

The background of the entire page is a close-up photograph of smooth, dark grey spa stones resting on a wooden surface. Several pink flower petals are scattered around and on the stones, adding a soft, natural aesthetic. The lighting is warm and focused on the central stone.

LEARN TO LOVE YOURSELF

SPA TREATMENT LIST
GOLDEN SANDS SPA

myoka^{SPAS}



GOLDEN SANDS SPA

Our senses are the physiological methods of perception, where sight enhances mood, smell restores harmony, sound induces relaxation, touch evokes healing and taste evokes vitality.

Enter the Golden Sands Spa, embark on your journey of self-discovery and leave the stresses of everyday life behind. In the space of an afternoon or just an hour, restore tranquillity of mind and body through a selection of decadent treatments that indulge every sense and are tailored specifically to your individual requirements.

CONTENTS

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

- Golden Sands Spa Experiences
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- Oriental and Holistic Therapies
- Myoka Face
- Non-Surgical Treatments
- Exclusive Treatments
- Hands and Feet
- Maternity
- Signature Spa Day Packages

You will be taken on a unique journey that has been created only for you.

Combining all elements of luxury, indulgence and relaxation, we have created Spa Experiences which are exclusive to Sands Spa. Pamper yourself from a choice of our finest treatments for the ultimate spa experience.

SANDS SPA EXPERIENCES

Indulge in some selective treatments exclusive to the Golden Sands Spa.

TIME

Reserve two hours or more of the Sands Spa Time where our expert therapists will ensure the most suitable treatment is selected and personalized for you. Time is the easiest and most flexible way to get the most out of your experience, which is convenient, stress free and maximizes your treatment results.

⌚ Dur 115 mins

Eur 140

RITUAL FOR MEN

An indulgent body treatment to melt away tension and bring your body and mind back into harmonious balance. One of our most complete and loved treatments. The treatment begins with body brushing and exfoliation to smooth and soften the skin. A gentle express facial and indulgent massage follows, using nourishing essential oils and warmed volcanic stones to penetrate tired, aching muscles. Finally, a comforting head massage and gentle stretching allows you to relax and unwind.

Includes: Foot Ritual | Body Exfoliation | Express Facial | Massage With Hot Stones | Head Massage

⌚ Dur 115 mins

Eur 140

HAMMAM EXPERIENCE

A total body experience that caresses your skin, revitalizes your body and calms your mind. This traditional experience starts by deeply cleansing the skin with a revitalizing body scrub, followed by a full body soaping, a nourishing marine mud body mask finishes with a full body massage.

Includes: Full Body Scrub | Body Soaping | Mud Body Mask | Steam | Full Body Massage

⌚ Dur 145 mins

Eur 150

ABSOLUTE HONEY, SUGAR & OIL RITUAL

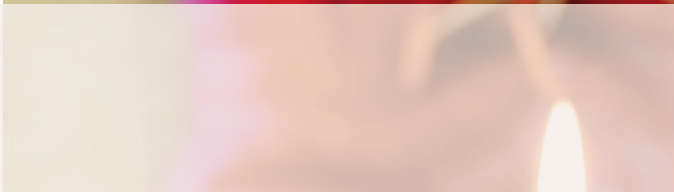
A honey & sugar face & body scrub blended by a combination of essential oils is applied over the body. You are then treated to a full body massage to detoxify, eliminate toxins and refine skin texture. We guarantee a feeling of moisturised, smooth and soft skin. A choice of herbal teas will be served to complete your experience.

Includes: Face Mask | Full Body Exfoliation | Aromatherapy Massage

⌚ Dur 85 mins

Eur 110





SANDS SPA EXPERIENCES

Luxurious treatments designed for you to revitalise and uplift your mind, body and soul.

CLEOPATRA'S CEREMONY OF DREAMS

This journey begins with a gentle body brushing exfoliation, followed by an application of a tailor made body mask. Then you will relax in your very own private and luxurious milk bath. Your body will then be brought back to equilibrium with a full body massage using rich essential oils.

Includes: Full Body Brushing | Body Mask | Milk Bath | Full Body Aroma Massage

🕒 **Dur 85 mins**

Eur 110

A TOUCH OF ASIA

This revitalising experience will take you on a sensual and spiritual journey using ancient oriental traditions and techniques. Start with an invigorating Oriental Herbal scrub, followed by an authentic oriental head massage and to finish, a Hot Stone Massage concentrating on specific pressure points of the body.

