



## Opening Hours

**Monday to Friday**  
10.00am to 8.00pm

**Weekends &  
Public Holidays**  
10.00am to 7.00pm

Myoka 5 Senses Spa  
Hilton Malta, St Julian's

**Direct Line:** (+356) 2137 0194  
**Hotel Ext:** 3431

[fivesenses@myoka.com](mailto:fivesenses@myoka.com)  
[www.myoka.com](http://www.myoka.com)





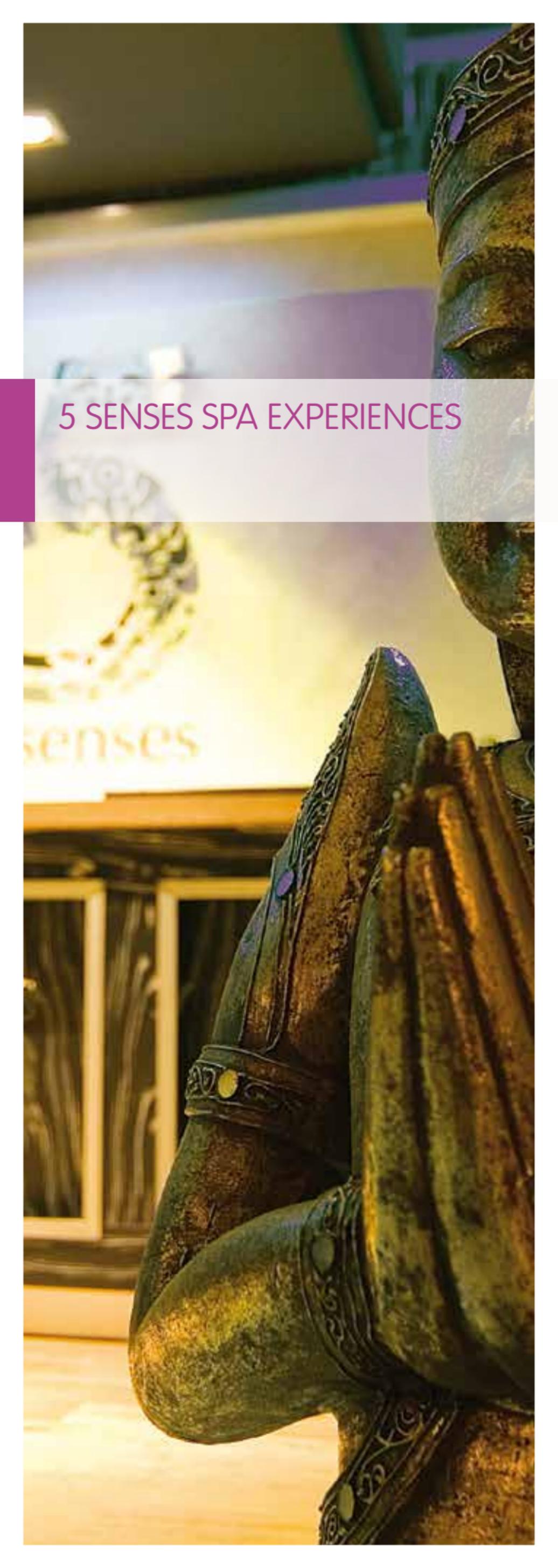
myoka<sup>SPAS</sup>

LEARN TO LOVE YOURSELF

MYOKA FIVE SENSES SPA

myoka SPAS





5 SENSES SPA EXPERIENCES

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 Myoka Five Senses 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 tranquility 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.

- The Royal Hammam
- 5 Senses Spa Experiences
- Body, Mind and Soul
- Ayurveda Treatments
- Pañpuri Envelopments, Body Scrubs and Baths
- Pañpuri Exclusive Treatments
- Oriental and Holistic Therapies
- Myoka Face
- Non-Surgical Treatments
- Maternity
- Hands and Feet





## THE ROYAL HAMMAM

Stimulate your senses. Rejuvenate your wellbeing.

