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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](mailto:spa.xcp@excellenceresorts.com)

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

# MILÉ 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.

## 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

## MIILÉ MASSAGES

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### EXCELLENCE MASSAGE 50 min./ 75 min.

Replenish and energize your body with this exclusive blend of deep tissue massage, shiatsu pressure points, body stretching, aromatherapy and lomi-lomi techniques that will help to release muscle tension and rid the body of tiredness and fatigue. Awaken the senses; let this body therapy free your mind and body.

50 min. \$200 USD

75 min. \$280 USD

### STRESS CURE MASSAGE 75 min.

Designed to alleviate soared muscles and eliminate contractures, 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, using anti-stress balm for your back, and aloe for your body, making you feel new and free.

\$280 USD

### THE STONE REMEDY MASSAGE 75 min.

An anti fatigue blend of our invigorating oil infusion with bergamot, orange, lemon, tangerine, almond and jojoba, combining deep tissue massage techniques in combination with the sedative and therapeutic effects of hot stones, a complete therapy for body and mind.

\$280 USD

### 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.

\$560 USD per couple

### 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.

\$580 USD per couple

### 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.

\$200 USD



# MIILÉ FACIALS

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## **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

## **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)

\$30 USD each



# MIILÉ BEAUTY SALON

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## 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.

\$120 USD

## AIRBRUSH MAKE UP

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

\$135 USD

## HAIRSTYLE

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

\$130 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 spa interior featuring a large, rectangular pool with waterfalls. The room is decorated with light-colored walls, arched windows with vertical wooden slats, and hanging greenery. There are lounge chairs, a table with towels, and a small table with a chair near the pool. 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 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 CORAL PLAYA MUJERES

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

Reservations at e-mail: [spa.xcp@excellenceresorts.com](mailto:spa.xcp@excellenceresorts.com)

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