



LEARN TO LOVE YOURSELF

SPA TREATMENT LIST  
DOLMEN SPA RESORT

myoka SPAS



DOLMEN SPA RESORT



Welcome to the Myoka Dolmen Spa. A perfect escape from the hectic pressures of everyday life. A serene and relaxed haven, overlooking the clear, blue Mediterranean Sea which will help lull you away into pure relaxation.

Indulge in a variety of over sixty treatments ranging from face and body envelopments to massages, or enjoy the gym, indoor pool, two outdoor pools, a relaxation area and hydro baths.

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Learn to love yourself with our array of luxury treatments and experiences.

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**SPECIAL TREATMENTS TO LOOK OUT FOR**  
WEEKLY AND DAILY EXCLUSIVE OFFERS FOR YOU TO ENJOY

**EXTRA WEEKLY SPA SAVINGS FOR YOU**  
VALUE DISCOUNTS FROM MON—THU (SUBJECT TO AVAILABILITY)



## DOLMEN SPA EXPERIENCES

Indulge in some selective treatments exclusive to the Dolmen Spa Resort.

### DAY AT THE SPA

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 an full body massage and facial. We will then conclude with a Myoka manicure and pedicure.

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

🕒 Dur 5 hrs

Eur 260

### COUPLES SPECIAL

An experience for two, together you will be taken 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. Lastly we spoil you with champagne.

**Includes: Body Scrub | Couples Massage | Purifying Facial**

🕒 Dur 2 hr 20 mins

Eur 210

### POLYNESIA RITUAL

Take a relaxing journey across the Pacific with this fantastic ritual which combines an exotic body scrub to soften the skin, a blue Lagoon bath for a deep relaxation and an exquisite relaxing Hawaiian Lomi Lomi full body massage. The journey ends with the application of luxurious sacred oil for a glowing effect.

**Includes: Exotic Island Body Scrub | Blue Lagoon Bath | Hawaiian Lomi Lomi Body Massage**

🕒 Dur 110 mins

Eur 100

### FROM TOP TO BOTTOM

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

**Includes: Aromatherapy Massage | Aromatherapy Facial**

🕒 Dur 110 mins

Eur 95



## MEN'S EXECUTIVE TREAT

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

**Body Exfoliation | Deep Tissue Massage | Express Facial | Oriental Head Massage**

🕒 Dur 120 mins

Eur 120

## REVITALIZING SUPER FACIAL EXPERIENCE

This is the ultimate 3 in 1 facial treatment it's ideal for tired and dull looking skin that needs an immediate boost. Together with our therapists they will determine for skin type and use products tailored to you. They will start with an ultrasonic peeling to deep cleanse, move 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 lastly we finish off with a lifting black caviar mask to make you feel like royalty.

🕒 Dur 110 mins

Eur 145

## AYURVEDA ESCAPE

Embark on a journey of self discovery and leave stresses of everyday behind you. Ayurveda is thought to be the oldest medical system. You will experience every type of ayurvedic treatment possible. Starting off with Udvartanam, which is an invigorating medicated scrub which helps with circulation and lymphatic drainage. Next is Elakizhi which a herbal compress massage which helps with muscle and joint pain associating with conditions such as arthritis. Continuing with abhyangham the traditional Indian movements using hot herbal oil and lastly Sidorhara which is the rhythmic flow of Indian oil on the forehead for de-stressing and deep relaxation.

**Includes: Udvartanam | Elakizhi | Abhyangham | Sirodhara**

🕒 Dur 145 mins

Eur 150

## TIME

Reserve two hours or more of Dolmen spa time and our expert therapists will ensure the most suitable treatment is selected and customized for you. Time is the easiest and most flexible way to get the most out of your experience, which is convenient, stress free and maximizes your treatment results.

🕒 Dur 120 mins

Eur 125



## PANPURI EXCLUSIVE TREATMENTS

Escape to a world of harmony and total relaxation.

### INNER PEACE RELAXING MASSAGE

Set your mind to a remote place and let yourself be carried away to a tranquil escape with the use of sensual Ylang Ylang extracts. This creates a sweet exotic floral scent that perfectly aligns and open your energy channels to receive therapeutic benefits of Swedish, aromatherapy, shiatsu combination of strokes. and a complimenting cranial massage to complete this peaceful journey.

