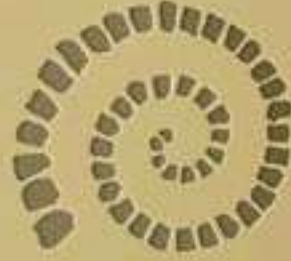




D MARIS BAY
DATÇA PENINSULA



MYTHA SPA

D MARIS BAY

A WELLBEING THAT
EXTENDS TO
THE WHOLE HOLIDAY
Experience



MYTHA SPA
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MYTHA SPA

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FORGET TIME & REMEMBER WHAT MATTERS,
WHERE YOU HAVE ALL THE TIME TO
DISCOVER YOURSELF

A PLACE WHERE;
YOUR BODY & MIND BECOME FULLY
ALIGNED & REGENERATED THROUGH THE
REDISCOVERY OF VITAL ENERGY

EAST & WEST BLEND IN PERFECT HARMONY
WITH THE SURROUNDING ENVIRONMENT,
NATURE, LUXURY AND UNSPOILED BEAUTY
HARMONIOUSLY CO-EXIST.

A PLACE TO;
RETREAT, RELEASE & TO RECONNECT

INVIGORATE YOUR SENSES BY BESPOKE EXPERIENCES &
BLISSFULL RELAXATION

AT MYTHA SPA,

EVERY EXPERIENCE IS PREPARED TO MATCH YOUR NEEDS, YOUR EXPECTATIONS, EVEN THE UNSPOKEN WISHES OF YOUR HEART. THE ATMOSPHERE IS SET FROM THE MOMENT YOU STEP IN. ALL AT YOUR DISPOSAL, IN THE HANDS OF OUR SPA ARTISANS AND ESTHETICIANS.

JUST LIKE A FINE GARMENT, EVERYTHING IS MEASURED TO FIT YOU, THEN DESIGNED AND FINALLY CAREFULLY TAILORED TO MATCH THE NEEDS OF YOUR BODY, SKIN, SPIRIT AND MIND.



OUR PHILOSOPHY

WE BELIEVE IN THE FUNDAMENTALS OF **SCIENCE - BASED HOLISTIC WELL - BEING:** MOVING, EATING CLEAN, BREATHING, CONNECTION, AND PURPOSE. A **360 - DEGREE APPROACH TO WELLNESS** THAT WEAVES THE MENTAL, PHYSICAL, SPIRITUAL, EMOTIONAL, AND ENVIRONMENTAL ASPECTS OF WELL - BEING TOGETHER, BECAUSE WE BELIEVE THAT THESE PILLARS OF HEALTH ARE ALL INTERCONNECTED.

MYTHA SPA AT D MARIS BAY DATCA IS INSPIRATIONAL. EVERY SPA TREATMENT IS MADE - TO - ORDER, EVERY EXPERIENCE IS PERSONAL. THE SPA BECOMES YOU. THIS IS YOUR FACIAL, DESIGNED FOR YOUR **SKIN DU JOUR**, LITERALLY. THIS IS YOUR MASSAGE, DESIGNED AND PERFORMED BASED ON YOUR DESIRES FOR THE DAY, YOUR MOOD, YOUR MOMENT. HOW YOU WANT TO FEEL AND BE AT THE END OF YOUR EXPERIENCE IS OUR GOAL.

OUR PRODUCTS

SEED TO SKIN: HARNESSING THE POWER OF THE EARTH, INSPIRED BY THE POWER OF NATURE; MYTHA'S NEW LINE OF ALL-NATURAL BODY & SKINCARE PRODUCTS HAS BEEN CONCEIVED IN LINE WITH NATURE AND BASED ON THE KNOWLEDGE AND WISDOM OF ANCIENT HEALING TRADITIONS COMBINED WITH HOLISTIC APPROACH.

WITH RARE AND PRECIOUS INGREDIENTS, ALL OF OUR PRODUCTS ARE COMPLETELY CHEMICAL FREE WITH ORGANIC INGREDIENTS SOURCED FROM THE SURROUNDED LOCAL REGION AND AROUND THE WORLD FOR THEIR PURITY AND POTENCY. MANY OF MYTHA THERAPIES AND TREATMENTS HAVE BEEN CREATED USING ORGANIC ESSENTIAL OILS AND FRESH HERBS HARVESTED FROM THE GARDENS OF EAGEAN & MEDITERRANEAN.

