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MIILE 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.”

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:

Mother earth's gifts, from our roots to the skies
Indigenous wisdom from healing heritage
Inspiration in our guests dreams
Love to humanity in every treatment we deliver
Energy from our hearts to enhance wellbeing

Open every day from 9:00 am to 8:00 pm

Reservations at Ext. 4411 • e-mail: spa.xob@excellenceresorts.com •

• www.excellenceresorts.com •

MILÉ FOR COUPLES

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

VITALITY COUPLES RITUAL 100 min.

A renewal journey for your body and mind, with a therapeutic blend of massage techniques, infused by an aloe balm, warm back herbal pillows that will melt tension, followed by a hydrating and soothing facial to nourish your skin.

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.

IN LOVE COUPLES RITUAL 100 min.

A soothing ritual with the most relaxing elements, starting in a botanical scrub, followed by a warm bubbling essential oils

bath to profoundly hydrate your body, while you rest your mind in a scalp massage, followed by a botanical oils infused massage, warm stones softly dancing in your back.

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.

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 and hot poultice, combined for perfect tension release.

MILÉ COUPLES MASSAGE 75 min.

Drift away on the bliss of this relaxing and softening body massage with rhythmic and long movements, like the rhythm of love and the inspiration of your moments together.

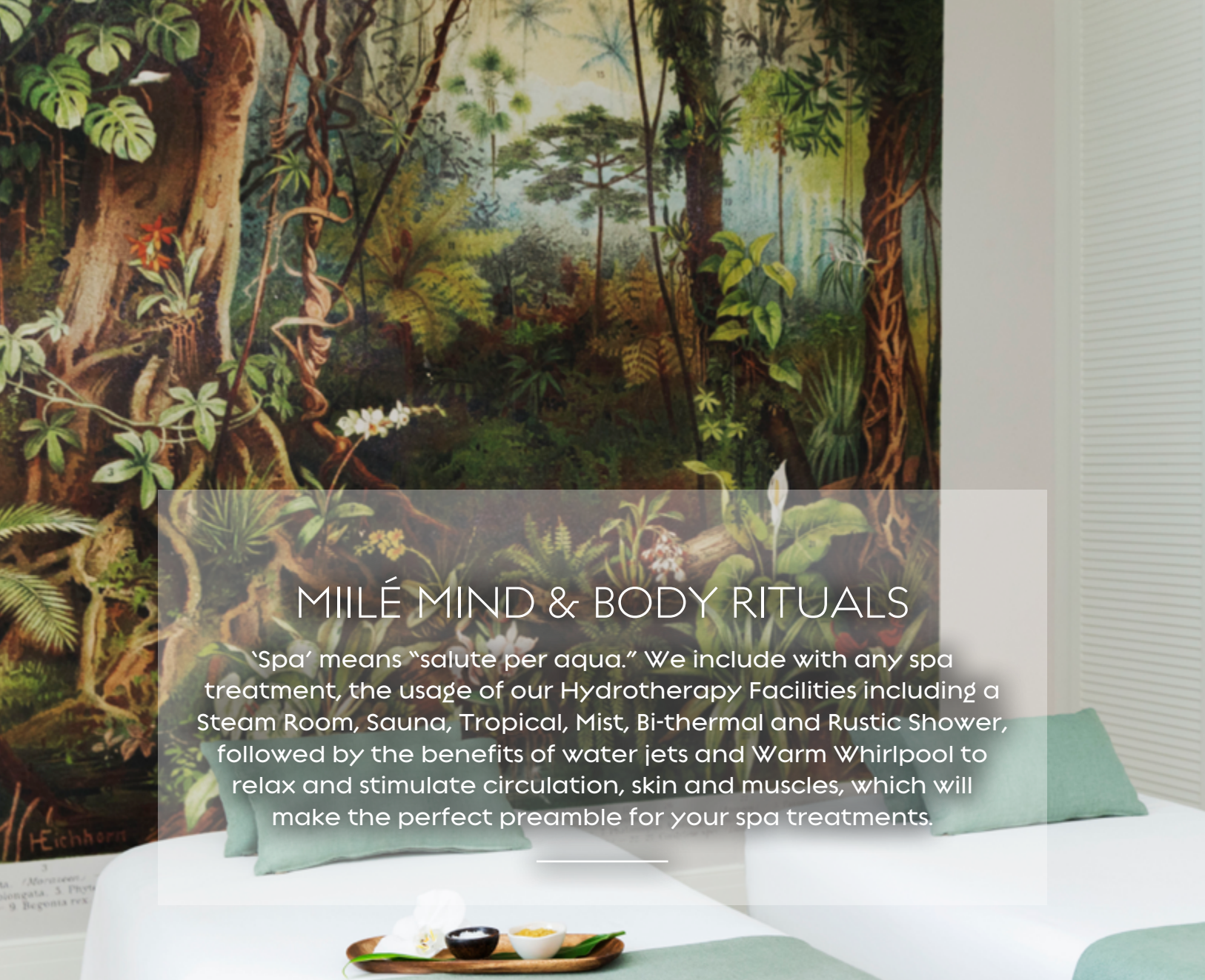
LUXURY COUPLES PEDICURE 50 min.

