



SPA MENU

Purification Treatment Yin Yang Body Polish

90 mins.

The depletion of minerals from the soil is a major culprit of why the body process slows down. Minerals act as the spark to power the processes such as metabolism (good for those with weight problems) and cell damage repair (anti-aging). Sea salt is high in minerals. In ancient healing traditions, salt solutions have been known to absorb “negative energy.” This treatment is highly recommended for stressed-out individuals.

The Purification Treatment is applied to the body using special strokes to energetically balance the body. This is what we call the Yin Yang rhythmical movements: uniquely developed, perfected, and can only be found at The Miraaya.

Four Hands Yin Yang Puri Dry Brushing & Purification

90 mins.

This healing ritual has 3 intentions: stimulation, detoxification, and mind-body balancing. The treatment begins with dry skin brushing using natural bristle brushes made of abaca fibers to stimulate circulation and the lymph system while removing dead skin cells and crystal acid deposits. After the brushing, an organic scrub is applied to the body using a systematic Yin Yang rhythmical massage technique to detoxify and energetically balance the mind and body.

Highly recommended for stressed individuals. Its rhythmical movements have been demonstrated to absorb negative energy while balancing the mind and body. It also improves metabolism and cell damage repair which are excellent for better aging.

Little Yin Yang Dry Brushing Lymphatic Treatment

60 mins.

This is a skin brushing treatment using natural bristle brushes. Skin brushing is a very effective, quick, and easy way of stimulating blood and lymph circulation, helping to smooth the skin, eliminate dry cells and promote beautiful, healthier-looking skin.

Ventosa

60 mins.

90 mins.

This unique experience uses heat resistant glasses to remove toxins from the body. The glasses are warmed and applied to the ack meridians, creating a vacuum to draw out the toxins. A soothing massage will be given to cap off the treatment.

Miraaya Signature Massage

60 mins.

90 mins.

This Massage is inspired the tranquility of Miraaya which the abundance of ecological Microbiome will bring you in a nirvana space and effortlessly strengthen your immune system. The holistic manipulation will be melting out the stagnant lactic acids by triggering fascia release with rhythmical movements which will help you rebalance energy and make moving that stuck energy that causes pain and discomfort, leaving you with a feeling of lightness and wellbeing.



Deep Tissue

As the name suggests, a massage that will go deep into the muscle and break all the tension that form from day-to-day pressure of the modern world or for athletes that have worked their muscles from excessive use. A deep tissue massage is for people that want relief from severe tension and pain in the muscles. This treatment will work deep into muscles and connective tissues.

60 mins.

90 mins.

Ayurvedic Massage

Ayurvedic therapy is relaxing full body oil massage. The oil used is a complex concoction of herbs that aids in relaxation and helps ease muscle pain and cramps. A perfect way to relax and get all the toxins out of your system.

60 mins.

90 mins.

Thai Massage

This type of massage is deeply rooted in Thai culture and is considered both a therapeutic and meditative practice, often involving elements of mindfulness and controlled breathing.

60 mins.

90 mins.

Body Scrub

A body scrub is a popular body treatment for the body. It exfoliates and hydrates your skin, leaving it smooth and soft. It is done with an abrasive material (salt, sugar and honey...) Exfoliation is followed by a shower and an application of body lotion. The therapist starts by gently rubbing the exfoliant on your back, the backs of your arms, and the backs of your legs and feet, while doing a soft and gentle massage

60 mins.

Hot Stone Therapy

This therapy involves the placing of hot basalt stones on key points of the body warming it up and allowing the therapist to massage deep into muscle and relaxing the muscles

90 mins.

120 mins.

Head oil massage

Relieves headache and stress. Improves blood circulation and promotes healthy hair growth

30 mins.



WATER WELLNESS

Acqua Signature Treatment

120 mins.

*Miraaya Signature Massage
Steam Bath
Ice Bucket Shower
Pressure Pool*

Reduces swelling, detoxification of the body, regeneration of tissue, reduction of chronic pain and fibromyalgia, improvement of venous conditions, relief of chronic fatigue, sinusitis, acne, and allergies.

Water Wellness Treatment

30 mins.

60 mins.

90 mins.

*Steam Bath
Ice Bucket Shower
Pressure Pool
Cold Immersion Bath
Jacuzzi*

Water Wellness Therapy is made up of different treatments resulting in physiologic changes that are beneficial to human health. It uses either Hot Water Treatment which causes superficial blood vessels to dilate, activates the sweat glands, loosens stiff joints, and removes toxic wastes from tissues; or Cold-Water Treatment which causes blood vessels to constrict, keeping the blood away from an affected area to relieve inflammation.

Acqua Purification Therapy

120 mins.

*Pink Himalayan Salt Body Polish
Contains over 84 minerals and trace elements, including calcium, magnesium, potassium, copper, and iron. It detoxifies, reduces muscles cramps, hydrates, and helps balance blood sugar.*

*Steam Bath
Bucket Shower Therapy
Pressure Pool
Purification Treatment*

Acqua Lymphatic Therapy

120 mins.

Reduces swelling, detoxification of the body, regeneration of tissue, reduction of chronic pain and fibromyalgia, improvement of venous conditions, relief of chronic fatigue, sinusitis, acne, allergies.

*Dry brushing
Steam bath
Pressure Pool
Jacuzzi*