TRADITIONAL BODY TREATMENTS

Mytha Spa offers experiences that embraces one of nature's purest restorative element: Water. We believe in the balance between the nurturing power of water and the natural world it nourishes, granting the opportunity for complete release and mindful growth. Our treatments provide a transformative experience that restores through the tranquility and purity of water. Steeped in Turkish tradition and origin, hamams provide a place for relaxation, wellbeing cleansing and detoxifying for the body and mind since the old Ottoman days.



MYTHA SPA
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TRADITIONAL HAMMAM BATHING RITUAL *45 min.*

Experience authentically Turkish traditions of cleansing of “Traditional Turkish Hamam Experience” performed in our private hamam facilities; the gentle heat from the stone prepares the body for the ultimate exfoliation complete with kese exfoliation and foam massage while the olive oil soap nourishes and stimulates the skin.

D - WAY OF HAMAM *60 min.*

King of flowers, Queen of essential oils and Gift of Angels, can you guess? Cherished, loved and held high for its intrinsic beauty, mesmerizing aroma and stupendous health benefits Rose and its essential oil can simply make anyone addicted to the flawless elegance of Mother Nature.

The ritual of Hammam has been carefully redesigned by us to meet the needs of modern times, adding a personal Mytha touch with the help of the Queen of Essential Oils. This extended ritual also includes our relaxing and rehydrating Rose body mask.

AUTHENTIC TURKISH BODY SCRUB *30 min.*

How about using a special silky glove for uniquely local experience of scrub which cleanses your skin and relaxes your body for the ultimate rejuvenation.

**AUTHENTIC TURKISH BODY POLISH
(SOAP MASSAGE)** *30 min.*

Experience the next step of Turkish Bath Ceremony. The olive oil or rose oil soap nourishes and stimulate the skin with a relaxing massage.

IMMERSIVE JOURNEYS

Discover inner joy where you can truly relax, unplug and recharge... Enter our spa and truly immerse and boost your soul. Combining a series of treatments, these journeys bring you to a state of bliss and solitude. Choose from any of our journeys to experience a deeper immersion into relaxation.



MYTHA SPA
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AEGEAN JOURNEY 115 min.

Your journey will start with a contouring body exfoliation and purifying body wrap. Our Lavender seed scrub, rich in botanical anti-inflammatory properties prepares your body for our mineral rich marine wrap containing marine extracts, plant essences and algae. These luxurious ingredients and treatments stimulate the lymphatic system and assist the body in removing accumulated toxins and smoothing cellulite. After your warm private shower, a contouring body gel of cypress and lemongrass, is combined with your choice of body lotion or aromatic oil that is methodically massaged onto your body.

**RADIANCE REVITALIZED:
ENERGIZING JOURNEY** 120 min.

A rebalancing and restorative ritual for tired, stressed and jetlagged skin. This therapy, combined with a full body scrub with Coconut oil, Mint and seasalt stimulates microcirculation for a detoxifying lymphatic drainage. Your body is wrapped in a restorative moisturizing Shea Butter mask, followed by a full body massage with Lymphatic drainage techniques to soothe the senses and restore your body-mind balance.

GROUNDING JOURNEY 115 min.

Treat your mind and body to ultimate grounding indulgence. This relaxing experience includes a balance salt therapy containing himalayan crystal salt and rosewood to help release muscle tension and flush excess toxins. After a private warm shower enjoy a personalised full body body Wrap with Montmorillante French Clay mask. After a deep tissue massage with a selection of our finest oils and body lotions, conclude your tailored experience with a unique facial massage that stimulates muscles and promotes cell renewal. This is a luxurious journey to recover your balance.

MYTHA JOURNEY FOR COUPLES 120 min.

Enjoy a customized massage with your loved one in our luxury couples suite. Two therapists work in unison to provide an unforgettable shared experience that supports your personal needs and desired benefits. This is the ultimate harmonious and memorable massage experience for any duo.

