



# MYOKA DOLMEN SPA & FITNESS

## Treatment List

MYOKA.COM



LEARN TO LOVE YOURSELF







Welcome to Myoka Dolmen Spa - a perfect escape from the urban hectic of the everyday. Embark on a journey of total well-being and enjoy a serene atmosphere in a perfect haven, overlooking the clear blue Mediterranean Sea. Indulge in a variety of exotic and invigorating body treatments and holistic experiences that leave you energized, refreshed and radiant.

Elevate your experience with our range of luxurious spa and wellbeing facilities including an adults only indoor heated pool, sauna, Jacuzzi, relaxation area and fully fledged fitness center.

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## MYOKA DOLMEN SPA EXPERIENCES

### RAIN FOREST RITUAL

⌚ 110 mins € 110

Take a relaxing journey across the Pacific with this fantastic ritual which combines an exotic body soaping and scrub to soften the skin and prepare it for the blissful caresses of essential oils. The journey ends with an exquisite relaxing massage.

Includes: Body Soaping | Body Scrub | Hawaiian Lomi Lomi Body Massage

### FROM TOP TO BOTTOM

⌚ 110 mins € 110

You will be glowing inside and out after a full body aromatherapy massage followed by an aromatherapy facial and hand mask which will leave you feeling like a brand new you, ready to take on what life has to offer.

Includes: Aromatherapy Massage | Aromatherapy Facial | Hand Mask

### MEN'S EXECUTIVE TREAT

⌚ 120 mins € 120

Breathe in tranquillity as your body relaxes and stress gently melts away. A refreshing clementine body polish with a mixture of essential oils followed by an energising full body massage. Lastly an express cleansing facial and a de-stressing head, neck and scalp massage.

Includes: Body Exfoliation | Deep Tissue Massage | Express Facial | Oriental Head Massage

### TIME

⌚ 120 mins € 140

Reserve two hours or more of Myoka Dolmen spa time and our expert therapists will ensure the most suitable treatment is selected and customized for you. 'Time' is a convenient and flexible way to get the most out of your experience and maximize the results of your treatment.

### REVITALISING SUPER FACIAL EXPERIENCE

⌚ 110 mins € 145

An ultimate 3 in 1 facial treatment ideal for tired and dull looking skin that needs an immediate boost. Our therapists will determine your skin type and use products tailored to its individual needs. The treatment starts with an ultrasonic peeling to deep cleanse, moving on to the fruit acid peel to smoothen the skin and get rid of unwanted pigmentation, continued with mesotherapy which has excellent anti-aging effects and finalised with a lifting black caviar mask to make you feel like royalty.

### AYURVEDA ESCAPE

⌚ 145 mins € 150

Unveil the power of ancient Indian healing tradition with our in-depth Ayurvedic complex that includes four most known treatments. Starting off with Udvarthanam, which is an invigorating medicated scrub that helps with circulation and lymphatic drainage. Next is Elakizhi, which is a herbal compress massage that helps with muscle and joint pain associated with conditions such as arthritis. Continuing with Abhyanga, which uses long fluid movements to massage warm herbal oils into the body's tissues and lastly Shirodhara, which is the rhythmic flow of medicated oil poured on the forehead for de-stressing and deep relaxation.

Includes: Udvarthanam | Elakizhi | Abhyanga | Shirodhara

### COUPLES SPECIAL

⌚ 140 mins € 280

An experience for two. Embark on a journey of relaxation and bliss. Our therapists will work together in the same room and perform a full body scrub followed by a full body massage and aromatic facial. Enjoy a complimentary glass of elegant Prosecco to enhance the uplifting experience.

Includes: Body Scrub | Couples Massage | Purifying Facial

### DAY AT THE SPA

⌚ 300 mins € 300

This is the most luxurious and pampering spa package you can indulge in. Your journey starts with a refreshing scrub and detoxifying body wrap followed by a full body massage and facial. The ritual is concluded with a Myoka manicure and pedicure.

Includes: Body Scrub | Body Wrap | 85 mins Massage | Non-Surgical Facial | Spa Manicure | Spa Pedicure





## PAÑPURI EXCLUSIVE TREATMENTS

Escape to a world of harmony and total relaxation with the help of exclusive Pañpuri products. A 100% natural and organic lifestyle brand, Pañpuri is inspired by ancient Asian spiritual and physical well-being remedies bringing forward a wide range of traditional plants, roots and flowers that have been used in the East for centuries with a modern approach. Combining the finest of Eastern botanicals with exclusive signature rituals, Myoka takes you on the ultimate journey of the senses and well-being.

