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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.”

Enter the sanctuary and world of Miilé, and transform yourself into an oasis of natural luxury. Surrounded by the most intense elements in nature, yet secluded from the outside world now is the time to retreat to a place where “relax” happens naturally.

We have crafted with passion and devotion for the being, all our treatments, not only with the best herbal and essential oils, the best high-quality spa brands but the most important element, to generate, creating beautiful emotions and states of mind and body in each Miilé experience. Our goal is to cultivate love for one’s self, to connect with nature’s wisdom, to embrace beautiful life.

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 a.m. to 8:00 p.m.

Reservations at Ext. 2856 • Tel. 52 9988 72 85 00 • e-mail: spa.xrc@excellenceresorts.com

• www.excellenceresorts.com •

MILÉ FOR COUPLES

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

VITALITY COUPLES RITUAL 100 min.

Renew and energize your body with a therapeutic blend of massage techniques and body stretching, warm back pillows, and herbal distressing balm that will help release muscle tension and rid the body of tiredness, followed by a hydrating and soothing facial to bring back vitality. Enjoy sparkling wine.

BRISA COUPLES RITUAL 100 min.

Pause, share, love... this beautiful experience starts with a feet clarity bath with aromatic salts and feet scrub – massage, followed by a slow-paced full body massage and scalp, taking you to a sublime relaxation and connection. Celebrate love with a glass of sparkling wine

LAVENDER BLISS COUPLES RITUAL 100 min.

Take a pause, calm and rest in a lavender, mint, amber and vanilla cocoon, a body scrub for a smooth skin, followed by a warm body wrap with essential oils, thermal water and pear stem cells for a renewed skin ending with a sublime massage. Enjoy sparkling wine.

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.

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.

MILÉ COUPLES MASSAGE 75 min.

Our signature massage, Mother Earth, Inspiration, Love and Energy are the elements that craft this experience, taking you to a loving and peaceful retreat, rhythmic and long moments with chamomile and herbal infused massage, pink quartzes the stone of love, and the nourishing warmth of hot stone for you back. Enjoy sparkling wine and celebrate love.

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.



MIILÉ MIND & BODY RITUALS AQUA WELLNESS

‘Spa’ means “salute per aqua.” We include with any spa treatment, the usage of our Hydrotherapy Facilities including a Steam Room, Sauna, Tropical, Mist, Bi-thermal and Rustic 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.



EL MAR COCOON RITUAL 100 min.

Retreat to yourself love, create inner and outer beauty and drift away in a sensorial and sedative ritual starting with a marine salt glow scrub to mineralize your skin, followed by chamomile warm poultice treatment to calm your mind while a peppermint infused body massage inspired in soft morning waves take you to your secluded place, to end with a nourishing Hydrating Facial to leave your skin and soul renewed and restored.

BEYOND RELAXATION RITUAL 100 min.

Ultimate relaxation with a deep muscle work massage, infused in peppermint herbal oil to recover and rest stiff muscles, healing hot stones specially to dissolve back tension, cocoa foot wrap and a nourishing botanical hair oil will crown your rest in a profound scalp massage, emerging totally new.

FOR MEN RITUAL 100 min.

Renew and energize your body with this exclusive blend of Swedish massage, shiatsu pressure points, deep tissue for your back, body

stretching and Lomi techniques that will help to release muscle tension and rid the body of tiredness. Continue your ritual with a stimulating and soothing facial that will vanish accumulated stress with a blend of natural actives for visible skin improvement, a perfect synergy to restore your skin by smoothing its overall texture.

INTENSIVE DESTRESS RITUAL 100 min.

Calm and rest is the objective in this experience, start with a warm deep muscular aloe infused massage, designed to completely relief tense muscles with kneading and extending techniques, aided with hot herbal pillows to heal inflammation, and anti-stress seven herbs balm to rest your back, continue with a European hydra-facial, neck and scalp massage. Total rest for body and mind.

LAVENDER BLISS RITUAL 100 min.

Take a pause, calm and rest in a lavender, mint, amber and vanilla cocoon, a body scrub for a smooth skin, followed by a warm body wrap with essential oils, thermal water and pear stem cells for a renewed skin ending with a sublime massage.

TERRA MAYA RITUAL 100 min.