HOLISTIC TREATMENTS

We treat every guest individually and tailor our treatments to reflect your own specific needs. Massages can be adapted to address issues such as tiredness, stress and tension. Different methods of massage can be combined to alleviate physical discomfort and create a sense of relaxation and harmony. Our selection of natural therapies capture the essence of gentle healing and promote wellbeing, beauty, comfort and wellness.



MYTHA SPA
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AROMATHERAPY MASSAGE 50/80 min.

Carefully blended essential oils are applied on the lymphatic pressure points of the body to maintain and promote physical, psychological, and spiritual well-being, resulting in a holistic experience. Choose from grounding, invigorating, detoxifying, stimulating, wild rose or Mytha spice oils for the full-body massage to intensify the therapeutic effects of this age-old treatment.

**LAVENDE - R - ELAX
FOUR HANDS MASSAGE** 80 min.

This sensory experience moves the mind into a parallel dimension, detaching you from the stresses of everyday life. This revitalizing treatment consists of an lavender-scented body scrub, followed by an exceptional four hand by two therapists.

HOT STONE MASSAGE 75 min.

Soothingly warm volcanic stones, therapeutic oil blends and special massage techniques are the key ingredients for this head to toe treatment. Warm, deep and stimulating, this massage will improve circulation and remove toxins whilst relaxing the body and mind.

REFLEXOLOGY 50 min.

This therapy is highly effective in restoring natural balance. Pressure points in the feet which align to the body's internal organs, energy centers and hormonal glands, are stimulated and massaged to energize and relax.

BALINESE MASSAGE 50/80 min.

Ancient Indonesian massage technique combines softness and tonicity. Enveloping movements, gentle and percussive stretches restore your equilibrium and wellbeing.

TRADITIONAL THAI MASSAGE 80 min.

Traditional Thai Massage, also known as passive yoga, combines gentle rocking and rhythmic compressions with targeted pressure points and assisted yoga stretches. Thai massage revitalizes both body and mind and balances the energy flow within. The therapist will tailor each treatment to meet your individual needs. Kindly opt for light clothing, such as kurta pajamas, to wear during this treatment.

ZEN SHIATSU MASSAGE 75 min.

Zen Shiatsu massage is a unique form of bodywork that provides the satisfaction of touch along with a profound energy-balancing experience. It is based on thousands of years of Eastern philosophy and methods of healing. Zen Shiatsu massage directly treats the channel (meridian) pathways within the body that hold ki / qi / energy ... our life essence.

AYURVEDIC BODY MASSAGE - ABHYANGA 80 min.

Ayurveda practices can be traced back to 5,000 BC. Abhyanga is a form of Ayurvedic medicine which involves massaging the body with warm oil infused with carefully selected seasonal herbs to best respond to the individual's constitution ('dosha'). This massage serves to stimulate the Chakras and realign the energy channels which flow through our bodies bringing a feeling of balance and peace.

AYURVEDIC HEAD MASSAGE - SHIRODHARA 75 min.

This technique uses a variety of movements over the neck, shoulders and head, combining gentle stroking and stimulation of marma points to help relieve stress, tension and fatigue.

MYTHA SIGNATURE INDULGENCES

RETREAT, RELEASE, RECONNECT

Inspired by its destination and local healing philosophies, MYTHA Signature Body and Beauty Treatments have been carefully curated using the finest organic and natural ingredients known for their healing powers, combining traditional massage techniques to stimulate energy points and meridians, and are personalised to the individual to target general concerns and specific conditions. Employing, healing tree oils, homeopathic facial mists, wild-harvested exceptional ingredients of natural origin, including plant stem cells & essential oils following the rhythm of the seasons these treatments offer palpable benefits and long-lasting results.



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D MARIS BAY

RETREAT

MYTHA SIGNATURE 50/80 min.

Myta Spa's Signature Massage enhances wellbeing through techniques that increase blood circulation and lymphatic flow. Our specially tailored approach is centred on improving muscle tone, skin texture and total relaxation. Choose your aromatic massage candle which will transform to body balm after heating, to suit the mind and body.

MYTHA FACELIFTING 45 min.

The unique techniques of Mytha Spa's Beauty therapists offers you a new-age face lifting massage formulated to rejuvenate the skin. Beginning with a soft cleanse, this natural treatment encourages muscle-lifting and skin-firming, and activates the lymphatic and cardiovascular circulatory systems for radiant results.

