

COCON THAI SPA
THE ART
OF RELAXATION





Welcome to Lake Hallwil! A very special relaxation and revitalisation concept awaits you here in our Thai oasis of the senses. Thai hospitality, the ancient wisdom of the balance of the four life elements combined with modern design create a unique spa experience. Be our guest. We look forward to welcoming you.

WELCOME
SAWASDEE

In the centuries-old philosophies of Thai medicine the four elements of earth, water, air and fire form the essence of life. Keeping these elements in balance is the key to harmony, health, well-being and energy.

🌱 EARTH Patthawi Tad

The principle of substance – regenerating, nourishing and balancing treatments

💧 WATER Apo Tad

The principle of renewal – relaxing, calming and soothing treatments

🌀 AIR Wayo Tad

The principle of cleansing – toning, detoxifying and rejuvenating treatments

🔥 FIRE Decho Tad

The principle of strength – stimulating, strengthening and vitalising treatments



At the Cocon Thai Spa we use only high-quality, natural ingredients such as herbs, roots, flowers and oils. We choose not to use mineral oils, preservatives and parabens or artificial colourings and fragrances. In addition to our own, authentic Thai formulas, we will also pamper you with the luxurious, 100% herbal spa products by Ytsara of Bangkok.

AUTHENTIC
HARMONIOUS
NATURAL



ENERGY FOR BODY & SPIRIT

FULL BODY MASSAGES


TRADITIONAL THAI MASSAGE

 Nüad-Bo'rarn

Enjoy this holistic massage experience fully clothed. The thumbs, palms of the hands, elbows, feet and knees are used in a pleasantly steady rhythm. The body is gently stretched. Blocked energy and tensions are released.

Time: 60 / 90 minutes
Element: Earth
CHF 152 / 208

STRONG THAI OIL MASSAGE

 Jüd Sen Jüd Säi

Tension and blockages in the body are released, the blood circulation is stimulated and metabolism is activated. A massage that improves physical well-being.

Time: 60 / 90 minutes
Element: Fire
CHF 152 / 208

AROMATIC OIL MASSAGE

 Ponklai

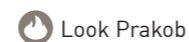
Harmonious, flowing movements combined with delicate aromas and precious essential oils. Choose your preferred aromatic oil intuitively and forget about the stress of everyday life with a relaxing massage.

Time: 60 / 90 minutes
Element: Water
CHF 152 / 208

All our massages begin with a soothing foot bath and can also be booked for couples.



TRADITIONAL THAI HERBAL COMPRESS MASSAGE



Look Prakob

This traditional massage features hot compresses filled with healing Thai herbs to ease aching muscles, activate lymphatic flow and leave the skin looking beautiful.

Time: 30* / 60 minutes
Element: Fire
CHF 92* / 168

GENTLE OIL MASSAGE WITH HERBAL COMPRESS



Prakob Un Sabei

Slow and deep movements in the rhythm of calm breathing. Warm herbal compresses soothe your skin and let tension melt away. Body and mind come into balance.

Time: 90 minutes
Element: Water
CHF 232

STRONG OIL MASSAGE WITH HERBAL COMPRESS



Prakob Mapraw Höm Nga

Tension-releasing massage with coconut oil for energy and beauty. Warm herbal compresses nourish your skin and relieve tension. Sweet scents take you to the south of Thailand.

Time: 90 minutes
Element: Fire
CHF 232

PREGNANCY MASSAGE



Ploob Bralom

Smooth, flowing movements with oil care for the body and release blockages. Sink into a deep, blissful state of inner peace and calm.

Time: 60 minutes
Element: Water
CHF 152

* combined with another massage

THE POWER OF TOUCH

PARTIAL BODY MASSAGES

BACK, NECK AND SHOULDER MASSAGE



Kobalai

Tense muscles are soothed and stretched. Beneficial for your back, neck and shoulders. Feel your freedom of movement return.

