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

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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 a.m. to 8:00 p.m.

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

• [www.excellenceresorts.com](http://www.excellenceresorts.com) •

# MILÉ FOR COUPLES

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

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## **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.

## **BRISA COUPLES RITUAL 100 min.**

Let this escaping ritual be the perfect frame for romance with a feet clarity bath with aromatic salts and foot scrub, followed by the perfect long and slow paced massage for body and scalp. Celebrate with sparkling wine.

## **PLAYA MUJERES COUPLES RITUAL 100 min.**

A replenishing ritual with the most soothing elements, starting with a subtle marine and aromatic scrub to renew and soften your skin, followed by a warm bubbling milk mousse bath

to profoundly hydrate your body, while you rest your mind in a scalp massage, ending with a botanical oil massage and a gold lotus algae balm to leave your skin nurtured and with a golden appearance. Enjoy sparkling wine.

## **LAVENDER BLISS COUPLES RITUAL 100 min.**

Take a pause, calm and rest in a lavender, mint, amber and vanilla cocoon, a body scrub for a smooth skin, followed by a warm body wrap with essential oils, thermal water and pear stem cells for a renewed skin ending with a sublime massage. Enjoy sparkling wine.

## **EXCELLENCE COUPLES MASSAGE 80 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.

**BY THE OCEAN COUPLES MASSAGE 80 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.

**MIILÉ COUPLES MASSAGE 80 min.**

Drift away on the bliss of this relaxing body massage with rhythmic and long movements, chamomile infused massage, pink quartzes and warm stones. Emerged feeling completely rested and nurtured.

**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.



### **HUMANITY CEREMONY FOR TWO 150 min.**

Initiate your private ceremony in the relaxing room, with a Pur Erh Tea with detoxifying and calming effects, and aura cleansing with sage, continue with a feet ritual with infused lavender essential oils, continue your experience with a warm bubbling and nutrient milk mousse bath while soothing hands will apply a scalp massage, immerse then with your couple in your private Mud Therapy Room where you will apply to one another an aromatic exfoliation to revitalize your skin with marine and essential oils scrub. Now your skin and mind are renovated and prepared for a silk sybarite body wrap and onix stones to equilibrate energy while the silk hydrates and nurtures your skin, a hydrating and regenerating pearl facial.

For a grand finale Miilé spa indulges you and your beloved with one of two choices:

### **PINDASPICE MASSAGE**

Submerge in a sedative warm massage with cotton Poultice filled with spices, with nutrient rice, almond, sesame and chamomile warm oils and let your body, mind and soul to a complete celebration of wellbeing.

### **OBSIDIAN MASSAGE**

Obsidian hot stones will transport your body and mind to complete rest, running softly across your body while our oriental oil nurtures the skin.

# MIILÉ MIND & BODY RITUALS AQUA WELLNESS

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'Spa' means "salute per aqua." We include with any spa treatment, the usage of our Hydrotherapy Facilities including a Steam Room, Sauna, Tropical, Mist, Bi-thermal and Rustic Shower, followed by the benefits of water jets and Warm Whirlpool to relax and stimulate circulation, skin and muscles, which will make the perfect preamble for your spa treatments.



**EL MAR COCOON RITUAL 100 min.**

Coming from the invaluable gifts of the sea, begin this complete ritual starting with a marine salt glow exfoliation to mineralize your skin, followed by chamomile warm poultice treatment to calm your skin and a peppermint infused body massage inspired in the Caribbean tides, to end with a unique Hydrating Facial to leave your skin and soul nurtured and renovated.

**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.

**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.

**LAVENDER BLISS RITUAL 100 min.**

Take a pause, calm and rest in a lavender, mint, amber and vanilla cocoon, a body scrub for a smooth skin, followed by a warm body wrap with essential oils, thermal water and pear stem cells for a renewed skin ending with a sublime massage.

**TERRA MAYA RITUAL 100 min.**

This ritual honors Mayan traditions and their botanical heritage and will bring your body back to health and calmness, renovating your skin with an aromatic marine salt exfoliation, a black mud body wrap with juniper, rosemary, rich in minerals with anti-inflammatory and detoxifying effects. The grand finale is a revitalizing deep tissue body massage, which will bring back vitality and freedom of movement.



**TIME PERFECTION RITUAL 150 min.**

A cult for your face and body, we use the latest cosmetic technology and soothing rituals for shocking effects. Starting with the most effective modeling and slimming lipo-shock wrap to accelerate fat burning and toxins draining, with a firming effect, and then continue with a Time Expert Facial for ultimate shock effects with collagen peptides that incredibly fill in expression lines and a botanical active with Botox-like effects. End with a reenergizing tea infusion. Get prepared for a new you.



# MIILÉ MASSAGES

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## **EXCELLENCE MASSAGE 50 min./ 80 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.

## **SACRED EARTH MASSAGE 80 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.

## **STRESS CURE MASSAGE 80 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.

## **HOT STONE MASSAGE 80 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.

## **HEAVENLY LAVENDER MASSAGE 80 min.**

A mint and lavender body scrub for a renewed and smooth skin, followed by an amber and vanilla infused massage designed to calm, to provide rest, to take a break.

## **HOLISTIC SOOTHING MASSAGE 80 min.**

From ancestral cultures from all over the world we created a wellness therapy-massage for body and mind with a unique combination of healing therapies and massage techniques



such as shiatsu, reflexology, warm poultice, stones, and a warm botanical oil massage with cocoa feet mask, in contrast with temperatures and aromas to create total balance.

