

MIMS PA

TREATMENTS MENU

MiM Spa team welcome and invite you to relax with our exclusive variety of treatments to balance mind, body and soul.

Let yourself be cared for by our expert hands and enjoy our traditional massages, signature rituals and beauty treatments.

It is a pleasure for us to attend you.

SERVICES MIMSPA

HIDROTHERAPY CIRCUIT & FITNESS

FACIAL TREATMENTS

ESPECIALS FACIALS

BODY BOUTIQUE

BODY TREATMENTS

PREMIUM TREATMENTS

BY SUBLIME OILS PHYTOCOSMETICS

WORLD EXPERIENCES

VIP CABIN

OXIGEN CABIN AND COMPLIMENTARIS

PRODUCTS FOR SALE

HIDROTHERAPY CIRCUIT & FITNESS

The MiM Spa Hydrotherapy Circuit includes dry sauna, steam bath, Kneipp shower, sensation shower, play pool, salty water pool, cold water pool and hot stone hammocks in the relaxation area.

Enjoy the Fitness facilities to have a healthy and full of vitality life.
We offer private yoga and pilates classes as well as any other sports modality.
Ask our team for more information.

Fitness Access	18 €
Fitness & Hydrotherapy circuit access	35 €
Fitness & Hydrotherapy circuit weekly pass	65 €
Monthly fee Fitness	85 €
Monthly fee Fitness & Hydrotherapy circuit	125 €
Personal trainer (hour fee)	50 €

The vouchers have a duration of 6 months.

Members enjoy a 15% discount on our entire menu (except promotions).

Access the Hydrotherapy Circuit for 60 minutes maximum per day. Prior reservation is required.
Treatments from 50 minutes or above, include in the price the access to the hydrotherapy circuit.

FACIAL TREATMENTS

Our exclusive personalized facial treatments combine different techniques adapting the treatment to the needs of each skin type. Let our professionals advise you and find the right treatment to care for and rejuvenate your face.

FACIAL MASSAGE KOBIDO

Japanese massage technique, known as "lifting without surgery". Oxygenates, detoxifies and strengthens the muscles of the face. It slows down the aging process leaving the skin toned and radiant. 40' | 75€

DETOX

Latest generation oxygenating facial hygiene. Deep cleanses the face by providing oxygen to the skin cells, improves the cellular respiration process and energizes the skin's metabolism. 45' | 85€

MULTIVITAMINS

Immediate action multivitamin treatment increases collagen, nutrition and radiance. 50' | 109€

ANTIAGING

Global anti-aging, erasing imperfections by filling wrinkles from the inside. Visible results from the first session. Restores skin firmness and fights sagging. 50' | 95€

HYALURONIC ACID ANTI-AGING FACIAL

Comprehensive skin treatment with the hyaluronic acid lifting line, especially indicated to combat the signs of cellular ageing, combining the most sophisticated natural active ingredients to achieve a visibly younger, energetic and deeply hydrated complexion. The treatment includes hyaluronic acid veil among other natural biotechnology products. 75' | 149€

MASSFIRMER SKIN PERFECTIONIST

Reaffirms and perfects the skin of the face, neck and décolleté thanks to Massfirmer technology. Radiofrequency combined with electrostimulation and LED light. It favours a deeper penetration of the products, reducing wrinkles, flaccidity, spots, acne and imperfections. A non-invasive treatment for your skin that makes it look firmer, toned, luminous and uniform. 25' | 65€

ESPECIALS FACIALS

PIDAS FACIAL MASSAGE

Facial massage with aromatic pindas relaxing and decongestant, will improve the immune system and ailments related to stress. With the aromatic pindas combined with heat and pressure we will pamper the face leaving the skin calm, hydrated and luminous.

25' | 55€

GUASHA FACIAL MASSAGE

Facial massage with guasha quartz with which we help reduce stress and tension, favoring the reduction of expression lines and small wrinkles. It will soften, relax muscle tension and reduce swelling in a natural way thanks to the Gua-sha technique.

