



miilé

SPA & WELLNESS AT EXCELLENCE PLAYA MUJERES



INDEX

MIILÉ FOR COUPLES	4 - 5
MIILÉ MIND AND BODY RITUALS	6
MIILÉ MASSAGES	7 - 8
MIILÉ FACIALS	9
MIILE BODY TREATMENTS	10
MIILÉ BEAUTY SALON	11 - 12
HOW TO BEST INDULGE IN THE MIILÉ EXPERIENCE	13

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.”

The ancient wisdom that recognizes the profound link between mind and body is the foundation of our spa experience. We believe that true wellness arises from nurturing this connection.

Step into Miilé, a sanctuary where natural luxury and tranquility intertwine. Enveloped by nature’s most vibrant elements, yet secluded from the outside world, you’ll discover a haven where relaxation unfolds effortlessly. We’ve meticulously crafted each treatment, blending premium herbal and essential oils with renowned spa brands, all to evoke profound emotions and a harmonious state of mind and body. At Miilé, our purpose is to cultivate self-love, connect you with nature’s wisdom, and celebrate the beauty of life.

At Miilé Spa, we aspire to craft memorable sensory experiences, each treatment delivered with heartfelt human connection.

Miilé’s essence is captured in:

- M other Earth’s gifts, grounding us from roots to skies;
- I ndigenous wisdom, honoring our healing traditions;
- I nspiration, reflecting our guests’ aspirations;
- L ove, woven into every touch;
- E nergy, radiating from our hearts for enhanced well-being.

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

HUMANITY CEREMONY FOR TWO 150 min

Embark on the ultimate spa retreat within our exclusive Miilé Spa Suite. Begin with a soothing White Tea ritual, designed to detoxify and calm, followed by an aura cleansing with delicate incense. A luxurious lavender-infused foot ritual sets the stage for a warm, bubbling bamboo and salts bath, accompanied by a tranquil scalp massage. Share an intimate Steam Room experience, applying an aromatic exfoliation to revitalize each other's skin. Then, surrender to a nourishing pomegranate, olive, immortelle and almond body wrap, deeply hydrating. A serene Bergamot, Jasmine and Cedar oil massage, enhanced by the healing warmth of hot stones, melts away tension, culminating in a hydrating and regenerating facial. Celebrate your connection with sparkling wine and fresh fruits, creating a truly unforgettable moment.

\$780 USD per couple.

FOREVER LOVE COUPLES RITUAL 100 min

Step into a sanctuary dedicated to the eternal embrace of self-love. Begin with a soothing foot-bath ritual, infused with aromatic salts, evoking the tender beginnings of love. This gentle preparation is followed by a deeply sedative and slow full-body massage, featuring rhythmic and continuous movements that guide you to a state of profound peace and self-acceptance. Rediscover the infinite love within.

\$640 USD per couple

VITALITY COUPLES RITUAL 100 min

Recharge and revitalize together. This shared experience combines a therapeutic blend of massage techniques and body stretching to release muscle tension and banish fatigue. Warm back pillows and a herbal destressing balm enhance relaxation, preparing you for a hydrating and soothing facial that restores a radiant glow. Emerge feeling energized and deeply connected, and celebrate your renewed vitality with sparkling wine.

\$640 USD per couple

MIMOSA BLISS COUPLES RITUAL 100 min

A sensory journey designed to harmonize body and soul. This ritual begins with a gentle scrub, followed by a nourishing cocoon infused with thermal waters and natural actives that protect the skin's microbiome. Deep hydration is restored through a potent blend of Hyaluronic Acid and Vitamins E & F, providing an antioxidant shield. The experience culminates in a sublime, full-body massage enveloped in a calming aromatherapy blend of Bergamot, Cedar, Vetiver, and Sandalwood. Conclude your romantic escape by toasting to your shared tranquility with a chilled glass of sparkling wine.

