



From the surrounding splendor of the lush jungle landscape, the ocean views and the beach to the elegance of the architecture and interiors the exquisiteness of the Spa Mukul is unsurpassed.

Nature is an integral part of the Spa at Mukul. Imagine bathing in a garden pool with the sounds of birds and the ocean time melts away, the sheer luxury and space makes you feel as if you're the only person on earth.



MASSAGE THERAPIES

CLASSIC SWEDISH & AROMATHERAPY

60min. \$160 / 90min. \$225

This classic, full body massage utilizes organic aromatherapy essential oils for maximum benefits. A relaxing gentle to firm massage relieves tension, soothes tired muscles, enhances circulation and improves muscle tone. The perfect choice for first timers.

DEEP TISSUE

90min. \$240

For those familiar with massage this stronger, deep tissue massage helps to relieve stress and pain in problem areas such as shoulders, legs, and lower back. This promotes the release of toxins and relief from recurring muscular tension, strain and inflammation.

THERAPEUTIC MASSAGE

90min. \$225

An exceptional therapeutic treatment incorporating neuromuscular and trigger points release to affect muscular imbalance and structural alignment problems, the cause of chronic pain. The alternative use of hot and cold stones for tissue repair and stress reduction may be applied.

HOT & COLD STONE MASSAGE RITUAL

90min. \$225

Melt into relaxation with this heady combination of massage and nurturing. Penetrating heat from warm, smooth, basalt stones relieves tension in targeted areas, while an ancient indigenous smudging ritual balances the emotions, calms the mind and renews energy.

HOLISTIC RAINDROP RITUAL

90min. \$225

This ritual involves dripping ten pharmaceutical grade essential oils along the spine in sequential order to encourage the body's structural and electrical alignment and fight viruses. Tibetan reflexology and specific massage techniques help the osmosis process and encourage the body to heal itself. Excellent for boosting the immune system, releasing muscle spasms and reducing inflammation.

REFLEXOLOGY

60 min. \$160

Calling upon the centuries old Chinese science of reflexology, pressure is strategically applied to various parts of your feet and hands that correspond to specific organs, glands and other vital systems of the body. Reflexology is believed to increase circulation and release blocked energy, relieving stress and resetting your body's natural equilibrium.

SCALP & FOOT MASSAGE THERAPY

60min. \$160

Forget the hustle bustle of the world as we treat your head and feet. Following a warm oil scalp massage, your head is wrapped in a warm towel as your therapist performs a foot reflexology treatment.

REFLEX HAND TREATMENT & MANICURE

90min. \$125

Aromapothecary raw cane crystals mildly exfoliate then melt to release a glycolic action on the skin to even tone. The exfoliation is followed by a detoxifying wrap of green French Moor and a therapeutic pressure point massage that focuses on stressed joints and over worked muscles of the hand and wrist often associated with computer and PDA. Includes a manicure.

OCEAN CITRUS BATH

60min. \$150

This rich bath is filled with cleansing and therapeutic essential amino acids contained in seawater. Slices of fresh citrus fruit and organic aromatherapy oils are added to the bath to further refresh and remineralize the skin. Step into this gorgeous citrus bath, relax and revitalize.

HERBAL BATH

60min. \$150

Get back to nature and relax in an herbal bath infused with Mukul's own "bouquet garni" made from a mixture of locally grown organic scented dried flowers and herbs. The sensual ritual of bathing will restore your vitality, calm your mind and reinvigorate your body, while softening your skin and leaving you feel truly pampered.

A woman with dark hair tied back and a yellow flower in it is smiling and looking to the right while standing in a shower. She is holding her hands up, and water is spraying over them. The shower is set in a tropical location with lush greenery and a blue ocean in the background. A showerhead and a soap dish with a green bar of soap are visible in the foreground.

The Power of Touch - The Power to Heal

All Mukul Spa massage therapies include a personalized aromatherapy blend or the use of a locally grown blend of organic therapeutic herbs and plants.

CRANIOSACRAL THERAPY

60min. \$160

Craniosacral therapy is a holistic practice that uses very light touching to balance the craniosacral system in your body, which includes the bones, nerves, fluids, and connective tissues of the cranium and spinal area. Ideally suited to relieve migraine headaches, fibromyalgia, chronic sinus and middle ear infections as well as neck and back pain.

MOTHER TO BE AROMATHERAPY MASSAGE

60min. \$160 / 90min \$225

This gentle non evasive massage is designed to relieve the discomfort of edema and stress on the lower back that can occur during pregnancy. Pregnancy massage has many scientifically proven health benefits such as stimulating the blood and lymph systems, removing toxins, stabilizing hormonal levels, and adding tone and flexibility to muscles.

