



myoka SPAS

## MYOKA SANDS SPA

Treatment List

MYOKA.COM



LEARN TO LOVE YOURSELF







Discover the world of total sensory well-being, where smell restores harmony, sound induces relaxation and touch evokes healing.

At Myoka Sands Spa we invite you to embark on a journey of self discovery and leave the stresses of everyday life behind. In the space of an afternoon or just an hour, restore tranquillity of mind and body through a selection of decadent treatments and exclusive rituals tailored to your individual requirements.

Elevate your experience with our range of luxurious spa and wellbeing facilities including an indoor heated pool, Ayurvedic center, hammam, Jacuzzi, panoramic sauna, steam room and fitness center.

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## MYOKA SANDS SPA EXPERIENCES

### ABSOLUTE HONEY, SUGAR & OIL RITUAL

⌚ 85 mins € 125

A honey and sugar body scrub blended by a combination of essential oils is applied over the body. You are then treated to a full body massage to detoxify, eliminate toxins and refine skin texture. We guarantee a feeling of moisturised, smooth and soft skin. A choice of herbal teas will be served to elevate and complete your experience.

Includes: Face Mask | Full Body Exfoliation | Aromatherapy Massage

### A TOUCH OF ASIA

⌚ 115 mins € 150

This revitalising experience will take you on a sensual and spiritual journey using ancient oriental traditions and techniques. Start with an invigorating oriental herbal scrub, followed by a relaxing hot stone full body massage completed by an authentic oriental head massage.

Includes: Herbal Full Body Scrub | Hot Stone Full Body Massage | Oriental Head Massage

### 4 HANDS MASSAGE

⌚ 85 mins € 220

Double the pleasure! This magic experience is delivered by two therapists, working in unison to create the ultimate relaxation experience. The treatment incorporates heat therapy and aromatherapy to melt away all your aches and pains and rhythmically lull you into a state of bliss.

### ME TIME

⌚ 265 mins € 300

It is time for renewal and rejuvenation. Spoil yourself from head to toe with this complete spa package. Let our team of professionals guide you through the art of beauty, well-being and long-lasting vitality.

Includes: Detoxifying Full Body Scrub | Sands Signature Massage | Ultrasound Facial | Shellac Manicure | Shellac Pedicure | Spa Lunch







## 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.

#### 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 proprieties 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 SKIN NOURISHER

⌚ 85 mins € 130

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

Includes: Foot Ritual | Siamese Water Body Polish | Inner Peace Detoxifying Wrap

#### SKIN REVIVER – PAÑPURI BODY POLISH

⌚ 55 mins €100

Unveil newer and softer skin with the Pañpuri's Skin Revivers. Select a mild polish using refreshing orange peels. Complete your skin treatment with super-enriched, nourishing and sensually scented body lotions that leave your skin smooth and more supple than ever.

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

### AYURVEDIC HEAD MASSAGE

⌚ 25 mins € 45 / ⌚ 45 mins € 65

Ayurvedic head massage focuses on the shoulder, neck, face and head, the areas most vulnerable to stress and tension. The head massage induces a state of calmness, peace and tranquility and promotes high levels of focus and concentration.

### AYURVEDIC BACK MASSAGE

⌚ 25 mins € 45 / ⌚ 45 mins € 65

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 specialised Ayurvedic oils.

### ABHYANGA

⌚ 55 mins € 90 / ⌚ 85 mins € 115

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.

### ELAKIZHI

⌚ 55 mins € 95 / ⌚ 85 mins € 120 / ⌚ 110 mins € 160

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.

### UDVARTHANAM

⌚ 85 mins € 120

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

### SHIRODHARA

⌚ 85 mins € 130

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.

### CUSTOMISED AYURVEDIC THERAPY

⌚ 120 mins € 200

Known as the “silent healer” Ayurvedic therapies are a great way to rejuvenate, rebalance and heal the body, mind and spirit. Let your Ayurvedic specialist guide you through an array of treatments designed according to your needs.



## HAMMAM EXPERIENCES

Surrender to the centuries-old ritual of purification and relaxation with our exclusive Hammam treatments. Relax on a heated marble table, in a cloud of infused steam and enjoy black soap body exfoliation that will leave the skin wonderfully soft and pampered. Hammam is recommended before any spa treatment to release toxins, purify your body and enhance the sense of deep relaxation and rejuvenation.

### REFRESH & RENEW

⌚ 55 mins € 100

For soft and rejuvenated skin, relaxed muscles and a clear mind.

Includes: Body Exfoliation With Black Soap | Clay Body Wrap | Foam Massage

### SILENT HEALER

⌚ 85 mins € 130

The traditional way to effectively release muscle tension while stimulating detoxification of the body.

Includes: Body Exfoliation With Black Soap | Clay Body Wrap | Customised Oil Massage Performed In A Treatment Room

### TOTAL REJUVENATION

⌚ 120 mins € 180

A place where time slows to a crawl as stillness and tranquility fills your mind.