GRASTON THERAPY 30 min.

The Graston Technique is a patented form of manual therapy that uses stainless steel tools to perform muscle mobilizations. This therapy resolves issues for our special guests that caused them to live with pain for years, sometimes decades. Say goodbye to costly anti-inflammatory and pain medications.

HAMMER THERAPY 30 min.

This special technique uses a spring-loaded, hand-held mechanical instrument called the Hypervolt. This instrument allows therapists to provide a quick, low-force impulse at specific points. The therapist works along the energy lines of your body in quick tapping strokes.

RELEASE

RELAX & REGENERATE 50/80 min.

Daily tensions are embedded onto different areas of the body, especially the head, neck and shoulders. This massage enhances harmony between body and mind and provides a soothing sensation of well-being and muscle relaxation. Slow and medium pressure acts on the muscular tension and the stimulation of energy points allowing you to relax your entire body. After choosing among the purest oils, you will benefit from a personalized «tailor-made» massage to meet your specific needs of the moment.

LYMPHATIC DRAINING 50/80 min.

This massage stimulates the lymphatic circulation and promotes the elimination of excess water in particular the lower limbs, activating specific points that increase drainage.

MOM - TO BE 45 min. **PreNatal Massage**

For women in their second or third trimester, this gentle and relaxing massage is designed to nurture and support mother and baby. Mothers must be beyond their first trimester; before their last trimester.

DETOXIFYING 50/80 min.

According to Classical Chinese Medicine and Naturopathy, accumulated toxins must be removed before any treatment. This massage works on the meridians and specific points, preparing the body for the following treatments. (Not advisable for people suffering from capillary fragility).

(Body only, 50 min.)

RECONNECT

ANTICELLULITE *30 min.*

A perfect fusion of Western techniques that acts on energy function and on blemishes, allowing you to “transform” the “shape of the individual”. This medium-intensity dynamic massage, combined with the stimulation of specific points, mobilises and eliminates water retention.

DEEP TISSUE MASSAGE *50/80 min.*

Deep tissue massages involve the understanding of the different layers of the body and the ability to work with the tissues in these layers to relax, lengthen, and release holding patterns in the most effective and energy-efficient way possible. Recommended for most forms of chronic muscle tension, regardless of its source. Produce significant relief in other specific areas of chronic tension in the body.

SWEDISH MASSAGE *50/80 min.*

Unlike conventional Swedish massages, we use stimulating and invigorating pure essential oils of Orange, peppermint and rosemary in the manipulation of the superficial layers of the muscles against the bone. This full-body massage relaxes the body, increases circulation, removes metabolic waste products, opens up the respiratory tract and helps the recipient obtain a feeling of connectedness

THERAPEUTIC MASSAGE *50/80 min.*

This massage, tailored to individual needs, targets the areas of concern and works the muscle layers, addressing trigger points with light, medium and firm pressure to focus on stress, ease muscle tension, boost circulation and improve mobility, as well as muscle and skin tone. For a more intensive massage please book the Deep Tissue Massage.

GENTLEMAN'S SPA EXPERIENCE

The ingredients selected for our gentlemen's treatments are created exclusively for the needs and care of a man's skin. Mytha products use natural ingredients that are light and easily absorbed, so that daily skincare becomes effortlessly refined.



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MANKIND BODY REJUVENATION RITUAL *115 min.*

Commencing with a Himalayan salt therapy and a hot algae back pack for relief tension and de-toxing. Afterwards, heated, smooth volcanic stones dipped in warmed essential oil are used to melt away tension deep within muscle tissue providing soothing relief. Leaving your skin smoother and more relaxed.

GENTLEMEN'S FACIAL TREATMENT *50 min.*

The products for men's facials are created specifically with the male skin in mind. Products are designed to take care of the health and well-being of mens skin, containing efficient active indegrents. They have masculine fragrance and light texture.

MEN'S SIGNATURE MASSAGE *50/80 min.*

This unique designed therapy is specially for Mytha Spa guests combined with phsical therapy rules. The result of this increased relaxation can be used to decrease joint stiffness, decrease muscle stiffness, and reduce pain. Increased circulation to your injured body part helps bring in nutrients, oxygen, and cells that promote healing.

