

Learn to love yourself.

Learn to love yourself.

Opening Hours

Monday to Friday
10.00am to 8.00pm

Weekends & Public Holidays
10.00am to 7.00pm

Myoka 5 Senses Spa
Hilton Hotel, St. Julians

DIRECT LINE: (+356) 2137 0194
HOTEL EXT: 3431

fivesenses@myoka.com
www.myoka.com



senses

SPAS
myoka
Hilton Hotel

SPA Treatment List
Myoka 5 Senses Spa



SPAS
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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 Myoka Five Senses Spa, embark on your journey of self discovery and leave the stresses of every day life behind.

For an afternoon or just an hour, restore tranquility of mind and body through a selection of decadent treatments that indulge every sense, tailored specifically to your individual requirements.

Drawing on ancient rituals, using state of the art equipment, highly trained Aestheticians and Massage Therapists perform treatments in luxurious and stylish surroundings, inspired by Myoka's holistic approach.

RESTORE YOUR SELF. ALIGN YOUR ENERGIES. REVIVE YOUR SOUL.



Contents.

Choose from a vast range of special treats for you to indulge in and enjoy during your stay!



Body, Mind & Soul



Heavenly Baths



La Prairie



Decleor



Myoka Facials



Body Scrubs & Wraps



Oriental & Holistic Therapies



Hands & Feet



Signature Packages



Aesthetic Treatments



Spa Information

myoka SPAS



senses



Special Treatments

Look out for our recommended treatments highlighted in boxes like this one for a remarkable SPA experience.



Body, Mind & Soul.

Escape to a world of harmony and total relaxation.

ASHIATSU (BACK WALKING) MASSAGE

⌚ Dur 55 mins €90

Guaranteed to be the deepest, most luxurious massage you've ever experienced, combining traditional Thai, Japanese barefoot shiatsu, Keralite and southern Indian massage techniques that feel fantastic as well as create a structured change in sore muscles.

STRESS BUSTER MASSAGE

⌚ Dur 85 mins €85

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

COUPLE DUET MASSAGE

⌚ Dur 55 mins €140

Experience your massage with a friend or loved one in our specially designed encirclement suite. Enhance this treatment with a couple's aroma hydro session for a complete truly deep bond.

AQUA WAVE MASSAGE

⌚ Dur 85 mins €120

Gently and weightlessly allow soft water jets to massage your body in a world of warmth and tranquility. Using synchronised ripples together with thermal and colour therapy for an unforgettable experience.

AROMATHERAPY MASSAGE

⌚ Dur 55 mins €70

A form of massage which incorporates the use of essential oils, to help promote self-healing and rejuvenation.

DEEP TISSUE MASSAGE

⌚ Dur 45 mins €60

A therapeutic massage focusing on stretching back, neck & shoulders to treat stress & tension, soothe sore muscles & restore energy flows.

ORIENTAL HEAD / BACK MASSAGE

⌚ Dur 25 mins €35

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

MUMS TO BE

⌚ Dur 55 mins €60

Just what you need! Relax and let us pamper you with a leg, face and head massage to help relieve unwanted tension and swelling.



Heavenly Baths.

An underwater massage using multi-speed water jets and chromo-therapy

The perfect therapy before or after any of our Spa body treatments.

HERBAL AROMATHERAPY BATH

⌚ Dur 25 mins €35

A combination of herbs and essential oils combine to offer the specific effect of your choice: soothing, revitalizing, and healing.

BLUE LAGOON

⌚ Dur 25 mins €35

Plunge into an ocean of well-being and vitality. Marine crystals promote relaxation, activate perspiration and fight water retention.

MARINE ALGAE BATH

⌚ Dur 25 mins €40

Pure sea concentrates, which provide well-being, relaxation and effectively treat excess weight.

AROMA STEAM BATH

⌚ Dur 25 mins €40

A therapeutic solution to help reduce stress, improve complexion and alleviate pain. Dependant on your personal needs, this treatment helps with clearing the mind, refreshing the soul and promoting total tranquility.

COUPLES HYDRO BATH

⌚ Dur 25 mins €60

Water's ability to heal and rejuvenate is almost magical. Sharing a hydro stimulating session with a loved one creates an unforgettable experience. At the same time you will also benefit from the aroma and jet massage, aiding you in relaxation and stimulation.