Enjoy together a complete feet treatment, starting with a salt bath to release inflammation and bring rest, a foot botanical scrub, a reflexology type feet massage and warm silk paraffin.

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.





MIILÉ MIND & BODY RITUALS

‘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.

JAMAICAN COCOON RITUAL 100 min.

A nature devoted cocoon to nurture yourself, starting with a water color scrub to mineralize your skin, followed by warm touches of hand-wrapped poultices with lemongrass, mint and clove and a warm fruits, flower and herbs infused sublime massage ending in a soothing seasonal facial.

FOR MEN RITUAL 100 min.

Renew and energize your body with a blend of therapeutic massage techniques, that will rid the body of tiredness. Continue your ritual with a stimulating facial that will vanish accumulated toxins and with a blend of natural actives to restore your skin.

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 recovery for body and mind.

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.

BLUE MOUNTAIN AWAKENING RITUAL 100 min.

Dedicated to the being... life arouses from nature and is connected with it, transporting you to this beautiful experience through an energetic cleansing with herbs, a feet ritual with coffee beans 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 vitalizing coffee tree, the love for life. An experience of body, mind and soul connection.

MIILÉ MESSAGES

EXCELLENCE MASSAGE 50 min./ 75 min.

Replenish and revitalize your body with this exclusive blend of therapeutic techniques, deep tissue massage, body stretching, reflex points and lomi-lomi, that will rid the body of tiredness and fatigue, let this body therapy create freedom of movement in your body.

SACRED EARTH MASSAGE 75 min.

Ancient healing is rooted in nature. A deeply intention of the mind-body-spirit connection with therapies and massage that balance, inside and out. Integrating rosemary and basil oils, warm river stones and stone gems.

STRESS CURE MASSAGE 75 min.

Designed to alleviate stiffness in your muscles, 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, making you feel new.

HOT STONE MASSAGE 75 min.

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

HEAVENLY LAVENDER MASSAGE 75 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 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.

DEEP TISSUE MASSAGE 50 min.

This deep massage therapy designed to achieve muscle tension relief combined with a blend of essential oils to ease all aches. 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.

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.

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.

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.

MIILÉ FACIALS

TIME EXPERT FACIAL 75 min.

Incomparable anti-aging treatment, with rich textures and delicate scents, utilizing rose stem cells, porcelain flower oil, an exclusive Liftomassage and second skin gel mask to reactivate and regenerate the skin's youth and natural beauty, and ultimate relaxation with a reflexology sequence during the session.

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.

COLLAGEN HYDRA FACIAL 50 min.

Restore hydration with collagen molecules that will penetrate your skin, reduce fine lines, and recover firmness, enhance moisture level, leaving your skin younger and suppler.

VITAMIN C ANTI-AGING 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.

AFTER SUN & SOOTHING FACIAL 50 min.

Cleanse, exfoliate and repair, with chamomile, azulene and other botanical actives contained in its Defensive 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.

EQUILIBRIUM FACIAL FOR MEN 50 min.

Based on natural ingredients to hydrate, detox and soothe the shaved skin of a man. Light, easily absorbed textures and sandal aromas, will restore the skin.

MIILÉ BODY TREATMENTS

BODY GLOW SCRUB & MASSAGE 50 min.

A powerful all over body experience with fruits scrub, to refine your skin, followed by a back massage.

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.

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 antioxidants, starting with an orange exfoliating soft wax, followed by a massaged body treatment with a vitamin C balm. For the most radiant skin and perfect tan.

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.

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.

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.

LUXURY COUPLES PEDICURE 50 min.

Enjoy together a complete feet treatment, starting with a Marine bath and exfoliation for your feet, petals, feet massage, warm silk paraffin, grapes and a glass of champagne will pamper your pedicure.



BEAUTY SALON EXTRAS

MAKE-UP

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

HAIRSTYLE

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

HAIR CUT

MENS' HAIR CUT

SHAMPOO AND BLOW DRY

ORGANIC RENEWAL HAIR RITUAL 50 min.

Elixirs with nutrients and natural oils that will embrace your hair, in a nourishing mask, and balms that will rehydrate, protect and soothe your hair before or after sun exposure, in a sighing scalp massage. Followed by a shoulders, neck, hands and feet massage with jojoba butter for a soothing and silky result in your skin.

WAXING

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 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 Miiélé treatments, they may be charged to the room, or in cash.

WHAT ABOUT PAYMENT FOR SPA SERVICES?

Miiélé 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%.

Open every day from 9:00 am to 8:00 pm

Reservations at Ext. 4411 • e-mail: spa.xob@excellenceresorts.com •

• www.excellenceresorts.com •