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SPAS
myoka

Opening Hours

Monday to Sunday
9.00am to 8.00pm

Saturday & Sunday
9.00am to 7.00pm

Public Holidays
9.00am to 7.00pm

Myoka Lotus Spa
Le Meridien, St Julian's

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Channel 2

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www.myoka.com

Le **MERIDIEN**
ST. JULIANS HOTEL & SPA

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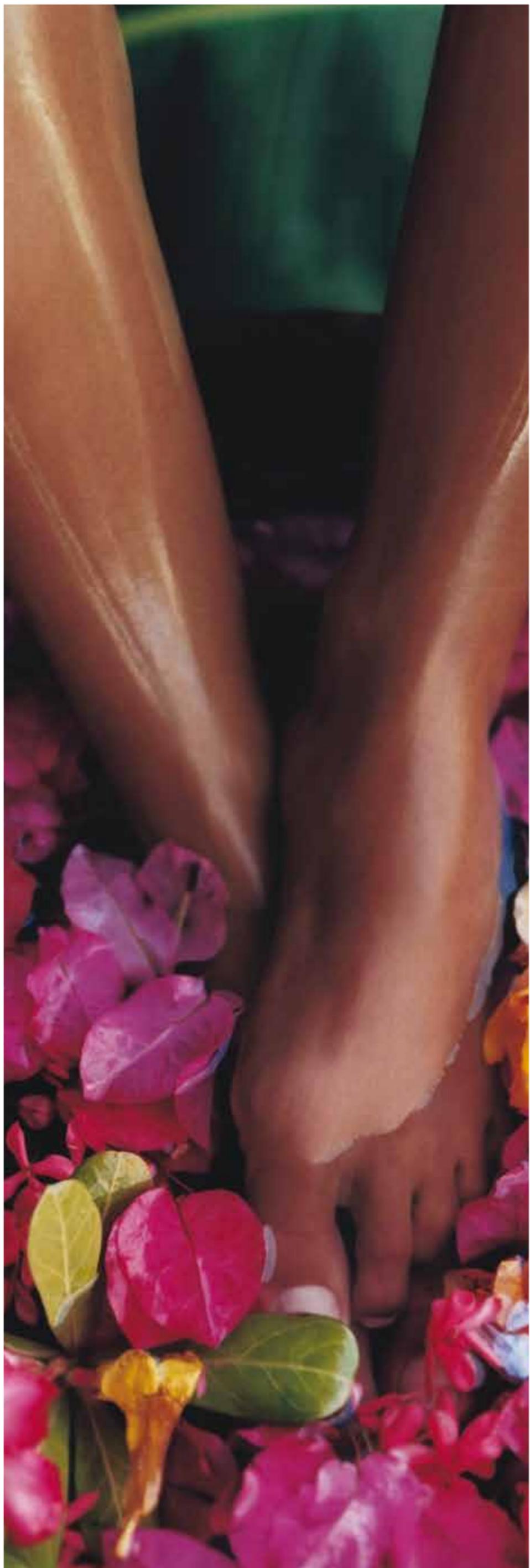
LEARN TO LOVE YOURSELF



myoka^{SPAS}

SPA TREATMENT LIST MYOKA LOTUS SPA

myoka SPAS





MYOKA LOTUS SPA



Welcome to the Myoka Lotus Spa. Enter a world of total sensory well-being, where treatments from the Orient, Mediterranean and Nordic regions have been harmoniously fused to take you to a state of Nirvana.

Designed in a contemporary Balinese style, the Lotus Spa offers 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.

- Lotus Spa Experiences
- Body, Mind and Soul
- Ayurveda Treatments
- Panpuri Exclusive Treatments
- Panpuri Envelopments, Body Scrubs & Baths
- Oriental & Holistic Therapies
- Myoka Face
- Non-Surgical Treatments
- Exclusive Treatments
- Hands & Feet
- Maternity
- Packages

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

Designed to subconsciously stimulate all your senses, our experiences combine a luxurious blend of exotic cultures, traditions and techniques from around the world, including Bali, Tibet, Polynesia, Japan, Morocco and Thailand. Our experiences are a perfect escape to indulge in our signature treatments.

LOTUS SPA EXPERIENCES

Indulge in some selective treatments exclusive to the Myoka Lotus Spa.

GROUND YOURSELF

After a long flight or a heavy week at work, your body and mind need a helping hand to recover. This is the perfect treatment to truly awaken your senses. Start with an energizing body polish to remove dead skin cells and aid regeneration. Then relax in an aromatic, blue lagoon bath, leaving your skin smooth and silky. A firm Myoka Lotus massage eliminates tension and relaxes your muscles. To complete your experience, pressure point on specific points of the feet will be applied to ensure a physical change in the body.

