

myoka^{SPAS}

Opening Hours

Monday to Saturday
9.00am to 7.00pm

Myoka Dolmen Spa
Dolmen Hotel Resort
Islet Promenade, Qawra

DIRECT LINE:

(+356) 2157 7500

HOTEL EXT: 5532

dolmen@myoka.com

www.myoka.com


DOLMEN
Resort Hotel - Malta
★★★★

Guests are entitled to complimentary
use of indoor pool, sauna, hydro
pool and fitness centre

LEARN TO LOVE YOURSELF

SPA TREATMENT LIST
DOMEN SPA RESORT

myoka^{SPAS}



DOLMEN SPA RESORT



Welcome to the Myoka Dolmen Spa. A perfect escape from the hectic pressures of everyday life. A serene and relaxed haven, overlooking the clear, blue Mediterranean Sea which will help lull you away into pure relaxation.

Indulge in a variety of over sixty treatments ranging from face and body envelopments to massages, or enjoy the gym, indoor pool, two outdoor pools, a relaxation area and hydro baths.

CONTENTS

Learn to love yourself with our array of luxury treatments and experiences.

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- Hands and Feet
- Ayurveda
- Myoka Dolmen Courses
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SPECIAL TREATMENTS TO LOOK OUT FOR
WEEKLY AND DAILY EXCLUSIVE OFFERS FOR YOU TO ENJOY

EXTRA WEEKLY SPA SAVINGS FOR YOU
VALUE DISCOUNTS FROM MON—THU (SUBJECT TO AVAILABILITY)

Enjoy some selective treatments exclusive to the Myoka Dolmen Spa Resort.

A perfect escape from day after day stress. Enjoy a serene and relaxed atmosphere in a perfect haven, overlooking the clear blue Mediterranean Sea.

DOLMEN SPA EXPERIENCES

Indulge in some selective treatments exclusive to the Dolmen Spa Resort.

DAY AT THE SPA

This is the most luxurious and pampering spa package you can indulge in. Your journey starts with a marine scrub and detoxifying full body algae wrap followed by an 85-min full body massage and a 85-min cavitation peeling and ultrasound facial. We will then conclude with a Myoka manicure and pedicure.

Includes: Body Scrub | Body Wrap | 85mins Body Massage | 85mins Non Surgical Facial | Spa Pedicure | Spa Manicure

🕒 Dur 5 hr 55 mins

€ 235

COUPLES SPECIAL

An experience for two. Together you will be taken on a journey of relaxation and bliss. Our therapists will work together in the same room and perform a full body marine scrub followed by a full body massage and an aromatic facial. You both get a glass of wine.

Includes: Body Scrub | Full Body Massage | Aromatic Facial

🕒 Dur 2 hr 20 mins

€ 195

FROM TOP TO BOTTOM

You will be glowing from inside and out after a full body aromatherapy massage followed by an aromatherapy facial.

Includes: Aromatherapy massage | Aromatherapy facial

🕒 Dur 110 mins

€ 90

FACE & BODY SENSATION

An uplifting stress relieving treat. You will receive an aromatherapy hydrotherapy bath, followed by an aromatherapy hot stone back, neck and shoulder massage finished off with an express facial.

Includes: Hydrotherapy Bath | Hot Stones Back Massage | Express facial

🕒 Dur 85 mins

€ 75

POLYNESIA RITUAL

A ritual which combines an exotic body scrub to soften the skin, followed by a blue Lagoon bath for deep relaxation and a relaxing Lomi Lomi full body massage. The journey ends with the application of luxurious oil for a glowing effect.

Includes: Exotic Body Scrub | Blue Lagoon Bath | Lomi Lomi Body Massage

🕒 Dur 110 mins

€ 95





Myoka proudly offers a broad variety of European and Asian relaxation therapies. The popular Chinese, Thai and Ancient Indian massage techniques, as well as a blissful range of Aromatherapy massages.