SPORTS MASSAGE *50/80 min.*

Using a technique that focuses on the deeper layers of muscle tissue, this massage aims to release the chronic patterns of tension in the body. Deep tissue manipulation and long fluid massage movements, work on muscle fascia and muscle fibers. This massage help to reduce stiffness in the muscles and joints.

BEAUTY ATELIER

The finest products sourced from natural botanical plant extracts to the wonders of the sea.

We at Mytha Spa feel that beauty is a personal endeavour. Providing you with vast selection of treatments from an array of the finest products sourced from natural botanical plant extracts to the wonders of the sea, Mytha Silhouette Rituals deliver simplistic beauty with visible results.

Let our experts guide you on a luxurious and rejuvenating journey of wellbeing.

SILHOUETTE

PURIFYING BODY SCRUB *45 min.*

The ritual starts with a purifying peeling carried out with purifying scrub: Almond micro-spheres exfoliate the body, while lavender and geranium extracts purify the epidermis from toxins and impurities

REHYDRATING AROMATIC MUD WRAP *75 min.*

In these rituals, the heavenly magic of the essences combines with an aroma and terrestrial power of various muds made using rich sulphate clays and morillonite. Stimulation of the facial energy points along Chinese medicine's meridians moves the energy that starts to circulate freely, detoxifying and regenerating the body through the organs responsible. The osmotic action of mud combined with massage performed with specific products of the Mytha SPA body line helps to eliminate toxins and regenerate tissue.

DETOXIFYING BODY WRAP WITH MICRONISED ALGUE *45 min.*

Body Brush exfoliate the skin and to remove excess toxins from the body. After brush a mixture of detox oils with juniper, grapefruit and geranium are used to massage your entire body to help intensify your detoxification results. Improve your sleep, improve muscle tension and reduce inflammation with this unique experience.

AFTER SUN SOOTHING BODY WRAP *75 min.*

Refresh and regenerate skin with this cooling after sun wrap. A soothing enriched gel combats harmful effects of sun exposure. Once gel has been cocooned around the entire body, it is gently massaged in, restoring elasticity and toning.

G5 BODY SKIN *30/50 min.*

For more than 50 years, G5 electro-mechanical massage and percussion modalities have been used by therapists to compliment their "hands on" techniques. Our experienced colleagues are waiting to enrich your body treatment experience.

CACI BODY TREATMENT *30/50 min.*

CACI body treatment is designed to firm up sagging skin using microcurrent technology. Perfect if you want to tackle cellulite, fluid retention and all-round fatty bits, CACI works by stimulating the muscles under the skin, offering the same fat-busting results as a full body workout.

FACIAL ENHANCEMENTS

FACE YOGA *30 min.*

Our accredited, internationally renowned and fully certified Face Yoga experts allow you to experience this ongoing selfcare treatment to enrich your facial protocols. It is time to look and feel the very best version of ourselves using simple, natural yet effective techniques.

CACI FACE TREATMENT *30/50 min.*

An advanced non-invasive facial, with twenty years medical research behind it. Microcurrent impulses will lift and tone the facial muscles and the neck area, whilst improving skin elasticity and reducing the appearance of fine lines and wrinkles. This gives a more youthful, fresh appearance and glow.

PURIFYING FACIAL TREATMENT *50 min.*

Unblocking the pores and eliminating impurities means letting our skin breathe, stimulating cell turnover and making it fresher, radiant and smooth. This cleansing facial is ideal for preparing the skin for subsequent treatments. The hazelnut beads exfoliate the skin; the lavender and burdock extracts purify, while the precious olive oil deeply nourishes. The cells are renewed and the skin experiences an immediate feeling of well-being, thereby looking revitalized.

MINI SKIN CARE *30 min.*

A facial cleansing treatment suitable for those who do not need a full treatment or have little time available.

REVITALIZING SKIN CARE

Treatment aimed at preventing premature ageing of the skin, provoked by stress incurred by the environment and lifestyle. The hot sponging combined with the enveloping manual technique of the contouring facial massage and acupuncture on the energy points guarantee vitamin A for restructuring the dermis, beechwood buds for regenerating cellular vitality. Olive oil, extracts of hibiscus maintain hydration and smoothness for a delicious new fresh face.