Includes: Herbal Full Body Scrub | Oriental Head Massage | Hot Stone Full Body Massage

🕒 **Dur 115 mins**

Eur 140

4 HAND MASSAGE

Double the pleasure! If two hands feel great, imagine four! Our two experienced therapists, working in unison to create the ultimate relaxation experience. Our four hand team will incorporate heat therapy and aromatherapy to massage away all your aches and pains and rhythmically lull you into a state of bliss.

🕒 **Dur 85 mins**

Eur 195



BODY, MIND AND SOUL

Escape to a world of harmony and total relaxation.

COUPLES RETREAT

Our 'Couples Massage' is a great way of experiencing your massage with a friend or a loved one in our specially designed couple's suite. This is a wonderful bonding experience and a great way for two to share the joy of massage.

⌚ Dur 55 mins / 85 mins

Eur 140 / 185

THE SANDS RITUAL

Your Ritual begins with a 25 minute invigorating full body scrub followed by a 25 minute lemongrass bath. A master therapist will combine a variety of oriental, holistic, lomi lomi, acupressure and therapeutic techniques for the ultimate massage.

⌚ Dur 115 mins

Eur 140

THE SANDS SIGNATURE MASSAGE

Alleviate stress, ease aching muscles and revive the senses with this powerful massage with essential oils. A master therapist will combine a variety of oriental, holistic, lomi lomi, acupressure and therapeutic techniques for the ultimate massage.

⌚ Dur 55 mins / 85 mins

Eur 80 / 105

SEASHELL FULL BODY MASSAGE

The original Lava Shell massage acts as a natural colonic on the digestive system and provides deep relaxation. Experience the warmth and soothing relief of the Tropics as the therapist glides the smooth Lava Shells around the body. Stimulating circulation to remove blockages and provide relief from bloating. The heat from the lava shells also stimulates blood supply resulting in healthier looking skin whilst the deep tissue pressure point massage eases away muscle tension, releases energy flow and restores a sense of balance to the entire body and mind.

⌚ Dur 85 mins

Eur 95

STRESS BUSTER MASSAGE

The ultimate full body massage that stimulates circulation and improves skin and muscle tone while soothing tense and tired muscles, combined with an amazing stress-relieving head and face massage.

⌚ Dur 85 mins

Eur 95



AROMATHERAPY MASSAGE

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

⌚ Dur 55 mins

Eur 70

ORIENTAL HEAD MASSAGE

This is a relaxing, pressure point massage working on your shoulders, neck, face and scalp to relieve tension, headaches and stress.

⌚ Dur 25 mins

Eur 40

BACK MASSAGE

A tailor-made back massage focusing on the whole back or specific area to relieve stress, tension and to help you relax.

⌚ Dur 25 mins

Eur 40

DEEP TISSUE MASSAGE

This is a therapeutic massage focusing on stretching the back, neck and shoulders to treat stress and tension, soothe sore muscles and restore energy flows.

⌚ Dur 45 / 55 mins

Eur 60 / 85

BODY MIND AND SOUL

THIS TREATMENT INCLUDES 6 SESSIONS

⌚ 60 mins/session

Eur 350

⌚ 90 mins/session

Eur 435



AYURVEDA TREATMENTS

Enjoy some of the more traditional Ayurvedic treatments offered by our Spa.

ABHYANGAM

A full body massage with specific herbal oils to nourish and revitalize the body tissues and to allow the toxins to be removed from the cells. ABHYANGAM has much deeper and more far-reaching effects than an ordinary massage using mineral oils and lotions. ABHYANGAM achieves deep healing effects by naturally harmonizing body, mind and spirit in one of the most rejuvenating Ayurvedic treatments. 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 80 / 105

SIRODHARA

A continuous stream of medicated warm oil or medical milk is poured on to the forehead. This procedure often induces a mental state similar to a trance, which creates profound relaxing and revitalizes the central nervous system. DHARA gives the best results when taken after ABHYANGAM.

🕒 Dur 85 mins (with oil)

Eur 130

ELAKIZHI

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

🕒 Dur 55 mins / 85 mins

Eur 80 / 105

NAVARAKIZHI

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

🕒 Dur 85 mins

Eur 115

AYURVEDA TREATMENTS

Continued.

SYNCHRONIZED ABHYANGAM

The magic of exotic rituals are delivered by two therapist's working in rhythmic harmony while they slowly introduce you to their world of sensual pampering, undeniable power & eternal genuineness.

⌚ Dur 55 mins

Eur 175

KHEERADHARA

This treatment is known to heal the body, mind and soul as warm medicated milk is poured all over your body after a therapeutic full body massage. A great mind refresher which reduces stress and gives great luminosity to the skin.

⌚ Dur 85 mins

Eur 100

UDVARTHANAM

The treatment consists of a full body massage and scrub with various medicated powders, primarily to melt away subcutaneous fat and help blood circulation.