### PAÑPURI LOTUS DEFENSE FACIAL

⌚ 85 mins € 130

A deeply nourishing, lightweight, 100% organic facial treatment enriched with precious extract of sacred lotus flower. Indulge in a unique 12-step sensorial treatment for more firm and luminous skin. Using a range of soothing techniques as well as acupressure and lymphatic drainage movements, this treatment balances out skin oils, prevents signs of fatigue and ageing, improves elasticity and minimises fine lines.

### INNER PEACE RELAXING MASSAGE

⌚ 55 mins € 100 / ⌚ 85 mins € 120

Set your mind to a remote place and let yourself be carried away to a tranquil escape with the use of uplifting jasmine, certified organic ylang-ylang and peppermint essential oils. It 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.

### LEADING LIGHT BALANCING MASSAGE

⌚ 55 mins € 100 / ⌚ 85 mins € 120

Harmonize your senses and surrender your body to the healing caresses of essential body oils, which heal and lift your spirit and boost your energy levels. The invigorating scents of Indochine massage oil, renowned for its energising effect, stimulates circulation in your muscles and relieves stiffness. The result is supreme equilibrium.

### SOLITUDE SOOTHING MASSAGE

⌚ 55 mins € 100 / ⌚ 85 mins € 120

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

### PAÑPURI JASMINE SIGNATURE FACIAL

⌚ 55 mins € 100 / ⌚ 85 mins € 120

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, inspired by Thailand's most sacred flower, this comforting facial boasts hydrating and antioxidant 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.

Nourishing For Normal To Dry Skin | Rebalancing For Oily To Combination Skin | Firming For Mature Skin

### PAÑPURI BODY DETOXIFIER

⌚ 55 mins € 65

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

### PAÑPURI SKIN REVIVER - BODY POLISH

⌚ 25 mins €45 / ⌚ 55 mins €75 ( + oriental head message )

Unveil newer and softer skin with Pañpuri 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.

Includes: Uplifting Siamese Water Body Polish | Soothing Indochine Body Polish | Refreshing Clementine & Patchouli Body Polish | Calming Lavender & Vanilla Body Polish



## AYURVEDA TREATMENTS

Ayurveda is a 5,000 year old Indian health tradition that addresses the body, mind and spirit to assist you in achieving balance and restoring the equilibrium. Experience supreme detoxification, skin health, energy, stamina and better sleep. Embrace the true spirit and tradition of holistic healing.

### SHIRODHARA

⌚ 85 mins € 115

The most relaxing and de-stressing ayurvedic treatment in which a continuous stream of medicated warm oil or medical milk is poured onto the forehead. This procedure often induces a mental state similar to a trance, which creates profound relaxation and revitalizes the central nervous system.

### ELAKIZHI

⌚ 55 mins € 85 / ⌚ 85 mins € 110 / ⌚ 110 mins € 130

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.

### ABHYANGA

⌚ 55 mins € 80 / ⌚ 85 mins € 105

A full body massage with specific herbal oils. 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.

### UDVARTHANAM

⌚ 85 mins € 100

The treatment consists of a full body massage and scrub with various medicated powders, primarily to melt away subcutaneous fat and help blood circulation.





## BODY, MIND & SOUL

### COUPLES MASSAGE

⌚ 55 mins € 130 / ⌚ 85 mins € 170

Experience a massage with your loved in our romantic specially designed couples room. Nestled side by side this is the ultimate way for you to spend quality time together. Lastly, we spoil you with a glass of Prosecco.

### SPORTS MASSAGE

⌚ 55 mins € 80 / ⌚ 85 mins € 100

Sports massage uses an application of very firm pressure including a lot of muscle rolling and stretching movements to reach and relax deeper layers of muscle after the training, increase blood circulation and the effects of exercising. A perfect treatment for people that exercise regularly or simply have tension in their muscles.

### DOLMEN SIGNATURE MASSAGE

⌚ 55 mins € 75 / ⌚ 85 mins € 90

Alleviate stress, ease aching muscles and revive the senses with this powerful essential oils massage. A master therapist will combine a variety of techniques such as oriental, holistic, Lomi Lomi, acupressure and stretching. We will customize this massage to your requirements.

### THERAPEUTIC MASSAGE

⌚ 55 mins € 75 / ⌚ 85 mins € 95

We suggest this massage for conditions of muscle tension and pain relief. The therapist will observe the client's condition and will perform an individual treatment to address client's needs through the combination of specific stretching movements and acupressure. Designed to soothe the discomfort and improve muscle tone and elasticity.

#### DE-STRESS MASSAGE

⌚ 55 mins € 70 / ⌚ 85 mins € 90

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.

