



MYTHA SPA

D MARIS BAY

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**REVIVE YOUR ESSENCE AND**

**EMBRACE SERENITY AT** *Mytha Spa.*

*At Mytha Spa,* we tailor each experience to suit your needs, expectations, and deepest desires. From the moment you arrive, the ambiance is carefully curated. With our skilled spa artisans and estheticians, every detail is meticulously crafted, ensuring a perfect fit for your body, skin, spirit, and mind.

## OUR PHILOSOPHY

At Mytha Spa, we believe in the fundamentals of well-being; move, nourish, breathe, connect, and find purpose. Our philosophy integrates mental, physical, spiritual, emotional, and environmental aspects, recognizing their interconnectedness.

Each treatment is bespoke, and every experience is tailored to you. It is not just a facial; it is your skin du jour. It is not just a massage; it is crafted to match your desires, mood, and moment.

Our aim is simple; to leave you feeling exactly as you wish at the end of your journey.

## OUR PRODUCTS

**Discover Seed to Skin:** Where earth's power meets nature. Mytha Spa unveils a luxurious line of all-natural body and skincare products, rooted in ancient healing wisdom and holistic philosophy. Enriched with rare ingredients sourced locally and globally for purity, our chemical-free formulations feature organic components like essential oils and herbs from the Aegean & Mediterranean gardens, enhancing our therapies.

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## TRADITIONAL *Hammam Treatments*

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### TRADITIONAL TURKISH BATHING RITUAL

45 min.

Indulge in the authentic Turkish tradition of cleansing with our traditional Turkish hammam experience. Feel the gentle heat of the stone preparing your body for the ultimate exfoliation, including a scrub and foam massage, while our nourishing olive oil soap revitalizes and stimulates your skin.

### DWAY OF HAMMAM

55 min.

Discover the allure of rose and lavender, cherished for their beauty, mesmerizing aroma, and health benefits. Our hammam ritual has been meticulously re-imagined, infused with the essence of these timeless treasures this extended experience also features our soothing and hydrating hammam body mask.

### LOOFAH BODY POLISH

25 min.

Experience the gentle touch of our loofah polish combined with the nourishing properties of olive oil soap, as it delicately massages and stimulates your skin, leaving it feeling rejuvenated and revitalized.

### KESE BODY SCRUB

25 min.

Feel the soothing warmth of the stone as it prepares your body for the ultimate exfoliation experience, complemented by the invigorating kese exfoliation method.

## IMMERSIVE *Journeys*

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### AEGEAN JOURNEY

110 min.

Start your journey with our D Maris Bay scrub, preparing your body for a mineral-rich marine wrap or mud treatment infused with plant essences. These luxurious treatments aid in detoxification and cellulite reduction. After a warm private shower, enjoy a massage with contouring body lotion or detox oil. Experience purification from start to finish.

### REGENERATING JOURNEY

110 min.

Experience a total body purification with our potent blend of sea salt minerals and lavender, rejuvenating your skin and senses. From head to toe, enjoy a thorough polish followed by targeted treatments to decongest and clarify your skin. Indulge in a deep tissue massage designed to relieve muscle tension and enhance circulation. Our body wrap infused with shea butter and award-winning age-defying formulas boosts circulation and nourishes your skin, leaving it smooth, firm, and moisturized.

### MYTHA JOURNEY FOR TWO

110 min.

Indulge in a personalized treatment for two in our couple's suite, where two therapists work seamlessly to cater to your needs and desired benefits. Begin with a dry body brush for enhanced microcirculation, followed by a harmonious massage experience. Your journey concludes with the foot relaxing massage. Complement your experience with a plate of fruit and champagne.

## MYTHA SIGNATURE *Indulgences*

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### MYTHA SIGNATURE BODY TREATMENT

80 min.

Mytha Spa's signature massage boosts well-being by improving blood circulation and lymphatic flow. Tailored to enhance muscle tone, skin texture, and relaxation, our specially crafted approach ensures total rejuvenation. A soothing massage with St. Barth coconut oil nourishes your skin and brings a gentle sense of tropical calm, tailored to suit your mind and body.

### MYTHA SPA THERAPEUTIC MASSAGE

30 min.

Our customized massage targets specific areas of concern, working through muscle layers with varying pressures to alleviate stress, reduce muscle tension, and enhance circulation and mobility.

### MOM-TO-BE PRENATAL MASSAGE

50 min.

Our gentle and relaxing massage is specifically designed for women in their second or third trimester to nurture and support both mother and baby. Please note, this treatment is not suitable during the first trimester and is recommended only between the 13th and 28th weeks of pregnancy.

### JET LAG MASSAGE

30 min.

Designed to ease travel fatigue, improve sleep quality, and support lymphatic detox, this massage is the ideal pre-flight or post-journey ritual. Focused attention to tired legs and tension in the neck and shoulders helps restore balance and encourages deep relaxation.

### MYTHA SPA MANUAL THERAPY

30 min. or 50 min.

Manipulative therapy is a physical treatment used to address musculoskeletal pain and discomfort. It typically involves muscle kneading and joint mobilisation to restore mobility and proper movement to the affected area.

