



## INDEX

MIILÉ FOR COUPLES	4
MIILÉ MIND AND BODY RITUALS	6
MIILÉ MESSAGES	10
MIILÉ FACIALS	12
MIILÉ BODY TREATMENTS	13
MIILÉ BEAUTY SALON	15
MIILÉ SALON FOR HIM	16
HOW TO BEST INDULGE IN THE MIILÉ EXPERIENCE	18

# 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](mailto:spa.xrc@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 private space.

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### 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.

### 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.

### 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.

### 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.

### 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.

### 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.

**NOURISHING COCOON RITUAL 100 min.**  
Beauty is born from within, from love for oneself, a cocoon of care and total dedication to the being, in a beautiful journey of temperatures, aromas and sensations, beginning with the lulling of warm blankets, a marine exfoliation to renew the skin, followed by the warmth of herbal poultice applied to the body for total relaxation, a sublime massage with peppermint oil, and a hydrating facial.

**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 Herbal 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.

**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.





**MAYAN AWAKENING RITUAL 100 min.**

Dedicated to the being and to life, for the Mayans, man was created from corn, arising from nature and connected with it, transporting you to this beautiful experience through an energetic cleansing with herbs, a ritual of corn on the feet that leads us to reach our path, and followed by a massage of rest and liberation that evokes the earth, the water, the growth of the corn, the love for life. An experience of body, mind and soul connection.

**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.

**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

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## 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.

## STRESSCURE 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 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.

## 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.

## 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.

## 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.

## 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 (from fourth month of pregnancy and on).

## MIILÉ FACIALS

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### TIME EXPERT FACIAL 75 min.

Reverse time with facial rejuvenation technology that achieves smoother skin and a more rested expression in record time. With active ingredients that visibly fill in expression lines and smooth wrinkles, and a natural Botox effect, and facial Yoga techniques, giving your skin a complete transformation, with a reflexology sequence during your session, simply the best facial.

### 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.

### 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.

### 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.

### ALL IN ONE CBD FACIAL 50 min.

Organic Cannabidoil is an amazing remedy for skin, providing pure healing with 7 benefits, it nurtures the skin, restoring the skin barrier, deeply moisturizes, calms any irritation, protects the skin with anti-oxidant properties, stimulates celular regeneration, softens, providing glow and total confort for a radiant skin.

### 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.

## MIILÉ BODY TREATMENTS

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### 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.

### 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.

### 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.

### 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)



# MIILÉ BEAUTY SALON

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## 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. 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

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## HAIRSTYLE

Hairstyles vary according to the style you choose. 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](mailto:spa.xrc@excellenceresorts.com)

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