



INDEX

MIILÉ FOR COUPLES	4 - 5
MIILÉ MIND AND BODY RITUALS	6
MIILÉ MASSAGES	7 - 8
MIILÉ FACIALS	9 - 10
MIILE BODY TREATMENTS	11
MIILÉ BEAUTY SALON	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:

Mother Earth’s gifts, grounding us from roots to skies;
Indigenous wisdom, honoring our healing traditions;
Inspiration, reflecting our guests’ aspirations;
Love, woven into every touch;
Energy, radiating from our hearts for enhanced well-being.

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

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

• www.excellenceresorts.com •

MIILÉ FOR COUPLES

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

SOULS IN LOVE RITUAL 100 min.

Surrender to an exquisite journey of shared tranquility. This intimate ritual begins with a delicate botanical scrub, gently polishing your skin and preparing it for a warm bath infused with aromatic essential oils, deeply nourishing your bodies. As you drift into serenity, a soothing scalp massage releases tension. A flowing massage with velvety botanical oils follows, enhanced by the rhythmic warmth of smooth, heated stones gliding along your backs, creating a profound sense of connection and blissful relaxation. Celebrate love with sparkling wine.

\$700 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. Celebrate love with sparkling wine.

\$700 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.

\$700 USD per couple

MIMOSA BLISS COUPLES RITUAL 100 min.

Escape together into a journey of sensory bliss and surrender to the enveloping warmth of an orange, mimosa, and almond cocoon, beginning with a gentle body scrub that leaves your skin irresistibly smooth. A luxurious warm body wrap, infused with essential oils, thermal waters, and wild sorbus stem cells, deeply renews and revitalizes your skin. Conclude this blissful journey with a sublime and deeply relaxing massage. Celebrate your shared tranquility with sparkling wine, a perfect ending to your romantic escape.

\$700 USD per couple

RELAXATION REMEDY COUPLES RITUAL 100 min.

This deeply therapeutic ritual blends the enchanting resonance of sound therapy with the balancing energy of crystal placements. Guided breathwork unlocks inner stillness, while a CBD-infused massage and warm stones melt away stress, releasing deep-seated tension. This harmonious fusion of modalities restores balance to mind, body, and spirit, leaving you with a profound sense of calm and revitalized well-being.

\$700 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.

\$530 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.

\$530 USD per couple



HOLISTIC MIND & BODY COUPLES MASSAGE 75 min.

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.

\$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.

\$540 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.

\$160 USD per couple

MIILÉ MIND & BODY RITUALS AQUA WELLNESS

‘Spa’ means “salute per aqua.” We include with any spa treatments 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.

LUXURIOUS JAMAICAN 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 citrus exfoliation to renew your skin’s luminosity. The soothing warmth of hot poltice 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.

\$350 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.”

\$350 USD

RELAXATION REMEDY RITUAL 100 min.

Immerse yourself in a sanctuary of sensory healing. This deeply therapeutic ritual blends the enchanting resonance of sound therapy with the balancing energy of crystal placements. Guided breathwork unlocks inner stillness, while a CBD-infused massage and warm stones melt away stress, releasing deep-seated tension. This harmonious fusion of modalities restores balance to mind, body, and spirit, leaving you with a profound sense of calm and revitalized well-being.

\$350 USD

MIMOSA BLISS RITUAL 100 min.

A journey of sensory bliss and surrender to the enveloping warmth of an orange, mimosa, and almond cocoon, beginning with a gentle body scrub that leaves your skin irresistibly smooth. A luxurious warm body wrap, infused with essential oils, thermal waters, and wild sorbus stem cells, deeply renews and revitalizes your skin. Conclude this blissful journey with a sublime and deeply relaxing massage.

\$350 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.

\$350 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.

\$120 USD



MIILÉ MESSAGES

EXCELLENCE SIGNATURE MASSAGE

50 MIN / 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. \$200 USD

75 min. \$265 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.

\$250 USD

DETOX MUSCLE RELEASE MASSAGE 75 MIN

Experience a revitalizing massage designed to purify and invigorate. This treatment features a detoxifying body wrap using potent plant extracts and algae, which work to absorb impurities and stimulate circulation, while massage for head and neck is applied. Feel aches and pains melt away as fatigue is replaced with renewed energy. The ritual concludes with a soothing and deep full body massage, leaving you with a profound sense of renewal and vibrant well-being."