\$640 USD per couple

SOULMATES IN LOVE RITUAL 100 min

In our Miilé Spa Suite, this replenishing experience begins with a delicate botanical and aromatic scrub, with Immortelle plant, olive and almond oils, gently renewing and softening your skin. Immerse yourself in a warm, bubbling bamboo and white tea bath, deeply hydrating your body as a soothing scalp massage calms your mind. Conclude with a calming and antioxidant botanical massage oil with Bergamot, Jasmin, Lavender and Cedar notes, leaving your skin exquisitely nurtured and your body totally at peace. Say "I love you" with a glass of sparkling wine.

\$640 USD per couple

EXCELLENCE COUPLES MASSAGE 75 min

Indulge in a shared experience of therapeutic luxury, this signature massage combines a masterful blend of techniques, including shiatsu, reflexology, stretching, massage, warm herbal poultices, and aromatherapy, meticulously crafted for perfect tension release. Experience profound relaxation and shared well-being as you journey together towards complete harmony.

\$500 USD per couple

MIILÉ COUPLES MASSAGE 75 min

Embark on a journey of shared bliss, drift away together as rhythmic, flowing movements ease tension and foster deep relaxation. Rose-infused massage oil, the gentle energy of pink quartz, and the soothing warmth of hot stones create an atmosphere of pure romance. Emerge feeling completely rested, nurtured, and intimately connected. Conclude your experience with sparkling and sweet delights, celebrating your shared tranquility.

\$500 USD per couple

BY THE OCEAN COUPLES MASSAGE 75 min
Immerse yourselves in an oceanfront serenade, where the gentle rhythm of the waves becomes the soundtrack to your shared relaxation. This unique couples massage, enhanced by the soft caress of the sea breeze, is a symphony of romance. Experience a profound sense of tranquility and connection as the ocean’s natural beauty envelops you.

\$520 USD per couple

LUXURY COUPLES PEDICURE 50 min
Enjoy together a complete feet treatment, starting with an aromatic feet bath followed by a feet exfoliation, pedicure, reflex-massage and warm silk paraffin for your feet, and a glass of sparkling will pamper your pedicure.

\$150 USD per couple

TAILORED COUPLES FACIAL 50 min
A personalized skincare ritual designed to meet your skin’s unique needs. The treatment begins with a gentle yet deep cleansing, enzyme exfoliation, and toning to perfectly prepare your skin. Next, a carefully selected high-tech booster—whether calming, lifting, or packed with collagen and multivitamins—is applied to target your specific concerns. The experience concludes with a luxurious hydrating foam mask, leaving your skin revitalized, radiant, and balanced.

\$370 USD per couple



MIILÉ MIND & BODY RITUALS AQUA WELLNESS

‘Spa’ means “salute per aqua.” We include with any spa massages, rituals and facials from 75 min and more, a 30 min experience in our Hydrotherapy Facilities including Steam Room or Sauna, a Bi-thermal 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.

TROPICAL NOURISHING

COCOON RITUAL 100 min

Discover the beauty that blossoms from within, a sanctuary of self-love and total dedication. A journey to your senses of enchanting temperatures, aromatherapy delights, and exquisite tropical sensations. Begin with the comforting embrace of warm blankets, followed by a revitalizing passion fruit and annatto exfoliation to renew your skin’s luminosity. The soothing warmth of herbal poultices, applied with gentle precision, melts away tension, preparing you for a sublime massage with invigorating tropical fruits nectar. Conclude this nurturing experience with a deeply hydrating and anti-oxidant facial, revealing your inner radiance.

\$320 USD

INTENSIVE DESTRESS RITUAL 100 min

Beginning with an intensive, warm, deep muscular massage, expertly designed to dissolve tension and soothe aching muscles. Our therapists utilize kneading and stretching techniques, enhanced by heated herbal pillows to reduce inflammation and a seven-herb anti-stress balm to calm your back. The ritual culminates in an extended, deeply therapeutic massage of the neck, face, and scalp, relieving accumulated stress and promoting total tranquility. Surrender to complete rest for body and mind.”

