

Learn to love yourself.

Learn to love yourself.

Opening Hours

Monday to Friday
9.00am to 8.00pm

Saturday & Sundays
9.00am to 7.00pm

Public Holidays
9.00am to 5.00pm

Myoka Lotus Spa
Le Méridien St Julian's

DIRECT LINE: (+356) 2137 0163
HOTEL EXT: 2360

lotus@myoka.com
www.myoka.com



SPA Treatment List
Myoka Lotus Spa Le Méridien

Le MERIDIEN
ST. JULIANS HOTEL & SPA
www.leremidien.com/stjulians
T. +356 2311 0000





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

Designed in a contemporary Balinese style, the Lotus Spa & Health offers a variety of body treatments, massage techniques & other rejuvenating delights for you to enjoy.

Myoka Lotus Spa Le Méridien



Contents.

Choose from a vast range of special treats for you to indulge in and enjoy during your stay!



Myoka Lotus Spa Experiences



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Oriental & Holistic Therapies



Hands & Feet



Signature Packages



Spa Information



Special Treatments

Look out for our recommended treatments highlighted in boxes like this one for a remarkable SPA experience.



One of the most luxurious Myoka Spa resorts in the Starwood Spa Collection, the Lotus Spa & Health enjoys an extensive heated indoor pool, nine Private Treatment Rooms (two of which include Hydro-therapy baths), two Steam Rooms, a Sauna and a Jacuzzi.



Myoka Lotus Spa Experiences.

Enjoy some treatments exclusive only to the Myoka Lotus Spa Le Méridien.



MYOKA LOTUS SPA MASSAGE

€70

⌚ Dur 55 mins

Lm30.05

The Myoka Lotus spa signature massage uses a mixture of palm compressions and pressure points to ease your body into a deep state of relaxation. The treatment is applied by pouring warm aromatherapy oil onto the body using long sweeping movements.

COUPLES MASSAGE

⌚ Dur 55 mins

€140

Lm60.10

⌚ Dur 85 mins

€185

Lm79.42

Spend quality time with your loved one by experiencing the ultimate couples massage. A chance for the two of you to be nestled side-by-side in one of our specially designed couples room.

FOUR HAND MASSAGE

€185

⌚ Dur 55 mins

Lm79.42

A magical and exotic ritual delivered by two synchronized therapists working in rhythmical harmony, as they gently apply pure essential oils to the face and body, allowing you to completely relax and enter a world of harmony and tranquility.

MEN'S SPEEDY DE-STRESS

€185

⌚ Dur 150 mins

Lm79.42

Enjoy a refreshing sea salt body scrub with an uplifting mixture of aromatherapy oils followed by an energising body massage, an express facial, a de-stress scalp massage and a reflexology pressure point massage.

TIME

⌚ Dur 120 mins

€160

Lm68.69

⌚ Dur 180 mins

€220

Lm94.45

Surrender to your personal therapist by reserving TIME, during which their knowledge in conjunction with an in depth consultation, will allow them to create a sequence of therapies, to suit your specific and immediate needs.

IN ROOM MASSAGE

⌚ Dur 45 mins

€185

Lm79.42

⌚ Dur 85 mins

€225

Lm96.59

A professional relaxing massage in the privacy and comfort of your own hotel room for ultimate privacy.



Body, Mind & Soul.

Escape to a world of harmony and total relaxation.

STRESS BUSTER MASSAGE €85
 ⌚ Dur 85 mins Lm36.49

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

AROMATHERAPY MASSAGE €60
 ⌚ Dur 55 mins Lm25.76

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

SWEDISH MASSAGE €55
 ⌚ Dur 60 mins Lm23.61

A form of massage that has been used since the 1800's to stimulate circulation and removes muscle strain.

DEEP TISSUE MASSAGE €60
 ⌚ Dur 45 mins Lm25.76

A therapeutic massage focusing on stretching back, neck & shoulders to treat stress & tension, soothe sore muscles & restore energy flows.

FOOT AND LEG ENERGISER €35
 ⌚ Dur 25 mins Lm15.03

A foot and leg massage promoting deep relaxation of the body. Brilliant for people who spend a long time on their feet!

