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MIILÉ SPA TREATMENT MENU

Returning to our origins, reconnecting with the ancestral wisdom of healing through plants, elements, energy, we take well-being to a plane beyond the physical, a holistic well-being that integrates the soul and the strength of thoughts, that together create the being.

The medicine of the body and soul is unique for each being, that is why with all intention and dedication we will create your own mix of natural benefits that flood your being with well-being, returning that inner light, that look inward, that gratitude for the life, that self-love from which everything arises.

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

Welcome to your place of peace, to your own sanctuary.

Open every day from 9:00 am to 6:00 pm

Reservations at e-mail: spa.xcp@excellenceresorts.com

• www.excellenceresorts.com •

MIILÉ ORIGINS RITUALS

Let yourself be carried to this state through our Holistic Bar where, according to your life goals in the here and now, we will create and select together the wealth of essential oils, ointments, poultices, and botanicals that bring healing to your interior with rituals that honor your precious and divine life.

Rituals are what life is made of, rituals of celebration for love, for light, kindness, gratitude.

Live our true mission in each of our experiences, which we have created with great care, delicacy, dedication, honoring life itself.

Our house of water that cleanses the body, the consciousness, the past, and allows us to walk on new steps clean and full of the present moment.

Don't miss the opportunity to reconnect with your being, with nature, and with your own light.

SERENITY OASIS COUPLES RITUAL 130 min.

Reconnect with the pleasant feeling of peace and deep relaxation that we often forget. Far beyond a moment of total relaxation, you will recover inner harmony and connect with an attitude of respect for your own vital rhythm. Choose your purpose, choose your medicine in our essential oils, natural scrubs and miracle clays, a combination of an anti-stress body treatment, starting in a peaceful bath with salts of your choice, a renewing scrub and nourishing body wrap while scalp massage therapy is applied taking you to a dreamful place, followed by the most sedative infused massage and a soothing facial treatment, all in accompaniment with the sound of Tibetan bowls.

\$880 USD per couple

LIGHT OF LOVE COUPLES RITUAL 100 min.

Love is Light, that enlightens those who give and receive it, the language of creation and life, the biggest force in our existence; This ritual has been created with the intention of love, cleansing trapped emotions, creating awareness of the present moment, opening the heart, and giving way to the expression of love. An herbal cleanse and a beautiful meditation that gives way to six synergies of essential oils that carry a message to the heart, followed by the most sublime massage of slow and long steps that connect with the being, followed by the warm rest of a sweet foam bath of lavender, a facial and cranial massage that leads you to look inward.

\$780 USD per couple

FOREVER YOU AND ME RITUAL 100 min.

A space dedicated to love, with a foot-bath ritual with aromatic salts, followed by a nourishing massage with the rose hip oils and quartz stones that use sedative and slow movements, and the warmth of a herbal poultice to awaken your senses. Reconnect with your soulmate and experience total peace and love for yourself.

\$780 USD per couple

INTENSIVE RECOVERY RITUAL 100 min.

We have created a great remedy for stress, an exhausting and limiting force, which affects our physical and mental health, generating negative emotions, preventing the joy of life, creativity and the present moment, we have chosen all the elements and time necessary to Open space inside, releasing tensions accumulated in the body and mind. Starting with a rosemary and chamomile tonic to warm up tense muscles and strengthen the will, continue with a deep and therapeutic muscle massage with the synergy of oils chosen for your being, clove oil will be applied to the points of greatest tension, eliminating inflammation, helped with hot stones on contracted muscles, to finish with a massage on the neck, scalp and face, granting total recovery and freedom of being.

\$390 USD

VITAL FLOW RITUAL 100 min.

Time to renew the flow of vital energy of the being, returning the appreciation and joy of living. Honoring the Mayan wisdom of the Tzolkin, the new cycle, according to your state of life, will choose essential oils to release energy blockages through the thirteen Mayan tones, an exfoliation that will awaken circulation followed by a clay wrap ending with ancestral massage manipulations and the power of hot stones, providing the body with rest, calm, elimination of toxins, improvement of the sleep cycle, release of endorphins and elevating the state of being.

\$390 USD

THE POWER OF SHE RITUAL 100 min.

The power of the feminine, blossoming into beauty and remembering the mission, the magic of creation, the nourishment of the soul, empathy, the driving force, togetherness, love, honoring the daughter, the mother, the wife, the sister, the leader, the friend. A ritual of devotion to women that gives life to ideas that, when put at the service of love, will create creative actions and light. A feet ritual to prepare for new steps, a salt glow scrub raising the vital force of the body, followed with soft nuances of incense oils. and myrrh that boosts inner strength, a subtle massage of calm and relaxation with the warmth of herbal poultice, and the richness of the sea in a revitalizing facial.