## BESPOKE *Treatments*

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### AROMATHERAPY MASSAGE

50 or 80 min.

Experience a holistic massage with carefully blended essential oils applied to lymphatic pressure points, promoting overall well-being. Choose from regenerating, invigorating, detoxifying, stimulating, wild rose, or Mytha oils to enhance your therapy.

### RELAX & REGENERATE MASSAGE

30, 50 or 80 min.

Ease daily tensions with our massage focusing on head, neck, and shoulders to promote harmony between body and mind, inducing relaxation and muscle relief. Our therapists apply slow to medium pressure, targeting tension and stimulating energy points. Choose from our selection of oils for a personalized experience.

### SWEDISH MASSAGE

50 or 80 min.

Our unique massage incorporates stimulating essential oils of orange, peppermint, and rosemary, applied with medium pressure to manipulate muscles against the bone. This full-body treatment relaxes muscles, boosts circulation, eliminates waste products, opens the respiratory tract, and fosters a sense of connection.

### DEEP TISSUE MASSAGE

50 or 80 min.

Our deep tissue massages apply strong pressure, targeting various layers of the body to relax, lengthen, and release tension patterns efficiently. Ideal for chronic muscle tension, regardless of its origin, it offers significant relief in specific areas of chronic tension.

## BESPOKE *Treatments*

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### SPORTS MASSAGE

50 or 80 min.

Our deep tissue massage targets deeper layers of muscle tissue to release chronic tension patterns. Through deep tissue manipulation and fluid massage movements, it works on muscle fascia and fibers to reduce stiffness in muscles and joints. Ideal before or after workouts.

### LYMPHATIC DRAINING MASSAGE

50 or 80 min.

This massage stimulates lymphatic circulation, aiding in the elimination of excess water, especially in the lower limbs, by activating specific drainage points.

### ANTI-CELLULITE MASSAGE

25 or 50 min.

Discover a fusion of Western techniques targeting energy and blemishes, reshaping the body. This dynamic massage, with point stimulation, mobilizes and eliminates water retention.

## SERENITY *Therapies*

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### HEAD & NECK MASSAGE

30 min.

A specialized massage technique which works on the pressure points on the scalp and neck.

### REFLEXOLOGY MASSAGE

30 or 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.

### LAVENDE-R-ELAX FOUR HANDS MASSAGE

50 or 80 min.

Immerse yourself in a sensory journey that transcends everyday stress. With four hands working in perfect unison, this remarkable experience harmonizes the senses, as two therapists synchronize their movements.

### 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.

### BALINESE MASSAGE

50 or 80 min.

Discover the ancient Indonesian massage technique, seamlessly combining softness and revitalization. Enveloping movements and gentle, percussive stretches restore your equilibrium and promote well-being.

### THAI MASSAGE

50 or 80 min.

Try traditional Thai massage, akin to passive yoga, combining gentle rocking, rhythmic compressions, and targeted pressure points with assisted yoga stretches. It rejuvenates body and mind, balancing energy flow. Our therapist personalizes each session. Please wear the provided light clothing like kurta pajamas for comfort.

### ZEN SHIATSU MASSAGE

50 or 80 min.

Zen Shiatsu massage offers a unique blend of touch and energy balancing, rooted in ancient Eastern healing philosophy. This form of bodywork targets the body's meridian pathways to harmonize qi energy, our life essence.

## BEAUTY *Atelier*

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### SILHOUETTE

#### PURIFYING BODY SCRUB

30 min.

The ritual starts with a purifying peel using an exfoliating scrub; almond micro-spheres gently exfoliate the body, while lavender and geranium extracts purify, removing toxins and impurities.

#### DETOX & CELLULITE ALGAE & MUD WRAP

40 min.

In this ritual, the celestial essence blends with the earthy power of rich sulfate clays and muds. The osmotic action of mud, combined with massage using specific products from Mytha Spa body line, aids in toxin elimination and tissue regeneration.

#### AFTER-SUN SOOTHING WRAP

40 min.

Revitalize and rejuvenate your skin with our cooling after-sun wrap. A soothing enriched gel counters the harmful effects of sun exposure. After cocooning the gel around the body, it is gently massaged in, restoring elasticity and toning.

#### G5 BODY TREATMENT

25 or 50 min.

Discover the transformative G5 treatment; a fusion of electro-mechanical massage and percussion modalities. This innovative therapy not only complements traditional hands-on techniques but also enhances muscle relaxation, improves circulation, and provides targeted relief from tension and discomfort.

## BIOLOGIQUE RECHERCHE

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#### EXTREMELY PLUMPED FÉERIE

75 min.

The Masque Biologique Féerie is an intense booster mask treatment to tone, tense and revitalise the face and neck. Composed of a cold veil saturated in Marine Collagen, this therapy is highly active and produces the most magnificent results. Well-being combined with tightening and firming properties for a glowy and smoother skin. Also perfect for skin with open pores.

#### RESTRUCTURANT ET LISSANT

60 min.