🕒 Dur 55 mins / 85 mins

Eur 100 / 120

### LEADING LIGHT BALANCING MASSAGE

Harmonize your senses and surrender your body to the healing caresses of rosewood and eucalyptus oils. Sweet yet woody, rosewood heals and lifts your spirit and boosts your energy levels. The invigorating scent of eucalyptus, renowned for its energizing effect, stimulates in your muscles and relieves stiffness. The result is supreme equilibrium.

🕒 Dur 55 mins / 85 mins

Eur 100 / 120

### SOLITUDE SOOTHING MASSAGE

Invigorate your senses with the delicately 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 channels of lemongrass and mandarin will clear your energy pathways and deliver a stimulating flow of vibrant energy to brightens your soul.

🕒 Dur 55 mins / 85 mins

Eur 100 / 120

### HEALING THAI HERBAL COMPRESS MASSAGE

Retreat to a calm surrender with a warm body compress made of premium herbs of the East. After warming up your tired muscles, the treatment continues with a relaxing massaging using Thai jasmine massage oil.

🕒 Dur 85 mins

Eur 120

### PANPURI BATH RITUALS

Dissolve away the stress of the day and set your mind to a peaceful pace as panpuri's moisture rich nourishing bath oils and carry you away to a tranquil paradise. Beguiling scents of Jasmine or lemongrass hydrate your skin and set your mind at ease and think about nothing but yourself for a change.

🕒 Dur 55 mins

Eur 50



## PANPURI FACIALS

Experience the legendary healing and aromatic virtues of the purest white jasmine blossom essences with Panpuri Signature Facials. Using the exclusive skincare with Jasmine Free- radical defense complex (JFDC) inspired by Thailand's most sacred flower, this comforting facial boosts hydrating and anti oxidant properties that amplify your skin's defense against aging, letting your skin look younger, firmer and more luminous. The result is your inner self radiating a softer, smoother and firmer complexion.

**JFDC NOURISHING FACIAL (FOR NORMAL TO DRY SKIN)**

**JFDC REBALANCING FACIAL (FOR OILY TO COMBINATION SKIN)**

**TOTAL INDULGENCE FACIAL (FOR MATURE SKIN)**

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🕒 Dur 85 mins

Eur 100

## PANPURI BODY DETOXIFIER

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.

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🕒 Dur 55 mins

Eur 65

## PANPURI BODY SCRUBS

Unveil newer and softer skin with Panpuri 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 smoother and suppler than ever.

- Uplifting Siamese Water Body Polish
- Soothing Indochine Body Polish
- Refreshing Clementine & Patchouli Body Polish
- Calming Lavender & Vanilla Body Polish

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🕒 Dur 25 mins  
Dur 55 mins

Eur 45  
Eur 75 (with oriental head massage)

Ayurveda is a system of preventive medicine and health care developed in India more than 5,000 years ago.

The word Ayurveda comes from two Sanskrit root words: "Ayus" -meaning Life and "Veda"- meaning "Knowledge" or "Science." Ayurveda is therefore usually translated as "the science of life." Ayurveda offers practical tools, insights, and information for living in balance and health, without interference from illness....

## AYURVEDA TREATMENTS

Enjoy some of the traditional Ayurvedic treatments offered at our Spa.

### UDVARTHANAM

An energizing full body massage and scrub using various Indian medicated powders used primarily to melt away subcutaneous fat and help blood circulation.

**⌚ Dur 85 mins**

**Eur 85**

### ABHYANGAM

This is a traditional Indian full body massage with specific herbal oils to nourish and revitalize body tissues to allow the toxins to be removed from the cells. The treatment increases tissue strength, improves blood circulation, rejuvenate s the whole body, beautifies the skin by delaying aging, promotes vitality, reduces stress and removes toxins.

**⌚ Dur 55 mins / 85 mins**

**Eur 65 / 80**

### ELAKIZHI

This is one of our most relaxing and refreshing massages. Fresh herbs are cooked in Ayurvedic oils and packed into compresses, then applied all over the body to help lubricate the joints and relieve joint and muscle pains especially backaches. This massage also cleanses the channels and expels toxins through perspiration.