Time: 60 minutes
Element: Fire
CHF 152

TRADITIONAL THAI FOOT MASSAGE



Nûad Tao

Stimulating foot and leg massage that uses pressure and stroking movements. Relieves tension, promotes energy flow and brings a feeling of well-being to the entire body.

Time: 30 / 60 minutes
Element: Earth
CHF 92 / 152

HEAD, NECK AND FACE MASSAGE



Sabay Sabay

The main energy lines of the head are stimulated with gentle pressure, relieving tension in the neck. Relaxation for the body, mind and soul.

Time: 30 minutes
Element: Air
CHF 92

All our massages begin with a soothing foot bath and can also be booked for couples.



THE ESSENCE OF RENEWAL

BODY RITUALS

YTSARA SALT SCRUB



Samsara

Soothing scrub with pink Himalayan salt and an intuitively selected aromatic oil. Delicate aromas and precious essential oils nourish your skin and make it soft and supple.

Time: 30 / 60 minutes

Element: Air

CHF 92 / 168

TAMARIND WRAP



Nuan Enricher

A nourishing therapeutic wrap with tamarind. Purifies and soothes with natural minerals and fruit acids. Tightens the skin, leaving it feeling refined and silky.

Time: 30 minutes

Element: Earth

CHF 92

HAND RITUAL



Müü Suay

Nourishing treatment with jasmine rice, jojoba oil, shea butter, ylang ylang and lotus. Your hands and forearms are gently exfoliated and then pampered with a relaxing massage and a moisturizing mask. A soothing head massage provides peace and relaxation.

Time: 30 minutes

Element: Earth

CHF 92

FOOT RITUAL



Taaw Suay

Stimulating and refreshing treatment with jasmine rice, jojoba oil, shea butter and ginger. Your feet will be cared for with gentle exfoliation, an invigorating massage and a nourishing mask. Forget about everyday life with a relaxing head massage.

Time: 30 minutes

Element: Fire

CHF 92





THE BEAUTY OF THE SKIN

PAMPERING FACIAL RITUALS

NATURAL CARE

Chum Chou

Soothing facial care for balanced skin. Face and décolleté are carefully exfoliated and treated with a massage. Afterwards, serums as well as a mask and creams are applied to the individual skin texture. Sink into deep, pleasant relaxation and recharge your batteries.

Time: 60 / 90* minutes
Element: Water
CHF 178 / 228*

* with algae mask

SHINING EYES


Taa Suay

An invigorating massage with botanical ingredients from Thailand's gardens gently cares for the eye area. Lines, puffiness and dark circles are reduced. Your face and décolleté are carefully exfoliated and treated with a massage. Afterwards, serums as well as a mask and creams are applied to the individual skin texture. Give your eyes time out for radiant moments.

Time: 60 / 90* minutes
Element: Air
CHF 178 / 228*


THE BENEFITS OF WATER AUTHENTIC BATHS

HONEY BLOSSOM BATH

 Klaai Polisher

Nourishing bath with coconut milk,
honey and fresh Thai blossoms.

YTSARA RELAXATION BATH

 Glin Hom Retreat


Relaxing bath with lemon grass, orange
and vetiver.

YTSARA VITAL BATH

 Pèt Essential

Vitalizing bath with rainforest cloves,
tangerine, pink grapefruit and rosemary.

YTSARA DETOX BATH

 Phem Palang

Detoxifying bath with rosemary
and orange.

Time: 30 minutes *

Element: Earth

CHF 68 / 102 for couples

Time: 30 minutes *

Element: Water

CHF 68 / 102 for couples

Time: 30 minutes *

Element: Fire

CHF 68 / 102 for couples

Time: 30 minutes *

Element: Air

CHF 68 / 102 for couples


* also bookable for couples



THE ART OF RELAXATION

SPECIAL SPA RITUALS

YTSARA-SERENITY


 for rest and relaxation

30 mins Bath
60 mins Aromatic oil massage
60 mins facial

First relax in a restful bath. Then allow us to pamper you with a full-body massage with aromatic oils made from pure plant extracts and essential oils. Finally, enjoy a gentle facial, which will leave you feeling revitalised and your skin well nourished. The aromas used throughout the treatment have a deeply relaxing effect.