This ritual honors Mayan traditions and their botanical heritage and will bring your body back to health and calmness, renovating your skin with an aromatic marine salt exfoliation, a black mud body wrap with juniper, rosemary, rich in minerals with anti-inflammatory and detoxifying effects. The grand finale is a revitalizing deep tissue body massage, which will bring back vitality and freedom of movement.

RIVIERA CANCUN RITUAL 100 min.

A replenishing ritual with the most soothing elements, starting with a subtle marine and aromatic scrub to renew and soften your skin, followed by a warm bubbling milk mousse bath to profoundly hydrate your body, while you rest your mind in a scalp massage, ending with a botanical oil massage and a gold lotus algae balm to leave your skin nurtured and with a golden appearance. Enjoy sparkling wine.

CITRUS SUPREME RITUAL 100 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, promoting collagen production. A facial and body treatment, rich in fruits extracts such as papaya, lime and cherries will bath your body in an anti-aging treatment, bringing a new vitality and glowing luminosity.

TIME PERFECTION RITUAL 150 min

A cult for your face and body, we use the latest cosmetic technology and soothing rituals for shocking effects. Starting with the most effective modeling and slimming lipo-shock wrap to accelerate fat burning and toxins draining, with a firming effect, and then continue with a Time Expert Facial for ultimate shock effects with collagen peptides that incredibly fill in expression lines and a botanical active with Botox-like effects. End with a reenergizing tea infusion. Get prepared for a new you.

TEMAZCAL PREHISPANIC RITUAL 75 min.

In pre-hispanic Mexico they conceived the body, mind and spirit in perfect harmony. Temazcal steam bath, have been used in tribal Mexico as the best means to cure and detox through sweating and releasing the body's toxins. The Temazcal includes a purification ritual, the Temazcal bath and meditation session, juices and fruits (Minimum 4 persons).



MIILÉ MASSAGES

EXCELLENCE MASSAGE 50 min./ 75 min.

Replenish and energize your body with our special therapeutic blend of deep tissue massage, shiatsu pressure points, body stretching, and lomi-lomi techniques that will help to rid the body of tiredness and fatigue. Restoring freedom of movement, let this body therapy make your body feel light and rested.

SACRED EARTH MASSAGE 75 min.

The most holistic massage to free body and mind from tensions and thoughts, and bring back a paced vibrational frequency, through the wisdom of warm basil and rosemary oils, hot stones, gems stones to improve energetic points, and the best extending and enlarging massage movements to recover muscle fibers to a relaxed position.

THE HEMP CURE MASSAGE 75 min.

Ancient hemp oil is known for its curative and powerful pain reducing effects, anti-inflammatory properties for stiff muscles, calming anxiety and great to

regenerate the skin's protective layer, a whole cure. We have crafted this amazing massage to alleviate soared muscles and eliminate contractures, it starts with the powerful effects of hot herbal pouches combined with deep kneading muscle techniques, a seven herbs balm for the back, and scalp massage for a tranquil mind. Reborn after this therapy into a new you.

HOT STONE MASSAGE 75 min.

Smooth hot stones are incorporated into the massage to bring about balance and healing of the body. Heated stones of various sizes are gently run across the body in a soothing rhythmic flow to melt away stress while relieving tense muscles and sore joints.

HEAVENLY LAVENDER MASSAGE 75 min.

A mint and lavender body scrub for a renewed and smooth skin, followed by an amber and vanilla infused massage designed to calm, to provide rest, to take a break.

HOLISTIC SOOTHING MASSAGE 75 min.

From ancestral cultures from all over the world we created a wellness therapy-massage for body and mind with a unique combination of healing therapies and massage techniques such as shiatsu, reflexology, warm poultice, stones, and a warm botanical oil massage with cocoa feet mask, in contrast with temperatures and aromas to create total balance.

HIGH TIDE MASSAGE 50 min. / 75 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.

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.

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.

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.

MIILÉ FACIALS

TIME EXPERT FACIAL 75 min.

The latest technology in shock facial treatments, with amazing actives that visually fills in expression lines and smoothes wrinkles, and Soybean extract that will act as a Botox effect, it will rejuvenate your facial expression in just one session, giving your skin a complete transformation, and ultimate relaxation with a reflexology sequence that will be applied during the session, equilibrating your body and mind.

ADVANCED REPAIRING FACIAL 75 min.

Reduces Aging signs with Zinc-Glycine Complex, provides lifting effect with our unique SPOON LISSAGE modelling and filling effects with Hyaluronic Acid and Collagen peptides. Skin shows with more flexibility, improves skin density and resistance. Is like our Nobel prize in Facials, working profoundly in DNA reparation helping the skin cells improve their life.