**⌚ Dur 85 mins / 110 mins**

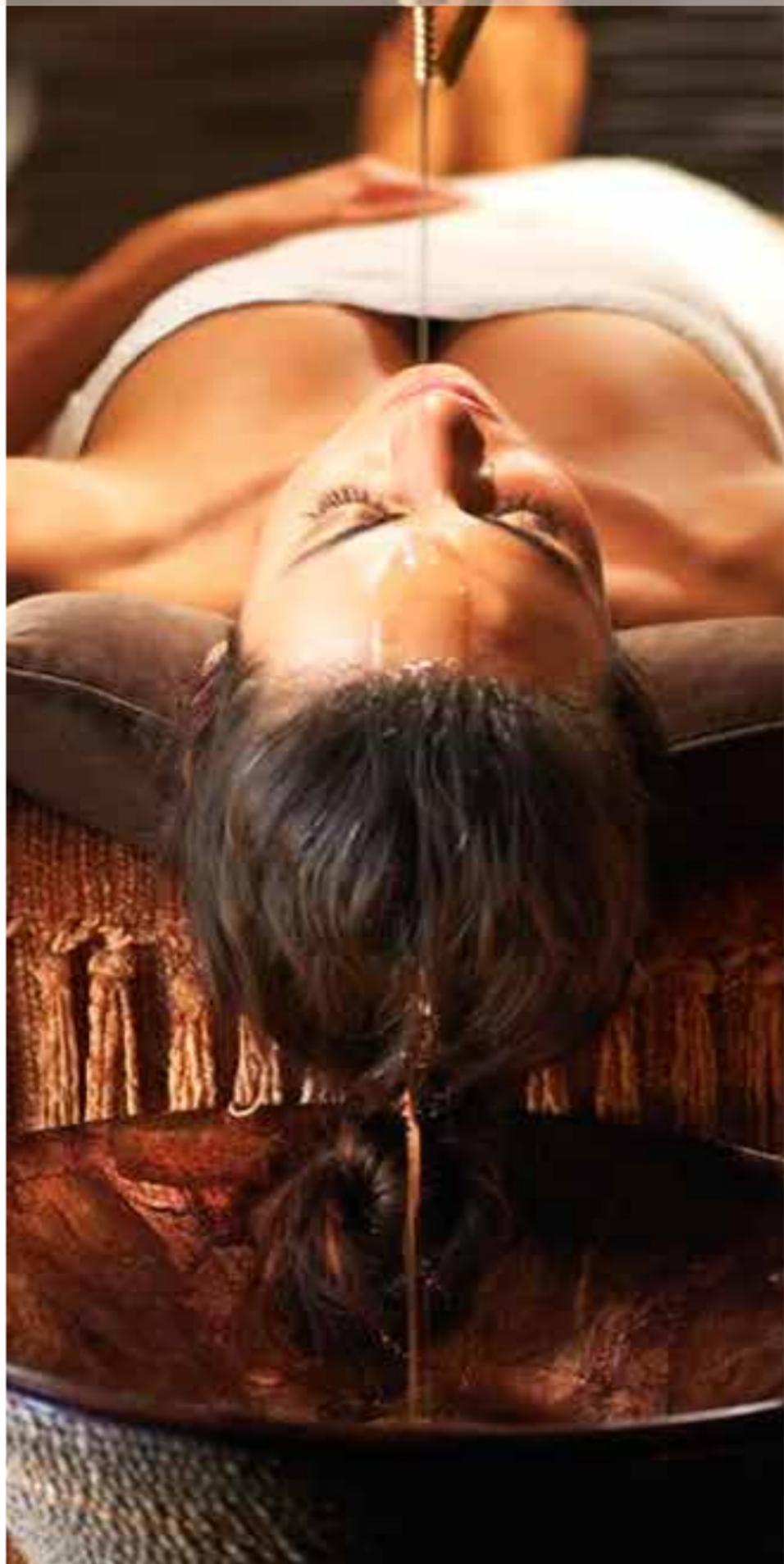
**Eur 85 / 110**

### SIRODHARA

The most relaxing and de-stressing ayurvedic treatment in which a continuous stream of medicated warm oil is pored on the forehead complimented by a traditional Indian body massage. This procedure often induces a mental state similar to a trance, which creates profound relaxing and revitalizing the central nervous system.