**Hammam is a Turkish bath** – the site of a ritual that has evolved over thousands of years. At our Spa, you can enjoy our private hammam on your own or share the experience with friends, family or your partner. Surrounded by heated marble, you will enjoy a scrub before relaxing and cleansing your body in a foam bath. Our guests are encouraged to arrive at the Spa 30 minutes prior to their appointment to prepare for the Hammam experience in our sauna and steam room.

### THE TRADITIONAL HAMMAM EXPERIENCE

Body Soaping | Body Exfoliating | Foam Massage

🕒 Dur 30 mins

Eur 55

### THE ROYAL EXPERIENCE

Body Exfoliating | Foam Massage | Clay Body Mask | Hair Shampooing | Additional 55min Personalized Massage (only available on 120 min offer)

🕒 Dur 55 mins

Eur 100

🕒 Dur 120 mins

Eur 150

### TIME FOR TWO COUPLES RITUAL

**Hammam | Body Exfoliation | Bathing Ritual | Couples Massage | Champagne and Chocolate**

Your journey begins with an aromatic steam ritual followed by a ceremonial body cleansing experience to awaken the senses and leave skin silky smooth before you immerse yourself in a bathing ritual like no other whilst sipping fine sparkling wine. The divine five senses massage with aphrodisiac oils of Vanilla, Tonka and Grapefruit relieves the body of physical tension and allows for you to drift away into a trance like existence. A blissful scalp massage continues the dream. You will emerge from this decadent ritual feeling renewed, relaxed and glowing with vitality.

🕒 Dur 180 mins

Eur 375 p/couple

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.

## 5 SENSES SPA EXPERIENCES

Indulge in some selective treatments exclusive to the Myoka 5 Senses Spa.

### THE ROYAL JOURNEY

Your journey begins with a royal herbal infused scrub, followed by your very own private and luxurious herbal bath. Your body will then be brought back to equilibrium with a massage fit for royalty as two therapists work in synchronised harmony to soothe and relax the body. End your Royal Journey experience with a relaxing aromatic Royal Facial.

**🕒 Dur 175 mins**

**Eur 280**

### ORIENTAL ESCAPE

This revitalising experience will take you on a sensual and spiritual journey using ancient oriental traditions and techniques. Start with an invigorating Thai herbal scrub, followed by an authentic oriental head massage and, to finish, a Zen-inspired Chinese hot stone massage concentrating on specific pressure points of the body.

**🕒 Dur 145 mins**

**Eur 180**

### MEN'S EXECUTIVE TREATMENT

Unwind with a calming, colour therapy and aromatic, herbal steam bath to ease tense muscles and encourage the steady flow of energy. Your therapist will then perform a holistic back massage followed by a customised facial, executive manicure and pedicure to leave you looking and feeling rejuvenated and totally refreshed.

**🕒 Dur 175 mins**

**Eur 160**

### TIME

Reserve two hours or more of Five Senses 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**

### SIRODHARA

A continuous stream of medicated warm oil is poured onto the forehead to create a profound state of relaxation. This procedure often induces a mental state similar to a trance and can help revitalise the nervous system.

**🕒 Dur 25 mins / 85 mins**

**Eur 55 / 130**





## 5 SENSES SPA EXPERIENCES

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

### FIVE SENSES RITUAL

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

**Dur 120 mins**

**Eur 145**

### GROUND YOURSELF

After a long flight or heavy week at work, your mind and body need a helping hand to rejuvenate themselves. This is the perfect experience to truly awaken the senses, starting with an energising body polish and relaxing lemongrass bath to leave you feeling rejuvenated and re-balanced. Your experience will be completed with a signature Myoka back massage and oriental head massage to eliminate tension and aid relaxation as well as a holistic reflexology treatment to heal the whole body.

**Dur 145 mins**

**Eur 155**

### FOUR-HAND SYNCHRONISED MASSAGE

Two therapists work simultaneously to create a choreographed massage for ultimate relaxation and to help harmonise the energies in the body.