Ultimately life is a personal journey everyone takes alone, but we believe it should be an enjoyable one, with our therapies assisting you along the way.

ORIENTAL AND HOLISTIC THERAPIES

Embrace the true spirit and tradition of holistic healing.

CHINESE MASSAGE

According to old Chinese fables, this massage is an expression of art. Placing the hands on specific energy channels, the masseur is able to minimize the pain on stiff zones, regain lost energy and rejuvenate the spirit.

🕒 Dur 55 min / 85 mins

Eur 55 / €75

HOT LAVA-LAVA MASSAGE

An ancient form of Eastern massage that consists of black basalt lava stones being heated, placed and massaged onto the body for deep stimulation, ensuring a high level of relaxation and balancing of emotional, mental and physical energies.

🕒 Dur 25 / 55 / 85 mins

Eur 30 / 55 / 75

THAI MASSAGE

Results in flexibility, inner organ massage, oxygenating of the blood and quieting of the mind, which is attained through yoga. With the application of pressure to energy points, together with a vast array of passive stretching movements performed using hands, feet, knees and elbows, the body experiences profound relaxation as well as increased flexibility and energy flow.

🕒 Dur 55 / 85 mins

Eur 75 / 95

HAWAIIAN LOMI-LOMI MASSAGE

Pressure is applied to energy points, together with a vast array of passive stretching movements performed using the hands and elbows. The body experiences profound relaxation and increased flexibility.

🕒 Dur 55 / 85 mins

Eur 55 / 75

REFLEXOLOGY

Reflexology is a foot massage technique aimed at relieving tension, muscular pains and stress by targeting specific pressure points in your feet. This treatment will have you feeling relaxed, light and totally invigorated.

🕒 Dur 25 / 55 mins

Eur 30 / 45



BODY, MIND AND SOUL

Escape to a world of harmony and total relaxation.

DE-STRESS MASSAGE

The ultimate full body massage that stimulates circulation, improves skin and muscle tone whilst soothing tense and tired muscles. Treatment also includes an amazing stress relieving head and face massage.

🕒 Dur 85 mins

Eur 75

WARM CANDLE OIL MASSAGE

This is a specially created, rich, aromatic experience. Imagine petite candles made entirely from essential oils and Shea butter. As the warm oil is melted and massaged all over your body, you will experience ultimate relaxation.

🕒 Dur 55 mins / 85 mins

Eur 55 / 75

AROMA THERAPY MASSAGE

A form of massage which incorporates the use of essential oils to help promote self-healing and rejuvenation.

🕒 Dur 55 mins

Eur 50

DEEP TISSUE

A therapeutic massage focusing on stretching the back, neck and shoulders to treat stress and tension, soothe sore muscles and restore energy flow. This massage shortens recovery time from muscular strain by flushing the tissues of lactic acid, uric acid and other metabolic wastes.

🕒 Dur 55 mins

Eur 55

COUPLES MASSAGE

Experience a massage with your loved one. Nestled side by side, a couples massage is the ultimate way for you to spend quality time in our specially designed couples room.

🕒 Dur 55 mins / 85 mins

Eur 95 / 140

ELDERLY THERAPEUTIC MASSAGE

This massage is specifically designed to meet the needs of elderly people. The therapist carefully uses his/her hands to manipulate the delicate soft tissues of the body to improve blood circulation, relieve pain and increase the range of motion. The massage can also relieve anxiety and leave you feeling more comfortable.

🕒 Dur 55 mins

Eur 55

LEG ENERGISER MASSAGE

A perfect revitalizing treatment for tired and swollen legs and feet. Provides a cooling and soothing experience. This treatment improves blood and lymphatic circulation.

🕒 Dur 25 mins

Eur 35

BACK, SHOULDERS AND NECK MASSAGE

Designed to relieve tension of the back, shoulders and neck. Excellent treatment for people with bad posture and aching, sore muscles.

