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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.”

The ancient wisdom that recognizes the profound link between mind and body is the foundation of our spa experience. We believe that true wellness arises from nurturing this connection.

Step into Miilé, a sanctuary where natural luxury and tranquility intertwine. Enveloped by nature’s most vibrant elements, yet secluded from the outside world, you’ll discover a haven where relaxation unfolds effortlessly. We’ve meticulously crafted each treatment, blending premium herbal and essential oils with renowned spa brands, all to evoke profound emotions and a harmonious state of mind and body. At Miilé, our purpose is to cultivate self-love, connect you with nature’s wisdom, and celebrate the beauty of life.

At Miilé Spa, we aspire to craft memorable sensory experiences, each treatment delivered with heartfelt human connection.

Miilé’s essence is captured in:

- M other Earth’s gifts, grounding us from roots to skies;
- I ndigenous wisdom, honoring our healing traditions;
- I nspiration, reflecting our guests’ aspirations;
- L ove, woven into every touch;
- E nergy, radiating from our hearts for enhanced well-being.

Open every day from 9:00 am to 6:00 pm

Reservations at Ext. 4411 • e-mail: spa.xec@excellenceresorts.com •

• 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.

PUNTA CANA ROMANCE RITUAL 100 min.

Immerse yourselves in an exquisite ritual designed for shared tranquility and profound rejuvenation. This indulgent experience combines a deeply therapeutic muscle massage with the soothing warmth of healing hot stones, melting away back tension. A luxurious cocoa foot wrap nourishes and softens, while a botanical hair oil scalp massage releases stress and revitalizes. Emerge feeling utterly renewed, your connection deepened.

\$640 USD per couple

FOREVER LOVE COUPLES RITUAL 100 min.

Step into a sanctuary dedicated to the eternal embrace of self-love. Begin with a soothing foot-bath ritual, infused with aromatic salts, evoking the tender beginnings of love. This gentle preparation is followed by a deeply sedative and slow full-body massage, featuring rhythmic and continuous movements that guide you to a state of profound peace and self-acceptance. Rediscover the infinite love within.

\$640 USD per couple

SOULMATES IN LOVE RITUAL 100 min.

This replenishing experience begins with a delicate botanical and aromatic scrub, with Immortelle plant, olive and almond oils, gently renewing and softening your skin. Immerse yourself in a warm, bubbling bamboo and white tea bath, deeply hydrating your body as a soothing scalp massage calms your mind. Conclude with a calming and antioxidant botanical massage oil with Bergamot, Jasmin, Lavender and Cedar notes, leaving your skin exquisitely nurtured and your body totally at peace. Say "I love you" with a glass of sparkling wine.

\$640 USD per couple

VITALITY COUPLES RITUAL 100 min.

Recharge and revitalize together. This shared experience combines a therapeutic blend of massage techniques and body stretching to release muscle tension and banish fatigue. Warm back pillows and a herbal destressing balm enhance relaxation, preparing you for a hydrating and soothing facial that restores a radiant glow. Emerge feeling energized and deeply connected, and celebrate your renewed vitality with sparkling wine.

\$640 USD per couple

MIMOSA BLISS COUPLES RITUAL 100 min.

A sensory journey designed to harmonize body and soul. This ritual begins with a gentle scrub, followed by a nourishing cocoon infused with thermal waters and natural actives that protect the skin's microbiome. Deep hydration is restored through a potent blend of Hyaluronic Acid and Vitamins E & F, providing an antioxidant shield. The experience culminates in a sublime, full-body massage enveloped in a calming aromatherapy blend of Bergamot, Cedar, Vetiver, and Sandalwood. Conclude your romantic escape by toasting to your shared tranquility with a chilled glass of sparkling wine.

\$640 USD per couple

EXCELLENCE COUPLES MASSAGE 75 min.

Indulge in a shared experience of therapeutic luxury, this signature massage combines a masterful blend of techniques, including shiatsu, reflexology, stretching, massage, warm herbal poultices, and aromatherapy, meticulously crafted for perfect tension release. Experience profound relaxation and shared well-being as you journey together towards complete harmony.

\$500 USD per couple

MIILÉ COUPLES MASSAGE 75 min.

Embark on a journey of shared bliss, drift away together as rhythmic, flowing movements ease tension and foster deep relaxation. Rose-infused massage oil, the gentle energy of pink quartz, and the soothing warmth of hot stones create an atmosphere of pure romance. Emerge feeling completely rested, nurtured, and intimately connected. Conclude your experience with sparkling and sweet delights, celebrating your shared tranquility.

\$500 USD per couple

BY THE OCEAN COUPLES MASSAGE 75 min.

