

LEARN TO LOVE YOURSELF



SPA TREATMENT LIST
GOLDEN SANDS SPA

myoka SPAS



GOLDEN SANDS SPA



Our senses are the physiological methods of perception, where sight enhances mood, smell restores harmony, sound induces relaxation, touch evokes healing and taste evokes vitality.

Enter the Golden Sands Spa, embark on your 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 that indulge every sense and are tailored specifically to your individual requirements.

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

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SANDS SPA EXPERIENCES

Indulge in some selective treatments exclusive to the Golden Sands Spa.

TIME

Reserve two hours or more of the Sands Spa Time where our expert therapists will ensure the most suitable treatment is selected and personalized 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 115 mins

Eur 150

RITUAL FOR MEN

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

🕒 Dur 115 mins

Eur 150

HAMMAM EXPERIENCE

A total body experience that caresses your skin, revitalizes your body and calms your mind. This traditional experience starts by deeply cleansing the skin with a revitalizing body exfoliation, followed by a full body soaping, a detoxifying marine mud body mask, and finishes with a full body massage.

Includes: Full Body Exfoliation | Body Soaping | Mud Body Mask | Hair Shampooing | Full Body Massage

🕒 Dur 145 mins

Eur 160

ABSOLUTE HONEY, SUGAR & OIL RITUAL

A honey & sugar face & 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 complete your experience.

Includes: Face Mask | Full Body Exfoliation | Aromatherapy Massage

🕒 Dur 85 mins

Eur 120



CLEOPATRA'S CEREMONY OF DREAMS

Your journey begins with an application of a nourishing body mask. Then you will relax in your very own private and luxurious milk bath. Your body will then be brought back to equilibrium with a full body massage using rich essential oils.

Includes: Nourishing Body Mask | Milk & Honey Bath | Full Body Aroma Massage

🕒 Dur 85 mins

Eur 120

A TOUCH OF ASIA

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 Hot Stone Massage concentrating on specific energy points of the body, and to finish an authentic oriental head massage.

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

🕒 Dur 115 mins

Eur 150

BEAUTY QUEEN

Feel like a queen with this complete beauty package. Your journey begins with a revitalising full body scrub that will prepare your skin to absorb the benefits of a nourishing full body mask, leaving your skin soft and silky. Whether oily, dehydrated or simply needing a boost, our personalised facial using active ingredients according to your skin type will tackle any concern.

Includes: Full Body Scrub | Nourishing Body Mask | Tailor Made Facial

🕒 Dur 115 mins

Eur 150

4 HAND MASSAGE

Double the pleasure! If two hands feel great, imagine four! Our two experienced therapists, working in unison to create the ultimate relaxation experience. Our four hand team will incorporate heat therapy and aromatherapy to massage away all your aches and pains and rhythmically lull you into a state of bliss.

🕒 Dur 85 mins

Eur 200



PANPURI EXCLUSIVE TREATMENTS

Escape to a world of harmony and total relaxation.

PAÑPURI JASMINE SIGNATURE FACIALS

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 (JFDC), inspired by Thailand's most sacred flower, this comforting facial boasts 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 (for oily and combination skin)
- JFDC Total Indulgence Facial (for mature skin)

🕒 Dur 85 mins
115 mins

Eur 100
Eur 130 (for mature skin)

SOLITUDE SOTTHING MASSAGE

Awaken and invigorate your senses with the delicately fresh zest and good manna of Lemongrass and Mandarin. Let their scents and healing proprieties swich off your overworked mind and reconnect you with your inner balance. The amazing reviving ahattels of lemongrass and mandarin will clear your energy pathways and deliver a stimulating flowof vibrant energy that brightens your soul.

🕒 Dur 55 mins / 85 mins

Eur 100 / 120

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 opens your energy channels to receive the therapeutic benefits of Swedish, Aromatherapy and Shiatsu combination of strokes. Surrender to a divine place with 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 & Eucalyptus oils. Sweet yet woody, rosewood heals and lifts your spirits and boosts your energy levels. The invigorating scent of eucalyptus, renowned for its energizing effect, stimulates circulation in your muscles and relieves stiffness. The result is supreme equilibrium..

🕒 Dur 55 mins / 85 mins

Eur 100 / 120



PAÑPURI SKIN NOURISHER

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 consisting of mineral-rich Deep Sea Clay, Honey, Clove, and Tangerine.