Includes: A Welcome Ritual | Body Exfoliation With Black Soap | Clay Body Wrap | Foam Massage | Customised Massage Performed With Argan Oil

### LUXURY HAMMAM RITUAL

⌚ 145 mins € 220

A total body experience that caresses your skin, revitalizes your body and calms your mind. This traditional experience starts with a deep cleansing of the skin and a revitalizing body exfoliation followed by a full body soaping, a nourishing clay mask, finished with a full body massage.

Includes: Full Body Exfoliation | Body Soaping | Mud Body Mask | Steam Bath Hair Shampoo & Conditioner Relaxing | Full Body Massage

SAFETY ADVICE: THE HAMMAM IS NOT SUITABLE FOR PREGNANT WOMEN, ANY HEART OR RESPIRATORY DISORDERS, LOW/HIGH BLOOD PRESSURE OR IF YOU ARE UNDER THE INFLUENCE OF ALCOHOL OR NON-PRESCRIBED DRUGS.



## BODY, MIND & SOUL

### THE SANDS SIGNATURE MASSAGE

⌚ 55 mins € 95 / ⌚ 85 mins € 115

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 other therapeutic techniques for the ultimate massage experience.

### STRESS BUSTER MASSAGE

⌚ 55 mins € 80 / ⌚ 85 mins € 105

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.

### DEEP TISSUE MASSAGE

⌚ 55 mins € 100 / ⌚ 85 mins € 120

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.

### ORIENTAL HEAD MASSAGE

⌚ 25 mins € 40 / ⌚ 45 mins € 60

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

### BACK MASSAGE

⌚ 25 mins € 40 / ⌚ 45 mins € 60

A tailor-made back massage focusing on the whole back or specific area to relieve stress, tension and to help you relax.





## MYOKA FACE

### 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 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.

### LIFT

⌚ 85 mins € 100

This manual facial uses active ingredients combined with specialised facial massage lifting techniques to help combat the signs of aging, stimulate collagen production and deliver intensive results, the benefits of which can be seen immediately.

### MYOKA ABSOLUTE FACIAL

⌚ 55 mins € 70 / ⌚ 85 mins € 90

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.



## 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 reserve the changes associated with aging. Dermal fillers provide a natural appearance and added plumpness to the skin.



## EXCLUSIVE LA PRAIRIE TREATMENTS

La Prairie is the leader in luxury skincare, present in 90 countries around the world. Synonymous not only with luxury, the La Prairie name evokes innovation, performance, high-touch service and Swissness - the purity, precision and excellence inherent to the extraordinary land that saw the brand's inception in 1978. La Prairie endeavours to fulfill a quest for timeless beauty through the highest standards of advanced technology combined with exquisite formulations and elegant packaging - elevating science to art.

#### ULTIMATE REJUVENATING PLATINUM FACIAL

⌚ 90 mins €270

From the anti-aging experts at La Prairie comes a new head-to-toe treatment with infusions of pure platinum to provide the ultimate rejuvenation and provide a sense of well-being. Two therapists are present to pamper your skin using the high performance Platinum Collection. Incorporating an exclusive facial along with a hand and foot ritual, it will leave you feeling hydrated, glowing and completely rejuvenated.

#### REVITALIZING & PERFECTING RADIANCE FACIAL

⌚ 60 mins €120 / ⌚ 90 mins €145

La Prairie's gold standard for anti-aging. The pure golden drops of Cellular Radiance Concentrate Pure Gold visibly revitalizes and perfects the skin. Gentle heat and the selected masks help to enhance the penetration of precious Pure Gold serum, making the skin look smoother and feel radiant and vibrantly alive.

#### CAVIAR LIFTING & FIRMING FACIAL

⌚ 60 mins €110 / ⌚ 90 mins €135

Pure luxury that instantly lifts and firms skin, giving it a more perfect tone and texture. Caviar pearls and a Caviar infused face and eye massage transform even the duller complexions into radiant, luminous skin. A lifting and firming, results driven treatment, for all skin types, providing moisture rich hydration, essential nutrients and nourishment, leaving the skin, firmed, toned and silky soft.

#### CAVIAR INSTANT LIFT FACIAL

⌚ 45 mins €90

Perfection in less than an hour! Designed for men and women on the run, this facial immerses you in a beautiful "bubble". A cranial massage improves circulation and gives you a feeling of wonderful renewal, relaxation and radiance. You will be ready to face another hectic day or a night on the town.

#### SWISS CELLULAR ANTI-AGING FACIAL

⌚ 60 mins €100 / ⌚ 90 mins €125

With the incredible anti-wrinkle power of the Anti-Aging Collection, this facial helps to smooth and plump the appearance of fine lines and wrinkles. Incorporating the La Prairie signature face and eye massages, you will be left feeling completely relaxed and your skin will glow brighter and look younger and healthier.

#### GENTLEMEN'S SERVICES

⌚ 60 mins €100 / ⌚ 90 mins €125

Instantly cleanses, energizes and conditions skin. The balance of the skin seems to be renewed and restored, helping to return the skin back to normal. La Prairie's exclusive Cellular Complex and Cellular 3-Minute Peel combine to bio-energize the skin and eliminate congestion and skin impurities to reveal younger, fresher-looking skin.