25' | 55€

OCULAR PRESSOTHERAPY

Excellent facial treatment focused on the eye contour with ocular pressotherapy that massages the eye area helping to reduce the signs of fatigue and stress in the eyes, as well as providing a feeling of intense relaxation.

50' | 75€

FACIAL OXYGEN THERAPY

Non-invasive aesthetic treatment capable of improving all skins and purifying tissues at deep levels. It guarantees a more toned, hydrated and luminous skin. Performed with an airbrush charged with a powerful rejuvenating serum based on oxygen, vitamins and hyaluronic acid.

40' | 80€

FACIAL WOOD THERAPY



A natural and non-invasive facial massage technique for deep relaxation, releasing muscular tensions, stimulating the production of collagen and elastin using different wooden tools created to treat the face and neck area.

40' | 85€

BODY BOUTIQUE

BODY PRESSOTHERAPY

Treatment created to reduce or eliminate cellulite, fluid retention and treat tired legs through a compression system. The pressure therapy reactivates the circulatory system and improves the oxygenation of our body thus achieving good results and a feeling of well being after finishing the session. See the perfect combination with other treatments.

25'|35€

BODY EXFOLIATION

Body exfoliation based on laminaria salt which will hydrate the skin from the beginning to the end of the treatment achieving a veil of nutrition and deep repair.

40'|65€

WRAP

The skin indulgence for deep and prolonged repair with instant results.

40'|65€

COMBINED

Complete body treatment combining deep exfoliation and nourishing wrap for smooth, soft and luminous skin.

70'|95€

WOOD THERAPY

Reducing massage ideal for the most troubled areas. We will style the contour of the figure offering unique results and sensations combining manual therapy and wood therapy.

40'|99€

COFFEE THERAPY OR ALGATHERAPY

Personalized treatment created to reduce volume, improve circulation, diuretic and draining effect. Tones, improves and restores elasticity to the skin. Let our specialists advise you, they will create the perfect plan for your needs.

Consult our "Revolution Plan".

80'|125€

BODY TREATMENTS

We customize different body massage techniques according to your needs and desires, to help achieve balance between body and mind.

RELAXING

Gliding and enveloping movements to achieve a deep wellness.

25' | 45€ 50' | 80€ 80' | 105€

DEEP TISSUE

Deep maneuvers to relieve muscle tension and contractures.

25' | 50€ 50' | 90€ 80' | 120€

SPORTIVE

Different intensities, depth and stretching according to needs. Ideal before and after exercise.

25' | 50€ 50' | 90€ 80' | 120€

FOOT REFLEXOLOGY

Balancing body and mind by stimulating strategic points on the feet. Eliminates stress and regulates the functioning of organs by eliminating toxins.

25' | 45€ 50' | 85€

***Skin care with Argan oil (extra charge of 3 €)**

***Enjoy our bonus of 5+1**

PREMIUM TREATMENTS

Our exclusive treatments based on natural and organic cosmetics, using only natural plant-based raw materials that do not contain plastic substances, are certified organic, respectful of the skin and the environment.

SENSATION RITUAL

NEW

Relaxing body massage combined with kobido facial massage with lavender, raspberry seed, and essential oils, providing immediate well-being.

80' | 135€

MAGIC MOMENTS

NEW

Let yourself be seduced by the softness of the warm oils applied slowly and awakening the energy thanks to the basaltic stones with different temperatures with this exclusive ritual exquisite for the senses. The choice of essential oil and sihodara application will restore balance, vitality and well-being to the body and mind.

90' | 155€

HYALURONIC SHOCK

NEW

Recover the firmness and youthfulness of the skin with the most powerful integral body and facial treatment with the hyaluronic acid lifting line. Highly effective formula against flaccidity, it has a triple firming, lipolytic and draining effect that helps sculpt the figure and restore elasticity and natural beauty to the skin. Combats the signs of cellular ageing by combining the most sophisticated natural active ingredients.