\$320 USD

MIMOSA BLISS RITUAL 100 min

A sensory journey designed to harmonize body and soul. This ritual begins with a gentle scrub, followed by a nourishing cocoon infused with thermal waters and natural actives that protect the skin’s microbiome. Deep hydration is restored through a potent blend of Hyaluronic Acid and Vitamins E & F, providing an antioxidant shield. The experience culminates in a sublime, full-body massage enveloped in a calming aromatherapy blend of Bergamot, Cedar, Vetiver, and Sandalwood.

\$320 USD

FOR MEN REVITALIZING RITUAL 100 min

Recharge and revitalize with a tailored experience designed for optimal well-being. This powerful treatment combines a strategic blend of Swedish massage, shiatsu pressure points, targeted deep tissue work for the back, body stretching, and Lomi-Lomi techniques, effectively releasing muscle tension and banishing fatigue. Continue your rejuvenation with a stimulating and soothing facial, featuring a blend of natural actives that diminish accumulated stress and visibly improve skin texture, restoring a smooth and refined complexion.

\$320 USD

AQUAWELLNESS JOURNEY 60 min

SPA Salute per Aqua takes on a new meaning here: a transformative journey of pure wellness and relaxation, infused with botanical and aromatherapy delights. We’ve curated your 60-minute Aquawellness hydrotherapy session to guide you through a symphony of sensations: Sauna and Steam Bath, Bithermal Shower, Chromotherapy, Ludic Pool with jets, Ice Water Pit, Reflexology Path, Small Cranial Massage, Body Scrub, and Natural Mud for the steam bath.

\$110 USD



MIILÉ MESSAGES

EXCELLENCE SIGNATURE MASSAGE 50/75 min

Experience the sensation of lightness and freedom with our Excellence Signature Massage, available in 50 or 75-minute sessions. This expert combination of deep tissue massage, shiatsu pressure points, body stretching, and lomi-lomi techniques is designed to release accumulated tension and revitalize your body. Feel fatigue dissipate and mobility restored, leaving a profound sense of lightness and well-being. Allow this body therapy to transport you to a state of renewal and vitality.”

50 min. \$185 USD

75 min. \$250 USD

STRESSCURE MASSAGE 75 min

Experience profound relief and rejuvenation, this massage harnesses the ancient healing power of hemp oil, renowned for its potent pain-reducing and anti-inflammatory properties, ideal for soothing stiff muscles and calming anxiety. We begin with the deeply therapeutic application of warm herbal pouches, combined with expert deep kneading techniques to alleviate soreness and eliminate contractures. A soothing seven-herb balm is applied to the back, followed by a tranquil scalp massage to calm the mind. Emerge from this transformative therapy feeling renewed and revitalized.

\$240 USD

DEEP & HOT STONE MASSAGE 75 min

This deeply therapeutic massage combines expert deep tissue techniques with the restorative power of hemp oil, known for its anti-inflammatory properties, to release stiff muscles and ease tension. The sedative and therapeutic warmth of hot stones further enhances relaxation, providing a comprehensive therapy for both body and mind. Emerge feeling revitalized and deeply restored.

\$240 USD

HOLISTIC MIND & BODY MASSAGE 75 min

Recognizing the interconnectedness of body, mind, and emotions, we’ve crafted this experience to restore balance across all dimensions. This deeply relaxing treatment employs slow, deliberate, and precise movements to release muscle and fascial tension, where emotional impacts are often stored. Infused with messages of well-being, revitalizing rosemary oil, soothing hot stones, and energy-balancing herbal pindas, this massage promotes a profound sense of inner peace and holistic rejuvenation.

