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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.

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.

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

Miilé’s essence is captured in:
M other Earth’s gifts, grounding us from roots to skies;
I ndigenous wisdom, honoring our healing traditions;
I nspiration, reflecting our guests’ aspirations;
L ove, woven into every touch;
E nergy, radiating from our hearts for enhanced well-being.

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

Reservations at Ext. 4411 • Tel. 52 9988 72 85 00 • e-mail: spa.xrc@excellenceresorts.com

• www.excellenceresorts.com •

PRICES DO NOT INCLUDE TAXES

MIILÉ FOR COUPLES

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

BEYOND RELAXATION COUPLES RITUAL 130 min.

Embark on a journey to ultimate relaxation where expert hands, attuned to your body's needs, will precisely target and release tension areas using deep muscle massage techniques and trigger point therapy. Peppermint herbal oil and healing hot stones, with their sedative and anti-inflammatory effects, enhance the therapeutic experience. A decadent cocoa foot wrap and a nourishing botanical hair oil, coupled with a profound scalp and neck massage, will crown your rest, taking you truly beyond relaxation. Conclude this indulgent experience with a glass of sparkling wine and chocolate-covered strawberries, celebrating your shared tranquility.

\$740 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. Enjoy a glass of sparkling wine and sweet delights.

\$640 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.

\$640 USD per couple

MIMOSA BLISS COUPLES RITUAL 100 min.

A sensory journey designed to harmonize body and soul. This ritual begins with a gentle scrub, followed by a nourishing cocoon infused with thermal waters and natural activities that protect the skin's microbiome. Deep hydration is restored through a potent blend of Hyaluronic Acid and Vitamins E & F, providing an antioxidant shield. The experience culminates in a sublime, full-body massage enveloped in a calming aromatherapy blend of Bergamot, Cedar, Vetiver, and Sandalwood. Conclude your romantic escape by toasting to your shared tranquility with a chilled glass of sparkling wine.

\$640 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.

\$500 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.

\$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.

\$520 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.

\$150 USD per couple

TAILORED COUPLES FACIAL 50 min.

A personalized skincare ritual designed to adapt to your skin's unique needs. Starting with a gentle still deep, cleansing, enzyme exfoliating, and toning that prepares your skin to receive a carefully selected ampoule – collagen, multivitamins, or lifting – depending on your skin type. The experience ends with a soft and luxurious hydrating foam mask that leaves your skin revitalized, radiant, and balanced.

\$370 USD per couple



MIILÉ MIND & BODY RITUALS AQUA WELLNESS

‘Spa’ means “salute per aqua.” We include with any spa massages, rituals and facials 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.

TROPICAL NOURISHING 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 passion fruit and annatto exfoliation to renew your skin’s luminosity. The soothing warmth of herbal poultices, 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.

\$320 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.”

\$320 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.

\$320 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.

\$320 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.

\$110 USD

TEMAZCAL PURIFICATION RITUAL 100 min.

Journey back to pre-Hispanic Mexico, where the body, mind, and spirit were revered as a harmonious whole. This experience offers a profound experience of cleansing and renewal, rooted in ancestral traditions. The temazcal steam bath, a sacred practice in tribal Mexico, facilitates deep detoxification through sweating, releasing accumulated toxins. This transformative ritual includes a purification ceremony, the temazcal steam bath itself, and a guided meditation session, culminating in the enjoyment of fresh juices and fruits.

(Minimum 4 persons required).
\$240 USD per person



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. \$185 USD

75 min. \$250 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.

\$240 USD

SEASONAL 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.

\$240 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.

\$240 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.

\$240 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)

\$240 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.

\$180 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. \$180 USD
75 min. \$240 USD

CELESTIAL FEET & LEGS 25 min.

A sensory escape for tired feet and legs. From the first dip into our tea- steeped bath, a feet scrub, kabuki applied honey mask, massage candle oils for a deep tissue limb massage to the final warmth of glowing hot stones, every step is choreographed to lift the spirit and lighten your path, leaving your legs feeling as effortless and airy as a summer breeze. Ideal to add to your hydrotherapy session, or your spa treatment.

\$80 USD

MIILÉ FACIALS

TIME EXPERT FACIAL 75 min.

Our most advanced anti-aging treatment designed to visibly increase elasticity and diminish wrinkles in record time. Utilizing cutting-edge peptide biotechnology, this facial stimulates collagen fibers to reduce the depth and volume of expression lines. The experience is elevated by a Kirei remodeling massage and a specialized Youth Massager tool to detoxify, lift, and plump the skin. A high-performance solution that effectively reverses signs of aging for a firm, radiant, and rejuvenated complexion.