FLOATATION EXPERIENCE

⌚ Dur 45 mins €45



The Floatation Experience allows the mind to rest and free itself from distractions promoting a natural and total state of well being and relaxation. Instantly the experience in the floatation tank gives you a sense of tranquility and relaxation releasing the body and mind from stress and anxiety and allows the mind to drift and restore balance and focus.



Facial Treatments.

A truly unforgettable experience, that best suits your skin type.



MYOKA ABSOLUTE FACIAL

⌚ Dur 85 mins €80

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 a treatment, to leave you with a memory of a lifetime for it's 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.

GENTLEMEN'S FACIAL

⌚ Dur 55 mins €65
⌚ Dur 90 mins €70

This deep cleansing treatment includes an exfoliation, a face, back, neck and head massage with hot lava stones, leaving the skin feeling and looking refreshed and revitalized.

ADVANCED LIFTING FACIAL

⌚ Dur 85 mins €70

This youth-enhancing facial offers a combination of advanced hands-on lifting and firming massage techniques that reduce the appearance of fine lines and wrinkles, restoring skin tone and texture, whilst soothing complexion and increasing your natural radiance. A facial machine therapy treatment is also added to the facial, offering the first real alternative to surgery, dubbed by the press "The Knifeless Face Lift". Using special combinations of micro-current, frequency and waveform the treatment works on all levels of the skin, muscles, collagen and elastin to improve skin surface and facial contours.

DAZZLING MAKE-UP P.O.R

Ask about our make-up services for that special occasion.

AROMATHERAPY FACIAL €60

A purifying cleansing face treatment, using a gentle skin refiner, followed by a pressure point massage, lymph drainage and a calming mineral mask. To leave your skin healthy and radiant.

TAILOR MADE FACIAL €35

A facial treatment tailored to your skin type. (Home care advice is also provided).



Aesthetics

Non-invasive treatments to make you look and feel years younger.

BOTOX P.O.R.

⌚ Dur 55 mins

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

AREAS THAT CAN BE TREATED

- Crows feet
- Forehead
- Cheeks
- Neck
- Hyperhidrosis
- Laugh lines

DERMAL FILLERS P.O.R.

⌚ Dur 55 mins

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

AREAS THAT CAN BE TREATED

- Lip Lines
- Crows feet
- Middle of eyebrows

INTENSE PULSED LIGHT P.O.R.

⌚ Dur 55 mins

Intense Pulsed Light is a non invasive way to eliminate unwanted hairs and rejuvenate the skin and treat pigmentation. This gentle procedure efficiently destroys the strength of the hair and improves the texture of the skin, by creating intense heat to completely remove the hair follicle and providing long term results.

AREAS THAT CAN BE TREATED

- Face
- Upper lip
- Legs
- Back
- Arms
- Shoulders
- Under Arms



Body Scrubs & Wraps.

Pamper your body and rejuvenate your skin.

LOTUS HERB BODY SCRUB

⌚ Dur 25 mins €40

Using traditional Asian ingredients to cleanse, restore and hydrate your skin with splashes of tamarind, yogurt, oat meal and honey to further soften your skin.

ORANGE BLOSSOM BODY SCRUB

⌚ Dur 25 mins €40

The fruit acid contained in the scrub helps to rejuvenate skin cells whilst providing vitamin C and other nutrients to the skin.

HONEY SESAME BODY SCRUB

⌚ Dur 25 mins €40

A moisturising rub using natural honey and sesame seeds to exfoliate and remove dead skin cells, resulting in softer and smoother skin.

APPLE GREEN TEA BODY SCRUB

⌚ Dur 25 mins €40

A wonderful moisturiser for sensitive skin types to make you glow from head to toe and smell delicious.

MEDITERRANEAN SEA SALT BODY SCRUB

⌚ Dur 25 mins €40

A deep cleansing treatment using a blend of sea salt, mineral salts and essential oils to relieve stress. The Aroma salt replenishes lost minerals in the skin and leaves the skin feeling velvety soft. To finish, the skin is nourished with a moisturising cream.

SWEET BANANA FULL BODY WRAP

⌚ Dur 45 mins €60

Honey, nature's ultimate beauty product, is blended with banana for a wrap rich in Vitamin A and potassium providing intense moisture which firms the skin. Antioxidants clean and purify the skin while the humectant properties of honey trap and seal moisture, leaving the skin soft and supple.

SUN LOVERS FULL BODY WRAP

⌚ Dur 45 mins €60

Maintain your skin's natural moisture balance with Aloe Vera and fresh Cucumber. A treatment made for the healing of sun-damaged, dehydrated skin conditions and the promotion of new cell growth.