\$240 USD

NURTURING PRENATAL MASSAGE 75 min

Embrace a moment of nurturing comfort during this special time, designed to ease aching muscles, back, and legs, this gentle therapy provides soothing relief for you while offering a comforting experience for your baby. Our skilled therapists will adapt the massage to your specific needs, ensuring a safe and relaxing treatment at any stage of pregnancy (from the fourth month onwards)

\$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 50/75 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.

50 min. \$180 USD
75 min. \$240 USD



MIILÉ FACIALS

TIME EXPERT FACIAL 75 min

Our most advanced anti-aging treatment designed to visibly increase elasticity and diminish wrinkles in record time. Utilizing cutting-edge peptide biotechnology, this facial stimulates collagen fibers to reduce the depth and volume of expression lines. The experience is elevated by a Kirei remodeling massage and a specialized Youth Massager tool to detoxify, lift, and plump the skin. A high-performance solution that effectively reverses signs of aging for a firm, radiant, and rejuvenated complexion.

\$250 USD

HYDRA-HYALURONIC 3D FACIAL 75 min

Experience the pinnacle of hydration , an innovative, high-end therapy utilizes Hyaluronic 3D active to deliver a refreshed, plump complexion, creating visible volume in deep skin layers, effectively filling expression lines, and providing intense hydration. Enhanced by rejuvenating facial massage techniques and our exclusive Cool Massager, this treatment lifts and firms the skin, making it ideal for all skin types and ages.

\$250 USD

HYDRA LIFT FACIAL 75 min

Dive into deep hydration, a rejuvenating experience that combines the power of Hydramass system, his treatment thoroughly cleanses, extracts impurities, and hydrates your skin, followed by a luxurious anti-aging cutting-edge treatment designed to deliver smoother skin and a visibly rested expression in record time, enhanced by a remodeling facial massage, this treatment effectively combats the signs of aging, revealing a younger, more radiant complexion.

\$300 USD

VITA C SKIN REVITALIZATION FACIAL 50 min

Reveal a smoother, firmer, and more youthful complexion with Vitamin C, a powerhouse antioxidant and essential nutrient, provides unparalleled protection against environmental damage while effectively repairing sun-damaged and devitalized skin. This potent treatment restores luminosity, evens skin tone, and revitalizes your complexion, leaving you with a radiant and youthful glow.

\$185 USD

TAILORED PRESCRIPTION FACIAL 50 min

A personalized skincare ritual designed to meet your skin’s unique needs. The treatment begins with a gentle yet deep cleansing, enzyme exfoliation, and toning to perfectly prepare your skin. Next, a carefully selected high-tech booster—whether calming, lifting, or packed with collagen and multivitamins—is applied to target your specific concerns. The experience concludes with a luxurious hydrating foam mask, leaving your skin revitalized, radiant, and balanced.

\$185 USD

MEN’S EQUILIBRIUM FACIAL 50 min

Restore balance and vitality to your skin with formulated with natural ingredients, is specifically designed to hydrate, detoxify, and soothe the unique needs of shaved skin. Light, easily absorbed textures and the calming aroma of sandalwood work synergistically to revitalize and restore your skin’s natural equilibrium.

\$185 USD

AQUA DEEP CLEANSE FACIAL 25 min

This advanced treatment harnesses the power of the Hydramass system to deliver a deep cleanse, gentle exfoliation, and intense hydration. We then infuse your skin with premium hydrating solutions, precisely formulated to purify, balance, and replenish moisture. The result is a remarkably clear, deeply hydrated, and wonderfully radiant complexion that feels as good as it looks.

\$112 USD



MIILÉ BODY TREATMENTS

AQUA SOOTHING SUN RELIEF THERAPY 50 min
Experience deep hydration and gentle healing, ideal for sunburned skin, this refreshing cocoon envelops you in a soothing blend of organic noni, aloe, and cactus extracts, providing immediate relief and promoting skin recovery. While your skin is deeply hydrated and healed, a gentle body and scalp massage lulls you into a state of serene relaxation.