#### LYMPHATIC DRAINAGE

⌚ 55 mins € 65 / ⌚ 85 mins € 85

Enter into a safe haven of total release and nirvana whilst a therapist stimulates the body with light and circular pumping movements. By stimulating the lymphatic system, the therapist helps drain puffy, swollen tissues, supports the body's immune system, helps the body heal from surgery, and aids in the body's natural waste removal or detoxification. An extremely healing and revitalizing treatment that leaves you walking on clouds.

#### AROMATHERAPY MASSAGE

⌚ 55 mins € 60

A massage that incorporates essential oils with light relaxing movements to help promote self-healing and quieting of the mind.

#### DEEP TISSUE MASSAGE

⌚ 45 mins € 55 / ⌚ 55 mins € 75 / ⌚ 85 mins € 95

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. This massage shortens recovery time from muscular strain by flushing the tissues of toxins.

#### BACK, NECK & SHOULDERS MASSAGE

⌚ 25 mins € 40

Designed to relieve strain on the back, shoulder and neck. Excellent treatment for people with bad posture and aching muscles.

#### LEG ENERGISER MASSAGE

⌚ 25 mins € 40

An ultimate revitalizing treatment for tired and swollen legs and feet. Provides a cooling and soothing experience that improves blood and lymphatic circulation.

#### ORIENTAL HEAD MASSAGE

⌚ 25 mins € 40

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



## ORIENTAL & HOLISTIC

Myoka proudly offers a broad variety of European and Asian relaxation therapies, including popular Thai and ancient Indian massage techniques, as well as a blissful range of aromatherapy massages.

### HOT LAVA-LAVA MASSAGE

⌚ 25 mins € 40 / ⌚ 55 mins € 85 / ⌚ 85 mins € 100

The form of an 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.

### THAI MASSAGE

⌚ 55 mins € 75 / ⌚ 85 mins € 95

Results in flexibility, inner organ massage, oxygenating of the blood and quieting of the mind, which is attained through the complex of yoga postures and application of pressure to energy points. Together with a vast array of passive stretching movements performed using hands, feet, knees and elbows, Thai massage promotes a profound body and mind relaxation as well as increased energy flow and vitality.

### HAWAIIAN LOMI LOMI MASSAGE

⌚ 55 mins € 75 / ⌚ 85 mins € 95

One of the oldest and most profound forms of massage known for its powerful healing nature. Lomi Lomi is based on a Hawaiian philosophy and is also referred to as "loving hands". The massage consists of very fluid, rhythmic strokes that create a free energy flow, assisting in letting go of old beliefs, patterns and behaviours that cause limitations and which are stored in the cells of our body.

### REFLEXOLOGY

⌚ 25 mins € 40 / ⌚ 55 mins € 60

Reflexology is a foot massage technique aimed at relieving tension, muscular pains and stress by targeting specific pressure points in the feet. This stimulates the body's ability to heal itself, physically, emotionally and helps to restore balance of the body. Relaxing, light and totally invigorating treatment.



# 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 PAMPER

⌚ 85 mins € 85

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. 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 | Head Massage

## FACE & BODY CEREMONY

⌚ 85 mins € 85

Begin your journey with a foot and leg revitalizing massage designed to reduce puffiness and soothe aches and pains experienced during pregnancy. Moving along to a facial totally focused on naturally improving the condition of the skin. Vitamins and minerals are reintroduced into the skin leaving it look firmer and brighter.

## MUMMY TO BE MASSAGE

⌚ 55 mins € 60 / ⌚ 85 mins € 80

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.

## LIGHTER LEG

⌚ 25 mins €45

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

## POSTNATAL PARADISE

⌚ 85 mins € 90 / ⌚ 110 mins € 120

Completely personalised 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.

PREGNANCY TREATMENTS ARE PERFORMED BETWEEN 4TH AND 7TH MONTH ONLY.

## MYOKA FACE

### GOLDEN C FACIAL

⌚ 85 mins € 85

This excellent vitamin C rich treatment intensely hydrates and repairs the skin renewing that healthy and bright glow. This facial is ideal for dull, dry and dehydrated skins looking for a boost. The treatment is finalised with a lifting gold mask to help plump the skin and smoothen fine lines and wrinkles.

### MYOKA BLISS FACIAL

⌚ 85 mins € 75

Enter a complete sensory heaven for the face and body, which 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.

### OXYGEN FACIAL

⌚ 55 mins € 65

Oxygen levels in the skin diminish considerably with age, smoking and exposure to air pollution. The oxygen facial will supply your skin with vitamins, minerals and collagen that will result in a clearer, plumper, smoother complexion and younger looking skin.