Foot Ritual | Jasmine Body Scrub | Detoxifier Body Wrap

🕒 Dur 75 mins

Eur 100

PAÑPURI INDOCHINE DETOXIFIER

Reveal soft, healthy glowing skin with a lingering scent of a faraway paradise! Restore the skin nutrients and moisture balance with mild Indochine Soothing Body Polish. Draw out harmful impurities with a delicate body detoxifier of mineral-rich Deep Sea Clay, nourishing Honey, stimulating Clove and comforting Tangerine.

Foot Ritual | Lemongrass & Mandarin Body Scrub | Detoxifier Body Wrap

🕒 Dur 75 mins

Eur 100

PAÑPURI BODY SCRUBS

Unveil newer and softer skin with the Pañpuri's 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.

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

🕒 Dur 30 mins

Eur 55

55 mins

(with Oriental Head Massage) Eur 85

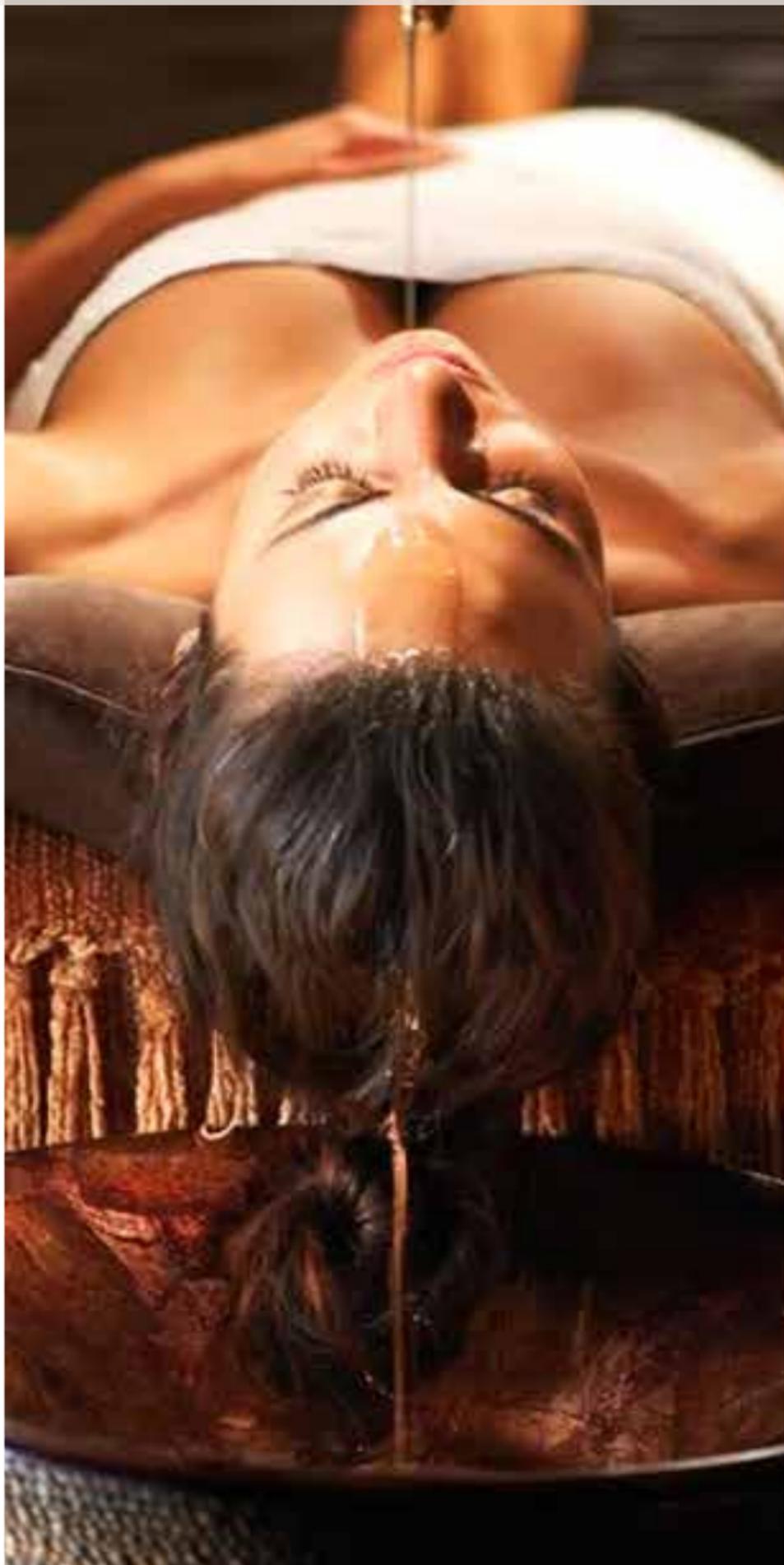
PAÑPURI BATH RITUALS

Dissolve away the stress of the day and set your mind to a peaceful place as Pañpuri's moisture-rich, nourishing milk bath oilscarry you away to a tranquil paradise. Take your time, relax and drift away.

