50
Manicure	30 min € 30
Nail Polish application	€ 15
Pedicure	30 min € 35
Aromatic Massage the experience of a soothing massage	25 min € 35

SOTHYS
PARIS
www.sothys.com
CORA

OUR PARTNERS

SOTHYS PARIS

The best of science and nature. New, high-performance cosmetic solutions for a responsible idea of beauty, respectful of both skin and the environment.
All Sothys products are guided by four fundamental values: Safety, sensory experience, efficacy, and natural origin.

STARPOOL

Zero body Cryo represents a breakthrough in cold therapy. Its innovation lies in its simplicity, safety and comfort of use, thanks to a patented membrane that gently envelops the body without requiring direct contact with water. This advanced technology allows the treatment to be performed at an operating temperature of 4–6°C, offering a safe, controlled and non-invasive experience.

ISO BENESSERE® LITHUANIA

ACUA: Professional bed for wet treatments, featuring gentle steam, soothing warmth and aromatherapy
QUARTZ: an esclusive spa bed for treatments and deep relaxation on warm quartz sand.

Hydrosoft® Private SPA

Step into the Hydrosoft Cabin and immerse yourself in a tropical oasis to disconnect, fully relax and gently cleanse the body and mind.

leGALENICA

LeGALENICA formulates and produces nutraceuticals, essential oils and cosmetics using carefully selected, high-quality and traceable components.
Advanced extraction and production methods ensure their efficacy and safety.