Includes: Body Exfoliation | Bathing Ritual | Myoka Lotus Massage | Foot Reflexology

⌚ Dur 140 mins

Eur 155

MEN'S SPEEDY DE-STRESS

Breathe in tranquillity as your body relaxes and stress gently slips away. A refreshing sea salt body scrub with an uplifting mixture of aromatherapy oils is followed by an energizing full body massage. An express facial with a de-stressing scalp massage and reflexology pressure point massage will make your experience unforgettable.

Includes: Body Exfoliation | Energizing Massage | Head Massage | Express Facial | Foot Reflexology

⌚ Dur 140 mins

Eur 180

BODY DETOX

A full body exfoliation prepares the skin to absorb the benefits of a detoxifying full body massage using vigorous massage and lymphatic drainage techniques to stimulate circulation and release toxins. A marine algae body mask is smoothed over the skin to help improve circulation, speeding up the elimination of toxins and fluids and helping to reduce the appearance of cellulite. A mind calming oriental head massage completes this stimulating experience.

Includes: Body Exfoliation | Detox Massage | Algae Envelopment | Head Massage

⌚ Dur 140 mins

Eur 140





LOTUS SPA EXPERIENCES

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

SAVADIKA

This body experience goes beyond ordinary spa treatments. Start with an invigorating Thai Herbal Scrub, followed by a traditional Thai body massage that uses stretching techniques with hot lava stones, this treatment promises ultimate relaxation and body rejuvenation.

Includes: Body Exfoliation | Thai Massage with Hot Stone Therapy | Gentle Stretching

🕒 Dur 120 mins

Eur 150

NAMASTE

Embark on a journey of self-discovery and leave stresses of everyday life behind. Ayurveda is thought to be the oldest medical system. You will experience Elakizhi – a herbal, full body massage which is very effective for muscle pains and circulation. Next is Sirodhara – the rhythmic flow of medicated oil on the forehead for de-stressing and removal of mental tension followed by a soothing traditional Indian head massage.

Includes: Elakizhi Massage | Sirodhara | Indian Head Massage

🕒 Dur 120 mins

Eur 150

JET LAG CURE

Be ready to take off before you have landed! This ritual is for the weary traveller to get you back on track when you are feeling fuzzy and tired. This treatment begins with a dry body brush to smooth and revitalize the skin followed by a specialized massage to bring you back to reality.

Includes: Body Brushing | Revitalizing Body Massage

🕒 Dur 85 mins

Eur 100

TIME

Reserve two hours or more of Lotus Spa Time and 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 120 mins

Eur 155



BODY, MIND AND SOUL

Escape to a world of harmony and total relaxation.

LOTUS SPA RITUAL

This revitalizing 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 foot massage.

Includes: Body Exfoliation | Head Massage | Hot Stone Massage | Reflexology

⌚ Dur 120 mins

Eur 145

LOTUS SIGNATURE MASSAGE

The Myoka Lotus Spa signature massage uses a mixture of palm compressions and hot stones to ease your body into a deep state of relaxation. The treatment entails pouring warm aromatherapy oil onto the body using long sweeping movements.

⌚ Dur 55 mins 85 mins

Eur 85 / 115

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

COUPLES DUET TREATMENT

Experience your massage with a friend or loved one in our specially-designed encirclement suite. Our therapists will tailor the massages to your individual wants and needs for a complete and truly relaxing experience.

⌚ Dur 55 mins / 85 mins

Eur 155 / 200



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 / 85 mins

Eur 60 / 85 / 115

FOUR-HAND SYNCHRONISED 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 in a state of bliss.

