





# 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.”

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 am to 7:00 pm

Reservations at Ext. 4411 • e-mail: [spa.xob@excellenceresorts.com](mailto:spa.xob@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 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.

\$680 USD per couple

## 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.

\$680 USD per couple

## 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.

\$680 USD per couple

## 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.

\$680 USD per couple

## 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.

\$500 USD per couple

## 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.

\$500 USD per couple

## 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.

\$150 USD per couple

## BY THE OCEAN COUPLES MASSAGE 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.

\$500 USD per couple

## MIILÉ MIND & BODY RITUALS AQUA WELLNESS

---

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

### **NOURISHING 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.

\$340 USD

### **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.

\$340 USD

### **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.

\$340 USD

### **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.

\$340 USD





**JAMAICAN REMEDY RITUAL 100 min.**

Indulge in a mystical therapeutic treatment that includes relaxing and invigorating sound therapy, healing and balancing crystal placements, breath work that is combined with CBD infused deep release massage and hot stones; balancing mind, body and soul, leaving you in an ultimate state of calm and rejuvenation.

\$340 USD

**AQUAWELLNESS RITUAL 60 min**

All ancient cultures knew the importance of water as an element of life... of healing. You will experience a guided hydrotherapy circuit where you will connect with yourself by awaking your senses directly with the water in aqua exercises, massages with jets and cascades, which contrast with the iced and hot pool. Select a body scrub to renew your skin and a mud to nurture it, while you enjoy the warmth of the steam room. Renew and embrace the heat of the dry saunas, refreshing ice room, biothermal and sensations showers. Your experience ends with the touch of a scalp and neck massage with botanical oil of your choice. A total wellness experience.

\$110 USD

## 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..

50 min. \$190 USD

75 min. \$250 USD

**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.

\$240 USD

**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.

\$240 USD

**DEEP HOT STONE MASSAGE 75 min.**

An anti fatigue blend of amazing deep tissue massage techniques, hemp oil to recover stiff muscles and inflammation in combination with the sedative and therapeutic effects of hot stones massage, a complete therapy for body and mind, for total renewal.

\$240 USD

**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.

\$240 USD

**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.

\$185 USD

**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.

\$185 USD

**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.

\$185 USD

**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.

\$240USD

**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.

\$240USD



## 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.

\$250 USD

### 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.

\$250 USD

### COLLAGEN HYDRA FACIAL 75 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

### 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.

\$190 USD

### AFTER SUN & SOOTHING FACIAL 50 min.

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

\$190 USD

### 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.

\$190 USD





# MILÉ 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.

\$185 USD

**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.

\$240 USD

**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.

\$185 USD

**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.

\$190 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)

**DETOX HAIR MASK**  
 (for massages, facials, body treatments)

\$28 USD each



# 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.

\$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.

\$150 USD

## BEAUTY SALON EXTRAS

### 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

### 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 one hour prior to your treatment if this has a courtesy 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.

**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%.

*Miilé*  
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](mailto:spa.xob@excellenceresorts.com)

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