\$250 USD

HYDRA-HYALURONIC 3D FACIAL 75 min.

Experience the pinnacle of hydration , an innovative, high-end therapy utilizes Hyaluronic 3D active to deliver a refreshed, plump complexion, creating visible volume in deep skin layers, effectively filling expression lines, and providing intense hydration. Enhanced by rejuvenating facial massage techniques and our exclusive Cool Massager, this treatment lifts and firms the skin, making it ideal for all skin types and ages.

\$250 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.

\$185 USD

TAILORED PRESCRIPTION FACIAL 50 min.

A personalized skincare ritual designed to meet your skin's unique needs. The treatment begins with a gentle yet deep cleansing, enzyme exfoliation, and toning to perfectly prepare your skin. Next, a carefully selected high-tech booster—whether calming, lifting, or packed with collagen and multivitamins—is applied to target your specific concerns. The experience concludes with a luxurious hydrating foam mask, leaving your skin revitalized, radiant, and balanced.

\$185 USD

MEN'S EQUILIBRIUM FACIAL 50 min.

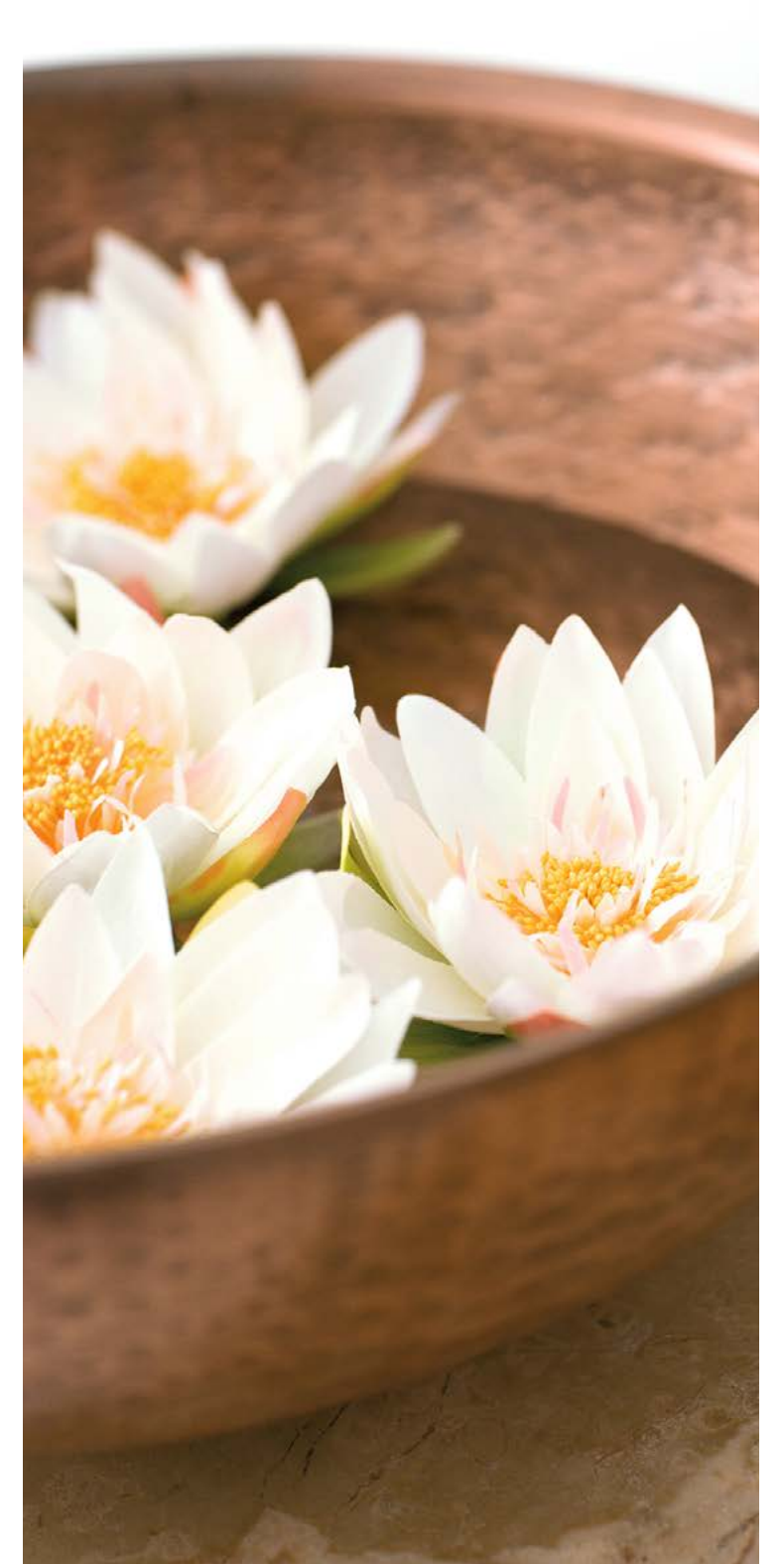
Restore balance and vitality to your skin with formulated with natural ingredients, is specifically designed to hydrate, detoxify, and soothe the unique needs of shaved skin. Light, easily absorbed textures and the calming aroma of sandalwood work synergistically to revitalize and restore your skin's natural equilibrium.