\$180 USD

ADD ONS FOR SPA TREATMENTS
Enhance your experience and add to your treatments.

HYDRATING FACIAL MASK
(for 75 min massages or body treatments)

COLLAGEN EYE PADS
(for 75 min facials, massages or body treatments)

HOT STONES FOR BACK MASSAGE
(only in massages)
ALOE & NONI BALM FOR BURNED SKIN
(for any treatment)

ANTI-STRESS BACK BALM
(for massages)

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

BEAUTY BOOSTER VIALS
(for 75 min massages, body treatments, rituals)

COLLAGEN BOOTIES
(for all treatments for 75 min and more)

TIRED LEGS TONIC
(for all treatments)

\$28 USD each



MIILÉ BEAUTY SALON

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

PEDICURES

RELIEF PEDICURE 50 min.

The ultimate antidote for tired legs and aching feet. This therapeutic treatment begins with a renewing scrub, followed by a purifying clay mask infused with balsamic herbs—basil, chamomile, aloe vera, and rosemary—to instantly calm inflammation. The experience culminates in a deep, revitalizing calf and foot massage using a cooling eucalyptus, rosemary, and camphor balm, enhanced by a professional therapeutic massager. Highly refreshing, deeply relaxing, and designed to leave you feeling light on your feet.

\$75 USD

MANICURES

GLOW MANICURE 50 min.

A deeply restorative and sensory manicure designed to pamper your hands with delicacy. After cleaning and shaping, we elevate exfoliation into an art form with a whipped enzyme vitamin C foam painted on with a soft brush. This is followed by a melting massage using our Shimmering Oil, which intensely nourishes the skin with vitamins and essential oils while leaving a subtle, radiant sheen. Finished with an expert polish of your choice for a perfectly luminous look.

\$75 USD



BEAUTY SALON EXTRAS

MAKE-UP 50 min \$120 USD
Look your best for that special day let our esthetician work on a beautiful makeup according to your preferences.

AIRBRUSH MAKE UP 50 min \$135 USD
Porcelain looks for that special day, with airbrush makeup for a smoother skin look and long duration.

HAIRSTYLE 50 min \$130 USD
Hairstyles vary according to the style you choose and the length of your hair. Hairstyling does not include shampoo.

GLAM BEAUTY PACKAGE 100 min \$290 USD
This includes a chic hairstyle that highlights your natural beauty, airbrush makeup for a flawless base, and natural-looking strip lashes to accentuate your eyes. Perfect for formal events or when you desire understated sophistication.

DELUXE BEAUTY PACKAGE 120 min \$360 USD
This indulgent experience includes a collagen-booster treatment to revitalize your skin, and de-puffing eye pads for a refreshed and radiant look, a custom hairstyle, flawless airbrush makeup, dramatic strip lashes. Perfect for galas, weddings, and any event where you want to shine.

HAIRCUT 50 min \$150 USD

SHAMPOO AND BLOW DRY 50 min \$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

MUSTACHE AND BEARD OUTLINE \$32 USD

NECK, NOSE AND SIDEBURN TRIM \$32 USD

MEN’S HAND GROOMING \$65 USD

BACK WAXING \$60 USD

A woman in a blue swimsuit is lying on a white tiled ledge in a swimming pool, relaxing with her eyes closed. The pool is surrounded by lush tropical vegetation, including palm trees. The scene is captured in a bright, sunny outdoor setting.

HOW TO BEST INDULGE IN
THE MIIÉ 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 45 min prior to your treatment if this has a courtesy hydrotherapy facilities with whirlpool, cold plunge, sauna, steam and more. 50 min spa treatments and 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 payed by credit card or in cash

WHAT ABOUT PAYMENT FOR SPA SERVICES?

Miilé spa treatments may be payed with credit card.

WHAT IS YOUR CANCELLATION POLICY?

Cancellations must be made at least 24 hours prior to your scheduled appointment or 50% price list 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% price list value.



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