Miilé

SPA & WELLNESS AT EXCELLENCE PLAYA MUJERES

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MIILÉ SPA TREATMENT MENU

"The mind and the body are like a parallel universe... anything that happens in the mental universe, must leave tracks in the physical one."

Enter the world-class sanctuary of Miilé, and indulge yourself in an oasis of natural luxury. Surrounded by the most intense elements in nature: sun, air, earth and water, yet secluded from the exasperation of day to day life, now is the time to retreat to a place where "relax" happens naturally.
Native nutrient-rich botanical and marine essentials are the basis of our treatments, designed with the aim to replenish and restore your inner and outer beauty, allowing you to indulge and embrace the experience of pure relaxation.

OUR INSPIRATION AT MIILÉ SPA
Is to provide a memorable and delightful spa experience by appealing to all senses in each of our treatments and the Miilé human touch.

Miilé stands for:

M other earth's gifts, from our roots to the skies
I ndigenous wisdom from healing heritage
I nspiration in our guests dreams
L ove to humanity in every treatment we deliver
E nergy from our hearts to enhance wellbeing

Open every day from 9:00 am to 7:00 pm
Reservations at Ext. 4411 • Tel. 52 9988 72 86 00 • e-mail: spa.xpm@excellenceresorts.com
• www.excellenceresorts.com •
PRICES DO NOT INCLUDE TAXES

MIILÉ FOR COUPLES

Romance, connection and inner peace are the elements that inspire our couples treatments, secluded in your own private space.

VITALITY COUPLES RITUAL 100 min.

Renew and energize your body with a therapeutic blend of massage techniques and body stretching, warm back pillows, and herbal distressing balm that will help release muscle tension and rid the body of tiredness, followed by a hydrating and soothing facial to bring back luminosity. Enjoy sparkling wine.

$640 USD per couple

FOREVER LOVE RITUAL 100 min.

A space dedicated to love, with a foot-bath ritual with aromatic salts, a memory of the moment when love arises, followed by a full-body massage, sedative and slow, with rhythmic and continuous movements that will lead you to total peace and love for oneself.

$640 USD per couple

MIMOSA BLISS COUPLES RITUAL 100 min.

Take a pause, calm and rest in an orange, mimosa and almond cocoon, a body scrub for a smooth skin, followed by a warm body wrap with essential oils, thermal waters and wild sorbus stem cells for a renewed skin ending with a sublime and relaxing massage. Enjoy sparkling wine.

$640 USD per couple

INTENSIVE DESTRESS COUPLES RITUAL 100 min.

Start with a warm deep muscular massage, designed to completely relief tension, aided with hot pillows and expert hands, and an anti-stress balm to rest your back, continue with a unique hydrating facial, neck and scalp massage. Total rest for body and mind.

$640 USD per couple

EXCELLENCE COUPLES MASSAGE 75 min.

An indulging and therapeutic experience to share, with our signature massage based on a blend of techniques such as shiatsu, reflex points, stretching, massage, hot poultice and aromatherapy, combined for perfect tension release.

$500 USD per couple

BY THE OCEAN COUPLES MASSAGE 75 min.

The rhythm of the waves will be the music on this couples massage by the ocean. Romance is the main ingredient in this unique experience embellished by the soft breeze.

$520 USD per couple

MIILÉ COUPLES MASSAGE 75 min.

Drift away on the bliss of this relaxing body massage with rhythmic and long movements, rose infused massage, pink quartzes and warm stones. Emerged feeling completely rested and nurtured. Enjoy sparkling and sweet delights at the end.

$500 USD per couple

VITA C COUPLES FACIAL 50 min.

Vitamin C is acknowledged to be an essential nutrient for achieving smoother, firmer and youthful skin. It is the most powerful antioxidant and repair agent for sun damaged or devitalized skin, bringing back luminosity, color and vitality.

$370 USD per couple

LUXURY COUPLES PEDICURE 50 min.

Enjoy together a complete feet treatment, starting with an aromatic feet bath followed by exfoliation, pedicure, massage and warm silk paraffin for your feet, and a glass of sparkling wine will pamper your pedicure.