⌚ Dur 85 mins

Eur 105

FRESH FRUIT MASSAGE

Just imagine being massaged by fresh tropical fruit blended in with milk & honey. This massage is a great stress reliever.

⌚ Dur 55 mins / 85 mins

Eur 95 / 115

AYURVEDIC BACK MASSAGE

If your back is giving you problems or you feel that your muscles are very tight. Then enjoy the perfect quick fix to your problems with specialized Ayurvedic oils.

⌚ Dur 25 mins

Eur 45

DE-STRESS

Tension melts away with a soothing and relaxing bath mixed with different essential oils.

⌚ Dur 25 mins

Eur 40





BATHS, SCRUBS & ENVELOPMENTS

SWEET BANANAS FULL BODY WRAP

Honey, nature's ultimate beauty product, is blended with bananas for a wrap rich in Vitamin A and potassium providing intense moisture which firms the skin. Antioxidants clean and purify the skin while the humectant properties of honey trap and seal moisture, leaving the skin soft and supple.

⌚ Dur 45 mins

Eur 60

SUN LOVERS FULL BODY WRAP

Maintain your skin's natural moisture balance with aloe vera and fresh cucumber. The Sun Lovers Full Body Wrap is a treatment made for the healing of sun-damaged, dehydrated skin and the promotion of new cell growth.

⌚ Dur 45 mins

Eur 60

MYOKA MUD BODY WRAP

This treatment entails maximising the beneficial properties of seaweed, thermal waters, phyto extracts and essential oils for highly effective results. The mud contains natural caffeine, ginkgo biloba, escine and thermal waters among other ingredients. The body is massaged with mud after which it is wrapped up to stimulate and increase body temperature and encourage the elimination of toxins.

⌚ Dur 45 mins

Eur 60

CHOCOHOLIC BODY WRAP

Indulge in a guilt free treat. Chocolate is an excellent ingredient to stimulate the senses and nourish your skin as it is wrapped all over your body. A head, face and shoulder massage will be performed leaving your skin feeling soft and supple. An excellent treatment for chocolate lovers.

⌚ Dur 45 mins

Eur 60

PARAFANGO BODY WRAP

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

⌚ Dur 55 mins

Eur 60



LOTUS HERB BODY SCRUB

Traditional Asian ingredients are used to cleanse, restore and hydrate your skin along with splashes of tamarind, yoghurt, oatmeal and honey to further soften your skin.

⌚ Dur 25 mins

Eur 40

ORANGE BLOSSOM BODY SCRUB

The fruit acid contained in the orange blossom scrub helps to rejuvenate skin cells while nourishing the skin with vitamin C and other nutrients.

⌚ Dur 25 mins

Eur 40

MEDITERRANEAN SEA SALT BODY SCRUB

A deep-cleansing treatment using a blend of sea salt, mineral salts and essential oils to relieve stress. The aroma salt replenishes lost minerals in the skin and leaves it feeling velvety soft. To finish, the skin is nourished with a moisturising cream.

⌚ Dur 25 mins

Eur 40

BLUE LAGOON

Plunge into an ocean of well-being and vitality. Marine crystals promote relaxation, activates perspiration and fights water retention.

⌚ Dur 25 mins

Eur 40

MILK AND HONEY BATH

Just like Cleopatra, the beautiful Queen of Egypt would soak her body in milk, this is a relaxing, soothing and precious milk bath.

⌚ Dur 25 mins

Eur 40



ORIENTAL AND HOLISTIC THERAPIES

Embrace the true spirit and tradition of holistic healing.

REFLEXOLOGY

Reflexology is a foot massage technique aimed at relieving tension, muscular pains and stress by targeting specific pressure points in your feet. Relaxing, light and totally invigorating.

🕒 Dur 25 mins / 55 mins

Eur 45 / 80

HOT STONE MASSAGE

A form of ancient 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 45 / 80 / 100

PANTAI LUAR

Energy blockages are dissolved as the body is anointed with warm exotic oils. Relax on a warm bed while you are massaged with two heated herbal compresses made of the world's highest quality fresh herbs, oils, coconut and lime.

🕒 Dur 55 mins / 85 mins

Eur 80 / 100

CHINESE MASSAGE

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

🕒 Dur 55 mins / 85 mins

Eur 80 / 100

THAI MASSAGE

Experience the healing effects of Asian aromatherapy in a relaxing and restorative massage that combines the sense of tropical smells with the soothing value of acupressure massage. With application of pressure to the energy points, together with a vast array of passive stretching movements, the body experiences profound relaxation as well as increased flexibility & energy flow.