**Dur 55 mins / 85 mins**

**Eur 160 / 210**

**la prairie**  
SWITZERLAND

### CAVIAR FIRING FACIAL

Pure luxury that instantly firms the skin, giving it a perfect tone and texture. With caviar pearls, a face and eye massage and a two-phase caviar mask, this facial 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 skins behaviour, prevent irritation and correct stressed skin.

**Dur 85 mins**

**Eur 125**



## BODY, MIND AND SOUL

Escape to a world of harmony and total relaxation.

### THE FIVE SENSES SIGNATURE MASSAGE

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

**⌚ 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 100**

### STRESS BUSTER MASSAGE

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

**⌚ Dur 85 mins**

**Eur 100**

### 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**

**Eur 155 p.c**

**⌚ Dur 85 mins**

**Eur 210 p.c**

### 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 75**



## 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

## BODY MIND AND SOUL

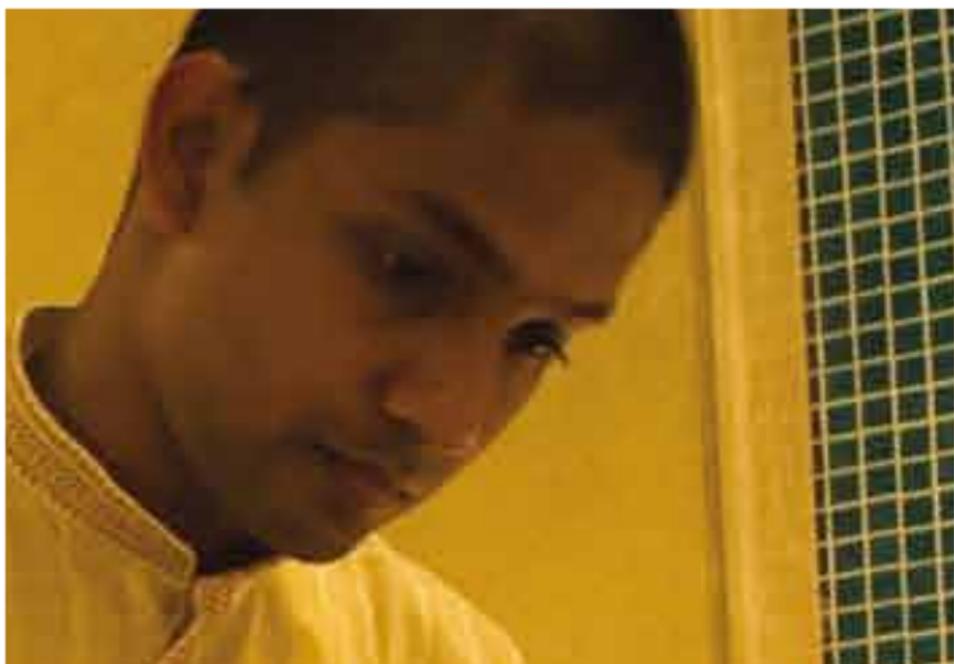
THIS TREATMENT INCLUDES 6 SESSIONS

🕒 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 85 / 115

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### 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

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### 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 / 115

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### 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

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# 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

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## 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 115

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## 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

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## 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

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## 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

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## DE-STRESS

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

🕒 Dur 25 mins

Eur 40

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# 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. Complete the experience with a heavenly-scented and nourishing skin treat for utter suppleness and radiance!

🕒 Dur 75 mins

Eur 100

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### PAÑPURI INDOCHINE DETOXIFIER

Reveal soft, healthy glowing skin with a lingering scent of a far-away paradise! 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!

🕒 Dur 75 mins

Eur 100

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### 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.

🕒 Dur 75 mins

Eur 100

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## 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.