🕒 Dur 25 mins

Eur 35

G5 ANTI CELLULITE MASSAGE

G5 is a noninvasive, contour cellulite massage machine that targets fatty zones and smooths unsightly orange peel.

🕒 Dur 30 mins / 30 mins x 6

Eur 50 / 150

MANUAL ANTI CELLULITE MASSAGE

This massage targets fatty zones and smooths unsightly orange peel. Having a massage done as a treatment to reduce cellulite can have added benefits. Besides minimising the look of lumpy skin, you will also benefit from an increase in circulation, relaxation, lymphatic drainage and muscle relaxation.

🕒 Dur 30 mins / 30 mins x 6

Eur 40 / 190

MUMMY-TO-BE

A relaxing full body massage helps to improve skin elasticity, reduce fatigue and targets areas prone to tension during the pregnancy. This massage is ideal for relaxation and relief of muscle tension and discomfort.

🕒 Dur 55 / 85 mins

Eur 55 / 70



FACIAL TREATMENTS

A detailed consultation will guarantee a truly unforgettable treatment that best suits your skin.

DECLÉOR
PARIS

DECLÉOR AROMA EXPERT FACIAL

Inspired by a rare combination of the energy of essential oils and the concentrate of natural ingredients, this ritual provide effectiveness that heightens an exquisite sensation of well being. An indispensable treatment to restore perfect balance to your skin. Your therapist selects fine Decléor products suitable to your skin type and needs.

⌚ Dur 85 mins

Eur 85

DECLÉOR RELAXING FACIAL

Moving from your hairline to neckline, the therapist combines localised, gentle pressure with light, sweeping strokes. Get ready to slip into complete and utter relaxation using Decléor's superior products.

⌚ Dur 55 mins

Eur 65

THALGO
A PARISIAN BEAUTY

SOOTHING ORGANIC FACIAL

The facial includes authentic beauty procedures with organic products to deliver a precise solution for all skin types. The beauty results are instant! Perfectly nourished and hydrated, the skin is left incredibly soft and rested. The complexion is radiant.

⌚ Dur 85 mins

Eur 65

O2 PURIFYING FACIAL

Oxygen levels in the skin diminish considerably with age, smoking and exposure to air pollution. This purifying facial supplies your skin with vitamins, minerals and collagen that will result in a clearer, plumper, smoother face and a younger looking you.

⌚ Dur 55 mins

Eur 50

MYOKA BLISS FACIAL

Enter a complete sensory heaven for the face and body that goes beyond the general routine of an ordinary facial treatment. Our team has worked hard to create a treatment that offers great care for the skin. The facial is extended with a well-being back massage focusing on the back and shoulder area. Your journey of total revival is complete.

⌚ Dur 85 mins

Eur 65

FACIAL FOR HIM

This deep cleansing treatment includes exfoliation of the skin and a face, back, neck and head massage with hot lava stones, leaving the skin feeling and looking refreshed and revitalised.

⌚ Dur 55 / 85 mins

Eur 45 / 65

AROMATIC FACIAL

Dry skin? Do you feel it tight? This is the perfect facial for you. A gentle sensation of comfort and relaxation. The therapist will perform a relaxing aroma pressure massage with a delicious balm which comforts, nourishes and relaxes your skin.

⌚ Dur 55 mins

Eur 50

PERSONALISED FACIAL

A facial treatment tailored to your skin type. (Home care advice is also provided).

⌚ Dur 55 mins

Eur 45



NON-SURGICAL TREATMENTS

Everybody's skin needs a little pick-me-up from time-to-time. Smooth skin gives you healthy glowing skin.

Your personal therapist will conduct an in depth consultation and perform a combination of advanced anti-aging treatments to suit your need.