ORIENTAL HEAD MASSAGE €35
 ⌚ Dur 25 mins Lm15.03

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

MYOKA BACK MASSAGE €35
 ⌚ Dur 25 mins Lm15.03

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

G5 ANTI CELLULITE MASSAGE €40
 ⌚ Dur 30 mins Lm17.17

MUMS TO BE €60
 ⌚ Dur 55 mins Lm25.76

Just what you need! Relax and let us pamper you with a leg, face and head massage to help relieve unwanted tension and swelling.



Heavenly Baths.

Enjoy an under water massage with our remarkable multi-speed water jets.

The perfect therapy before or after any of our Spa body treatments.

HERBAL AROMATHERAPY BATH €35
 ⌚ Dur 25 mins Lm15.03

A combination of herbs and essential oils combine to offer the specific effect of your choice: soothing, revitalizing, and healing.

BLUE LAGOON €35
 ⌚ Dur 25 mins Lm15.03

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

VINO THERAPY €40
 ⌚ Dur 25 mins Lm17.17

Enriched with red vine extracts along with organic essential oils chosen to provide the desired effect. Perfect before or after any of our body treatments.

MARINE ALGAE BATH €40
 ⌚ Dur 25 mins Lm17.17

Pure sea concentrates, which provide well-being, relaxation and effectively treat excess weight.

MILK AND HONEY BATH €45
 ⌚ Dur 25 mins Lm19.32

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



Facial Treatments.

Your experienced therapist will perform a detailed consultation before your treatment to guarantee a truly unforgettable experience, that best suits your skin type.

MYOKA ABSOLUTE FACIAL

€80

⌚ Dur 85 mins

Lm 34.34

Enter a complete sensory heaven for the face and body, that goes beyond the general routine of an ordinary facial treatment. Our team have worked hard to create a treatment, to leave you with a memory of a lifetime for it's 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.

GENTLEMEN'S FACIAL

⌚ Dur 55 mins

€65

Lm 27.90

⌚ Dur 90 mins

€70

Lm 30.05

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

ADVANCED LIFTING FACIAL

€70

⌚ Dur 85 mins

Lm 30.05

This youth-enhancing facial offers a combination of advanced hands-on lifting and firming massage techniques that reduce the appearance of fine lines and wrinkles, restoring skin tone and texture, whilst soothing complexion and increasing your natural radiance. A facial machine therapy treatment is also added to the facial, offering the first real alternative to surgery, dubbed by the press "The Knifeless Face Lift". Using special combinations of micro-current, frequency and waveform the treatment works on all levels of the skin, muscles, collagen and elastin to improve skin surface and facial contours.

DAZZLING MAKE-UP

P.O.R

Ask about our make-up services for that special occasion.

AROMATHERAPY FACIAL

€60

⌚ Dur 55 mins

Lm 25.76

A purifying cleansing face treatment, using a gentle skin refiner, followed by a pressure point massage, lymph drainage and a calming mineral mask. To leave your skin healthy and radiant.

TAILOR MADE FACIAL

€35

⌚ Dur 55 mins

Lm 15.03

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

DECLÉOR
PARIS

SPECIFIC AROMATIC FACIAL

€80

⌚ Dur 85 mins

Lm 34.34

Looking for a treatment with high-precision action? This targeted treatment provides an expert response to the needs of every skin type.

CLASSIC AROMATIC FACIAL

€80

⌚ Dur 85 mins

Lm 34.34

Tempted by the softest sensation of purity, this multi-active, 100% natural treatment is tailored to every skin type. Your therapist selects fine Decléor products to correct any major imbalances in your skin.

RELAXING AROMATIC FACIAL

€70

⌚ Dur 55 mins

Lm 30.05

From your hairline to neckline, combining localized, gentle pressure with light sweeping strokes. Get ready to slip into complete and utter relaxation using Decléor's superior products.

la prairie
SWITZERLAND

CAVIAR FIRMING FACIAL

€125

⌚ Dur 85 mins

Lm 53.66

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

CELLULAR HYDRATING FACIAL

€125

⌚ Dur 85 mins

Lm 53.66

The most dramatic results for stressed, fatigued skin. This intensive treatment combines energizing masks and massages with the revitalizing benefits of Cellular Cycle Ampoules for the face.

SWISS CELLULAR TREATMENT FOR MEN

€125

⌚ Dur 85 mins

Lm 53.66

A detoxifying and soothing treatment for men that instantly cleanses, energizes and conditions the skin. Helps to normalize skins behaviour, prevent irritation and correct stressed skin.