\$185 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

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

BAMBU & WHITE TEA SALT BATH 25 min

With the benefits of trace elements contained in marine salts, and the rejuvenating effects of bamboo and white tea extracts blended with water to create the most indulging bath, detoxifying, mineralizing and restoring the skin while relaxing muscle tension and inflammation. Enjoy your session with a scalp massage and seal it with marine tonic to seal skin hydration.

\$100 USD

ADD ONS FOR SPA TREATMENTS

Enhance your experience and add to your treatments.

HYDRATING FACIAL MASK

(for 75 min massages, 100 min rituals or body treatments)

COLLAGEN EYE PADS

(for facials, 75 min or more massages or body treatments)

HOT STONES FOR BACK MASSAGE

(only in massages)

ALOE & NONI BALM FOR BURNED SKIN

(for any treatment)

ANTI-STRESS BACK BALM

(for massages)

DETOX HAIR CAP

(for massages, facials, body treatments)

BEAUTY BOOSTER VIALS

(75 min or more massages, body treatments, rituals)

COLLAGEN BOOTIES

(for all treatments)

TIRED LEGS TONIC

(for all treatments)

\$28 USD each



MIILÉ BEAUTY SALON

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.

\$100 USD

MANICURES

GLOW MANICURE 50 min.

A deeply restorative and sensory manicure designed to pamper your hands with delicacy. After cleaning and shaping, we elevate exfoliation into an art form with a whipped enzyme vitamin C foam painted on with a soft brush. This is followed by a melting massage using our Shimmering Oil, which intensely nourishes the skin with vitamins and essential oils while leaving a subtle, radiant sheen. Finished with an expert polish of your choice for a perfectly luminous look.

\$75 USD

PEDICURES

RELIEF PEDICURE 50 min.

The ultimate antidote for tired legs and aching feet. This therapeutic treatment begins with a renewing scrub, followed by a purifying clay mask infused with balsamic herbs—basil, chamomile, aloe vera, and rosemary—to instantly calm inflammation. The experience culminates in a deep, revitalizing calf and foot massage using a cooling eucalyptus, rosemary, and camphor balm, enhanced by a professional therapeutic massager. Highly refreshing, deeply relaxing, and designed to leave you feeling light on your feet

\$75 USD

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.

\$150 USD

BEAUTY SALON EXTRAS

MAKE-UP

\$120 USD

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

AIRBRUSH MAKE UP

\$135 USD

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

HAIRSTYLE

\$130 USD

Hairstyles vary according to the style you choose. Hairstyling does not include shampoo.

HAIR CUT

SHAMPOO AND BLOW DRY

\$100 USD

SHAMPOO AND HAIRSTYLE

\$145 USD

ORGANIC RENEWAL HAIR RITUAL 50 min.

Organic elixirs that will embrace your hair, in a detoxifying eucalyptus clay mask, a mint scrub for scalp to revive your hair pores, and a milk and roucou balms that will rehydrate, protect and nourish your hair before or after sun exposure, chlorine and salt, in a sighing scalp massage. Followed by a shoulders, neck, hands and feet massage with jojoba and echinacea butter for a soothing and silky result in your skin.

\$110 USD

WAXING

LIP OR EYEBROW

\$30 USD

ARMS

\$44 USD

FULL LEG

\$66 USD

HALF LEG

\$44 USD

BIKINI

\$55 USD

BACK

\$44 USD

MIILÉ SALON FOR HIM

MEN’S HAIRCUT 25 min.

\$50 USD

DELUXE MEN HAIRCUT 50 min.

Includes specialized products for men’s hair, with vitamins and natural oils, scalp and neck massage and hair blowdry.

\$85 USD

MUSTACHE AND BEARD OUTLINE

\$32 USD

NECK, NOSE AND SIDEBURN TRIM

\$32 USD

MEN’S HAND GROOMING

\$70 USD

BACK WAXING

\$60 USD

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.



SPA & WELLNESS AT EXCELLENCE RIVIERA CANCUN

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

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• www.excellenceresorts.com •