FACE ⌚ Dur 55 mins / 85 mins **Eur 85 / 105**

BODY ⌚ Dur 55 mins / 85 mins **€Eur 85 / 105**

MESOTHERAPY

A painless, efficient, noninvasive and needle free treatment. By the use of electrophoresis technique, "bullets" with amino acids, Vitamins and antioxidants are delivered directly into the mesoderm layer.

FACIAL ULTRASOUND / CAVITATION

Cavitation combines the effects of gentle, ultrasonic peeling and ultrasound frequencies, this treatment lightly removes the outermost layer of the skin, increases collagen production, sterilises the skin and accelerates the healing process. Ultra sound transports active ingredients deep down into the dermis, boosting the vital oxygen supply to give new skin cells a nutrition boost and a longer-lasting, plumper structure.

RADIO FREQUENCY FOR THE FACE & BODY

A safe, noninvasive but highly intensive treatment for tightening the skin, restructuring the contour of both the face and body, and treating cellulite. This technology gives intensive heat to the localised working area, stimulating the skin blood circulation causing collagen and elastin production to regenerate and contract. Using metal probes we introduce high temperature to the skin, heating up the subcutaneous tissue causing collagen and elastin fibres to regenerate and reproduce.

FACIAL MICRO DERMABRASION

Micro dermabrasion is the most popular and highest volume facial rejuvenation procedure in the world. It gives the skin a micro massage, increasing circulation therefore it has a positive effect on skin's condition, firmness and thickness. After treatment skin is left visibly improved, wrinkles flattened, skin brighter and more glowing, scar and discolouration are less visible. Diamond Micro dermabrasion provides excellent skin preparation to absorb any products used directly after treatment.

CHEMICAL PEELS

A technique where safe chemicals, chosen according to the skin type are applied, to improve the skins appearance typically on the face and neck. The skin is caused to eventually peel off in a gentle, unnoticeable way. New, regenerated skin is grown smoother, even in its tonality, more radiant and brighter.

⌚ Dur 55 mins

Eur 75

FROST PEELS

A more intensive technology of chemical peels, which penetrate deeper in to the skin and giving an intensive treatment. The depth depends on the concentration of the solution used, decided upon the needs of every individual.

⌚ Dur 55 mins

Eur 100

TEETH WHITENING

Our teeth whitening procedure will brighten from five to fourteen shades depending on the condition of your teeth – with an average shade improvement of around 8 shades.

⌚ Dur 60 mins

Eur 199

BOTOX

A treatment for the temporary relief of moderate to severe frown lines between the brows in people between 18 to 65 years of age. With one simple 10-minute treatment, results can be seen within a couple of days and can last up to 4 months. Individual results may vary. Simple non-surgical procedure administered by our Aesthetic Doctor. This procedure relaxes the muscles and smooths fine lines and wrinkles with no down time or side effects.

Eur P.O.R.

DERMAL FILLERS

Injectable cosmetic wrinkle fillers are soft tissue fillers approved as medical devices to help fill in facial wrinkles, restoring a smoother appearance. Most of these injectable wrinkle fillers are temporary, because they are eventually absorbed by the body. Dermal fillers are being used more and more to help reserve the changes associated with ageing. Dermal fillers provide a natural appearance and added plumpness to the skin.

Eur P.O.R.



BODY SCRUBS, WRAPS AND BATH

Pamper your body and rejuvenate your skin.

THE BATHING CEREMONY

OCEAN MEMORY RITUAL BATH

Marine crystals promote relaxation, drawing you into the heart of an ocean of well-being.

INDULGING BATH MILK

Immerse your senses in the luxurious pleasures of soothing, pure, fragrant milk.

⌚ Dur 25 mins

Eur 30

FULL BODY SCRUBS (CHOICES)

HIMALAYAN SALT SCRUB

Rich in vital minerals, this scrub helps to detoxify the body, mind and spirit.

SWEET AND SAVOURY SCRUB

Luxurious and nourishing, your skin is left velvety smooth and silky soft.