Body Scrubs & Wraps.

Pamper your body and rejuvenate your skin.

LOTUS HERB BODY SCRUB €40
 ⌚ Dur 25 mins Lm17.17

Using traditional Asian ingredients to cleanse, restore and hydrate your skin with splashes of tamarind, yogurt, oat meal and honey to further soften your skin.

ORANGE BLOSSOM BODY SCRUB €40
 ⌚ Dur 25 mins Lm17.17

The fruit acid contained in the scrub helps to rejuvenate skin cells whilst providing vitamin C and other nutrients to the skin.

HONEY SESAME BODY SCRUB €40
 ⌚ Dur 25 mins Lm17.17

A moisturising rub using natural honey and sesame seeds to exfoliate and remove dead skin cells, resulting in softer and smoother skin.

APPLE GREEN TEA BODY SCRUB €40
 ⌚ Dur 25 mins Lm17.17

A wonderful moisturiser for sensitive skin types to make you glow from head to toe and smell delicious.

MEDITERRANEAN SEA SALT BODY SCRUB €40
 ⌚ Dur 25 mins Lm17.17

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 the skin feeling velvety soft. To finish, the skin is nourished with a moisturising cream.

SWEET BANANA FULL BODY WRAP €60
 ⌚ Dur 45 mins Lm25.76

Honey, nature's ultimate beauty product, is blended with banana 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.

SUN LOVERS FULL BODY WRAP €60
 ⌚ Dur 45 mins Lm25.76

Maintain your skin's natural moisture balance with Aloe Vera and fresh Cucumber. A treatment made for the healing of sun-damaged, dehydrated skin conditions and the promotion of new cell growth.

MYOKA MUD BODY WRAP €45
 ⌚ Dur 45 mins Lm19.32

This treatment consists of maximizing the beneficial properties of seaweed, thermal waters, phyto extracts and essential oils to obtain a highly effective treatment. The mud contains natural caffeine, ginkgo biloba, escine and thermal waters amongst other ingredients. The body is massaged with mud after which the body is wrapped up to stimulate and increase body temperature and encourage the elimination of toxins.

PARAFANGO BODY WRAP €60
 ⌚ Dur 45 mins Lm25.76

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



DECLÉOR
 PARIS

BODY MASSAGE €105
 ⌚ Dur 85 mins Lm45.08

Aromassage the art of absolute well-being, from the tip of your toes to the tension points of your scalp, tension is soothed away, toxins eliminated, and your body is filled with new energy.

BODY ENVELOPMENT €70
 ⌚ Dur 55 mins Lm30.05

Aroma Envelopment full body wrap – a true cocoon of effectiveness! Tempted by the warm sensation of pure performance, at the heart of this treatment is a rich, creamy mask with plant extracts, chosen according to your needs

la prairie
 SWITZERLAND

CAVIAR BODY TREATMENT €130
 ⌚ Dur 90 mins Lm55.81

Luxurious caviar – nature's most exquisite ingredients – the source of this exclusive nourishing and energizing total body massage. This ultimate firming treatment leaves skin shimmering with renewed vitality, improved elasticity and an overall sense of wellbeing.



Oriental & Holistic Therapies.

Embrace the true Spirit and tradition of Holistic Healing.

REFLEXOLOGY

⌚ Dur 25 mins	€35	Lm15.03
⌚ Dur 60 mins	€60	Lm25.76

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

HOT STONE MASSAGE

⌚ Dur 30 mins	€42	Lm18.03
⌚ Dur 55 mins	€70	Lm30.05
⌚ Dur 85 mins	€93	Lm39.92

An ancient Eastern form of 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

PANTAI LUAR

⌚ Dur 55 mins	€70	Lm30.05
⌚ Dur 85 mins	€95	Lm40.78

Dissolve energy blockages by anointing the body with warm exotic oils. Relax on a warm bed whilst you are massaged with two heated herbal compresses made of the worlds highest quality fresh herbs, oils, coconut and lime.

CHINESE MASSAGE

⌚ Dur 55 mins	€70	Lm30.05
⌚ Dur 85 mins	€130	Lm55.81

According to old Chinese fables, this massage is an expression of art. Placing the hand on specific spots on the body, the Masseur is able minimize the pain on stiff zones, regain loss of energy and to rejuvenate the spirit.