**⌚ Dur 85 mins**

**Eur 130**

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## 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 55 mins**

**Eur 100**

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## 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**

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## 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**

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# 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

### 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

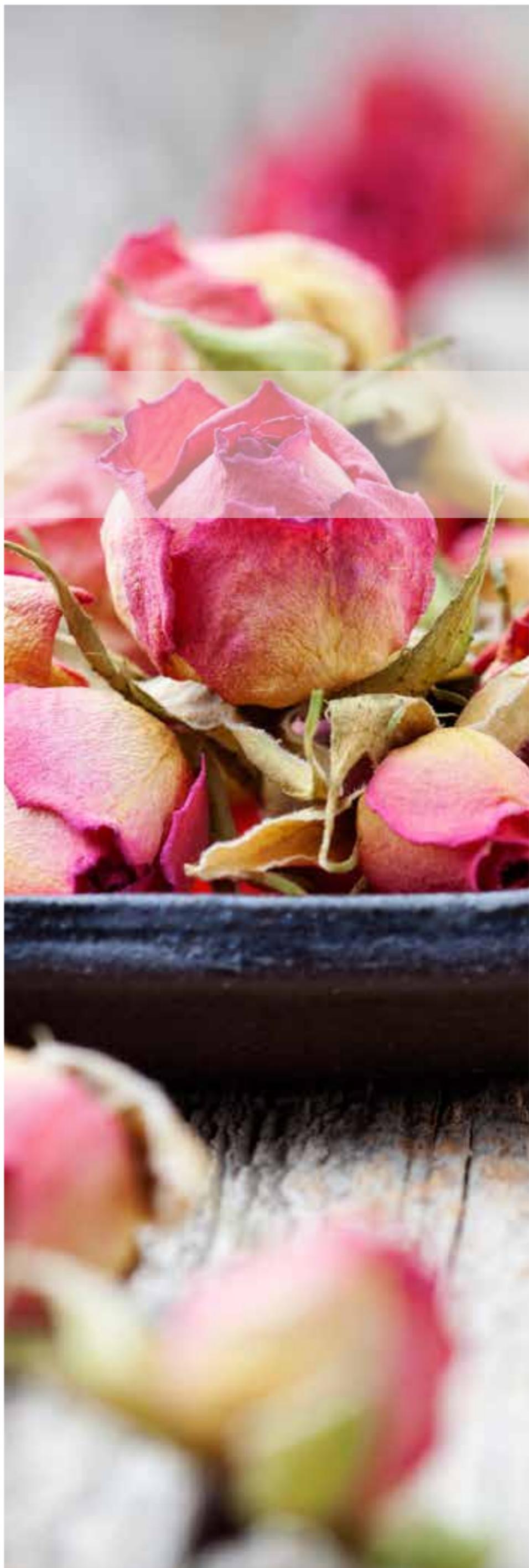
### PAÑPURI JASMINE SIGNATURE FACIALS

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)
- JFDC Total Indulgence Facial (for mature skin types)

🕒 Dur 75 mins  
🕒 Dur 90 mins (anti-ageing)

Eur 100  
Eur 120





# 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

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## 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 / 85 / 105

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## 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 85 / 105

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## 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 100 / 120

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## 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 mins / 85 mins

Eur 100 / 120

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## ORIENTAL & HOLISTIC PROGRAM

THIS TREATMENT INCLUDES 6 SESSIONS

🕒 55 mins/session

Eur 380

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🕒 85 mins/session

Eur 520

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## 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 skincare 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 90**

### 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**

### 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 100**

### 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.

**🕒 Dur 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**

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## 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**

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## 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**

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## 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.**

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## 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.**

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## 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 100**

### 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 80**

### LIGHTER LEGS

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

**⌚ Dur 35 mins**

**Eur 50**

### 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 80 / 100**



## 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**

### PAÑPURI CALMING HAND AND FOOT TREATMENT

A harmonious treatment which restores skin's moisture, stimulates circulation and relieves fatigue. Your hands and feet will be left feeling relaxed, cool and overwhelmed with delight!

**🕒 Dur 60 mins**

**Eur 85**

### 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.**



## 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 2137 0194. In-house guests can call EXT 3431.

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.