### AROMATIC FACIAL

⌚ 55 mins € 50

A perfect facial treatment for dry and tight pulling skin to receive a gentle sensation of comfort and relaxation. The therapist will perform a relaxing aroma pressure massage with a delicious serum which comforts, nourishes and relaxes your skin.

### FACIAL FOR HIM

⌚ 55 mins € 50 / ⌚ 85 mins € 70

This deep cleansing treatment that consists of cleansing, toning, and gentle exfoliation, followed by a balancing face mask and a relaxing back, neck and shoulder massage with hot stones to leave you feeling completely revitalized.





## NON-SURGICAL TREATMENT

Your personal therapist will conduct an in-depth consultation and perform a combination of advanced anti-aging treatments to suit your need.

FACE      ⌚ 55 mins €85 / ⌚ 85 mins €105  
BODY      ⌚ 55 mins €85 / ⌚ 85 mins €105

### MESOTHERAPY

A painless, efficient, non-invasive 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, sterilizes 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, non-invasive, but highly intensive treatment for tightening the skin and 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's 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 elastic fibers to regenerate and reproduce.

### FACIAL MICRODERMABRASION

Microdermabrasion 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 glowing, while also leaving scars and discolouration less visible. Diamond microdermabrasion provides excellent skin preparation to absorb any products used directly after treatment.

## CHEMICAL PEELS

Ⓢ 55 mins € 80

A technique where safe chemicals, chosen according to the skin type, are applied to improve the skins 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, and even in its tonality, more radiant and brighter.

## FROST PEELS

Ⓢ 55 mins € 100

A more intensive technology of chemical peels, which penetrates deeper into the skin, giving an in-depth treatment. The depth depends on the concentration of the solution used, which is decided upon your individual needs.

## TEETH WHITENING

Ⓢ 60 mins € 199

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 eight shades.

## BOTOX

€ P.O.R.

A treatment for the temporary relief of moderate to severe frown lines between the brows for 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. It is a simple non-surgical procedure administered by our aesthetic doctor. This procedure relaxes the muscles and smoothens fine lines and wrinkles with no down time or side effects.

## DERMAL FILLERS

€ P.O.R.

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 aging. Dermal fillers provide a natural appearance and added plumpness to the skin.



## HANDS & FEET

### THE MANICURE & PEDICURE COMBO

⌚ 115 mins €100

Experience our ultimate Manicure & Pedicure combo treatment that focuses on an impeccable nail care experience with the use of carefully selected products to refresh and invigorate the skin. Treat your aches and pains with our deluxe hand and foot pampering and indulge yourself with the rejuvenating sensation while enjoying a complimentary glass of Prosecco.

Nail & Cuticle Care | Nail Buff | Foot Exfoliation | Foot Massage  
| Hand and Feet Mask | Choice of Nail Polish or Shellac Application

### MYOKA MANICURE EXPERIENCE

⌚ 55 mins Nail Polish €35 / Shellac €45

The hands are soaked in an essential oil base after which the nails are shaped and carefully worked around the cuticle. When necessary nails are then buffed and polished followed by a hand exfoliation and massaged with active ingredients which leave the hands well nourished before they are treated with an invigorating mask. Finally your expert therapist will apply a long lasting gel polish enabling nails to stay healthy and strong while maintaining a chic shine.

### MYOKA PEDICURE EXPERIENCE

⌚ 55 mins Nail Polish €40 / Shellac €50

Begin your journey of relaxation with an infusion of herbal teas and a wonderful foot bath that will help melt away stress and tension. We will remove hard skin, push and cut cuticles, re-shape the nails and exfoliate the feet for optimum results. Finally you will be pampered with an energizing foot massage followed by a long-lasting polish.

\* Kindly advise should you require soak off prior to your booking.

### GEL POLISH REMOVAL

⌚ 15 mins €10

## WAXING SERVICES

HALF / FULL LEG	€15 / €30
ARM WAX	€15
BIKINI	€15
BRAZILIAN	€30
EYEBROW SHAPING	€10
UNDERARM WAX	€10
UPPER LIP	€6
CHEST WAX	€25
BACK WAX	€35

## TINTING SERVICES

EYEBROW TINT	€10
EYELASH TINT	€10







#### 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 2157 7500. In-house guests can call EXT 5532. 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 a 24 hours notice period of cancellation to avoid an automatic 50% charge. No-shows 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.

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myoka<sup>SPAS</sup>

### Opening Hours

Monday to Sunday  
9.00am to 7.00pm

### Myoka Dolmen Spa

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**DOLMEN**  
Resort Hotel ~ Malta  
★★★★