🕒 Dur 55 mins / 85 mins

Eur 80 / 100

ORIENTAL & HOLISTIC PROGRAM

THIS TREATMENT INCLUDES 6 SESSIONS

🕒 55 mins/session

Eur 400

🕒 85 mins/session

Eur 480

Begin with a detailed skin analysis.

Fully trained Myoka therapists will identify skin conditions not visible to the naked eye, and customize an optimum facial program incorporating deep-cleansing, exfoliation, massage and mask; using the finest skin care products for immediate results, naturally.

MYOKA FACE

MYOKA ABSOLUTE FACIAL

Enter a complete sensory heaven for the face and body, that goes beyond the general routine of an ordinary facial treatment. Our team have used experience and inspiration to create the Facial treatment of a lifetime for its facial massage and care given to your skin. A well being back massage focusing on the back and shoulder area is extended to give a journey of total revival.

⌚ Dur 85 mins

Eur 85

GENTLEMAN'S FACE TREATMENT

The Gentleman's Facial treatment includes exfoliation, extractions, mask, and massage. Our Gentleman's Facial is a unique treatment that utilizes an exclusive skin care product created "Just for Men" and their special skin care needs. This facial treatment includes a face, back, neck and head massage with hot lava stones which will revitalize, refresh and improve your skin's texture leaving you feeling and looking refreshed and revitalized.

⌚ Dur 85 mins

Eur 80

LIFT

An Advanced facial using Active products to improve skin tonicity and firmness and enhance cellular regeneration. This manual facial uses Active ingredients combined with specialized facial massage lifting techniques to help combat the signs of ageing, stimulate collagen production and deliver intensive results the benefits of which can be seen immediately.

⌚ Dur 85 mins

Eur 80

PERSONALIZED FACIAL

Your therapist will select the most suitable regime for your skin needs. Every Myoka personalized facial starts with a double cleanse, exfoliation, steam and extraction when necessary, pressure point and lymphatic drainage massage and finishes with a personalized facial mask to suit your skin.

⌚ 6 sessions - 55min/session

Eur 225





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.

SOLARIUM /SUNBED

🕒 Dur 10 mins	Eur 13
🕒 Dur 12 mins	Eur 15



CHEMICAL PEELS

A technique where safe chemicals, chosen according to the skin type, are applied to improve the skin's 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 80

FROST PEELS

A more intensive technology of chemical peels, which penetrate deeper into the skin and give 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 your teeth 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 reverse the changes associated with ageing. Dermal fillers provide a natural appearance and added plumpness to the skin.

Eur P.O.R.



EXCLUSIVE TREATMENTS

la prairie
SWITZERLAND

CAVIAR FIRMING FACIAL

Pure luxury that instantly firms the skin, giving a more perfect tone and texture. A face and eye massage with caviar pearls and a two-phase caviar mask will transform even the duller complexions into radiant, luminous skin.

⌚ Dur 85 mins

Eur 125

SWISS CELLULAR TREATMENT FOR MEN

A detoxifying and soothing treatment for men that instantly cleanses, energises and conditions the skin. It helps to normalise skin's behaviour, prevent irritation and correct stressed skin.

⌚ Dur 85 mins

Eur 125

DECLÉOR
PARIS

AROMA EXPERT LIFT

Restores firmness and increases luminosity – The holistic answer for revitalising ageing skin. This treatment enhances the youthful appearance of your skin, restoring firmness and softening first expression lines that appear as the skin begins to show the first visible signs of ageing.

⌚ Dur 85 mins

Eur 95

AROMASSAGE GREAT COMFORT

Tension relief - Aromassage is a massage using active essential oils, designed to release tension while balancing the body's energies. This ritual is intended to promote relaxation, activate the circulation and drain toxins. The great comfort message envelops your body in a cocoon of pleasure, thanks to the combination of aromatic balms and the sauna mask.

⌚ Dur 55 mins

Eur 80

PREFECT LEGS RITUAL

Smooths and helps restore light legs. A refreshing ritual composed of exfoliation, massage and an ice effect mask. Extracts of butchers broom and horse chestnut essential oils soothe and restore light legs.

⌚ Dur 45 mins

Eur 70



HANDS AND FEET

Treat your hands and feet to some well-deserved pampering.

THE MANICURE AND PEDICURE COMBO

Experience our ultimate Manicure & Pedicure combo treatment that focuses on an impeccable nail care experience. We invite you to enjoy a glass of wine while enthroned in our pedicure lounge. Our carefully selected products refresh and invigorate the skin. Treat your aches and pains with our deluxe hand and foot pampering and enjoy the rejuvenating and light sensation.