Time: 150 minutes
Element: Water
CHF 344

ROYAL NÂAD SPA


 the classic

30 mins Thai foot massage
60 mins Thai massage
30 mins Herbal compress massage

This ritual invites you to experience a variety of traditional Thai massages. Following a welcoming foot massage, you will feel your body being carefully stretched and your energy being brought back into flow with a Thai massage. The final herbal compress massage is warm and soothing, bringing a sense of complete well-being.

Time: 120 minutes
Element: Earth
CHF 313

THAI SPICE SPA


 for a relaxed sense of well-being

30 mins Bath
60 mins Back, neck and shoulder massage
30 mins Herbal compress massage

A comforting bath optimally prepares the muscles for the back, neck and shoulder massage, which helps release everyday tension. Hot herbal compresses then ease and soothe the muscles that have been worked on.

Time: 120 minutes
Element: Fire
CHF 292

THAI RELAX EXPRESS

 feel completely cared for in just a short time

30 mins Thai foot massage
30 mins Head, neck and face massage
30 mins Body scrub

Enjoy a relaxing foot massage before indulging in a head, neck and face massage. Afterwards your skin will be cared for with a body scrub.

Time: 90 minutes
Element: Earth
CHF 244



THE PATH TO TRANQUILLITY

AYUTTHAYA PRIVATE SPA

AYUTTHAYA PRIVATE SPA

relax in complete privacy together

- private steam bath and bathtub
- Body scrub for self-application
- Element bath
- Fruit plate, tea and soft drinks from the minibar

Time: 120 minutes

Guests: 2

Monday - Friday / Saturday & Sunday

CHF 102 / 138 per guest

each additional hour CHF 44 per guest

AYUTTHAYA BREAK

be pampered together

- private steam bath and bathtub
- Body scrub for self-application
- Element bath
- 60 mins aromatic oil massage with essential oils
- Fruit plate, tea, soft drinks from the minibar, a glass of champagne

time: 180 minutes

Guests: 2

CHF 277 per guest

AYUTTHAYA EXPERIENCE

not just for honeymooners

- private steam bath and bathtub
- Body scrub for self-application
- Element bath
- 30 mins Traditional Thai foot massage
- 60 mins Traditional Herbal compress-massage
- Fruit plate, tea, soft drinks from the minibar, a glass of champagne

Time: 210 minutes

Guests: 2

CHF 366 per guest



Treat yourselves
to a break for two
and relish the privacy
of our 40 m²
Ayutthaya Private Spa.

On request, we will offer you a small
bottle of our Balance Family's Drappier
house champagne for CHF 48.



Your day at the lake. Doing sweet nothing or being active. Whether beach or pool: the water refreshing, the mountains within reach. The landscape, the colors, the trees in eternal change. From the morning blue to the evening red. From your deck chair to the lounge. And further.

DAYDREAMING.
NIGHTREPOSE.
BEACHLIFE.

FIRST FLOOR

Ayutthaya [ayûutiya]

The holy city, 70 kilometres north of Bangkok, is the former capital of the Siamese Kingdom, ancient temple ruins.

Chiang Mai [dschiâng mai]