- Siamese Water Uplifting Bath Ritual
- Indochine Soothing Bath Ritual

🕒 Dur 55 mins

Eur 55



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 more traditional Ayurvedic treatments offered by our Spa.

ABHYANGAM

A full body massage with specific herbal oils to nourish and revitalize the body tissues and to allow the toxins to be removed from the cells. ABHYANGAM has much deeper and more far-reaching effects than an ordinary massage using mineral oils and lotions. ABHYANGAM achieves deep healing effects by naturally harmonizing body, mind and spirit in one of the most rejuvenating Ayurvedic treatments. 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.

🕒 Dur 55 mins / 85 mins

Eur 90 / 115

SIRODHARA

A continuous stream of medicated warm oil or medical milk is poured on to the forehead. This procedure often induces a mental state similar to a trance, which creates profound relaxing and revitalizes the central nervous system. DHARA gives the best results when taken after ABHYANGAM.

🕒 Dur 85 mins

Eur 130

ELAKIZHI

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.

🕒 Dur 55 mins / 85 mins

Eur 95 / 120

NAVARAKIZHI

A massage causing the body to perspire through external application of medicinal packs prepared from special rice called navara, cooked in herbs & milk, then packed in muslin bags. This massage softens the skin, enhances complexion, strengthens body muscles, cures stiff joints, improves blood circulation and digestive power. Also prescribed for all kinds of diseases of the nervous system & rheumatism.

🕒 Dur 85 mins

Eur 120

Ayurvedic Medicine is the world's oldest comprehensive health care system and is indigenous to India where it is widely practiced.

It is now one of the most recognized and widely practiced disciplines of alternative medicine in the world. Some of the popular practices of Ayurveda are Meditation, Yoga, chanting, breathing exercises, Panchakarma and Herbs.

AYURVEDA TREATMENTS

Continued.

KHEERADHARA

This treatment is known to heal the body, mind and soul as warm medicated milk is poured all over your body after a therapeutic full body massage. A great mind refresher which reduces stress and gives great luminosity to the skin.

🕒 Dur 85 mins

Eur 110

UDVARTHANAM

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

🕒 Dur 85 mins

Eur 120

AYURVEDIC BACK MASSAGE

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 specialized Ayurvedic oils.

🕒 Dur 25 mins

Eur 45

AYURVEDIC HEAD MASSAGE

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

🕒 Dur 25 mins

Eur 45





BODY, MIND AND SOUL

Escape to a world of harmony and total relaxation.

COUPLES RETREAT

Our 'Couples Aromatherapy Massage' is a great way of experiencing your massage with a friend or a loved one in our specially designed couple's suite. This is a wonderful bonding experience and a great way for two to share the joy of massage.

🕒 Dur 55 mins / 85 mins

Eur 155 / 200

THE SANDS RITUAL

Your Ritual begins with a 25 minute invigorating full body scrub followed by a 25 minute soothing bath. A master therapist will combine a variety of oriental, holistic, lomi lomi, acupressure and therapeutic techniques for the ultimate massage.

🕒 Dur 115 mins

Eur 150

THE SANDS SIGNATURE MASSAGE

Alleviate stress, ease aching muscles and revive the senses with this powerful massage with essential oils. A master therapist will combine a variety of oriental, holistic, lomi lomi, acupressure and therapeutic techniques for the ultimate massage.

🕒 Dur 55 mins / 85 mins

Eur 85 / 115

SEASHELL FULL BODY MASSAGE

The original Lava Shell massage acts as a natural colonic on the digestive system and provides deep relaxation. Experience the warmth and soothing relief of the Tropics as the therapist glides the smooth Lava Shells around the body. Stimulating 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 point massage eases away muscle tension, releases energy flow and restores a sense of balance to the entire body and mind.

🕒 Dur 85 mins

Eur 105

STRESS BUSTER MASSAGE

The ultimate full body massage that stimulates circulation and improves skin and muscle tone while soothing tense and tired muscles, combined with an amazing stress-relieving head and face massage.