#### **HIGH TIDE 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.

#### **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.

#### **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.

**PRENATAL MASSAGE 50 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.



# MIILÉ FACIALS

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## **TIME EXPERT FACIAL 80 min.**

The latest technology in shock facial treatments, with amazing actives that visually fills in expression lines and smoothes wrinkles, and Soybean extract that will act as a Botox effect, it will rejuvenate your facial expression in just one session, giving your skin a complete transformation, and ultimate relaxation with a reflexology sequence that will be applied during the session, equilibrating your body and mind.

## **ADVANCED REPAIRING FACIAL 80 min.**

Reduces Aging signs with Zinc-Glycine Complex, provides lifting effect with our unique SPOON LISSAGE modelling and filling effects with Hyalurinic Acid and Collagen peptides. Skin shows with more flexibility, improves skin density and resistance. Is like our Nobel prize in Facials.

## **PURITY FACIAL 80 min.**

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

## **HYDRACURE FACIAL 50 min.**

An intensely moisturizing facial that heals skins dehydration, pouring water to the dermis leaving your skin younger and suppler.

## **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.

## **SOOTHING BOTANICAL FACIAL 50 min.**

Cleanse, exfoliate and repair, with chamomile, azulene and other botanical actives contained in this soothing facial, 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.

## **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.

# MILÉ BODY TREATMENTS

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## **COCOA BODY WRAP 50 min.**

An indulging, sculpting and sensorial body wrap that will promote circulation, nurture and provide contour to your body with anti-aging actives contained in this chocolate wrap, a delight for your skin and senses.

## **PHYTO-MARINE MUD WRAP 50 min.**

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

## **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.

## **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.

## **LIPO SHOCK REDUCTIVE & FIRMING**

### **TREATMENT 80 min.**

Reduce fat deposits and drain them out of your body with the power of this slimming treatment based on the effects of ivy, ruscus, lotus seaweed and green coffee leaving a complete effect of a lighter and firmer body.

## **MILK MOUSSE BATH 25 min.**

With extra fine powder milk blended with water to create the most soft mousse leaving a delicate texture on your skin. Marine collagen and milk proteins will give to your skin all the nutrients lost by sun exposure. Enjoy your session with a scalp massage and seal it with al-karite rich milk.

## 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)

### HOT STONES FOR BACK MASSAGE

(only in massages)

### ALOE FOR BURNED SKIN

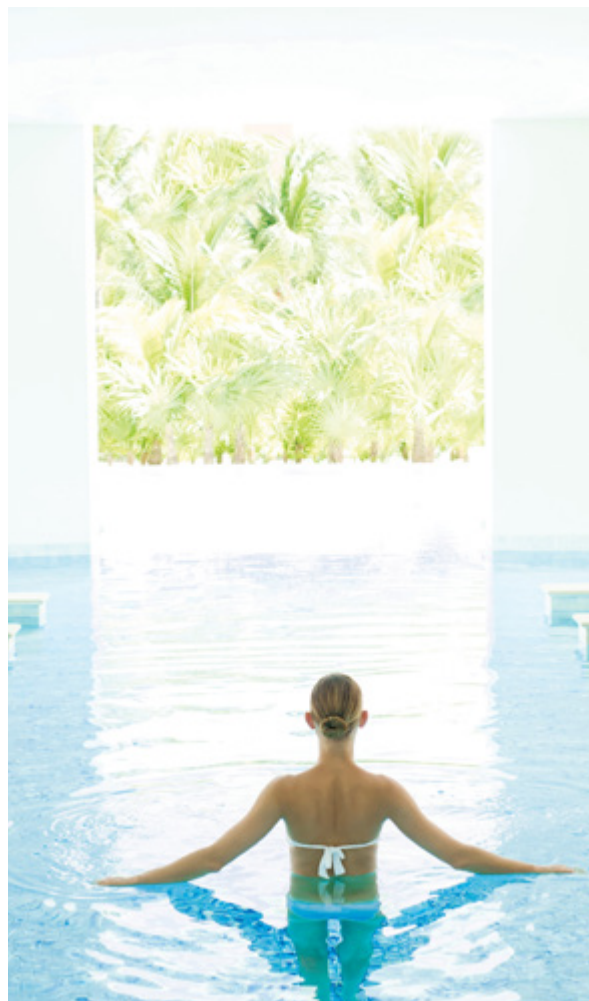
(for any treatment)

### ANTI-STRESS BACK BALM

(for massages)

### DETOX HAIR MASK

(for massages, facials, body treatments)



# MIILÉ BEAUTY SALON

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## **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.

## **EXCELLENCE PEDICURE 80 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.

## 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.

## 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.

### **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.

## BEAUTY SALON EXTRAS

### **MAKE-UP**

Look your best for that special day let our esthetician work on a beautiful makeup according to your preferences.

### **AIRBRUSH MAKE UP**

Porcelain looks for that special day, with airbrush makeup for a smoother skin look and long duration.



# MIILÉ SALON FOR HIM

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## HAIRSTYLE

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

## HAIR CUT

### SHAMPOO AND BLOW DRY

#### ORGANIC RENEWAL HAIR RITUAL 50 min.

Organic elixirs that will embrace your hair, in a detoxifying eucalyptus clay mask, a mint scrub for scalp to revive your hair pores, and a milk and roucou balms that will rehydrate, protect and nourish your hair before or after sun exposure, chlorine and salt, in a sighing scalp massage. Followed by a shoulders, neck, hands and feet massage with jojoba and echinacea butter for a soothing and silky result in your skin.

### WAXING

Such as bikini, legs, lip, arms, back.

### MEN'S HAIRCUT 25 min.

#### DELUXE MEN HAIRCUT 50 min.

Includes specialized products for men's hair, with vitamins and natural oils, scalp and neck massage and hair blowdry.

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

### MUSTACHE AND BEARD OUTLINE

### NECK, NOSE AND SIDEBURN TRIM

### MEN'S HAND GROOMING

### BACK WAXING