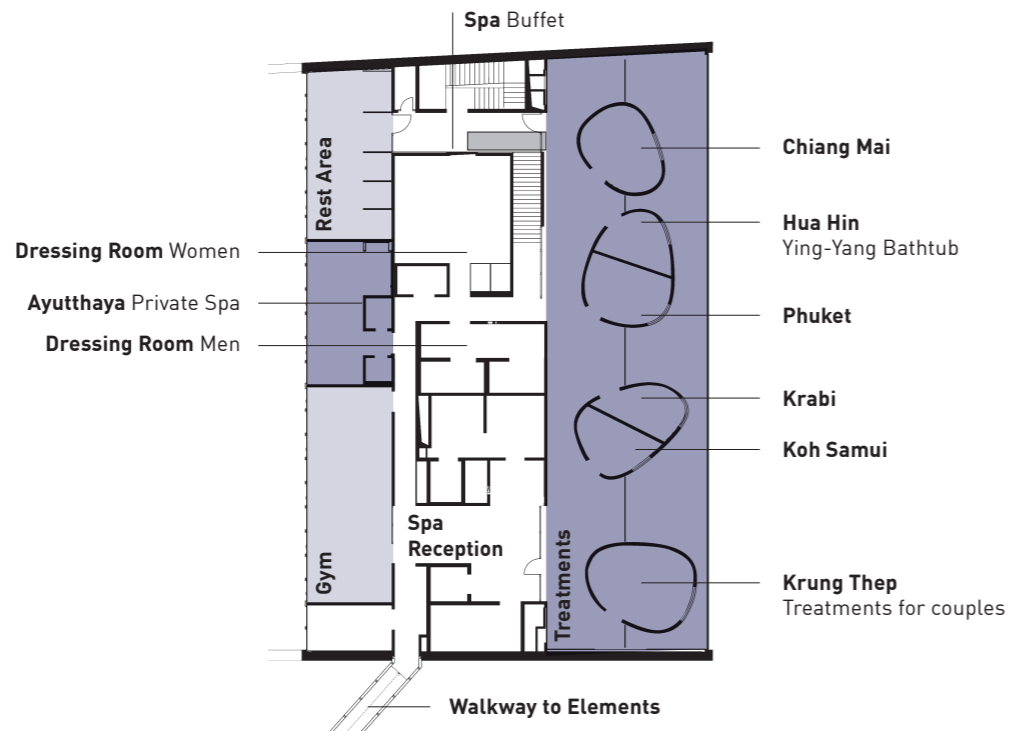
Economic and cultural centre of the north, traditional crafts-manship arts, some 200 temples.

Hua Hin [hua hîn]

Thailand's oldest seaside resort, 185 kilometres south-west of Bangkok, summer residence of the Thai royal family since 1926, popular with golfers.

Phuket [pûuket]

Thailand's largest island, popular worldwide as a holiday destination, beautiful beaches, water sports, nightlife, shopping.



GROUND FLOOR

Krabi [crabii]

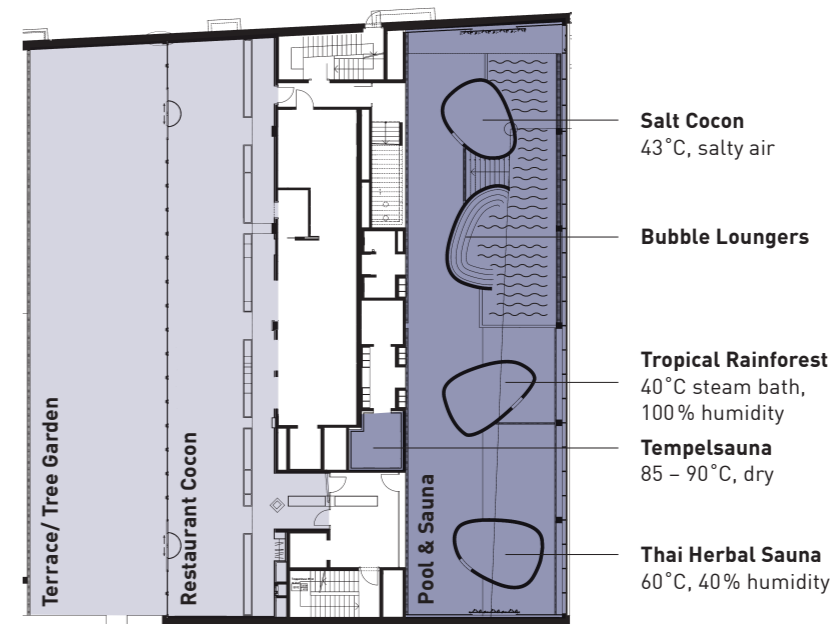
White-sand beaches by the Andaman Sea, fascinating coral reefs and limestone rocks.