Immerse yourselves in an oceanfront serenade, where the gentle rhythm of the waves becomes the soundtrack to your shared relaxation. This unique couples massage, enhanced by the soft caress of the sea breeze, is a symphony of romance. Experience a profound sense of tranquility and connection as the ocean's natural beauty envelops you.

\$520 USD per couple

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.

\$160 USD per couple

TAILORED PRESCRIPTION FACIAL 50 min.

A personalized skincare ritual designed to meet your skin's unique needs. The treatment begins with a gentle yet deep cleansing, enzyme exfoliation, and toning to perfectly prepare your skin. Next, a carefully selected high-tech booster—whether calming, lifting, or packed with multivitamins—is applied to target your specific concerns. The experience concludes with a luxurious hydrating foam mask, leaving your skin revitalized, radiant, and balanced.

\$370 USD per couple



MIILÉ MIND & BODY RITUALS AQUA WELLNESS

'Spa' means "salute per aqua." We include with any spa treatment from 75 min and more, a 30 min experience in our Hydrotherapy Facilities including Steam Room or Sauna, a Bi-thermal 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.

TROPICAL NOURISHING COCOON RITUAL 100 min.

Discover the beauty that blossoms from within, a sanctuary of self-love and total dedication. A journey to your senses of enchanting temperatures, aromatherapy delights, and exquisite tropical sensations. Begin with the comforting embrace of warm blankets, followed by a revitalizing passion fruit and annatto exfoliation to renew your skin's luminosity. The soothing warmth of herbal poultices, applied with gentle precision, melts away tension, preparing you for a sublime massage with invigorating tropical fruits nectar. Conclude this nurturing experience with a deeply hydrating and anti-oxidant facial, revealing your inner radiance.

\$320 USD

INTENSIVE DESTRESS RITUAL 100 min.

Beginning with an intensive, warm, deep muscular massage, expertly designed to dissolve tension and soothe aching muscles. Our therapists utilize kneading and stretching techniques, enhanced by heated herbal pillows to reduce inflammation and a seven-herb anti-stress balm to calm your back. The ritual culminates in an extended, deeply therapeutic massage of the neck, face, and scalp, relieving accumulated stress and promoting total tranquility. Surrender to complete rest for body and mind."

\$320 USD

MIMOSA BLISS RITUAL 100 min.

A sensory journey designed to harmonize body and soul. This ritual begins with a gentle scrub, followed by a nourishing cocoon infused with thermal waters and natural actives that protect the skin's microbiome. Deep hydration is restored through a potent blend of Hyaluronic Acid and Vitamins E & F, providing an antioxidant shield. The experience culminates in a sublime, full-body massage enveloped in a calming aromatherapy blend of Bergamot, Cedar, Vetiver, and Sandalwood.

\$320 USD



FOR MEN REVITALIZING RITUAL 100 min.

Recharge and revitalize with a tailored experience designed for optimal well-being. This powerful treatment combines a strategic blend of Swedish massage, shiatsu pressure points, targeted deep tissue work for the back, body stretching, and Lomi-Lomi techniques, effectively releasing muscle tension and banishing fatigue. Continue your rejuvenation with a stimulating and soothing facial, featuring a blend of natural actives that diminish accumulated stress and visibly improve skin texture, restoring a smooth and refined complexion.

\$320 USD

AQUAWELLNESS JOURNEY 60 min.

SPA Salute per Aqua takes on a new meaning here: a transformative journey of pure wellness and relaxation, infused with botanical and aromatherapy delights. We've curated your 60-minute Aquawellness hydrotherapy session to guide you through a symphony of sensations: Sauna and Steam Bath, Bithermal Shower, Chromotherapy, Ludic Pool with jets, Ice Water Pit, Reflexology Path, Small Cranial Massage, Body Scrub, and Natural Mud for the steam bath.

\$110 USD

MIILÉ MASSAGES

EXCELLENCE SIGNATURE MASSAGE 50 / 75 min.

Experience the sensation of lightness and freedom with our Excellence Signature Massage, available in 50 or 75-minute sessions. This expert combination of deep tissue massage, shiatsu pressure points, body stretching, and lomi-lomi techniques is designed to release accumulated tension and revitalize your body. Feel fatigue dissipate and mobility restored, leaving a profound sense of lightness and well-being. Allow this body therapy to transport you to a state of renewal and vitality."

50 min. \$185 USD

75 min. \$250 USD

STRESSCURE MASSAGE 75 min.

Experience profound relief and rejuvenation, this massage harnesses the ancient healing power of hemp oil, renowned for its potent pain-reducing and anti-inflammatory properties, ideal for soothing stiff muscles and calming anxiety. We begin with the deeply therapeutic application of warm herbal pouches, combined with expert deep kneading techniques to alleviate soreness and eliminate contractures. A soothing seven-herb balm is applied to the back, followed by a tranquil scalp massage to calm the mind. Emerge from this transformative therapy feeling renewed and revitalized.