$150 USD per couple

HUMANITY CEREMONY FOR TWO 150 min.

The most sublime spa retreat in Miilé Spa Suite, starting with White Tea with detoxifying and calming effects, and aura cleansing with incense, continue with a feet ritual with infused lavender essential oils, followed by a warm bubbling and nutrient milk mousse bath while soothing hands will apply a scalp massage, immerse then with your couple in your own Steam Room where you will apply to one another an aromatic exfoliation to revitalize your skin. Now your skin and mind are renovated and prepared for a silk sybarite body wrap to hydrate and nourish your skin, then a sedative strokes with Moroccan oil massage combining the relaxing and healing powers of hot stones and a hydrating and regenerating gold facial. Enjoy sparkling wine, and fresh fruits to celebrate love.

$780 USD per couple

MIILÉ MIND & BODY RITUALS

NOURISHING COCOON RITUAL 100 min.

Beauty is born from within, from love for oneself, a cocoon of care and total dedication to the being, in a beautiful journey of temperatures, aromas and sensations, beginning with the lulling of warm blankets, a marine exfoliation to renew the skin, followed by the warmth of herbal poultice applied to the body for total relaxation, a sublime massage with peppermint oil, and a hydrating facial.

$320 USD

MAYAN AWAKENING RITUAL 100 min.

Dedicated to the being and to life, for the Mayans, man was created from corn, arising from nature and connected with it, transporting you to this beautiful experience through an energetic cleansing with herbs, a ritual of corn on the feet that leads us to reach our path, and followed by a massage of rest and liberation that evokes the earth, the water, the growth of the corn, the love for life. An experience of body, mind and soul connection.

$320 USD

INTENSIVE DESTRESS RITUAL 100 min.

Start with a warm deep muscular massage, designed to completely relief tension, aided with hot pillows and expert hands, and an anti-stress balm to rest your back, continue with a unique hydrating facial, neck and scalp massage. Total rest for body and mind.

$320 USD

MIMOSA BLISS RITUAL 100 min.

Take a pause, calm and rest in an orange, mimosa and almond cocoon, a body scrub for a smooth skin, followed by a warm body wrap with essential oils, thermal waters and wild sorbus stem cells for a renewed skin ending with a sublime and relaxing massage.

$320 USD

VITALITY RITUAL 100 min.
Renew and energize your body with a therapeutic blend of massage techniques and body stretching, warm back pillows, and herbal distressing balm that will help release muscle tension and rid the body of tiredness, followed by a hydrating and soothing facial to bring back luminosity.

$320 USD

FOR MEN RITUAL 100 min.
Renew and energize your body with this exclusive blend of Swedish massage, shiatsu pressure points, deep tissue for your back, body stretching and Lomi techniques that will help to release muscle tension and rid the body of tiredness. Continue your ritual with a stimulating and soothing facial that will vanish accumulated stress with a blend of natural actives for visible skin improvement, a perfect synergy to restore your skin by smoothing its overall texture.

$320 USD

MIILÉ MASSAGES

EXCELLENCE MASSAGE 50 min./ 75 min.
Replenish and energize your body with this exclusive blend of deep tissue massage, shiatsu pressure points, body stretching, aromatherapy and lomi-lomi techniques that will help to release muscle tension and rid the body of tiredness and fatigue. Awaken the senses; let this body therapy free your mind and body.

50 min. $185 USD
75 min. $250 USD

SACRED EARTH MASSAGE 75 min.
The most equilibrating massage to free body and mind from tensions and thoughts, through the wisdom of warm basil and rosemary oils hot stones, gems, plants to reteach our body the nature's vibrations, and the best massage movements to recover muscle fibers to a relaxed position.

$240 USD

STRESS CURE MASSAGE 75 min.
Designed to alleviate soared muscles and eliminate contractures, it starts with the powerful effects of hot herbal pouches to heal pain and induce profound relaxation while therapeutic hands will deeply work with effective strokes your muscles, using anti-stress balm for your back, and aloe for your body, making you feel new and free.