\$390 USD

MOTHER TO BE RITUAL 100 min.

Honoring the miracle that creates life, and caring for those who lovingly carry a new being, with the delicacy of Mother Nature, this ritual begins with a foot bath with your selected salts, a gentle exfoliation of natural seeds that gently renews the skin, a sublime massage on tired areas and where the skin has been stretched, with anti-stretch mark oil with rosehip, almond and hazelnuts helping the elasticity and nutrition of the skin, and essential oils such as roses, geranium, neroli and more that honor the beauty of life.

\$390 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 / 75 min.

Experience the sensation of lightness and freedom with this expert combination of deep tissue massage, shiatsu pressure points, body stretching, and lomi-lomi techniques 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. \$280 USD

STRESS CURE 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.

\$280 USD

THE STONE REMEDY MASSAGE 75 min.

This deeply therapeutic massage combines expert deep tissue techniques with the restorative power of CBD 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.

\$280 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 bergamot, orange, ylang ylang and grapefruit oils, soothing hot stones, and energy-balancing herbal pindas, this massage promotes a profound sense of inner peace and holistic rejuvenation.

\$280 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 juniper, myrrh, sandalwood, cedar and lavender 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.

\$280 USD

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 with a chamomile, karite and hydrating coconut balm infused massage, 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.

\$560 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.

\$580 USD per couple

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)

\$280 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.

\$200 USD

MIILÉ FACIALS

APOTHECARY FACIAL 50 min

A botanical customized facial, with a wide dosage of natural medicine, plant extracts and moisturizers, avocado and olive balms to repair the skin, with your skin specialist decide whether an Aloe a Soy or an Arnica Serum is what your skin needs, might be hydration, anti-oxidant actives, calming with calendula or purifying with tea tree, while precious Jade and Quartz stones deliver precious energy.

\$200 USD

BIO CELLULAR FACIAL 75 min

Total renewal, balance and care, rose hip, ginkgo biloba, calendula, amber, myrrh and ginger infusions, that will regenerate, revitalize profoundly the skins energy, total renewal of skin tissue that will combat the signs of cellular aging, your skin will be totally hydrated, energized and young.

\$280 USD

HYDRA-ESSENCE FACIAL 75 min

Center your energy with a grounding herbal footbath, followed by an amazing facial where your skin and soul are infused with nourishing essential oil synergies, including chamomile, lavender, cypress, sage, and rosemary. Breathe in the healing botanicals, restoring hydration and balance with vegan hyaluronic acid, allowing your skin to naturally retain water. Experience a conscious facial lifting massage while aromatherapy balances emotions, leaving you feeling fresh and renewed

\$280 USD

ULTRA PERFORMANCE FACIAL 75 min

The most intelligent skin care solution based on bioengineered formulations to efficiently restore the skin, preserving its health and natural beauty at any age, ultra low molecular Hyaluronic acid and Ionized Minerals that facilitate transportation of active ingredients and helps to restore the skin structure and boost cells regeneration, increase hydration and detoxifying ability, enhance skin immunity, fills expression lines, as well as normalize mineral balance within the skin and accelerate renovation process.

\$295 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)

\$32 USD each





MIILÉ BEAUTY SALON

MIILE 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

MIILE 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

MAKE-UP

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

\$130 USD

AIRBRUSH MAKE UP

Porcelain looks for that special day, with airbrush makeup for a smoother skin look and long duration.

\$150 USD

HAIRSTYLE

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

\$150 USD

HAIRCUT

\$100 USD

SHAMPOO AND BLOW DRY

\$100 USD

WAXING

LIP OR EYEBROW LIP

\$30 USD

ARMS

\$44 USD

LEGS

\$66 USD

HALF LEGS

\$44 USD

BIKINI

\$55 USD

BACK

\$60 USD

A modern indoor spa with a large pool, multiple waterfalls, and lounge seating. The space is covered by a wooden ceiling with hanging greenery. The pool has several curved metal waterfalls. In the background, there are arched openings with vertical slats and lounge furniture. The overall atmosphere is serene and luxurious.

HOW TO BEST INDULGE IN
THE MILÉ 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.



Open every day from 9:00 am to 6:00 pm

Reservations at e-mail: spa.xcp@excellenceresorts.com

• www.excellenceresorts.com •