Peppermint Foot Soak • Nail and Cuticle Care • Nail Buff • Foot Exfoliation • Mud Mask • Reflexology • Paraffin Hand And Feet Treatment • Nail Oil Buff and Shine.

⌚ Dur 110 mins

Eur 100

MYOKA MANICURE EXPERIENCE

The hands are soaked in an essential oil base after which we file, cut and work around the cuticle. When necessary nails are then buffed and polished followed by a hand exfoliation and massaged with our active ingredients which leaves the hands well nourished before they are treated with a choice of mineral masks. Finally your expert therapist will apply a long lasting gel polish enabling nails to stay healthy and strong while maintaining a chic shine.

⌚ Dur 55 mins

Nail Polish / Gel

Eur 35 / 45

MYOKA PEDICURE EXPERIENCE

Begin your journey of relaxation with an infusion of herbal teas and a wonderful footbath that will help melt away stress and tension. Choose from a variety of different healing soaks. We will remove hard skin, push and cut cuticles, re-shape the nails and exfoliate the feet for optimum results. Finally you will be pampered with an energy foot massage followed by a long lasting gel polish.

⌚ Dur 55 mins

Nail Polish / Gel

Eur 40 / 50

NAIL EXTENSIONS / REPAIR

Eur P.O.R.



MATERNITY

A range of treatment options specially selected for that delicate period before and after childbirth, to provide comfort, relieve stress and indulge the senses.

PRENATAL TREATMENT

A deeply nourishing body treatment designed to target areas prone to stress and tension during pregnancy.

Gentle body exfoliation is followed by a nourishing massage, then a moisture rich body mask is applied. Finally, truly relax mind and body whilst your head is massaged. A course of 6 treatments is recommended following the first trimester of pregnancy.

Includes: Body Exfoliation | Body Massage and Body Mask | Head Massage

⌚ Dur 85 mins

Eur 90

MATERNITY MASSAGE

A relaxing full body massage to help improve skin elasticity, reduce fatigue and targets, areas prone to tension during pregnancy.

This massage is ideal for relaxation and relief of muscle tension and discomfort. Treatments can be tailored to suit your specific needs.

Includes: Body Massage | Head Massage

⌚ Dur 55 mins

Eur 70

LIGHTER LEGS

A revitalizing treatment for heavy legs and tired feet. Provides a cooling and soothing experience to help reduce puffiness and soothe aches and pains.

⌚ Dur 25 mins

Eur 40

POST NATAL TREATMENT

Completely personalized to your post baby needs whether you need to tone and firm your skin, aid weight loss, or simply relax and restore energy.

This is an ideal treatment to deeply nourish, hydrate and balance your body. Treatments can be tailored to suit your specific needs.

A range of treatment options specially selected for that delicate period before and after Childbirth, to provide comfort, relieve stress and indulge the senses.

⌚ Dur 55 / 85 mins

Eur 70 / 90



SIGNATURE SPA DAY PACKAGES

Exclusive to the Myoka Golden Sands Spa.

SPA EXPERIENCE

Cleansing Facial | Full body Massage

⌚ Dur 85 mins

Eur 80

SPA GETAWAY

Herbal Bath or Body Scrub | Oriental Head Massage | Aromatherapy Massage

⌚ Dur 115 mins

Eur 110

A MAN FOR FOUR SEASONS

Gentlemen's Facial | Well Being Massage | Reflexology

⌚ Dur 175 mins

Eur 160

LAVA LOVE COUPLES RETREAT

Chocolate Body Wrap | Holistic Hot Stone Couples Massage | Decleor Aromatherapy Facial

⌚ Dur 145 mins

Eur 275 p/couple

MY TIME

Mediterranean Full Body Scrub | Aromatherapy Full Body Massage | Decleor Aromatherapy Facial | Myoka Manicure | Myoka Pedicure | Hair Treatment | Blow Dry Or Hair Cut | Spa Lunch

⌚ Dur 300 mins

Eur 210



MYOKA SPA INFORMATION

GIFT VOUCHERS

An ideal present, gift vouchers are available 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 2356 1191. In-house guests can call EXT 1191.

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.

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.

myoka^{SPAS}



Opening Hours

Monday to Sunday

9.00am to 7.00pm

Public Holidays

9.00am to 7.00pm

Myoka Golden Sands Spa
Radisson Blu Golden Sands
Resort & Spa, Golden Bay

DIRECT LINE:

(+356) 2099 2124

(+356) 2356 1191

HOTEL EXT: 1191

goldensands@myoka.com

www.myoka.com