\$240 USD

DEEP & HOT STONE MASSAGE 75 min.

This deeply therapeutic massage combines expert deep tissue techniques with the restorative power of hemp oil, known for its anti-inflammatory properties, to release stiff muscles and ease tension. The sedative and therapeutic warmth of hot stones further enhances relaxation, providing a comprehensive therapy for both body and mind. Emerge feeling revitalized and deeply restored.

\$240 USD

HOLISTIC MIND & BODY MASSAGE 75 min.

Recognizing the interconnectedness of body, mind, and emotions, we've crafted this experience to restore balance across all dimensions. This deeply relaxing treatment employs slow, deliberate, and precise movements to release muscle and fascial tension, where emotional impacts are often stored. Infused with messages of well-being, revitalizing rosemary oil, soothing hot stones, and energy-balancing herbal pindas, this massage promotes a profound sense of inner peace and holistic rejuvenation.

\$240 USD

NURTURING PRENATAL MASSAGE 75 min.

Embrace a moment of nurturing comfort during this special time, designed to ease aching muscles, back, and legs, this gentle therapy provides soothing relief for you while offering a comforting experience for your baby. Our skilled therapists will adapt the massage to your specific needs, ensuring a safe and relaxing treatment at any stage of pregnancy (from the fourth month onwards).

\$240 USD

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.

\$180 USD

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.

50 min. \$180 USD

75 min. \$240 USD



MIILÉ FACIALS

TIME EXPERT FACIAL 75 min.

Turn back the clock a cutting-edge treatment designed to deliver smoother skin and a visibly rested expression in record time. This dual-action strategy employs advanced technologies to precisely target and correct wrinkles: relaxing and softening facial expression lines while regenerating and reducing the volume and length of deeper wrinkles. Enhanced by rolling techniques and a remodeling facial massage, this treatment effectively combats the signs of aging, revealing a younger, more radiant complexion.

\$250 USD

HYDRA-HYALURONIC 3D FACIAL 75 min.

Experience the pinnacle of hydration, an innovative, high-end therapy utilizes Hyaluronic 3D active to deliver a refreshed, plump complexion, creating visible volume in deep skin layers, effectively filling expression lines, and providing intense hydration. Enhanced by rejuvenating facial massage techniques and our exclusive Cool Massager, this treatment lifts and firms the skin, making it ideal for all skin types and ages.

\$250 USD

VITA C SKIN REVITALIZATION FACIAL 50 min.

Reveal a smoother, firmer, and more youthful complexion with Vitamin C, a powerhouse antioxidant and essential nutrient, provides unparalleled protection against environmental damage while effectively repairing sun-damaged and devitalized skin. This potent treatment restores luminosity, evens skin tone, and revitalizes your complexion, leaving you with a radiant and youthful glow.

\$185 USD

TAILORED PRESCRIPTION FACIAL 50 min.

A personalized skincare ritual designed to meet your skin's unique needs. The treatment begins with a gentle yet deep cleansing, enzyme exfoliation, and toning to perfectly prepare your skin. Next, a carefully selected high-tech booster—whether calming, lifting, or packed with multivitamins—is applied to target your specific concerns. The experience concludes with a luxurious hydrating foam mask, leaving your skin revitalized, radiant, and balanced.

\$185 USD

COLLAGEN HYDRA FACIAL 50 min.

Restore hydration with collagen molecules that will penetrate your skin, reduce fine lines, and recover firmness, enhance moisture level, leaving your skin younger and suppler.

\$185 USD

MEN'S EQUILIBRIUM FACIAL 50 min.

Restore balance and vitality to your skin with formulated with natural ingredients, is specifically designed to hydrate, detoxify, and soothe the unique needs of shaved skin. Light, easily absorbed textures and the calming aroma of sandalwood work synergistically to revitalize and restore your skin's natural equilibrium.

\$185 USD

DEEP CLEANSING & PURIFYING FACIAL 75 min.

A thorough purification specifically designed for deep cleansing, this treatment utilizes steam and extractions to effectively remove impurities. An enzymatic exfoliation gently sloughs away dead skin cells, followed by extractions to clear pores. A hydrating and calming treatment then soothes the skin, reducing redness and replenishing essential moisture. Reveal a refined, clear complexion with this purifying facial.