🕒 Dur 85 mins

Eur 100



AROMATHERAPY MASSAGE

This is a form of massage which incorporates the use of essential oils to help promote self-healing and rejuvenation.

🕒 **Dur 55 mins**

Eur 75

ORIENTAL HEAD MASSAGE

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

🕒 **Dur 25 mins**

Eur 40

BACK MASSAGE

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

🕒 **Dur 25 mins**

Eur 40

DEEP TISSUE MASSAGE

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.

🕒 **Dur 45 / 55 / 85 mins**

Eur 60 / 85 / 115

PARAFANGO BODY WRAP

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

🕒 **Dur 55 mins**

Eur 70

BODY MIND AND SOUL PROGRAM

THIS TREATMENT INCLUDES 6 SESSIONS

🕒 **55 mins/session**

Eur 350

🕒 **85 mins/session**

Eur 435



Myoka proudly offers a broad variety of European and Asian relaxation therapies. The popular Chinese, Thai and Ancient Indian massage techniques, as well as a blissful range of Aromatherapy massages.

Ultimately life is a personal journey everyone takes alone, but we believe it should be an enjoyable one, with our therapies assisting you along the way.

ORIENTAL AND HOLISTIC THERAPIES

Embrace the true spirit and tradition of holistic healing.

REFLEXOLOGY

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.

🕒 Dur 25 mins / 55 mins

Eur 45 / 85

HOT STONE MASSAGE

A form of 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.

🕒 Dur 25 / 55 / 85 mins

Eur 45 / 85 / 105

CHINESE MASSAGE

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.

🕒 Dur 55 mins / 85 mins

Eur 90 / 115

THAI MASSAGE

Experience the healing effects of Asian aromatherapy in a relaxing and restorative massage that combines the sense of tropical smells with the soothing value of acupressure massage. With application of pressure to the energy points, together with a vast array of passive stretching movements, the body experiences profound relaxation as well as increased flexibility & energy flow.

🕒 Dur 55 mins / 85 mins

Eur 90 / 115

ORIENTAL & HOLISTIC PROGRAM

THIS TREATMENT INCLUDES 6 SESSIONS

🕒 55 mins/session

Eur 400

🕒 85 mins/session

Eur 520

Begin with a detailed skin analysis.

Fully trained Myoka therapists will identify skin conditions not visible to the naked eye, and customize an optimum facial program incorporating deep-cleansing, exfoliation, massage and mask; using the finest skin care products for immediate results, naturally.

BEAUTY THERAPIES

MYOKA ABSOLUTE FACIAL

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

🕒 Dur 85 mins

Eur 90

GENTLEMAN'S FACE TREATMENT

The Gentleman's Facial treatment includes exfoliation, extractions, mask, and massage. Our Gentleman's Facial is 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 revitalize, refresh and improve your skin's texture leaving you feeling and looking refreshed and revitalized.

🕒 Dur 85 mins

Eur 90

LIFT

An Advanced facial using Active products to improve skin tonicity and firmness and enhance cellular regeneration. This manual facial uses Active ingredients combined with specialized facial massage lifting techniques to help combat the signs of ageing, stimulate collagen production and deliver intensive results the benefits of which can be seen immediately.

🕒 Dur 85 mins

Eur 95

PERSONALIZED FACIAL

Your therapist will select the most suitable regime for your skin needs. Every Myoka personalized facial starts with a double cleanse, exfoliation, steam and extraction when necessary, pressure point and lymphatic drainage massage and finishes with a personalized facial mask to suit your skin.

🕒 6 sessions - 55min/session

Eur 225



EXCLUSIVE TREATMENTS

la prairie
SWITZERLAND

LA PRAIRIE FACIALS

Look younger, feel better, give your skin a boost with this unique selection of luxury products.

CAVIAR FIRMING FACIAL

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

🕒 Dur 85 mins

Eur 125

CELLULAR PLATINUM FACIAL

An extraordinary Cellular Platinum Facial is the height of luxury, uses one of the most rare and desired elements on earth that restores balance to your skin, captures moisture and protects cells from damage that leads to skin ageing. There is nothing like it! The pinnacle of art, science and luxury ...

🕒 Dur 85 mins

Eur 150

SWISS CELLULAR TREATMENT FOR MEN

A detoxifying and soothing treatment for men that instantly cleanses, energises and conditions the skin. It helps to normalise skin's behaviour, prevent irritation and correct stressed skin.

🕒 Dur 85 mins

Eur 125



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 depth consultation and perform a combination of advanced anti-aging treatments to suit your need.