SEA & STAR MASSAGE FOR TWO

90min . \$225 per person

Star lit sky and the sounds of crashing waves provide the backdrop for an unforgettable and magical experience for a couple. Two therapists perform relaxing aromatherapy massage on both of you in your Ocean Villa. (24 hour notice recommended and subject to availability.)

NECK, SHOULDER & BACK MASSAGE

30min. \$90

Swedish massage techniques with a focus on neck, shoulders and upper back where many carry stress and tension. Maximum massage benefits in a limited time. Perfect before tee time and for children's first massage experience. Wear loose clothing.



TRADITIONAL HAMMAM RITUALS

In creating Mukul's Hammam, we studied the sensual history of the Orient and its ancestral wellness traditions. In our treatments we use the finest selection of Argan oil products for the body and face imported from Morocco for Mukul.

MAROCCAN HAMMAM

(2 hours maximum) \$100 (per person)

Soak in the exquisite beauty of Mukul's Hammam which was designed to evoke traditional Turkish and Islamic architecture. Reserve the Hammam for your private enjoyment to steam, bathe, or lounge and share the experience with a loved one or friends.

LOMI LOMI MASSAGE 60 min.

\$175/90 min. \$240

This treatment incorporates hands on healing, the rhythmic pressure stimulates circulation promotes the release of tension and restores balance. Massage techniques are adapted to your needs to encourage the body's natural healing ability.

SHIATSU MASSAGE

90min. \$240

Based on the Oriental meridian system Shiatsu allows harmonious energy to course through the body special finger pressure techniques applied by a skilled and dedicated therapist combine to remove interruptions in the energy flow.

FOUR HANDS MASSAGE

60min. \$320

The four hands massage invites you to experience the contact of two therapists, the sensitive touch of four hands during the massage is a unique experience helps to unplug the control mechanisms and allows the body, mind and soul to release.

RESPLENISHING MASSAGE OIL CANDLE

60 min. \$175

A moment of complete relaxation for body and mind amidst a halo of light and the delicately oriental scents of West Indian Cedar and Neroli essential oils. The moisturizing, anti-oxidant, anti-aging benefits and the enveloping texture of a melted pure soya oil candle provide a new perception of touch and an unforgettable pampering experience that stimulates all senses.



PLUNGES, SOAKS & BATHS

SEAWEED DETOXIFYING BODY WRAP

120min. \$295

Phytomer brings us the Brittany Coast's purest concentrated marine plant seaweeds, used for hundreds of years to eliminate impurities from the tissues thanks to their impressive detoxifying properties that give the body a "clean slate." This true European Thalasso treatment includes exfoliation and a finishing application of marine moisturizer. It is highly suggested for smokers, frequent travelers and anyone seeking health or stress management.

ALOE AND LAVENDER WRAP

60min. \$150

Aloe is grown in abundance in Nicaragua and is ideal for soothing and hydrating sensitive skin that has been overexposed to the sun, wind and salt water. There is nothing more seductive than a coating of aloe and lavender.

OCEAN CITRUS BATH

60 min. \$150

This rich bath is filled with cleansing and therapeutic essential amino acids contained in seawater. Slices of fresh citrus fruit and organic aromatherapy oils are added to the bath to further refresh and remineralize the skin. Step into this gorgeous citrus bath, relax and revitalize.

HERBAL BATH

60 min. \$150

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FACIAL SKIN CARE

French Thalassotherapy utilizing the long known therapeutic benefits of marine based ingredients along with Phytomer's exclusive state of the - art skin care science and technology are utilized in facial treatments that address the needs of every skin type and condition. Phytomer is imported exclusively from France for The Spa Mukul.

THE CLASSIC EUROPEAN FACIAL

60min. \$175

One of our most elaborate, complete facials, customized and recommended for any age, centers on Phytomer deep cleansing regimen of four successive steps carried out with sea based products and the utmost care. This facial focuses on the improvement of skin functions, producing an awakened and dewy complexion. The result is pure radiance.

SEA CALM FACIAL

60min. \$175

Sensitive skin types can cool down with this soothing marine facial that reduces redness, blotchiness and stinging, while providing deep cleansing and skin detoxification. A desensitizing and decongesting facial with a probiotic, anti-inflammatory mask to produce a balanced, calm and serene complexion.

NIA STEM ANTIAGING TREATMENT

90min. \$240

A unique anti-aging facial treatment blending the latest advanced technology of plant derived stem cells and Niacin to detoxify skin cells, fight free radical damage, stimulate DNA repair, increase cell renewal, boost hydration and improve the overall health and quality of the skin. Your complexion will look brighter and more evenly toned.

