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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.”

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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 6:00 p.m. | Located in building 7, room number 7151  
Reservations at Ext. 4411 • Tel. 52 9988 72 86 00 • e-mail: [spa.xpm@excellenceresorts.com](mailto:spa.xpm@excellenceresorts.com)  
• [www.excellenceresorts.com](http://www.excellenceresorts.com) •

# MIILÉ 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.

## 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.

## 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 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.

## 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.







## MIILÉ MIND AND BODY RITUALS

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### **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.

### **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 relieve 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.

### **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.

# MIILÉ MESSAGES

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## 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.

## 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.

## 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.

## 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.

## HOLISTIC RELAXING 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.

## 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 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.

## ADVANCED REPAIRING FACIAL 75 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.

## 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.

## 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.





# MIILÉ BODY TREATMENTS

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## **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.

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)







## 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 Salon, 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 first treatment if you want to enjoy our 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.

## HOW TO BEST INDULGE IN THE MIILÉ SPA EXPERIENCE

#### **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%.

Open every day from 9:00 a.m. to 6:00 p.m. | Located in building 7, room number 7151

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

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