$240 USD

HOT STONE MASSAGE 75 min.
Smooth hot stones are incorporated into the massage to bring about balance and healing of the body. Heated stones of various sizes are gently run across the body in a soothing rhythmic flow to melt away stress while relieving tense muscles and sore joints.

$240 USD

DETOX REVIVAL MASSAGE 75 min.

Plant extracts and algae, absorb impurities while stimulating the blood circulation helping to ease aches and pains and relieve fatigue, fostering body detoxification, to end with a head, neck and back massage, this treatment will leave you with a feeling of complete renewal.

$240 USD

PRENATAL MASSAGE 75 min.

Give yourself a gift at a challenging time like this. Ease your aching muscles, back and legs, comforting yourself while also giving your baby a treat. Your therapist can adapt your massage for any stage of pregnancy.

$240 USD

DEEP TISSUE MASSAGE 50 min.

This deep massage therapy designed to achieve muscle tension relief. The therapist will personalize the therapy concentrating on specific areas of concern. This stimulating and recharging experience releases the body of all muscle stress.

$180 USD

SWEDISH MASSAGE 50 min.

Drift away on the bliss of this relaxing body massage. Feel comforted with the therapist hands that will sweep away the stresses of everyday life with flowing, slow rhythm movements to create a feeling of calm. Emerged feeling completely rested.

$180 USD

REFLEXO MASSAGE 50 min.

This holistic healing technique applying pressure to the feet and hands. It works on the major organs of the body, which are mapped out on the feet, helping to alleviate a number of problems such as back pain, headaches, and digestive problems. While a marine self heating mud is applied on your column. This treatment balances your systems and energizes your body.

$180 USD

HOLISTIC MASSAGE 75 min.

We are a holistic being, result of the interactions of the body, mind and emotions, we have created this amazing massage dedicated to harmonize the three dimensions, creating with slow, long, firm and precise movements, the release of the muscles and fasciae that store emotional impacts, with messages of well-being, rosemary oil that revitalizes, hot stones that relax and warm herbal pindas that balance your energy.

$240USD

MIILÉ FACIALS

TIME EXPERT FACIAL 75 min.
Reverse time with facial rejuvenation technology that achieves smoother skin and a more rested expression in record time. With active ingredients that visibly fill in expression lines and smooth wrinkles, and a natural Botox effect, and facial Yoga techniques, giving your skin a complete transformation, with a reflexology sequence during your session, simply the best facial.

$250 USD

HYDRA-HYALURONIC FACIAL 75 min.
Innovative high end facial therapy based in Hyaluronic 3D active, for a refreshed and juicy skin, creating volume in deep skin layers, filling expression lines and deeply hydrating, while rejuvenating facial massage techniques are applied with our exclusive Cool Massager, that lifts the skin. Ideal for all skin types and all ages.

$250 USD

PURITY FACIAL 75 min.
Specifically designed for deep cleansing effects, this facial focuses in removing impurities with an enzymatic exfoliation, extraction and hydrating and calming treatment.

$250 USD

ALL IN ONE CBD FACIAL 50 min.
Organic Cannabidoil is an amazing remedy for skin, providing pure healing with 7 benefits, it nurtures the skin, restoring the skin barrier, deeply moisturizes, calms any irritation, protects the skin with anti-oxidant properties, stimulates celular regeneration, softens, providing glow and total confort for a radiant skin.

$185 USD

VITA C FACIAL 50 min.
Vitamin C is acknowledged to be an essential nutrient for achieving smoother, firmer and youthful skin. It is the most powerful antioxidant and repair agent for sun damaged or devitalized skin, bringing back luminosity, color and vitality.

$185 USD

SOOTHING BOTANICAL FACIAL 50 min.
Cleanse, exfoliate and repair, with chamomile, azulene and other botanical actives contained in its Defensitive Complex, that will calm and deeply recover any irritation on your skin, ideal for sensitive skin, sunburns, allergies, rosaceous, it will recover and freshen your face.