🕒 Dur 55 mins / 85 mins

Eur 160 / 120

BODY MIND AND SOUL

THIS TREATMENT INCLUDES 6 SESSIONS

🕒 85 mins/session

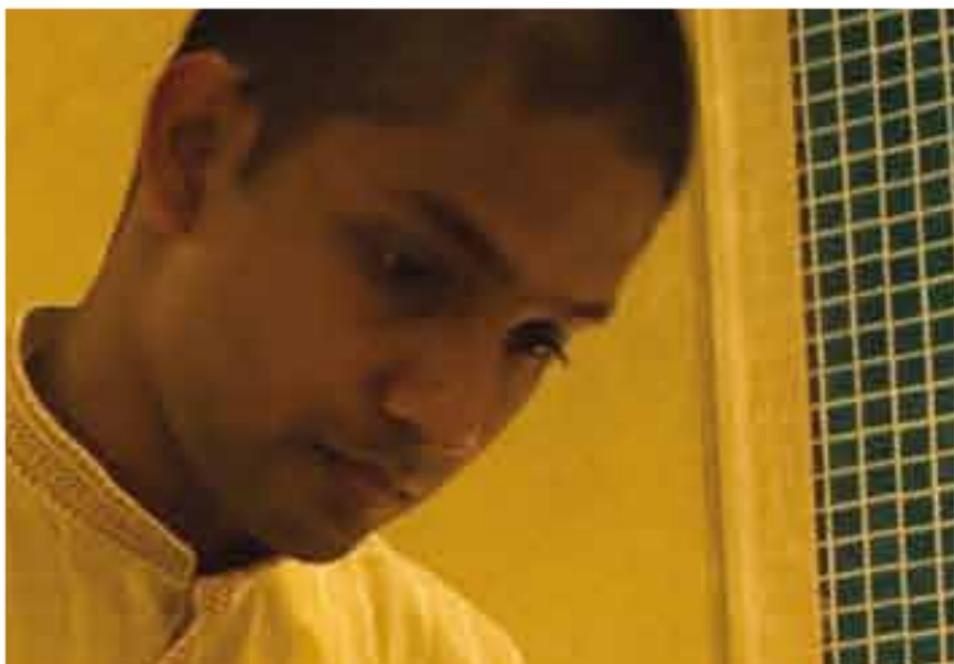
Eur 435

🕒 55 mins/session

Eur 350

🕒 25 mins/session

Eur 175



AYURVEDA TREATMENTS

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

SIRODHARA

The most relaxing and de-stressing Ayurvedic treatment in which a continuous stream of medicated warm oil is poured on to the forehead followed by a full body massage. This procedure often induces a mental state similar to a trance, which creates profound relaxing and revitalizes the central nervous system.

🕒 Dur 85 mins

Eur 130

ABHYANGAM

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 medical herbal oils.

🕒 Dur 55 mins / 85 mins

Eur 80 / 105

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 85 / 110

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, and improves blood circulation and digestive power. Also prescribed for all kinds of diseases of the nervous system and rheumatism.

🕒 Dur 85 mins

Eur 115

NARANGAKIZHI

This Ayurveda treatment is good for detoxification, body pains, stiffness, frozen shoulder. In this procedure lime poultices are used to induce heat and massage all over the body. Limes are made into small pieces and them processed with various herbs and medicated powders.

🕒 Dur 85 mins

Eur 115

AYURVEDA TREATMENTS*

THIS TREATMENT INCLUDES 6 SESSIONS

🕒 55 mins/session

Eur 350

🕒 85 mins/session

Eur 475

*EXCLUDING SIRODHARA

AYURVEDA TREATMENTS

Continued.

SYNCHRONIZED ABHYANGAM

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

🕒 Dur 55 mins

Eur 175

KSHEERADHARA

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

AYURVEDIC HEAD MASSAGE

A relaxing head, neck and shoulders massage using herbal oils and different technique to help improve the circulation, nourish the scalp and reduce stress.

🕒 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





PAÑPURI

EXCLUSIVE TREATMENTS

INNER PEACE RELAXING MASSAGE

Set your mind to a remote place and let yourself be carried away to a tranquil escape with the use of sensual Ylang Ylang extracts. This creates a sweet exotic floral scent that perfectly aligns and opens your energy channels to receive the therapeutic benefits of Swedish, Aromatherapy and Shiatsu combination of strokes. Surrender to a divine place with a complimenting cranial massage to complete this peaceful journey.

🕒 Dur 55 mins
🕒 Dur 85 mins

Eur 100
Eur 120

LEADING LIGHT BALANCING MASSAGE

Harmonize your senses and surrender your body to the healing caresses of Rosewood & Eucalyptus oils. Sweet yet woody, rosewood heals and lifts your spirits and boosts your energy levels. The invigorating scent of eucalyptus, renowned for its energizing effect, stimulates circulation in your muscles and relieves stiffness. The result is supreme equilibrium.

🕒 Dur 55 mins
🕒 Dur 85 mins

Eur 100
Eur 120

SOLITUDE SOOTHING MASSAGE

Awaken and invigorate your senses with the delicately fresh zest and good manna of Lemongrass and Mandarin. Let their scents and healing properties switch off your overworked mind and reconnect you with your inner balance. The amazing reviving chattels of Lemongrass and Mandarin will clear your energy pathways and deliver a stimulating flow of vibrant energy that brightens your soul.