MYOKA MUD BODY WRAP

⌚ Dur 45 mins €45

This treatment consists of maximizing the beneficial properties of seaweed, thermal waters, phyto extracts and essential oils to obtain a highly effective treatment. The mud contains natural caffeine, ginkgo biloba, escine and thermal waters amongst other ingredients. The body is massaged with mud after which the body is wrapped up to stimulate and increase body temperature and encourage the elimination of toxins.

PARAFANGO BODY WRAP

⌚ Dur 45 mins €60

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

FLOAT & MASSAGE

⌚ Dur 90 mins €100

⌚ Dur 120 mins €130

Immerse yourself free from distractions with our float, feeling totally re-energised. This treatment is an excellent, relaxant, detoxifying and excellent for relief of fatigue, back ache and pain associated with sports injuries and rthritis. A stress buster massage will follow focusing on the face, scalp and full body aromatherapy treatment. The float and massage will promote an overall feeling of health and well-being leaving you totally re-energised and ready to face the world again.





Oriental & Holistic Therapies.

Embrace the true Spirit and tradition of Holistic Healing.

REFLEXOLOGY

- ⌚ Dur 25 mins €35
- ⌚ Dur 60 mins €60

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

HOT STONE MASSAGE

- ⌚ Dur 30 mins €40
- ⌚ Dur 55 mins €70
- ⌚ Dur 85 mins €93

An ancient Eastern form of 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.

PANTAI LUAR

- ⌚ Dur 55 mins €70
- ⌚ Dur 85 mins €95

Dissolve energy blockages by anointing the body with warm exotic oils. Relax on a warm bed whilst you are massaged with two heated herbal compresses made of the worlds highest quality fresh herbs, oils, coconut and lime.

CHINESE MASSAGE

- ⌚ Dur 55 mins €70
- ⌚ Dur 85 mins €95

According to old Chinese fables, this massage is an expression of art. Placing the hand on specific spots on the body, the Masseur is able to minimize the pain on stiff zones, regain loss of energy and to rejuvenate the spirit.

THAI MASSAGE

- ⌚ Dur 55 mins €75
- ⌚ Dur 85 mins €95

The Thai massage provides flexibility, inner organ massage, oxygenating of the blood & quieting of the mind attained through yoga. Application of pressure to energy points, together with a vast array of passive stretching movements performed using hands, feet, knees & elbows, the body experiences profound relaxation, increased flexibility and increased flow of energy.

Hands & Feet.

Treat your hands and feet to some well deserved pampering.

GENTLEMANS DELUXE PEDICURE TREAT

- ⌚ Dur 90 mins €90

As we go through everyday life, we neglect those things that renew our spirit and outward appearance. Pressure points in our feet are the main source for relieving our body from negative energy and toxins. Our carefully selected products refresh and invigorate the skin. Treat your aches and pains with our deluxe foot pampering and enjoy the rejuvenating and light sensation.

- Peppermint Foot Soak • Nail and Cuticle Care • Nail Buff
- Foot Exfoliation • Mud Mask • Reflexology • Paraffin Wax Treatment
- Nail Oil Buff and Shine.

MYOKA MANICURE EXPERIENCE

- ⌚ Dur 60 mins €45

Hands are soaked in an essential oil base after which we file, cut and work around the cuticle. When necessary, nails are then buffed and polished. Following a hand exfoliation and a hand massage using our active ingredients leaving the hands well nourished before treating them with paraffin. A luxury selection of nail polish is presented to you, after which you may keep your selected colours.

MYOKA PEDICURE EXPERIENCE

- ⌚ Dur 60 mins €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 by offering a variety of different healing & holistic soaps to soak your feet in. We will remove hard skin, push and cut cuticles, re-shape and polish your nails and exfoliate the feet to achieve optimum results, finally pampering you with an energy point foot massage followed by a paraffin treatment. A luxury selection of nail polish is presented to you, after which you may keep your selected colours.

SIGNATURE MANICURE / PEDICURE

- ⌚ Dur 30 mins (Manicure) €25

This treatment includes re-shaping, cuticle pushing, nail buffing, hand exfoliation, a pressure point hand massage to complete this treatment as well as an application of nail polish of your choice.

- ⌚ Dur 30 mins (Pedicure) €30

This treatment includes an incredible aroma soak with fresh essential oils, re-shaping, and cuticle pushing, a foot scrub and a light foot massage.