**⌚ Dur 85 mins**

**Eur 115**





## BODY, MIND AND SOUL

Escape to a world of harmony and total relaxation.

### DOLMEN SIGNATURE MASSAGE

Alleviate stress, ease aching muscles and revive the senses with this powerful full body massage. A master therapist will combine a variety of techniques such as hot stones, deep tissue, lomi lomi, acupressure and stretching. We will customize this massage to your requirements.

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🕒 Dur 55 mins / 85 mins

Eur 65 / 85

### DE-STRESS MASSAGE

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

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🕒 Dur 85 mins

Eur 80

### AROMATHERAPY MASSAGE

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

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🕒 Dur 55 mins

Eur 55

### DEEP TISSUE MASSAGE

A therapeutic firm massage focusing on the back, neck and shoulders to treat stress and tension, soothe sore and tight muscles and restore energy flow. This massage shortens recovery time from muscle strain by flushing the tissues of toxins.

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🕒 Dur 45 / 55 / 85 mins

Eur 45 / 60 / 80

### COUPLES MASSAGE

Experience a massage with your loved in our romantic specially designed couple's room. Nestled side by side this is the ultimate way for you to spend quality time with your loved one and lastly we spoil you with a glass of champagne.

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🕒 Dur 55 mins / 85 mins

Eur 105 / 150



## LYMPHATIC DRAINAGE

Enter into a safe haven of total release and nirvana whilst a therapist stimulates the body with light and circular pumping movements. This promotes to drain puffy, swollen tissues, supports the body's immune system, helps the body heal from surgery and aids in the body's natural detoxification. This an extremely healing and revitalizing treatment that leave you walking on clouds.

🕒 Dur 55 mins / 85 mins

Eur 60 / 80

## SEASHELL FULL BODY MASSAGE

The original lava shell acts as a natural colonic on the digestive system and provides deep relaxation. Experience the warm and soothing relief of the tropics as the therapist glides the smooth lava shells around the body. Stimulates circulation to remove blockages and provide relief from bloating. The heat from the lava shells also stimulates blood supply resulting in healthier looking skin whilst the deep tissue pressure points ease muscle tension, releases energy flow and restores a sense of balance to the entire body and mind.

🕒 Dur 55 mins / 85 mins

Eur 70 / 90

## BACK, NECK AND SHOULDERS MASSAGE

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

🕒 Dur 25 mins

Eur 35

## LEG ENERGIZER MASSAGE

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

🕒 Dur 25 mins

Eur 35

## ORIENTAL HEAD MASSAGE

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

🕒 Dur 25 mins

Eur 35



## ORIENTAL AND HOLISTIC THERAPIES

Embrace the true spirit and tradition of holistic healing.

### CHINESE MASSAGE

According to old Chinese fables, this massage is an expression of art. Placing the hands on specific spots on the body, energetic channels, and the masseur is able to minimize the pain on stiff zones, regain lost energy and rejuvenate the spirit.

🕒 Dur 55 / 85 mins

Eur 65 / €85

### HOT LAVA-LAVA MASSAGE

An ancient form of eastern massage that consists of black basalt lava stones being heated, placed and massaged onto the body for deep stimulation, ensuring a high level of relaxation and balancing of emotional, mental and physical energies.

🕒 Dur 25 / 55 / 85 mins

Eur 40 / 60 / 80

### THAI MASSAGE

Results in flexibility, inner organ massage, oxygenating of the blood and quieting the mind, which is attained through yoga. With the application of pressure to energy points, together with a vast array of passive stretching movements performed using hands, feet, knees and elbows, the body experiences increased flexibility and energy flow.