🕒 Dur 55 mins
🕒 Dur 85 mins

Eur 100
Eur 120

HEALING THAI HERBAL COMPRESS MASSAGE

Retreat to a calm surrender with a warm body compress made of premium herbs of the East. After warming up your tired muscles, the treatment continues with a relaxing massage using the Thai Jasmine Massage Oil.

🕒 Dur 85 mins

Eur 120





PAÑPURI

ENVELOPMENTS, BODY SCRUBS & BATHS

PAÑPURI SKIN NOURISHER

A skin treatment that graciously brings about softness and fairness to your skin, the Skin Nourisher begins with a Siamese Uplifting Body Polish enriched with brightening Orange Peels and rejuvenating Green Tea. Draw out harmful pollutants trapped in the skin with the following delicate body detoxifier consisting of mineral-rich Deep Sea Clay, Honey, Clove, and Tangerine.

- **Foot Ritual/ Jasmine Body Scrub/ Detoxifier Body Wrap**

🕒 Dur 85 mins

Eur 100

PAÑPURI INDOCHINE DETOXIFIER

Restore the skin nutrients and moisture balance with mild Indochine Soothing Body Polish. Draw out harmful impurities with a delicate body detoxifier of mineral-rich Deep Sea Clay, nourishing Honey, stimulating Clove and comforting Tangerine. Seal in moisture with a citrus combination of tangy Lemongrass, Mandarin and Bergamot to leave skin soft and refreshed!

- **Foot Ritual/ Lemongrass & Mandarin Body Scrub/ Detoxifier Body Wrap**

🕒 Dur 85 mins

Eur 100

PAÑPURI JASMINE SIGNATURE TREATMENT

Jasmine, a symbol of both purity and respect, is a sweet, romantic smelling flower deep-rooted in Thailand and Eastern cultures. With its naturally stimulating and emollient properties, Jasmine remains as a meaningful ingredient in beauty treatments throughout the world. With this jasmine-imbued treatment, you can decrease your skin's dryness, greasiness and irritation, while promoting elasticity and radiance.

- **Foot Ritual/ Jasmine Body Scrub/ Inner Piece Body Massage**

🕒 Dur 85 mins

Eur 120

PAÑPURI LEMONGRASS SOOTHING TREATMENT

With its sharp, fresh and lemony aroma, Lemongrass boasts soothing and antiseptic properties that are excellent for skin-balancing and toning, Experience Lemongrass, Mandarin and Bergamot, alleffectively combined to rid the skin of unwanted dead skin cells, while gifting the skin with a uniquely soothing aroma that soothes and calms.

- **Foot Ritual/ Lemongrass & Mandarin Body Scrub/ Detoxifier Body Wrap**

🕒 Dur 85 mins

Eur 120



PAÑPURI BODY SCRUBS

Unveil newer and softer skin with the Pañpuri's Skin Revivers. Select a mild polish using refreshing Orange Peels and nourishing Honey or an invigorating scrub using Rice, Cranberry and Apricot. Complete your skin treatment with super-enriched, nourishing and sensually scented body lotions that leave your skin smooth and suppler than ever.

- Siamese Water Uplifting Body Polish
- Indochine Soothing Body Polish
- Clementine & Patchouli Refreshing Body Polish
- Lavender & Vanilla Calming Body Polish

🕒 **Dur 25 mins**

Eur 55

🕒 **Dur 55 mins (with Oriental Head Massage)**

Eur 85

PAÑPURI BODY DETOXIFIER WRAP

Combining the richness of marine plants with the power of aromatherapy, this renewing treatment deeply detoxifies, decongests and stimulates the body's system. Deep sea clay mask containing hydrating and nourishing honey and tangerine is applied to the entire body before you are cocooned in comforting foil wrap. While the natural ingredients work to heal your body, enjoy a soothing face and scalp massage.

🕒 **Dur 55 mins (with Oriental Head Massage)**

Eur 70

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

PAÑPURI BATH RITUALS

Dissolve away the stress of the day and set your mind to a peaceful pace as Pañpuri's moisture-rich, nourishing milk bath oils carry you away to a tranquil paradise. Beguiling scents of Jasmine and Lemongrass nourish your skin and set your mind at ease in the comfort and privacy of your own hotel room. Take your time, relax and drift away.