HAMMAM HOT SCRUB

This scrub contains natural ingredients to provide your skin with a warming after-feel. It instantly relieves fatigue and lifts your mood.

TRADITIONAL SEA SALT SCRUB

A scrub made with pure sea salt and fragrant, herb-infused oils.

⌚ Dur 25 mins

Eur 30

MARINE ALGAE BODY WRAP

A seaweed, algae, mud or clay body wrap can help to remove environmental toxins from the skin, reduce stress, increase circulation and normalise over-active oil glands, also improves skin texture and softens the skin.

⌚ Dur 55 mins

Eur 55

PARAFANGO WARM BODY WRAP

The remineralisation properties of the warm parafango stimulate the lymphatic flow in our body to draw out the toxins from around the fat cells. An excellent treatment for inch loss.

⌚ Dur 55 mins (full body)

Eur 50

EXOTIC ISLAND BODY SCRUB

This Ma'ohi inspired scrub with sand, salt and coconut shells gently purifies the body and leaves the skin soft and velvety. Fragranced and enriched with vanilla extracts, this scrub transports you to the heart of the Polynesian Islands.

⌚ Dur 30 mins

Eur 30

DECLOR BODY SAUNA MASK

This treatment is more than just a simple exfoliation and massage. The therapist will perform a massage with a "cream mask" which contains soft clay and plant extracts to create a pleasant sensation of relaxation and true well being to the body. This product has a warming effect on the tissues upon application.

⌚ Dur 85 mins

Eur 75

SUNSET BODY WRAP

An after-sun treatment which helps improve the cells natural defense system, soothes and relieves burning sensations and helps repair and moisturize your skin. Leaving you with only the best from the sun.

⌚ Dur 55 mins

Eur 45



HANDS AND FEET

Embrace the true spirit and tradition of holistic healing.

SPA MANICURE EXPERIENCE

Your hands are soaked in an essential oil base after which our beauticians file, cut and work around the cuticle. Nails are then buffed and polished. This is followed by a hand exfoliation and a hand massage using our active ingredients which leave the hands well-nourished before they are treated with paraffin. Choose from a selection of nail polishes or French manicures.

🕒 Dur 55 mins

Eur 35

SPA PEDICURE EXPERIENCE

Sip an infusion of herbal teas to soothe your senses while being transported on a journey of total relaxation, helping melt away stress and tension with a wonderful foot bath. Choose from a variety of different healing and holistic soaps in which to soak your tired feet. We will remove hard skin, push and cut cuticles, re-shape and polish your nails and exfoliate the feet to achieve optimum results. Finally, you will be pampered with an energy point foot massage followed by a paraffin treatment. (You can choose from a selection of nail polishes).

🕒 Dur 55 mins

Eur 40

DEPILATION

Chest Waxing Eur 25

Back Waxing Eur 15

Full Leg Waxing Eur 20

Half Leg Waxing Eur 12

Brazilian Bikini Waxing Eur 20

Hollywood Bikini Waxing Eur 20

Bikini Line Waxing Eur 12

Arm Waxing Eur 12

Underarm Waxing Eur 10

Upper Lip Waxing Eur 5

Eyebrow shaping Eur 6

AYURVEDA TREATMENTS

Enjoy some of the traditional Ayurvedic treatments offered at our Spa.

ELAKIZHI

This is one of our most relaxing and refreshing massages. Fresh herbs are cooked in Ayurvedic oils and packed into bags, then applied over the body to help lubricate the joints and relieve joint pains, especially backaches. This massage also cleanses the channels of circulation and expels toxins through perspiration.

🕒 Dur 85 mins / 110 mins

Eur 80 / 110

ABHYANGAM

This is a full body massage with specific herbal oils to nourish and revitalise the body tissues and to allow the toxins to be removed from the cells. The treatment increases tissue strength, improves blood circulation, rejuvenates the whole body, removes cellulite, beautifies the skin by delaying aging, promotes vitality, reduces stress and removes toxins.