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

MESOTHERAPY

A painless, efficient, noninvasive 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, sterilises 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.

FACIAL MICRO DERMABRASION

Micro dermabrasion 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 more glowing, scar and discolouration are less visible. Diamond Micro dermabrasion provides excellent skin preparation to absorb any products used directly after 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 chemicals, chosen according to the skin type are applied, to improve the skin's 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, even in its tonality, more radiant and brighter.

🕒 Dur 55 mins

Eur 80

FROST PEELS

A more intensive technology of chemical peels, which penetrate deeper in to the skin and giving an intensive treatment. The depth depends on the concentration of the solution used, decided upon the needs of every individual.

🕒 Dur 55 mins

Eur 100

TEETH WHITENING

Our teeth whitening procedure will brighten your teeth from five to fourteen shades depending on the condition of your teeth – with an average shade improvement of around 8 shades.

🕒 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 smooths fine lines and wrinkles with no down time or side effects.

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

Eur P.O.R.



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 TREATMENT

A deeply nourishing body treatment designed to target areas prone to stress and tension during pregnancy.

Gentle body exfoliating and moisture rich body mask is applied, 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: Exfoliating Body Mask | Body Massage and Head Massage

⌚ Dur 85 mins

Eur 110

MATERNITY MASSAGE

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

⌚ Dur 55 mins

Eur 80

LIGHTER LEGS

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

⌚ Dur 45 mins

Eur 55

POST NATAL TREATMENT

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. Treatments can be tailored to suit your specific needs.

A range of treatment options specially selected for that delicate period before and after Childbirth, to provide comfort, relieve stress and indulge the senses.

⌚ Dur 55 / 85 mins

Eur 80 / 110



HANDS AND FEET

Treat your hands and feet to some well-deserved pampering.

THE MANICURE AND PEDICURE COMBO

Experience our ultimate Manicure & Pedicure combo treatment that focuses on an impeccable nail care experience. We invite you to enjoy a glass of wine while enthroned in our pedicure lounge. Our carefully selected products refresh and invigorate the skin. Treat your aches and pains with our deluxe hand and foot pampering and enjoy the rejuvenating and light sensation.

Nail and Cuticle Care • Nail Buff • Foot Exfoliation • Foot Massage • Hand And Feet Mask • Nail Polish Application.

🕒 Dur 115 mins

Eur 100

MYOKA MANICURE EXPERIENCE

The Manicure Experience includes nail, cuticle and hand care. We will treat your hands and leave them well nourished. Your hands deserve it! The Manicure Experience is completed by a long lasting nail or gel polish application enabling nails to stay healthy and strong while maintaining a chic shine.

🕒 Dur 55 mins

Nail Polish / Gel

Eur 35 / 45

MYOKA PEDICURE EXPERIENCE

Begin your journey of relaxation with an infusion of herbal teas and a wonderful footbath 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 energy foot massage followed by a long lasting nail or gel polish application.

🕒 Dur 55 mins

Nail Polish / Gel

Eur 40 / 50

*Kindly Advise prior to booking should you need Gel Polish removal

GEL POLISH REMOVAL

🕒 Dur 15 mins

Eur 10



SIGNATURE SPA DAY PACKAGES

Exclusive to the Myoka Golden Sands Spa.

SPA EXPERIENCE

Cleansing Facial | Full body Massage

🕒 **Dur 85 mins**

Eur 100

SPA GETAWAY

Nourishing Bath or Body Scrub | Oriental Head Massage | Aromatherapy Massage

🕒 **Dur 115 mins**

Eur 130

A MAN FOR FOUR SEASONS

Gentlemen's Facial | Well Being Massage | Reflexology

🕒 **Dur 175 mins**

€Eur 170

LAVA LOVE COUPLES RETREAT

Chocolate Body Wrap | Holistic Hot Stone Couples Massage | Aromatherapy Facial

🕒 **Dur 145 mins**

Eur 290 p/couple

MY TIME

Detoxifying Full Body Scrub | Aromatherapy Full Body Massage | Personalised Facial | Myoka Manicure | Myoka Pedicure | Hair Treatment | Blow Dry Or Hair Cut | Spa Lunch

🕒 **Dur 300 mins**

Eur 290



MYOKA SPA INFORMATION

GIFT VOUCHERS

An ideal present, gift vouchers are available 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.

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.



Opening Hours

Monday to Sunday

9.00am to 7.00pm

Public Holidays

9.00am to 7.00pm

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