🕒 Dur 55 / 85 mins

Eur 75 / 95

### HAWAIIAN LOMI-LOMI MASSAGE

This Massage is one of the oldest and most powerful forms of healing. Lomi Lomi is one of the most profound forms of massage its flowing with total energy, using the long continuous, flowing strokes, combined with the very loving touch, relaxes the entire being, assisting in a letting go of old beliefs, patterns and behaviors that cause limitations and which are stored in the cells of our body.

🕒 Dur 55 / 85 mins

Eur 55 / 75

### REFLEXOLOGY

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

🕒 Dur 25 / 55 mins

Eur 35 / 50



## FACIAL TREATMENTS

A detailed consultation will guarantee a truly unforgettable treatment that best suits your skin.

### GOLDEN C FACIAL

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. We finish off the treatment with a lifting gold mask to help plump the skin and smoothen fine lines and wrinkles.

🕒 Dur 85 mins

Eur 85

### MYOKA BLISS FACIAL

Enter a complete sensory heaven for the face and body that goes beyond the general routine of an ordinary facial. Our team has worked hard to create a treatment that offers great for the skin as well as a well being back massage focusing on the back and shoulder area. Your journey of total revival is complete.

🕒 Dur 85 mins

Eur 70

### AROMATIC FACIAL

Do you have dry skin? Do you feel it tight? This is the perfect facial for you, receive a gentle sensation of comfort and relaxation. The therapist will perform a relaxing aroma pressure massage with a delicious balm which comforts, nourishes and relaxes your skin.

🕒 Dur 55 mins

Eur 50

### FACIAL FOR HIM

This deep cleansing treatment includes cleansing, toning, exfoliation of skin and relaxing face and head massage as we finish off with a balancing mask. Choose the 85minutes duration and receive a back, neck and shoulder massage with hot stones leaving you feel revitalized.

🕒 Dur 55 mins / 85 mins

Eur 50 / 70

### PERSONALISED FACIAL

A facial treatment tailored to your skin type where home care advice is provided to give you the best skin regime for your skin to achieve the best results.

🕒 Dur 55 mins

Eur 45



## NON-SURGICAL TREATMENTS

Everybody's skin needs a little pick-me-up from time-to-time. Smooth skin gives you healthy glowing skin.

**Your personal therapist will conduct an in dept consultation and perform a combination of advanced anti-aging treatment to suit your needs.**

<b>FACE</b>	🕒 Dur 55 mins / 85 mins	<b>Eur 85 / 105</b>
<b>BODY</b>	🕒 Dur 55 mins / 85 mins	<b>€ur 85 / 105</b>

### MESOTHERAPY

A painless, efficient, noninvasive and needle free treatment. By the use of electrophoresis, "bullets" with amino acids, vitamins and antioxidants are delivered directly into the mesoderm layer.

### DERMAROLLERS

This is a highly effective treatment which uses rollers with very slim needles where serum applied and the rollers perforate the pores so the product is introduced into the deepest layer of skin which works from the inside out. Whether you would like to combat dehydration, signs of aging or skin renewal this is the treatment for you.

### FACIAL ULTRASOUND / CAVITATION

Combining the effects of gentle ultrasonic peeling and ultrasound frequencies, these treatments lightly removes the outermost layer of skin, increases collagen production, sterilizes the skin and accelerates the healing process. It transport active ingredients deep down into the dermis, boosting vital oxygen supply to give new skin cells a nutrition boost and a longer-lasting plumper structure.

### MICRODERMABRASION

Micro dermabrasion is the most popular and highest volume facial rejuvenation procedure in the world. It gives the skin micro massage; increasing circulation therefore it has a positive effect on skins condition, firmness and thickness. After treatment skin is left visibly improved, wrinkles flattened skin brighter and more glowing, scar and discoloration are less visible. Diamond Micro dermabrasion provides excellent skin preparation to absorb any products used directly after the treatment.

### DERMOMASSAGER

This is an excellent body treatment using a metal roller head with vacuum suction which is ideal for inch loss. This has many benefits including skin firming and tightening, the skin appears smoother; it breaks down fatty cells therefore cellulite is reduced, lightens stretch marks and scars and also aids in removal of harmful toxins in the body.



## CHEMICAL PEELS

A technique where safe acids extracted from various fruits chosen according to the skin type are applied. This improves skin appearance typically face and neck, lightens pigmentation and scars. The circulation is increased and renewal of new skin begins. New, regenerated skin is grown smoother, firmer and more radiant.