For plumped-up skin. An epidermal repair and replumping treatment, suitable for all skin instants. It has a draining action, leaving the skin of your face, neck and cleavage smoothed and toned. Immediate reconditioning anti-aging treatment for sensitive, reactive skin instants or skin that is marked by time.

#### LIFT C.V.S. TREATMENT

60 min.

Experience our lift C.V.S. treatment, which rejuvenates and strengthens tissues at a cellular level, promoting deep renewal. This advanced technique not only smooths the epidermis but also minimizes pore size, diminishes spots and scars, and visibly reduces even the deepest wrinkles.

#### OXYGENATING TREATMENT VIP O2

60 min.

For lighter skin, this treatment detoxifies and revitalizes the epidermis, reoxygenating dull skin instants impacted by pollution. Experience an incredible glow as your complexion becomes more luminous and radiant.

#### PIGM400 BRIGHTENING TREATMENT

60 min.

Pigmentation and brightening treatment. An exfoliating and repairing treatment for pigmented, dull, keratinized and / or mature skin instants with an irregular microprofile. Leaves skin even, smooth and radiant.

# BIOLOGIQUE RECHERCHE ADD-ONS

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**FACIAL MASSAGE** 25 min.  
Mytha Spa’s beauty therapists introduce a cutting-edge face massage designed to rejuvenate your skin. Starting with a gentle cleanse, this natural treatment promotes muscle lifting and skin firming while stimulating the lymphatic and cardiovascular circulatory systems, resulting in radiant skin.

**CO-FACTEURS BIOLOGIQUE RECHERCHE** 20 min.  
For even more visible results, we can enhance the personalized treatment by applying a preformed mask (Biologique Féerie, PIGM 400, Platysma) which adapts to the shape of the face to create a specific and intensive treatment.

**EYES & LIPS CONTOUR** 20 min.  
Experience our innovative solution for long-lasting rested eyes; an intensive treatment targeting puffiness, bags, and wrinkles. Using a natural biocellulose medium and a custom-shaped mask, this treatment perfectly adheres to the delicate eye contour area, infused with selected active ingredients.

**REJUVENATED NECK & DÉCOLLETÉ** 20 min.  
This refreshing and firming remedy for neck and décolleté revitalises these delicate areas with stimulating proteins, a firming formula and a rich moisturising cream.

# BIOLOGIQUE RECHERCHE BODY CARE

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**AFTER PARTY DETOX TREATMENT** 75 min.  
Experience an energizing massage followed by an algae wrap treatment. Our thermal wrap purifies the body, leaving you with a wonderful sense of well-being and comfort.

**BOOSTER MINCEUR ANTI-CELLULITE TREATMENT** 75 min.  
To refine your body contours, indulge in a draining treatment that smooths and reduces cellulite. The thermal effect releases marine active ingredients, remineralizing the body.

# LUXURY FACIAL TREATMENTS FROM *Switzerland*

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## BELLEFONTAINE - THE EMBODIMENT OF LUXURY, SCIENCE AND RESULTS

**CELL STEMINE ANTI-AGING CELLULAR TREATMENT** 90 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.



## FAMILY *Treatments*

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Enjoy a relaxing head-to-toe experience for parents and children aged 6 to 12.

### **MOTHER & DAUGHTER SPA DAY**

**90 min.**

It is never too early to introduce healing rituals. Share a moment of relaxation with your daughter in our dual treatment room, starting with an invigorating full body peeling to refresh the skin, followed by a soothing massage.

### **FATHER & SON RITUAL**

**90 min.**

Experience a moment of well-being and tranquility with your son through this soothing body treatment. Begin with a hammam session, followed by a relaxing massage targeting the back, neck, arms, and legs to provide comfort and softness to your skin while protecting it from dryness.

### **DUAL MASSAGE**

**50 or 80 min.**

Full body massage, exclusive to our couples, relaxes the body, consolidates, removes metabolic waste products, opens the respiratory tract.

## MYTHA SPA *Policies*

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### **RESERVATION**

We highly recommend booking in advance to secure your preferred treatment and time slot. Please provide your room number for us to confirm your spa treatments.

### **ARRIVAL**

To ensure your experience at Mytha Spa is smooth and enjoyable, kindly arrive at least 30 minutes before your scheduled appointment time. If you would like to indulge in our facilities, feel free to arrive one to two hours early.

### **AGE REQUIREMENT**

Advance bookings are always recommended to guarantee your preferred time slot in order to meet all your expectations. Mytha Spa welcomes guests under the age of 16 to use the pool and bathing areas between 09.00-11.00 and 14.00-16.00. Children are welcome only under parental supervision.

### **VALUABLES**

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

### **LATE ARRIVAL**

If you are running late, we will do our best to accommodate you within the remaining appointment time. However, to respect other guests' schedules, treatment duration may be shortened, and 50% of the treatment cost will still apply.

### **CANCELLATION**

To reschedule or cancel your spa appointment or treatment, please notify us at least 4 hours in advance to avoid charges. For package bookings, group reservations, or rituals, kindly provide 12 hours' notice; a 50% charge will apply for late cancellations.



## MYTHA SPA *Policies*

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### **SPA ATTIRE**

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

### **MEDICAL CONCERNS**

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



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