100' | 185€

BY SUBLIME OILS PHYTOCOSMETICS

Sublime Oils Phytocosmetics is a Spanish brand of high quality organic cosmetics that unites Science, Nature and Innovation to create a new generation of 100% natural cosmeceuticals with powerful and innovative active ingredients, and with an integrative and holistic vision of personal care. effectiveness, sensoriality, multifunctionality, sustainability, balance, respect for the skin and nature, a vision of cosmetics beyond the established.

SUBLIME FACIAL SIGNATURE

NEW

Discover with this ritual a unique journey of total rejuvenation with exclusive massage that fuses ancestral and contemporary techniques to offer a unique holistic experience. This integral ritual together with tools such as the Gua Sha and the Roller will provide an incomparable experience of well-being with profound effects on the person on a physical, mental-emotional and spiritual level.

80' | 120€

ECO CHIC MEN'S by SUBLIME OILS

NEW

Restoration and luminosity for men. Enjoy our facial treatment for men with Sublime Oils products, a rejuvenating experience designed to soothe irritation, hydrate, illuminate and revitalise the skin. Based on high organic cosmetics, combining the power of plants with biotechnological innovation to restore the skin barrier and deliver radiant, balanced skin.

50' | 95€

VITAL RENEWAL RITUAL by SUBLIME OILS

NEW

A holistic ritual that combines facial and body techniques to rejuvenate and hydrate the skin, leaving a feeling of inner renewal and harmony. It prepares the skin for sun exposure with soothing and protective natural ingredients, while after the sun, it offers deep relaxation and repair.

80' | 140€

WORLD EXPERIENCES



PINDAS SWEDA BODY MASSAGE

Complete relaxation of Ayurveda tradition where we will release the effects of stress of body and mind, improving blood circulation and eliminating joint stiffness. Traditional Indian massage that combines manual technique with hot pindas composed of medicinal plants, seeds and essential oils.

50' | 119€

SIHODARA

Traditional Ayurvedic treatment, it helps to flow the mind and restore balance producing a deep relaxing effect, reducing stress and improving the quality of sleep. Craniofacial treatment by applying warm Ayurvedic oil impregnating on the forehead, scalp and impulse in the nervous system.

40' | 85€

LOMI-LOMI ALOHA

Hawaiian technique to achieve a connection between body, nature and universe with combined, deep and rhythmic movements with hands and forearms.

80' | 129€

THAI MASSAGE

Treatment based on stretching to release tension and balance the emotional state. The depth of this technique relieves tension in the tissues to achieve a feeling of absolute well-being.

70' | 139€

4 HANDS

Two perfectly coordinated therapists will achieve a feeling of deep wellness, harmony and balance providing a unique sensory experience and a total sense of well-being.

50' | 169€



WORLD EXPERIENCES

WINE THERAPY

Unforgettable experience that combines exfoliation with wine seed, wrapped in a grape extract and a relaxing massage with wine oil. A multisensory detox experience that will allow you to disconnect your mind and body at the same time. It will be a luxe for your skin, and palate thanks to the glass of wine served at the end of the treatment.

80' | 149€

MULTISENSORY MEDITERRANEAN RITUAL

Multisensorial Turkish body and facial ritual where we will activate all the senses. Application of relaxing synergy in strategic points with the perfect tuning of the facial ritual of brushes combined with a relaxing massage of scarves and stretching to achieve total relaxation of the body ending with a manual back massage.

50' | 159€

MIMATE DELUXE

Luxury Oriental Amber Ritual anti-stress, mineralizing and nourishing. Purifying, detoxifying and nourishing body scrub with black soap fused with shea butter complemented with facial ritual Perfect synergy, facial massage with jade guasha regenerating tissues, firming and relaxing the face.

85' | 169€

SIGNATURE MIM DELUXE

Our exclusive MiM Spa treatment is designed to achieve total relaxation and well-being. Body and facial fusion ritual where you will enjoy the Karite exfoliation, hot tourmaline massage, body shiatsu complemented with moxa, ending with kobido technique and facial skull massage with quartz. The perfect combination to enjoy in peace, beauty and wellness.