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**🕒 Dur 55 mins**

**Eur 75**

## FROST PEELS

A highly intensive technology of chemical peels which penetrates deeper into the skin giving an invasive peeling treatment. The skin is caused to eventually peel off in a gentle, unnoticeable way and what is revealed is brighter, healthier and plumper skin.

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**🕒 Dur 55 mins**

**Eur 100**

## TEETH WHITENING

Our teeth whitening procedure will brighten your smile from 5 to 14 shades up depending on the condition of your teeth. An organic non-peroxide gel is used therefore it does harm the gums or mouth. Results last up to 2 years.

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**🕒 Dur 60 mins**

**Eur 199**

## BOTOX

A treatment for the temporary relief of moderate to severe frown lines between the brows in people between 18 to 65 years of age. With one simple 10-minute treatment, results can be seen within a couple of days and can last up to 4 months. Individual results may vary. Simple non-surgical procedure administered by our aesthetic doctor. This procedure relaxes the muscles and smoothens fine lines and wrinkles with no down time or side effects.

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**Eur P.O.R.**

## DERMAL FILLERS

Injectable cosmetic wrinkle fillers are soft tissue fillers approved as medical devices to help fill in facial wrinkles, restoring a smoother appearance. Most of these wrinkle fillers are temporary because they are eventually absorbed by the body. Dermal fillers are being used more and more to help preserve the changes associated with aging and they provide a natural appearance and added plumpness to the skin.

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**Eur P.O.R.**



## MATERNITY

Pamper yourself during this special time with treatments specially designed for expecting women.

### PRENATAL PAMPER

A deeply nourishing body treatment designed to target areas prone to stress and tension during pregnancy. Gentle and relaxing full body massage followed by a moisture rich body mask which hydrates the skin and combats against stretch marks. Finally, truly drift off as they end the treatment with an excellent scalp and face massage. A course of 6 treatments is recommended following the first trimester of pregnancy.

**Body Massage | Body Mask | Head Massage**

🕒 Dur 85 mins

Eur 85

### MUMMY TO BE MASSAGE

A relaxing full body massage helps to improve skin elasticity, reduce fatigue and target areas prone to tension during pregnancy. This massage is ideal for relaxation and relief of muscle tension and discomfort. Treatments are tailor made to suits your specific needs.

🕒 Dur 55 mins / 85 mins

Eur 60 / 80

### FACE AND BODY CEREMONY

You begin your journey with a foot and leg energizing massage designed to soothe your tired or swollen legs and feet 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.

🕒 Dur 85 mins

Eur 75

### POST NATAL PARADISE

Completely personalized to your post baby needs whether you need to tone and firm your skin, aid weight loss or simply relax and restore energy. This is an ideal treatment to deeply nourish, hydrate and balance your body. A personal consultation will be carried out to tailor the treatment especially to your needs after that delicate period after childbirth to provide comfort, relieve stress and indulge the senses.

🕒 Dur 55 / 85 / 110 mins

Eur 70 / 90 / 120



## MANICURES & PEDICURES

Embrace the true spirit and tradition of holistic healing.

### SPA MANICURE

Filing | Cuticle Work | Hand Scrub | Massage | Paraffin Treatment | Nail Polish of Your Choice or French

🕒 Dur 55 mins

Eur 35

### GEL POLISH MANICURE

Filing | Cuticle Work | Application of Gel Polish, Waterproof and Scratchproof That Lasts Up To 3 Weeks

🕒 Dur 55 mins

Eur 45

### SPA DELUXE MANICURE

Filing | Cuticle Work | Hand Scrub | Massage | Paraffin Treatment | Application of Gel Polish that Lasts Up to 2 Weeks

🕒 Dur 75 mins

Eur 60

### SPA PEDICURE

Filing | Cuticle Work | Foot Scrub | Removal of Hard Skin | Massage | Paraffin Treatment | Nail Polish of Your Choice

🕒 Dur 55 mins

Eur 40

### GEL POLISH PEDICURE

Filing | Cuticle Work | Application of Gel Polish, Waterproof and Scratchproof That Lasts Up To 2 Weeks

