

Learn to love yourself.

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## Opening Hours

**Monday to Friday**  
9.00am to 8.00pm

**Saturday & Sundays**  
9.00am to 7.00pm

**Public Holidays**  
9.00am to 7.00pm

Myoka Lotus Spa  
Le Méridien St Julian's

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www.myoka.com

**myoka** SPAS

**SPA Treatment List**  
Myoka Lotus Spa Le Méridien  
Hotel

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



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 Hotel



### 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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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.



### GROUND YOURSELF

⌚ Dur 150 min

€150

After a long flight, or heavy week at work, your mind and body needs a helping hand to rejuvenate itself. This is the perfect treatment to truly awaken your senses, starting with an energizing Body Polish to remove dead skin cells and aid regeneration on new ones. Relax in an aromatic Lemongrass Bath, leaving you feeling rejuvenated and rebalanced. A firm Myoka Lotus full body massage follows to eliminate tension and relax your muscles, before your personal therapist performs reflexology to heal the whole body.

### MEN'S SPEEDY DE-STRESS

⌚ Dur 150min

€150

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

### EXECUTIVE RETREAT

⌚ Dur 180 min

€180

Even when you are pushed for time, you can still indulge in some well deserved pampering to realign your spirit and regain you inner balance. Begin and unwind with a calming, aromatherapy Bath to ease tensed muscles and encourage the steady flow of energy. Your therapist will perform a holistic back massage followed by a facial to fit your specific needs. Polish off with an executive Manicure and Pedicure which leaves you looking rejuvenated and feeling totally refreshed.

### BODY DETOX

⌚ Dur 150 min

€120

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 as the body is enveloped to help improve circulation, speeding up the elimination of toxins and fluid, helping to reduce the appearance of cellulite. A mind calming Oriental Head Massage completes this stimulating experience.



## Body, Mind & Soul.

Escape to a world of harmony and total relaxation.

### STRESS BUSTER MASSAGE

⌚ Dur 85 mins €85

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.

### MYOKA LOTUS SPA MASSAGE

⌚ Dur 55 min €70

The Myoka Lotus Spa signature massage uses a mixture of palm compressions and hot stone 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

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

⌚ Dur 55 mins €140  
⌚ Dur 85 mins €185

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 tranquillity.

### AROMATHERAPY MASSAGE

⌚ Dur 55 mins €60

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

### DEEP TISSUE MASSAGE

⌚ Dur 45 mins €60

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

### LYMPHATIC DRAINAGE MASSAGE

⌚ Dur 45min €50

A specialized treatment to stimulate the circulatory and lymphatic systems, concentrating on areas prone to cellulite, fluid retention and uneven skin tone Relevant reflex zones and pressure points on the feet are stimulated to leave you feeling totally revitalized

\*A course of treatments is recommended to maximize the effects

### SWEDISH MASSAGE

⌚ Dur 60 mins €55

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

### G5 ANTI CELLULITE MASSAGE

⌚ Dur 30 mins €40

### FOOT AND LEG ENERGISER

⌚ Dur 25 mins €35

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

### MYOKA BACK MASSAGE

⌚ Dur 25 mins €35

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

### ORIENTAL HEAD MASSAGE

⌚ Dur 25 mins €35

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

### NEW BEGINNINGS

Unique spa rituals for expectant or new mothers have been created for their nourishing and soothing qualities, perfect for this very special moment in time.

### MUMS TO BE MASSAGE

⌚ Dur 55min €60

This total body treatment has been carefully designed for pregnant and nursing mothers to take account of all contraindications and aid in relaxation and tonicity of the skin during this very special time. It will ease the discomfort of exhaustive heat and humidity; leave the skin toned and the mother-to-be totally relaxed

### CEREMONY OF THE FACE

⌚ Dur 85min €80

Totally focused on naturally improving the condition of the skin and enhancing its appearance at this hormonal time of life. This facial includes specialized double cleansing techniques, gentle exfoliation, pressure points facial massage and a deep cleansing and intensive facemask. Whilst the mask is taking effect, experience a relaxing foot massage.