140' | 239€

PRIVATE VIP CABINE

Enjoy as a couple a unique and special experience with the exclusive MiM Ritual treatments in an intimate and private VIP cabin equipped with a Jacuzzi, shower and two massage tables to enjoy a variety of treatments from the most expert hands to achieve deep wellness.

VIP EXCLUSIVITY

Vip cabin to enjoy complete privacy with your partner for 1 hour.
Does not include treatments. Includes a bottle of cava.

60' | 95€

MIM VIP CABIN

Complete the exclusivity of our private VIP cabine with a 25-minute local massage for two.
Includes bottle of MiM cava

85' | 189€

VIP CLASSIC CABIN

Hawaiian technique to achieve a connection between body, nature and universe with combined, deep and rhythmic movements with hands and forearms.
Includes a bottle of cava and seasonal fruit.

115' | 249€

MIMATE DELUXE

Luxury Oriental Amber Ritual anti-stress, mineralizing and nourishing. Purifying, detoxifying and nourishing body scrub with black soap fused with shea butter complemented with facial ritual Perfect synergy, facial massage with jade guasha regenerating tissues, firming and relaxing the face. *Includes a bottle of champagne with exclusive chocolate delight.

145' | 399€

Prices per couple. Possibility of substituting the bottle of MiM cava for Moët & Chandon with a supplement of 65 euros.

OXYGEN CABIN

Treatment to improve breathing, health and the state of the cells through a facial capsule with a high percentage of pure oxygen. During this state of deep relaxation, our therapists will take care of your tired feet by practicing a magnificent exfoliation and massage, to complete the wellness experience. 20' | 40 €

***If you wish to enjoy 5 or more sessions do not hesitate to consult our team for our vouchers.**

COMPLEMENTARY TREATMENTS

DEPILATION

Warm and hot wax for the most difficult areas.

Small area (eyebrows, lips)	15€
Medium zone (mid-legs, mid-arms, underarms, groins)	30€
Complete area (full pubis, legs, arms, back, chest)	49€

***Price for each zone**

BEAUTY HANDS AND FEET

Vegan products and polishes that contain proteins to strengthen and enhance your appearance while nourishing and caring for the beauty of hands and feet.

MiM Spa Ritual Manicure: includes cuticle care, exfoliation and massage.	50€
MiM Spa Ritual Pedicure : total foot care, including cuticle care, exfoliation and massage.	60€

PRODUCTS FOR SALE

BATHROBE MIM 90€

AIR FRESHENER MIKADO MIM 35€

MIM SWIMWEAR MEN 35€

MEN'S SLIP SWIMSUIT 30€

MIM WOMEN SWIMSUIT 45€

MIM BEACH TOWEL 6€

MIM BEACH BAG 6€

PACK BEACH BAG 10€

MIM BOTTLE 10€

CAP MIM 10€

TERMS & CONDITIONS

RECOMENDATIONS

We recommend that you book your treatment in advance to ensure availability at the desired time. Your confirmation number as a guest of Hotel MiM Sitges or your credit card is required.

Please communicate to our team any information about your health that may condition your treatment or access to the hydrotherapy circuit.

You can come dressed or with your bathrobe from your room.

We recommend that you arrive 10 minutes before your treatment. In case of delay, your treatment will not be extended to avoid interfering with the duration of the following treatments.

GENERAL INFORMATION

All prices shown in this brochure are per person, except for the VIP cabin, which are per couple.

Please see our prices for 5 or 10 session bonuses for facial and body treatments.

POLICY AND RULES

Please notify changes or cancellations 24 hours in advance to avoid being charged 50% of the amount of your treatment.

The minimum age for the use of our facilities is 16 years old.

Lockers are available to store your personal belongings. We regret that we cannot be held responsible for the loss or damage of these objects.

Bathing suit, flip-flops and cap must be worn in the hydrotherapy area. In case of need, please consult our sales prices for these products at the reception of MiM Spa.

Smoking and alcoholic beverages are not allowed.

To respect the privacy of all our clients, it is not allowed to take pictures inside the facilities. It is not allowed to use chemical substances (peeling, soaps, aromas) inside the common areas.

MIMMS SPA

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