- Siamese Water Uplifting Bath Ritual
- Indochine Soothing Bath Ritual

🕒 **Dur 60 mins**

Eur 55



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 / 70

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 90

OXYGEN FACIAL

Oxygen levels in the skin diminish considerably with age, smoking and exposure to air pollution. The oxygen facial will supply 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 70

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
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BODY	🕒 Dur 55 mins / 85 mins	€Eur 85 / 105
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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
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🕒 Dur 12 mins	Eur 15
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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 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 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.



PAÑPURI

JASMINE SIGNATURE FACIALS

Experience the legendary healing and aromatic virtues of the purest white jasmine blossom essences with Pañpuri's Jasmine Signature Facial. Using the exclusive skincare with Jasmine Free-Radical Defense Complex (JFDC), inspired by Thailand's most sacred flower, this comforting facial boasts hydrating and anti-oxidant properties that amplify your skin's defense against aging, letting your skin look younger, firmer and more luminous. The result is your inner self radiating a softer, smoother and firmer complexion.

- JFDC NOURISHING FACIAL (FOR NORMAL TO DRY SKIN)
- JFDC REBALANCING (FOR OILY AND COMBINATION SKIN)
- TOTAL INDULGENCE FACIAL (FOR MATURE SKIN TYPES)

🕒 Dur 85 mins

€ 100

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

€ 125

CELLULAR PLATINUM FACIAL

An extraordinary, transformative experience the Cellular Platinum Facial is the height of luxury. La Prairie went to the ends of the earth to uncover the most beneficial ingredients. This facial helps to re-charge the skin's electrical balance increasing its absorption of nourishing ingredients. Applying the most advanced cellular science discoveries this rejuvenating facial preserves skin texture and tone and restores glow. There is nothing like it. The pinnacle of art, science and luxury.

🕒 Dur 85 mins

€ 150

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

€ 125



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.

Nail and Cuticle Care • Nail Buff • Hard Skin Removal • Foot Exfoliation • Reflexology • Hand And Feet Treatment • Nail Polish Application

🕒 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 paraffin hand treatment. Finally your expert therapist will apply a long lasting polish enabling nails to stay healthy and strong while maintaining a chic shine.

🕒 Dur 55 mins

Nail / Gel Polish

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. 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 polish.

🕒 Dur 55 mins

Nail / Gel Polish

Eur 40 / 50

*Kindly Advise prior to booking should you need a Gel Polish soak off

🕒 Dur 15 mins

Eur 10

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

MUMS-TO-BE 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

CEREMONY OF THE FACE

A facial totally focused on naturally improving the condition of the skin. This facial includes specialized double cleansing techniques, gentle exfoliation, pressure points facial massage and a deep cleansing and intensive face mask. Experience a relaxing foot massage whilst the mask is taking effect.

🕒 Dur 85 mins

Eur 80

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 Lotus Spa.

BETWEEN HEAVEN & EARTH

Lotus Herbal Body Scrub | Stress Buster Massage | Hand and Foot Treatment

🕒 Dur 120 mins

Eur 120

MEN'S RITUAL

Gentlemen's Facial | Stress Buster Massage | Reflexology

🕒 Dur 180 mins

Eur 150

BALINESE RITUAL

Traditional Javanese Body Scrub | Jasmine Bath | Balinese Massage

🕒 Dur 120 mins

€Eur 155

THE RED CARPET

Hawaiian Lomi Lomi Massage | Aromatherapy Facial | Manicure Experience | Pedicure Experience

🕒 Dur 210 mins

Eur 175

IN THE MOOD FOR LOVE

Milk and Honey Bath | Honey Sesame Body Scrub | Aromatherapy Massage | Radiance facial | Manicure Experience

🕒 Dur 210 mins

Eur 180

A DAY TOGETHER

Couples Massage | Chocolate Body Wrap | Radiance Facial

🕒 Dur 150 mins

Eur 250 p/couple

COCONUT RITUAL

Coconut and Lime Body Scrub | Hot Stone Body Massage | Coconut and Milk Body Wrap

🕒 Dur 150 mins

Eur 160

ROYAL RADIANCE

Vino Therapy Bath | Sea Salt Glow | Marine Algae Wrap | Hot Stone Massage | Aromatic Facial | Executive Manicure and Pedicure | Lunch

🕒 Dur 360 mins

Eur 300



MYOKA SPA INFORMATION

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

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 2137 0163. In-house guests can call EXT 2360.

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 facilities from 6.00am—12.00pm and 6.00pm—10.00pm with on-site adult supervision.

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.

YOUR PERSONAL THERAPIST

You may request a specific gender massage therapist while booking an appointment. We cannot always guarantee that we will have your request available at all times. All spa employees are trained to respect the privacy of our guests and to create a comfortable and relaxing environment for all.

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.