Koh Samui [Ghò Samuii]

Thailand's third-largest island, gorgeous sandy beaches, with coconut palm plantations as the largest source of income after tourism on this «palm island».

Krung Thep [krung thêep]

Bangkok, City of Angels, capital of the Thai monarchy since 1782, situated on the Chao Phraya river [mä'ä-nám dschâu phráyaa] rich in culture, tradition, modernity.



GOOD TO KNOW

Validity

This documentation is valid from January 1, 2023 and replaces all previous Spa brochures.

Appointments

Although we are happy to take reservations in person at our Reception, we suggest that you make your reservations in advance by telephone, particularly for weekend appointments. Please let us know your wishes, needs and any health concerns - we will advise and support you in making the best choice of treatments.

Welcome

Please plan to arrive at our Spa Reception 10 to 15 minutes before your appointment. This way we can ensure you enjoy a fully relaxed spa experience.

Attire

You are welcome to simply wear your robe when joining us from your hotel room. External guests may make use of our changing area where you will find robes and slippers. Traditional Thai massage is enjoyed wearing light clothing, which you will receive at our Spa Reception. For all other body treatments we would ask you to undress. To ensure you feel comfortable and to respect your privacy, you will be given single-use underwear.

Appropriate sportswear and sports footwear must be worn in the gym. For safety reasons, slippers and bare feet are not allowed.

Personal conduct

The Cocon Thai Spa is a place of rest and relaxation. We ask that you respect this atmosphere of tranquillity by refraining from using your mobile phone. Smoking is not permitted throughout the spas and wellness area and no animals are allowed.

Children & Teenagers

The Cocon Thai Spa is available to children from 3 to 14 years accompanied by an adult between 7 and 10 a.m., as long as they are considerate of the needs of other guests for peace and relaxation. The sauna area is open to young people aged 14 and over. We ask both children and adults to be respectful in this regard. Please understand that spa staff will not supervise children and that there are no lifeguards at the Cocon Thai Spa or at the lake. Parents are responsible for their children.

Relaxation

Upon conclusion of your treatment you are welcome to make use of our rest area with a view of the tree garden. Help yourself to selections from our Spa buffet and sit back and relax.

Valuables

Please leave your valuables in your hotel room safe or at home. We accept no responsibility for items lost during your time in the spa area.

Opening hours

| | |
|------------------|------------------|
| Monday to Sunday | 10 a.m. – 8 p.m. |
| For hotel guests | 7 a.m. – 9 p.m. |

The hours between 7 and 9 a.m. and 8 and 9 p.m. are unattended.

Sauna area

Our sauna area opens daily at 10 a.m. Thai sarongs are available for our saunas.

Cancellations

Your treatment time has been specially reserved for you. Cancellations made 24 hours in advance are free of charge. Last minute cancellations are charged at full price.

Gift vouchers & gifts

Our treatments and programmes are attractively packaged in the form of gift vouchers. You will also find a wealth of small gift ideas and souvenirs in our Cocon Thai Spa Shop

Prices

Our prices are in Swiss Francs (CHF) and include VAT. Prices are subject to change.

Awards

Wellness Aphrodite 2020
Winner in the category «Overall concept»

Spa Star Awards 2018
Special Award Winner

Gala Spa Award 2016
Top 3 category «Best Innovative Spa Concepts»

Senses-Award 2015
Winner in the category «Best Country Resort»

Wellness Aphrodite 2014 & 2015
in the categories of «Beauty & Treatments» and «Overall concept»

Spa Business Award 2014
Winner in the category «Cuisine & Wellness»





SEEROSE RESORT & SPA

Seerosenstrasse 1, 5616 Meisterschwanden

+41 56 676 68 68, hotel@seerose.ch, seerose.ch



BALANCE FAMILIE

das Gute leben

balancefamilie.ch