$185 USD

EQUILIBRIUM FACIAL FOR MEN 50 min.
Based on natural ingredients to hydrate, detox and sooth the shaved skin of a man. Light, easily absorbed textures and sandal aromas, will restore the skin.

$185 USD

MIILÉ BODY TREATMENTS

AQUA CALMING MASSAGE THERAPY 50 min.
Ideal for sunburned skin, this refreshing cocoon will completely hydrate, alleviate and heal the sun damaged skin, with the powerful calming and nurturing effect of our organic wrap with noni, aloe and cactus extracts while a soothing body and scalp massage is performed..

$180 USD

ANTI-OXIDANT WRAP 50 min.
A body treatment, rich in fruits extracts such as papaya, lime, cherries with a full charge of anti-oxidants, starting with an orange exfoliating soft wax, followed by a massaged body treatment with a vitamin C soufflé, with activating and warm strokes to penetrate the benefits of the soufflé while relaxing your body. For the most radiant skin and perfect tan.

$180 USD

COCOA BODY WRAP& FACE 75 min.
An indulging, sculpting and sensorial body wrap that will promote circulation, nurture and provide contour to your body with antiaging actives contained in this chocolate wrap, adding a hydrating petite facial, a delight for your skin and senses.

$230 USD

ADD ONS FOR SPA TREATMENTS

Enhance your experience and add to your treatments.

HYDRATING FACIAL MASK
(for massages or body treatments)

COLLAGEN EYE PADS
(for facials, massages or body treatments)

MULTI VITAMIN OR LIFTING BOOSTER FLUID
(for massages, rituals or body treatments)

HOT STONES FOR BACK MASSAGE
(only in massages)

ALOE FOR BURNED SKIN
(for any treatment)

ANTI-STRESS BACK BALM
(for massages)

TIRED LEGS TONIC
(for any treatment)

DETOX HAIR MASK
(for massages, facials, body treatments)

$28 USD each

MIILÉ BEAUTY SALON

SILK BEAUTY RITUAL 100 min.
A complete beauty session for you, that starts with a spa pedicure, spa manicure with silk paraffin treatment, and a Silk scalp massage that will relax and nurture your scalp and hair.

$150 USD

EXCELLENCE PEDICURE 75 min.
For beauty and relaxation, choose this perfect combination of a Stone Pedicure including exfoliation, hot stones feet massage, silky paraffin treatment for your feet, and a scalp and facial massage with moisturizing actives to hydrate skin and scalp.

$100 USD

MANICURES

SPA MANICURE 50 min.
Renew your hands with an exfoliation, manicure, massage and a nourishing mask that will leave your skin smooth and soft.

$75 USD

PEDICURES

SPA PEDICURE 50 min.
Pamper your feet, with an exfoliation, pedicure, massage and a light feet mask that will leave your skin smooth and soft.

$75 USD

HOT STONE PEDICURE 50 min.
Give your feet the most relaxing and revitalizing pedicure, including: exfoliation, pedicure, massage with hot stones that will rebalance your energy and relief your feet, ending with a silky paraffin treatment to hydrate your feet.

$75 USD

BEAUTY SALON EXTRAS

MAKE-UP $120 USD
Look your best for that special day let our esthetician work on a beautiful makeup according to your preferences.

AIRBRUSH MAKE UP $135 USD
Porcelain looks for that special day, with airbrush makeup for a smoother skin look and long duration.

HAIRSTYLE $130 USD
Hairstyles vary according to the style you choose and the length of your hair. Hairstyling does not include shampoo.

HAIRCUT $100 USD

SHAMPOO AND BLOW DRY $100 USD

ORGANIC RENEWAL HAIR RITUAL 50 min.
Customized for your scalp and hair needs, with organic and vegan essential oils, this is an amazing treat, starting with a detoxifying lotion to oxygenate and purify, followed by an infusion of avocado and grape seed oils followed by prescribed essential oils blends for hydration, volume, energize or nourish combined with Champi ancient head massage to end with a fennel shampoo and an arnica, chamomile mask.