**BIOLOGIQUE
RECHERCHE**

PARIS

**EXCLUSIVE TREATMENTS
BY BIOLOGIQUE RECHERCHE**

The groundbreaking program will bring together the French luxury skincare company's clinical approach with Mytha Spa's world-class service. Comprised of several different treatments, each personalized to treat specific skincare needs, the success of each facial is the intention to gently bring the skin to a balanced, hydrated, nourished and projected state.

The Biologique Recherche methodology has a reputation for astounding effectiveness based on a clinical approach to beauty care using intentionally pure, concentrated and raw ingredients, as well as innovative and meticulous protocols and procedures. Products contain high concentrations of active ingredients, are perfume-free and are micro-brewed at the Biologique Recherche laboratories in Paris.



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D MARIS BAY

SOIN RESTRUCTURANT ET LISSANT 60 min.
FACIAL TREATMENT

Immediate reconditioning Anti-Aging treatment for sensitive, reactive skin instants or skin that is marked by time. With calming and soothing agents: extract of squash; hydrating and smoothing agents: hyaluronic acid, silk; renewing agents: royal jelly.

VIP O₂ OXYGENATING 60 min.
FACIAL TREATMENT

Luxurious oxygenating and balancing ritual features a perfect combination of oxygenation and bio-energy massages. A wonderful moment of well-being and relaxation that oxygenates the epidermis, relaxes your features and leaves you glowing with health. Recommended for all Skin Instants.

SOIN LIFT CVS 60 min.
FACIAL TREATMENT

A complete skin care, lifts, restructures, firms, hydrates and protects against exterior aggressions. Recommended for normal, mix and seborrheic Skin Instants. Hydrating Ingredients: Silk Extract, Hyaluronic Acid Renewing and purifying Ingredients: Algae, Milk Proteins

PIGM400 BRIGHTENING 60 min.
FACIAL TREATMENT

A special designed treatment with concentrate of active ingredients that brightens and protects skin, while reducing the appearance of dark spots. Products specially formulated as both a preventive and corrective treatment, helping reduce the intensity of existing pigment spots and prevent the appearance of new blemishes. The complexion becomes more radiant, and skin is more uniform.

AFTER PARTY BODY TREATMENT 75 min.

This treatment includes an energising massage and body wrap. The thermal effect of the Algea releases marine active ingredients that remineralize and purify the body, toning the epidermis and stimulating the elimination of excess water and toxins. This treatment will fill you with a wonderful sense of wellbeing and comfort.



LUXURY TREATMENTS BY BELLEFONTAINE

THE EMBODIMENT OF LUXURY, SCIENCE AND RESULTS

The unparalleled luxury of Bellefontaine opens the doors to iconic treatments for a clientele looking for excellence and results.

Made in Switzerland, Bellefontaine products contain natural and precious ingredients from the Alps and the most cutting-edge discoveries in biotechnology.

Aim is to fight against soft inflammation, one of the main causes of skin aging, through the creation of a unique and revolutionary complex, EDELGEN® which is cultivated from the legendary Edelweiss flower of Switzerland.



MYTHA SPA
D MARIS BAY

**ANTI AGING
CAVIAR TREATMENT**

60 min.

Thanks to the Caviar, rich in natural proteins, minerals and essential amino acids, it improves the cell metabolism and the skin's moisture. Enriched with a cocktail of precious ingredients of Iris Isoflavones, Collagen, Silk and Gold Peptides, luxurious Anti-Aging Caviar treatments boost the production of collagen and elastin at the same time reinforcing the skin barrier against external aggressions. The appearance of fine lines and wrinkles is reduced for a smooth, plump and firm appearance.

**CELLSTEMINE
TREATMENT**

60 min.

These innovative anti-aging treatments, developed with highly selected vegetal stem cells of Edelweiss, Argan and Alpine Rose, collected from the heart of the plant, have a direct effect on skin, by stimulating the production of collagen and elastin, while preserving youth capital. The skin is renewed, rehydrated and plumped, wrinkles and fine lines are significantly corrected.