\$250 USD

WHISPERS OF EARTH GROUNDING MASSAGE
75 min.

A transformative massage designed to release physical and mental tension, restoring your natural vibrational frequency. Experience the therapeutic benefits of warm basil and rosemary oils, combined with the grounding warmth of hot stones and the energetic alignment of gemstones. Expert stretching and massage techniques work to release muscle tension, promoting deep relaxation and restoring equilibrium. Rediscover your inner balance and connection to the earth.

\$250 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.

\$250 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.

\$250 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)

\$250 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.

\$195 USD

SWEDISH MASSAGE 50 min./ 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. \$195 USD
75 min. \$250 USD

REFLEXOLOGY MASSAGE 50 min.

This therapeutic technique applies targeted pressure to reflex points on the feet and hands, corresponding to major organs and systems throughout the body. By stimulating these points, we help alleviate various ailments, including back pain, headaches, and digestive issues. A salts and herbs foot scrub and reflexology foot massage integrate this therapy, enhancing relaxation and promoting overall well-being. This comprehensive treatment harmonizes your body's systems and revitalizes your energy.

\$195 USD



MIILÉ FACIALS

TIME REVERSAL DIAMOND FACIAL 75 min.

Experience unparalleled rejuvenation and a surge of inner vitality with our cutting-edge anti-aging treatment. This 'smart' skincare facial boosts cellular energy (ATP), enhancing your skin's natural functions. It effectively targets all signs of aging—wrinkles, lines, and sagging—while providing proactive anti-aging benefits. Our signature pro-youth myofascial massage sculpts facial contours and diminishes wrinkles for remarkable results, leaving you with a radiant, youthful complexion.

\$250 USD

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.

\$190 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.

\$190 USD

SOOTHING SENSITIVE FACIAL 50 min.

Experience gentle calming and deep restoration with this soothing treatment that combines the calming properties of chamomile, azulene, and other botanical actives to gently cleanse, exfoliate, and repair delicate skin. Ideal for sensitive skin, sunburns, allergies, and rosacea, this facial effectively reduces irritation and restores a refreshed, balanced complexion.

\$190 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.

\$190 USD

DEEP CLEANSING & PURIFYING FACIAL 75 min.

A thorough purification specifically designed for deep cleansing, this treatment utilizes steam and extractions to effectively remove impurities. An enzymatic exfoliation gently sloughs away dead skin cells, followed by extractions to clear pores. A hydrating and calming treatment then soothes the skin, reducing redness and replenishing essential moisture. Reveal a refined, clear complexion with this purifying facial.

\$250 USD



MIILÉ BODY TREATMENTS

VITAMIN C RADIANCE BODY WRAP 50 min.

Unveil luminous, sun-kissed skin, with a rich in fruit extracts like papaya, lime, and cherries, delivers a potent dose of antioxidants. Begin with a gentle orange exfoliating soft wax, followed by a luxurious Vitamin C soufflé massage. Warm, activating strokes enhance the soufflé's penetration, while simultaneously relaxing your body. Experience the ultimate in radiant skin and a flawless, luminous glow.

\$180 USD

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 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)

\$32 USD each



MIILÉ BEAUTY SALON

SILK BEAUTY PACKAGE 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.

\$195 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.

\$120 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.

\$95 USD

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.

\$160 USD

BEAUTY SALON EXTRAS

BRIDAL MAKE UP \$150 USD

MAKE-UP \$130 USD
Look your best for that special day let our esthetician work on a beautiful makeup according to your preferences.

AIRBRUSH MAKE UP \$200 USD

BRIDAL HAIRSTYLE \$150 USD

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

MENS' HAIR CUT \$60 USD

SHAMPOO AND BLOW DRY \$80 USD

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.
\$110 USD

WAXING

LIP OR EYEBROW LIP \$35 USD
EYE BROW \$35 USD
ARMS \$55 USD
FULL LEG \$80 USD
HALF LEG \$55 USD
BIKINI \$60 USD
BACK OR CHEST \$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 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.



SPA & WELLNESS AT EXCELLENCE OYSTER BAY

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

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

• www.excellenceresorts.com •