🕒 Dur 55 mins

Eur 50

### SPA DELUXE PEDICURE

Filing | Cuticle Work | Foot Scrub | Removal of Hard Skin | Massage | Paraffin Treatment | Application of Gel Polish

🕒 Dur 75 mins

Eur 65

### GELISH MANICURE AND PEDICURE COMBO

🕒 Dur 110 mins

Eur 90

### ULTIMATE HEAVENLY HANDS & FEET OFFER

Spa Deluxe Manicure & Pedicure

🕒 Dur 2 hr 30 mins

Eur 145



## MYOKA DOLMEN COURSES

Benefit from additional 15% discounts when paying for a Myoka programme.

### BODY MIND AND SOUL TREATMENTS

Each program consists of 6 spa sessions & use of spa on each visit. Choose from de stress massage, aromatherapy, deep tissue, lymphatic drainage, back massage or leg massage.

🕒 6 x 25min / 55min / 85min      **Eur 150 / 250 / 325**

### ORIENTAL AND HOLISTIC TREATMENTS

Each program consists of 6 spa sessions & use of spa on each visit. Choose from signature dolmen, Chinese massage, thai massage, hot stone massage, Lomi lomi massage or reflexology.

🕒 6 x 55min / 85min      **Eur 275 / 375**

### AYURVEDA

Consists of 6 sessions & use of spa on each visit. This includes Elakizhi, Abhyangham, Udvarthanam and Sirodhara.

🕒 6 x 55min / 85min      **Eur 300 / 425**

### NON SURGICAL PROGRAMS

#### OILY/PROBLEMATIC SKIN

🕒 6 x 55min / 85min      **Eur 350 / 410**

#### MATURE SKIN PROGRAM

🕒 6 x 55min / 85min      **Eur 370 / 425**

#### SIGNATURE FACIAL PROGRAM

🕒 6 x 55min / 85min      **Eur 325 / 375**

#### PIGMENTATION/WHITENING TREATMENTS

🕒 6 x 55min / 85min      **Eur 375 / 425**

#### BODY PROGRAM

🕒 6 x 55min / 12 x 55min      **Eur 300 / 530**

Only available at Myoka Dolmen. Cannot be transferred to any other Myoka outlets. Valid for one year. We recommend to use the Spa facilities prior to each spa session to enhance your experience.



## MYOKA SPA INFORMATION

### GIFT VOUCHERS

An ideal present, gift vouchers are available in exchange for any treatment, full or half-day programmes, exchangeable at any Myoka Spa. Gift vouchers are not refundable and must be presented at the time of booking.

### BOOKING INFORMATION

For booking information and guidance please call us directly on 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.

### MINORS

Children under the age of 16 may not use the facility without on-site adult supervision. Children under the age of 16 may not use the club facilities from 7a.m – 9a.m and 5p.m – 7p.m .

### MEDICAL CONDITIONS

If you have undergone any surgery within the past 6 months, suffer from any medical condition or are pregnant please advise us at the time of booking. Our therapists will guide you to ensure that your experience suits and complements your physical condition.

### CANCELLATION

Please allow 24 hours notice of cancellation to avoid an automatic 50% charge. No show's will be charged 50% of the price.

### SPA RULES

It is prohibited to use mobile phones, video cameras or personal stereos during your visit. Smoking is strictly prohibited in all areas.

**DISCLAIMER:** Prices and treatments are correct at the time of going to print and are subject to alteration without any notice.

# myoka<sup>SPAS</sup>

## Opening Hours

### Winter Hours

Monday to Saturday  
9.00am to 7.00pm

### Summer Hours

Monday to Sunday  
9.00am to 7.00pm

Myoka Dolmen Spa  
Dolmen Hotel Resort  
Islet Promenade, Qawra

### **DIRECT LINE:**

(+356) 2157 7500

**HOTEL EXT:** 5532

dolmen@myoka.com

www.myoka.com



**DOLMEN**

Resort Hotel ~ Malta

★★★★

Guests are entitled to complimentary  
use of indoor pool, sauna, hydro  
pool and fitness centre