PARENT & CHILD TREATMENTS

SOFT SKIN CARE *25 min.*

Facial and scalp massage will allow you to get away with your child and find a radiant, fresh and luminous complexion. A final touch of hydration and here is a face softer and fresher than ever

(children aged 6 to 12).

TENDERNESS FACE TREATMENT *40 min.*

It is never too early to learn the right healing rituals. You and your child will spend a moment of absolute relaxation thanks to a facial and scalp massage that will allow you to find your skin soothed with long-lasting hydration and protection. From external aggressions and ready to take on new adventures!

(children aged 12 to 16).

SOFT BODY TREATMENT *25 min.*

Spending a moment of well-being and soothing with your child is the promise of this body treatment. A back, neck, arm and leg massage will bring comfort and softness to your skin and protect it from lasting dryness. A relaxing head-to-toe experience for parents and children!

(children aged 6 to 12).

TENDERNESS BODY TREATMENT *45 min.*

This treatment is an invitation to relax in softness and tenderness. A back, neck, arm and leg massage will give you a delicious soothing feeling. Your child will discover all the benefits of deep relaxation and will leave full of beautiful energy!

(children aged 12 to 16).

ADD-ONS

(30 Min.)

INTENSIVE EYE THERAPY

A luxurious treat for the delicate eye area that revives and relaxes tired, stressed skin. Following a gentle cleansing of the eye area, specialised massage movements and a skin firming gel leave the eye area looking and feeling toned. This eye treatment works to restore elasticity while removing tension from the eye area and reducing any puffiness, dark circles and fine lines.

REJUVENATED EYES, NECK & DECOLTEE

This refreshing and firming remedy for the eyes, neck and decoltee revitalises these delicate areas with stimulating proteins, a firming formula and a rich moisturising cream. This is also a wonderful therapy for headaches, migraines and allergy tensions, and is highly recommended to counter the stress of long hours at the computer.

PURIFYING BACK CLEANSE

Soothe upper body tension with this deeply relaxing and cleansing treatment for the back. Warm aromatic compresses open the pores, followed by a mineral-rich sea salt massage that deeply cleanses the skin and assists in the removal of impurities and toxins. A rejuvenating body lotion is applied and leaves the skin nourished and revitalised.

BIO2 LIGHT FACIAL THERAPY **Cooling, very gentle and effective beauty experience.**

Four different wavelengths of coloured lights between 470 and 620 nm are applied: Blue, green, orange and red - all individually selectable and interchangeable. Up to 10mm deep the light waves penetrate the skin and several positive effects for the skin can be seen.

SPA ETTIQUETTE

ARRIVAL

To ensure your time with us is as pleasurable and as seamless as possible, we ask you to arrive at Mytha Spa a minimum of 20 minutes ahead of your scheduled time. If you wish to take advantage of our beautiful facilities we invite and welcome you to arrive one to two hours prior.

LATE ARRIVAL

If you arrive late for an appointment, you will receive the best treatment possible within the remaining appointment time, however this may be necessary to decrease with respect of the next appointment; 50% treatment costs apply.

CANCELLATION

If you must reschedule or cancel your spa appointment, please notify the spa at least 4 hours in advance to avoid being charged for the service. Cancellation of a package, group booking or ritual requires 12 hours notice.

RESERVATION

Advance bookings are always recommended to guarantee your preferred treatment and time. We cannot secure any spa treatments if we do not have your room number.

MEDICAL CONCERNS

Please notify spa reservation before booking any treatment if you have any physical ailments, allergies or disabilities, or are taking any medication, as this may affect your choice of treatment.

SPA ATTIRE

Your modesty will be respected at all times. Disposable underwear is available if desired. Loose clothing is provided for Thai massages, as are robes and slippers for your comfort. Please bring with you your own bathing suit and gym clothing if you wish to use the swimming pool or gymnasium.

VALUABLES

Mytha Spa D Maris Bay cannot accept responsibility for any lost or stolen items.

AGE REQUIREMENT

All spa guests must be 16 years of age and above. Our teenager guests are welcome only with their parents.

Mytha Spa DMaris Bay is a tranquil environment for everyone to enjoy, as a courtesy to our other guests, please switch off your mobile phone or place it in silent mode at all times while within the Spa.

Prices and treatments are subject to change without notice.



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MYTHA SPA & WELLBEING MENU
2022