THAI MASSAGE

⌚ Dur 55 mins	€75	Lm32.20
⌚ Dur 85 mins	€90	Lm38.64

The Thai massage provides flexibility, inner organ massage, oxygenating of the blood & quieting of the mind attained through yoga. Application of pressure to energy points, together with a vast array of passive stretching movements performed using hands, feet, knees & elbows, the body experiences profound relaxation, increased flexibility and increased flow of energy.

Hands & Feet.

Treat your hands and feet to some well deserved pampering.

MYOKA MANICURE EXPERIENCE

⌚ Dur 60 mins	€35	Lm15.03
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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. Following a hand exfoliation and a hand massage using our active ingredients leaving the hands well nourished before treating them with paraffin. A selection of nail polish or French manicure can be chosen.

MYOKA PEDICURE EXPERIENCE

⌚ Dur 60 mins	€40	Lm17.17
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Sip an infusion of herbal teas to sooth your senses while being transported into a journey of total relaxation, helping you melt away stress and tension with a wonderful foot bath. This treatment offers you a variety of different healing and holistic soaps to soak your tired feet in. We will remove hard skin, push and cut cuticles, re-shape and polish your nails and exfoliate the feet to achieve optimum results, and finally pamper you with an energy point foot massage followed by a paraffin treatment. (A selection of nail polish can be chosen).

SIGNATURE MANICURE

⌚ Dur 45 mins	€25	Lm10.73
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This treatment includes re-shaping, cuticle pushing, nail buffing, hand exfoliation, a pressure point hand massage to complete this treatment as well as an application of nail polish of your choice.

SIGNATURE PEDICURE

⌚ Dur 45 mins	€30	Lm12.88
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This treatment includes an incredible aroma soak with fresh essential oils, re-shaping, and cuticle pushing, a foot scrub and a light foot massage.

NAIL EXTENSIONS/ REPAIR

P.O.R



Signature Spa Day Packages.

Exclusive packages to Myoka Lotus Spa.
A great place to relax, indulge and reconnect.

Myoka Spa Information.

BETWEEN HEAVEN AND EARTH

⌚ Dur 160 mins

€105

Lm45.08

- Lotus Herbal Body Scrub
- Stress Buster Massage
- Hand & Foot Treatment

THE RED CARPET

⌚ Dur 180 mins

€175

Lm75.13

- Aromatherapy Facial
- Signature Manicure & Pedicure
- Glamorous make-up
- Swedish Massage

MEN'S RETREAT

⌚ Dur 180 mins

€150

Lm64.40

- Gentlemen's Facial
- Reflexology
- Stress Buster Massage

IN THE MOOD FOR LOVE

⌚ Dur 180 mins

€155

Lm66.54

- Honey Sesame Body Scrub
- Herbal Hydrotherapy Bath
- Signature Manicure
- Cleansing Facial
- Well Being Full Body Massage

A DAY TOGETHER

⌚ Dur 120 mins

€295 per couple

Lm126.64 per couple

- Sweet Banana Full Body Wrap
- Milk and Honey Bath
- Couples Duet Massage

ROYAL RADIANCE

⌚ Dur 270 mins

€240

Lm103.03

- Vino Therapy Hydrotherapy Bath
- Sweet Banana Body Wrap
- Myoka Mud Body Wrap
- Holistic Hot Stone Massage
- Aromatherapy Facial
- Signature Manicure & Pedicure
- Spa Lunch

Our all-inclusive half-day spa packages, full-day spa packages, and multi-day packages give you the complete Crossings Experience and include access to all property amenities: indoor pool, hot tub, cold dip, sauna and steam room.

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 treatment.

BOOKING INFORMATION

To help plan your treatment or day package please call us on our direct line tel: (+356) 2137 0163, In-house Guests on Ext. 2360. Our therapists will guide you through our selection of treatments.

KINDLY NOTE

In-house guests are advised to arrive at least 15 minutes before their appointment. Bathrobes and slippers are available from your guest room.

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.

MINOR'S

Children under the age of 14 may not use the facility without on-site adult supervision. Children under the age of 18 may use the club facilities from 7.00am – 5.00pm daily.

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 compliments your physical condition.

CANCELLATION

Please allow 24 hours notice of cancellation to avoid an automatic 50% charge.

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.