$110 USD

WAXING

LIP OR EYEBROW LIP	$30 USD
EYE BROW	$30 USD
ARMS	$44 USD
LEGS	$66 USD
HALF LEGS	$44 USD
BIKINI	$55 USD
BACK	$60 USD

MIILÉ SALON FOR HIM

MEN'S HAIRCUT 25 min. $50 USD

DELUXE MEN HAIRCUT 50 min.
Includes specialized products for men's hair, with vitamins and natural oils, scalp and neck massage and hair blowdry.

$85 USD

EXECUTIVE SHAVE 50 min.
Includes, specialized products for men's beard, with natural oils, vitamins, hydrating actives, Redensyl for beard growth, facial scrub, hydrating facial mist and calming balm.

$77 USD

*This treatments is done with a special trimmer, no pure blades are used, this is for your safety.

MUSTACHE AND BEARD OUTLINE	$32 USD
NECK, NOSE AND SIDEBURN TRIM	$32 USD
MEN'S HAND GROOMING	$65 USD
BACK WAXING	$60 USD

HOW TO BEST INDULGE IN THE MIILÉ SPA EXPERIENCE

WHO WILL HELP ME DECIDE HOW TO CHOOSE MY TREATMENTS?
One of our spa professionals will help you plan the perfect spa experience, including the best sequence for your treatments.

WHAT IF I HAVE SPECIAL HEALTH CONDITIONS?
Please notify a spa professional before scheduling your appointments. If necessary you can request a mini check-up with the doctor.

MAY I REQUEST A MALE OR FEMALE THERAPIST?
Yes, of course, although we cannot guarantee the availability of a particular therapist or gender. All of our therapists are trained to drape towels discreetly to respect and protect your privacy at all times.

WHAT DO I WEAR DURING MY TREATMENT?
Wear what is comfortable for you. Our staff may provide you with undergarments for the body treatments.

WHAT ABOUT MY JEWELRY AND VALUABLES?
Please leave all valuables in your room's safety deposit box or the lockers in the changing rooms. Miilé is not responsible for lost or forgotten valuables.

WHAT IF I'M LATE FOR MY APPOINTMENT?
Arriving late may limit the time for your treatment. Depending on the length of your service a late arrival may be classified as a 'no-show.'

HOW EARLY DO I NEED TO CHECK IN FOR MY SCHEDULED APPOINTMENT?
Early is always better. At the Beauty Parlor, we recommend check-in 5 minutes prior to your service. For Miilé treatments, you need to check-in 10 minutes before, at the reception. This will allow you enough time to check-in, get your locker assignment, change comfortably into your robe, and relax for 5 minutes before your spa treatment begins. Arrive one hour prior to your treatment if this has a courtesy hydrotherapy facilities with whirlpool, cold plunge, sauna, steam and more. Beauty Salon services do not include hydrotherapy circuit.

WHAT PRECAUTIONS DO I NEED TO KNOW?
We recommend eating and drinking in moderation and avoid alcoholic beverages prior to your spa service, exercise classes, whirlpools, and heat treatments. Do not shave your legs prior to a body scrub treatment. A severe sunburn may prevent you from enjoying a spa treatment. Be conscious and use good sun protection.

WHAT ABOUT GRATUITIES?
Gratuities are not included with Miilé treatments, they may be charged to the room, or in cash.

WHAT ABOUT PAYMENT FOR SPA SERVICES?
Miilé is able to charge spa services to your room account. Guests may also pay with credit card, or cash.

WHAT IS YOUR CANCELLATION POLICY?
Cancellations must be made at least 24 hours prior to your scheduled appointment or 50% of the value of the spa service will be applied.

WHAT IF I FORGET TO SHOW UP FOR MY APPOINTMENT?
Please don't forget!!! No Shows will be charged 50%.

Miilé

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Open every day from 9:00 am to 7:00 pm

Reservations at Ext. 4411 • Tel. 52 9988 72 86 00 • e-mail: spa.xpm@excellenceresorts.com

• www.excellenceresorts.com •