🕒 Dur 55 mins / 85 mins

Eur 60 / 75

NAVARAKIZHI

This massage causes the body to perspire through the external application of medicinal packs prepared from special rice called navara, cooked in herbs and milk, then packed in muslin bags. This massage softens the skin, enhances the complexion, strengthens body muscles, cures stiff joints and improves blood circulation and digestive power. It is also prescribed for all kinds of diseases of the nervous system and rheumatism.

🕒 Dur 85 mins

Eur 80

UDVARTHANAM

A full body massage and scrub with various medicated powders, used primarily to melt away subcutaneous fat and help blood circulation.

🕒 Dur 85 mins

Eur 75



MYOKA DOLMEN COURSES

Benefit from additional 15% discounts when paying for a Myoka programme.

BODY MIND AND SOUL

Each program consists of 6 spa sessions & use of spa on each visit. Choose from De stress massage, warm candle oil, aromatherapy massage, deep tissue or therapeutic massage, leg energizer massage, back massage, manual anti cellulite massage or mums to be.

🕒 6 x 25min / 55min / 85min **Eur 150 / 250 / 325**

ORIENTAL AND HOLISTIC PROGRAMES

Each program consists of 6 spa sessions & use of spa on each visit. Choose from A Chinese massage, Hot Lava lava massage, Thai massage, Lomi lomi massag or Reflexology.

🕒 6 x 55min / 85min **Eur 275 / 375**

AYURVEDA PROGRAMES

Consists of 6 Sessions including Elakizhi, Abhyangam, Navarakizhi and Udvarthanam.

🕒 6 x 55min / 85min **Eur 300 / 425**

MYOKA ANTI AGING PROGRAMS

OILY/PROBLEMATIC SKIN

🕒 6 x 55min / 85min **Eur 350 / 375**

MATURE PROGRAM

🕒 6 x 55min / 85min **Eur 370 / 425**

SIGNATURE FACIAL PROGRAM

🕒 6 x 55min / 85min **Eur 325 / 375**

PIGMENTATION/WHITENING

🕒 6 x 55min / 85min **Eur 375 / 425**

BODY PROGRAM

🕒 6 x 55min / 12 x 55min **Eur 275 / 485**

Only available at Myoka Dolmen. Cannot be transferred to any other myoka outlets. Valid for one year. We recommend to use the Spa facilities prior to each spa session to enhance your experience.

MYOKA SPA INFORMATION

GIFT VOUCHERS

An ideal present, gift vouchers are available in exchange for any treatment, full or half-day programmes, exchangeable at any Myoka Spa. Gift vouchers are not refundable and must be presented at the time of booking.

BOOKING INFORMATION

For booking information and guidance please call us directly on 2157 7500. In-house guests can call EXT 5532.

Our therapists will guide you through our selection of treatments.

ARRIVAL

Spa guests are advised to arrive 15 minutes prior to their appointment to allow time to change into spa wear and to receive a detailed spa consultation.

PAYMENT

All bookings must be prepaid at the time of making the reservation. All reservations are pre-charged to your credit or debit card. We accept cash, cheques and all major credit cards.

MINORS

Children under the age of 16 may use the spa facility with adult supervision. Minors may use the spa from 9am—5pm.

MEDICAL CONDITIONS

If you have undergone any surgery within the past 6 months, suffer from any medical condition or are pregnant please advise us at the time of booking. Our therapists will guide you to ensure that your experience suits and complements your physical condition.

CANCELLATION

Please allow 24 hours notice of cancellation to avoid an automatic 50% charge. No show's will be charged 50% of the price.

SPA RULES

It is prohibited to use mobile phones, video cameras or personal stereos during your visit. Smoking is strictly prohibited in all areas.

DISCLAIMER: Prices and treatments are correct at the time of going to print and are subject to alteration without any notice.