PURITY FACIAL 75 min.

Specifically designed for deep cleansing effects, with the use of steam and extractions, this facial focuses in removing impurities with an enzymatic exfoliation, extraction and hydrating and calming treatment to reduce redness and nourish the skin.

HYDRACURE FACIAL 50 min.

An intensely moisturizing facial that heals skins dehydration with powerful Hyaluronic Acid, pouring water to the dermis leaving your skin younger and suppler. Ideal for all skin types.

VITA C 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.

SOOTHING BOTANICAL FACIAL 50 min.

Cleanse, exfoliate and repair, with chamomile, azulene and other botanical actives contained in this soothing facial, 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.

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.

MIILÉ BODY TREATMENTS

HYDRATING SCRUB 50 min.

A powerful all over body experience with marine elements, sea salts, to refine your skin, followed by a rich milk mousse bath with a revitalizing scalp massage, let your skin, breath, renew and hydrate.

COCOA BODY WRAP 50 min.

An indulging, sculpting and sensorial body wrap that will promote circulation, nurture and provide contour to your body with anti-aging actives contained in this chocolate wrap, a delight for your skin and senses.

PHYTO-MARINE MUD WRAP 50 min.

Plant extracts and algae, absorb impurities while stimulating the blood circulation helping to ease aches and pains and relieve fatigue, fostering body detoxification, and eliminating excess fluid, this treatment will leave you with a feeling of complete renewal.

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.

VITAMIN C ANTI-OXIDANT WRAP 50 min.

A body treatment, rich in fruits extracts such as papaya, lime, cherries with a full charge of anti-oxidants, starting with an orange exfoliating soft wax, followed by a massaged body treatment with a vitamin C soufflé, with activating and warm strokes to penetrate the benefits of the soufflé while relaxing your body. For the most radiant skin and perfect tan.

LIPO SHOCK REDUCTIVE & FIRMING TREATMENT 75 min.

Reduce fat deposits and drain them out of your body with the power of this slimming treatment based on the effects of Ivy, ruscus, lotus seaweed and green coffee leaving a complete effect of a lighter and firmer body.

MILK MOUSSE BATH 25 min.

With extra fine powder milk blended with water to create the most soft mousse leaving a delicate texture on your skin. Marine collagen and milk proteins will give to your skin all the nutrients lost by sun exposure. Enjoy your session with a scalp massage and seal it with al-karité rich milk.

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)

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 MASK

(for massages, facials, body treatments)



MILÉ 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.

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.

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.

PEDICURES**SPA PEDICURE 50 min.**

Pamper your feet, with an exfoliation, pedicure, reflexo-massage and a light feet mask that will leave your skin smooth and soft.

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.

BEAUTY SALON EXTRAS**MAKE-UP**

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

AIRBRUSH MAKE UP

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

MIILÉ SALON FOR HIM

HAIRSTYLE

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

HAIR CUT

SHAMPOO AND BLOW DRY

SHAMPOO AND HAIRSTYLE

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.

WAXING

Such as bikini, legs, lip, arms, back.

MEN'S HAIRCUT 25 min.

DELUXE MEN HAIRCUT 50 min.

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

EXECUTIVE SHAVE 50 min.

Includes, specialized products for men's beard, with natural oils, vitamins, hydrating actives, Redensyl for beard growth, facial scrub, hydrating facial mist and calming balm. *These treatments is done with a special trimmer, no pure blades are used, this is for your safety.

MUSTACHE AND BEARD OUTLINE

NECK, NOSE AND SIDEBURN TRIM

MEN'S HAND GROOMING

BACK WAXING



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 Salon, we recommend check-in 5 minutes prior to your service. For Miilé treatments, you need to check-in 15 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 first treatment if you want to enjoy our 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 ONLY MEXICAN PESOS.

WHAT IS YOUR CANCELLATION POLICY?

Cancellations must be made at least 24 hours prior to your scheduled appointment or 50% of the spa pricelist will be applied.

WHAT IF I FORGET TO SHOW UP FOR MY APPOINTMENT?

Please don't forget!!! No Shows will be charged 50%.

Open every day from 9:00 a.m. to 8:00 p.m.

Reservations at Ext. 2856 • Tel. 52 99 88 72 85 00 • e-mail: spa.xrc@excellenceresorts.com

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