## ORIENTAL & HOLISTIC

### REFLEXOLOGY

⌚ 25 mins € 45 / ⌚ 55 mins € 90

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.

### HOT STONE MASSAGE

⌚ 25 mins € 45 / ⌚ 55 mins € 90 / ⌚ 85 mins € 115

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 € 100 / ⌚ 85 mins € 120

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.

### CHINESE MASSAGE

⌚ 55 mins € 100 / ⌚ 85 mins € 120

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.

### LOMI LOMI MASSAGE

⌚ 85 mins € 140 / ⌚ 115 mins € 180

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.





## MYOKA LUXURIES FOR TWO

Create a new sense of intimacy as you share the experience of a massage, facial or other luxurious treats in a serene setting. Whether it is an anniversary, honeymoon or quality time spent together, our couples rooms are perfect for sharing indulgent relaxation time with a friend or a loved one.

### THE COUPLES RETREAT

⌚ 55 mins € 160 / ⌚ 85 mins € 220 per couple

Find yourself in a state of deepest relaxation and surrender to the healing power of essential oils with our couples aromatherapy massage. This is a wonderful bonding experience and a great way for two to reconnect away from everyday distractions.

### ROMANTIC ESCAPE

⌚ 85 mins € 240 per couple

Surprise your partner with a romantic yet fun experience. Wrapped up in chocolate from head to toe, relax, unwind and let your worries go. An unforgettable spa treat to spark the pleasure of romance.

Includes: Full Body Chocolate Wrap | Inner Peace Relaxing Massage | Face Mask

### JUST YOU & I

⌚ 120 mins € 290 per couple

For couples looking for the ultimate pampering experience and a great way to say I love you, this decadent couples spa treatment is designed to pamper you both from head to toe. Achieve silky smooth skin with our natural salt scrubs followed by a heavenly full body massage with nourishing and hydrating essential oils.

Includes: Exotic Salt Scrub | Sand Signature Massage | Radiance Facial

### HAMMAM COUPLES RETREAT

⌚ 120 mins € 310 per couple

Experience the authentic Middle East special treat for couples. Lay down side by side on heated marble in a cloud of infused steam and let our therapists pamper you from head to toe. Hammam ritual is performed with carefully selected range of products from Charme D'Orient.

Includes: Full Body Brushing | Body Soaping | Mud Mask | Foam Massage | Customised Full Body Massage



## 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 €100

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

### MATERNITY MASSAGE

⌚ 55 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.

Includes: Body Massage | Head Massage

### LIGHTER LEG

⌚ 25 mins €55

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 TREATMENT

⌚ 85 mins €100 / ⌚ 110 mins €130

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 FOR HIM

### RITUAL FOR MEN

⌚ 115 mins € 140

An indulgent body treatment to melt away tension and bring your body and mind back into harmonious balance. One of our most complete and loved treatments. The treatment begins with body exfoliation to smooth and soften the skin. A gentle express facial and indulgent massage follows, using nourishing essential oils and warmed volcanic stones to penetrate tired, aching muscles. Finally, a comforting head massage and gentle stretching allows you to relax and unwind.

Includes: Body Exfoliation | Express Facial | Massage With Hot Stones | Head Massage

### GENTELMEN'S CUSTOMISED MASSAGE

⌚ 85 mins € 125

A must try for all gentlemen. A great full body massage to de-stress, release mental and physical tension and enhance your overall sense of wellbeing. Our customised massage goes beyond your expectations. Whether you prefer stretching, heat therapy, deep relaxation or very firm pressure - this treatment has it all.

### GENTLEMAN'S FACE TREATMENT

⌚ 55 mins € 85 / ⌚ 85 mins € 100

The Gentleman's Face Treatment includes exfoliation, extractions, mask, and massage. It's 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 restore and improve your skin's texture leaving you feeling and looking refreshed and revitalized.

### HANDS GROOMING

⌚ 45 mins € 35

A complete hand treatment to improve comfort and eliminate the appearance of dry skin and cuticles. Nails are filed and buffed for a smooth finish and a confident handshake.

### FEET GROOMING

⌚ 45 mins € 40

A warm foot soak followed by callous and cuticle treatments. A firm pressure massage on the feet and legs will soothe the sole, leaving your feet refreshed and re-energized.

## 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







#### 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 2356 1191. In-house guests can call EXT 1191. 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.

#### MINORS

Permitted only to Hotel residence. Minors under the age of 18 may use the facility only with on-sight adult supervision. Minors under the age of 18 may use the spa facilities from 11.30 am until 4.30 pm.

#### 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.

MYOKA.COM

myoka<sup>SPAS</sup>

### Opening Hours

Monday to Sunday  
9.00am to 7.00pm

Public Holidays  
9.00am to 7.00pm

### Myoka Sands Spa

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Golden Sands

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**Radisson** **BLU**  
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