BODY THERAPIES MASKS & WRAPS



FIRMING BLACK MUD MASK

120min. \$295

Aromapothecary green Moor mask stimulates circulation, firms the skin and detoxifies. The treatment begins with a traditional European dry brushing to stimulate the lymph system and is followed by a firming mask wrap and purification massage, leaving you with a light and renewed feeling

LAVENDER MILK AND HONEY SALT GLOW

6min. \$150

Get your skin super smooth and ready to glow in your bathing suits, sundresses and shorts! After a few minutes in the steam, this special scrub mixture is massaged onto the skin, paying special attention to dry spots including feet, knees and elbows. Treatment ends with a body rinse and an application of a silky smooth lavender body lotion. Smells great and works wonders on dry skin. Try it and get your glow in!

BODY THERAPIES SCRUBS

CUSTOMIZED RAW CANE CRYSTAL SUGAR SCRUB

60min. \$175

An Aromapothecary gentle scrub massage to cleanse, exfoliate and stimulate circulation to the entire body. Includes a deep hydrating lotion application. Ideal before sun bathing for a longer lasting tan.



EXCLUSIVELY FOR MEN

MEN'S SPORTS MASSAGE

60min. \$160

This massage is designed for men affected by muscle strain or limited range of motion. A combination of customized massage techniques are used based on individual client needs, including stretching, deep stroking, percussion and friction. This treatment relaxes, relieves fatigue and reduces muscles tension, aids in the prevention of injuries and shortens recovery time between workouts. It also helps improve flexibility, stamina and performance.

MEN'S SKIN CARE FITNESS

60min. \$175

Especially designed for men, this is a deep pore cleansing and detoxifying regimen. An extremely moisturizing and soothing remedy to reduce sensitivity commonly associated with daily shaving. The perfect grooming tool, ideal for the outdoor sportsman's skin suffering from breakouts or congestion. Leaves every rugged face hydrated, smooth and refreshed for healthier attractive good looks.

GENTLEMAN'S SEA ESCAPE

90min. \$240

A tailor made anti -aging skin treatment that delivers immediate visible results. The treatment includes an herb infused oil scalp treatment and massage, and an herbal foot reflexology to cool and refresh. A firmer, de stressed, younger looking appearance results from this "touch of youth" treatment

DEEP DETOX BACK & SHOULDER GROOMNG

90min. \$240

Detoxification and deep cleansing for this often neglected and hard to reach area of the body. The treatment includes herbal steam compresses, scrub, pore extraction.



HAND, FEET & HAIR SERVICES

SPA MANICURE

40min. \$65

A professional manicure includes a bubbling hand soak, nail shaping, exfoliation, cuticle trimming, a moisturizing hand and arm massage with polish application that leaves hands and nails well groomed.

SPA PEDICURE

40min. \$65

A professional pedicure includes a foot soak, a scrub to eliminate calluses, dry, rough and cracked skin. Nail shaping, cuticle trimming and a moisturizing foot, ankle and leg massage is performed to bring relief. Followed by a polish application.

REFLEX FOOT TREATMENT & PEDICURE

90min. \$125

Aromapothecary raw cane crystals mildly exfoliate then melt to release a glycolic action on the skin to even tone. The exfoliation is followed by a detoxifying wrap of green French Moor and a therapeutic pressure point massage that focuses on stressed joints and over worked muscles often associated with high heels. Includes a pedicure

POLISH CHANGE	\$25
MEN HAIR CUT	\$35
BLOW DRY	\$35.& UP
BRIDE HAIR STYLE DESIGN	\$125

WAXING:	
FULL LEG	\$75
HALF LEG	\$60
BIKINI	\$50
UNDER ARM	\$25



ARRIVING TO SPA MUKUL

To make the most of your spa experience, we recommend that you arrive on time for your appointment, so you can enjoy our facilities. We will send a golf cart to pick you up ten minutes before your appointment and take you to the spa.

HOW TO DRESS

Whatever you like, since the spa will provide you what is necessary for your comfort during treatment. For using the steam room or pool please bring swim suit.

JEWELRY AND MOBILE PHONES

Your therapist will ask you to remove all jewelry before your treatment. We recommend that you leave it in the safety deposit box located in your villa or bohio. As a courtesy to other guests, please keep your phone off while you are in the spa.

DELAYS

In case you arrive late for your appointment, we will make every effort to give you a full treatment. However, please note that if this is not possible, your treatment time will be reduced, because there may be another appointment booked following yours.

CANCELLATIONS

Please be advised that appointments must be cancelled a minimum of six hours prior to service, in order to avoid being charged

WE LOOK FORWARD TO WELCOMING YOU TO THE SPA MUKUL.