\$250 USD

MIILÉ BODY TREATMENTS

AQUA SOOTHING SUN RELIEF THERAPY

50 min.
Experience deep hydration and gentle healing, ideal for sunburned skin, this refreshing cocoon envelops you in a soothing blend of organic noni, aloe, and cactus extracts, providing immediate relief and promoting skin recovery. While your skin is deeply hydrated and healed, a gentle body and scalp massage lulls you into a state of serene relaxation.

\$180 USD

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)

COLLAGEN GLOVES OR BOOTS

(for facials, massages or body treatments)

HOT STONES FOR BACK MASSAGE

(only in massages)

ALOE FOR BURNED SKIN

(for any treatment)

ANTI-STRESS BACK BALM

(for massages)

BEAUTY BOOSTER SERUMS

(massages, body treatments, rituals)

SCALP TREATMENT

(for all treatments)

TIRED LEGS TONIC

(for all treatments)

\$32 USD each



MIILÉ BEAUTY SALON

PEDICURES

RELIEF PEDICURE 50 min.

The ultimate antidote for tired legs and aching feet. This therapeutic treatment begins with a renewing scrub, followed by a purifying clay mask infused with balsamic herbs—basil, chamomile, aloe vera, and rosemary—to instantly calm inflammation. The experience culminates in a deep, revitalizing calf and foot massage using a cooling eucalyptus, rosemary, and camphor balm, enhanced by a professional therapeutic massager. Highly refreshing, deeply relaxing, and designed to leave you feeling light on your feet.

\$75 USD

EXCELLENCE PEDICURE 75 min.

For beauty and relaxation, choose this perfect combination of a Stone Pedicure including exfoliation, hot stones foot massage, silky paraffin treatment for your feet, and a scalp and facial massage with moisturizing actives to hydrate skin and scalp.

\$100 USD

LUXURY COUPLES PEDICURE 50 min.

Enjoy together a complete feet treatment, starting with a Marine bath and exfoliation for your feet, petals, feet massage, warm silk paraffin, grapes and a glass of champagne will pamper your pedicure.

\$160 USD

MANICURES

GLOW MANICURE 50 min.

A deeply restorative and sensory manicure designed to pamper your hands with delicacy. After cleaning and shaping, we elevate exfoliation into an art form with a whipped enzyme vitamin C foam painted on with a soft brush. This is followed by a melting massage using our Shimmering Oil, which intensely nourishes the skin with vitamins and essential oils while leaving a subtle, radiant sheen. Finished with an expert polish of your choice for a perfectly luminous look.

\$78 USD

MEN'S HAND GROOMING 50 min.

\$75 USD

GEL REMOVAL

\$28 USD

BEAUTY SALON EXTRAS

MAKE-UP

\$120 USD

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

AIRBRUSH MAKE-UP

\$180 USD

HAIRSTYLE

\$140 USD

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

SHAMPOO AND HAIRSTYLE

\$150 USD

SHAMPOO AND BLOW DRY

\$100 USD

HAIR STRAIGHTEN

\$100 USD

HAIR CUT

\$100 USD

MENS' HAIR CUT

\$55 USD

ORGANIC RENEWAL HAIR RITUAL 50 MIN

Customized for your scalp and hair needs, with organic and vegan essential oils, this is an amazing treat, starting with a detoxifying lotion to oxygenate and purify, followed by an infusion of avocado and grape seed oils followed by prescribed essential oils blends for hydration, volume, energize or nourish combined with Champi ancient head massage to end with a fennel shampoo and an arnica, chamomile mask.

\$110 USD

DELUXE MEN HAIRCUT 50 min.

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

\$80 USD

MUSTACHE AND BEARD OUTLINE

\$32 USD

NECK, NOSE & SIDEBURN TRIM

\$32 USD

WAXING

LIP OR EYEBROW

\$32 USD

ARMS

\$44 USD

LEGS

\$66 USD

HALF LEGS

\$44 USD

BIKINI

\$55 USD

BACK

\$60 USD



HOW TO BEST INDULGE IN
THE MILÉ SPA EXPERIENCE

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 Parlor, we recommend check-in 5 minutes prior to your service. For Miilé treatments, you need to check-in 10 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 45 min prior to your treatment if this has a courtesy hydrotherapy facilities with whirlpool, cold plunge, sauna, steam and more. 50 min spa treatments and 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 payed by credit card or in cash

WHAT ABOUT PAYMENT FOR SPA SERVICES?

Miilé spa treatments may be payed with credit card.

WHAT IS YOUR CANCELLATION POLICY?

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

WHAT IF I FORGET TO SHOW UP FOR MY APPOINTMENT?

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

Miilé
SPA & WELLNESS AT EXCELLENCE EL CARMEN

Open every day from 9:00 am to 6:00 pm
Reservations at Ext. 4411 • e-mail: spa.xec@excellenceresorts.com •
• www.excellenceresorts.com •