## 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

⌚ Dur 85 mins €80

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 85 mins €80

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

⌚ Dur 85 mins €70

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

⌚ Dur 55 mins €60

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

⌚ Dur 55 mins €35

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

DECLÉOR  
— PARIS —

### DECLÉOR AROMA EXPERT SOOTHE FACIAL

⌚ Dur 85 min €80

This calming facial brings immediate comfort to stressed and fatigued skin. It not only soothes and rebalances the face but also increases the tolerance level of reactive skin leaving the complexion smooth and relaxed. (Includes your choice of foot, hand or scalp massage).

### DECLÉOR AROMA EXPERT LIFT

⌚ Dur 85 min €80

A luxurious treatment which remineralises and moisturizes the skin, whilst restoring firmness, leaving the skin feeling smooth, supple, and more relaxed (includes your choice of foot, hand or scalp massage).

la prairie  
SWITZERLAND

### CAVIAR FIRMING FACIAL

⌚ Dur 85 mins €125

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

⌚ Dur 85 mins €125

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

⌚ Dur 85 mins €125

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.



## Baths, Body Scrubs & Wraps.

Pamper your body and rejuvenate your skin.

### MILK AND HONEY BATH

⌚ Dur 25 mins €40

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

### BLUE LAGOON BATH

⌚ Dur 25 mins €35

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

### LOTUS HERB BODY SCRUB

⌚ Dur 45 mins €40

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

⌚ Dur 45 mins €40

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

⌚ Dur 45 mins €40

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

### MYOKA MUD BODY WRAP

⌚ Dur 45 mins €45

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

⌚ Dur 45 mins €60

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.

### MARINE ALGAE WRAP

⌚ Dur 55 mins €60

Combining the richness of marine plants with the power of aromatherapy, this renewing treatment, deeply detoxifies, decongests and stimulates your body system. A Warm algae mask containing hydrating lavender and lemon essential oils is applied to the entire body before you are cocooned in a comforting foil wrap. While the natural ingredients work to heal your body, enjoy a soothing face and scalp massage.

### SUN LOVERS FULL BODY WRAP

⌚ Dur 55 mins €60

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.

**DECLÉOR**  
PARIS

### BODY MASSAGE

⌚ Dur 85 mins €105

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

⌚ Dur 55 mins €70

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

⌚ Dur 90 mins €130

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
- ⦿ Dur 60 mins €60

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
- ⦿ Dur 55 mins €70
- ⦿ Dur 85 mins €93

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
- ⦿ Dur 85 mins €95

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
- ⦿ Dur 85 mins €130

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 to minimize the pain on stiff zones, regain loss of energy and to rejuvenate the spirit.

### THAI MASSAGE

- ⦿ Dur 55 mins €75
- ⦿ Dur 85 mins €90


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 55 mins €35

 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 55 mins €40

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).

### GENTLEMEN'S SIGNATURE PEDICURE

- ⦿ Dur 45min €40

This treatment includes an incredible aroma soak with fresh essential oils. A light foot scrub combine with a specific massage on muscular flexibility, joint mobility, blood circulation and skin elasticity. The nails are re-shaped cuticle are nourished

### SIGNATURE MANICURE

- ⦿ Dur 45 mins €25

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

This treatment includes an incredible aroma soak with fresh essential oils, re-shaping, and cuticle pushing, a foot scrub and a light foot massage.



## Signature Spa Day Packages.

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

### BETWEEN HEAVEN & EARTH

⌚ Dur 160 min €105

- Lotus herbal body scrub
- Stress Buster Massage
- Hand & Foot treatment

### MEN'S RETREAT

⌚ Dur 180 min €150

- Gentlemen's Facial
- Stress buster massage
- Reflexology

### THE RED CARPET

⌚ Dur 210 min €175

- Lomi lomi body massage
- Aromatherapy facial
- Manicure Experience
- Pedicure Experience

### IN THE MOOD FOR LOVE

⌚ Dur 210 min €180

- Milk and honey bath
- Honey sesame body scrub
- Aromatherapy body massage
- Radiance facial
- Manicure experience

### A DAY TOGETHER

⌚ Dur 150 min €250 /per couple

- Couples massage
- Chocolate body wrap
- Radiance facial

### ROYAL RADIANCE

⌚ Dur 360 min €300

- Vino therapy bath
- Aromatic sea salt glow
- Marine algae wrap
- Holistic hot stone body massage
- Aromatic facial
- Executive manicure and pedicure
- Lunch

## 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 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.