NAIL EXTENSIONS / REPAIR

P.O.R



Special Treatments.

Enjoy some selective treatments exclusive only to the Myoka 5 Senses Spa.

DECLÉOR
PARIS

SPECIFIC AROMATIC FACIAL €80
⌚ Dur 85 mins Lm 34.34

Looking for a treatment with high-precision action? This targeted treatment provides an expert response to the needs of every skin type.

CLASSIC AROMATIC FACIAL €80
⌚ Dur 85 mins Lm 34.34

Tempted by the softest sensation of purity, this multi-active, 100% natural treatment is tailored to every skin type. Your therapist selects fine Decléor products to correct any major imbalances in your skin.

RELAXING AROMATIC FACIAL €70
⌚ Dur 55 mins Lm30.05

From your hairline to neckline, combining localized, gentle pressure with light sweeping strokes. Get ready to slip into complete and utter relaxation using Decléor's superior products.

BODY MASSAGE €105
⌚ Dur 85 mins Lm45.08

Aromassage the art of absolute well-being, from the tip of your toes to the tension points of your scalp, tension is soothed away, toxins eliminated, and your body is filled with new energy.

BODY ENVELOPMENT €70
⌚ Dur 55 mins Lm30.05

Aroma Envelopment full body wrap – a true cocoon of effectiveness! Tempted by the warm sensation of pure performance, at the heart of this treatment is a rich, creamy mask with plant extracts, chosen according to your needs.

la prairie
SWITZERLAND

CELLULAR HYDRATING FACIAL €125
⌚ Dur 85 mins Lm 53.66

The most dramatic results for stressed, fatigued skin. This intensive treatment combines energizing masks and massages with the revitalizing benefits of Cellular Cycle Ampoules for the face.

CAVIAR FIRMLING FACIAL €125
⌚ Dur 85 mins Lm 53.66

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

SWISS CELLULAR TREATMENT FOR MEN €125
⌚ Dur 85 mins Lm 53.66

A detoxifying and soothing treatment for men that instantly cleanses, energizes and conditions the skin. Helps to normalize skins behaviour, prevent irritation and correct stressed skin.

CAVIAR BODY TREATMENT €130
⌚ Dur 90 mins Lm55.81

Luxurious caviar – nature's most exquisite ingredients – the source of this exclusive nourishing and energizing total body massage. This ultimate firming treatment leaves skin shimmering with renewed vitality, improved elasticity and an overall sense of wellbeing.





Signature Spa Day Packages.

Exclusive packages to the Myoka 5 Senses Spa.
A great place to relax, indulge and reconnect.

AWAKENING

⌚ Dur 150 mins €140 per person

- Lemongrass and Ginseng Body Scrub
- Phoenix Experience
- Lift-Me-Up Massage
- Awakening Facial

STONE IT UP

⌚ Dur 150 mins €190 per person

- Steam Bath
- G5 Treatment
- Sports Massage
- Nouvola Algae Wrap

STRICTLY BUSINESS

⌚ Dur 210 mins €220 per person

- Steam Bath
- Deep Pressure Back Massage
- Hot Stone Facial
- Foot & Hand Groom Massage

THE RED CARPET

⌚ Dur 240 mins €245 per person

- Mediterranean Glow
- Phoenix Rejuvenation
- Radiance Gold Facial
- Myoka Manicure & Pedicure

IMPERIAL EUPHORIA

⌚ Dur 150 mins €250 per person

- Hydro Aroma Bath
- Myoka Body Cleanse
- Four Hand Leisure Massage

CLEOPATRA'S LOVE AFFAIR

⌚ Dur 180 mins €465 per person

- Ylang Ylang body polish
- Coconut milk massage
- Papaya body mask
- Bergamot head massage
- Sandalwood reflexology
- Private hydro session for two

Our all-inclusive half-day spa packages, full-day spa packages, and multi-day packages give you the complete crossings experience and include access to all property amenities: indoor pool, hot tub, cold dip, sauna and steam room.

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 (+356) 2138 3383 or 2137 0194. In-house guests can call EXT 3431. Our therapists will guide you through our selection of treatments.

KINDLY NOTE

In-house guests are advised to arrive at least 15 minutes before their appointment. Bathrobes and slippers are available from your guest room.

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 compliments your physical condition.

CANCELLATION

Please allow 24 hours notice of cancellation to avoid an automatic 50% charge.

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.