



MARION
MIZZI
WELLBEING

Spa Treatment Menu

Simply Feel Great



A top-down view of a person's back and hair in a spa setting. The person's hair is dark with blonde highlights, styled in a bun. Their arms are extended outwards. The background is filled with numerous pink and white flower petals, creating a soft and relaxing atmosphere.



- FACE THERAPIES
- BODY THERAPIES
- SCRUBS & WRAPS
- PAÑPURI RITUALS
- AYURVEDA THERAPIES
- SPA EXPERIENCES
- KIDS MENU
- HANDS & FEET
- DEPILATION



WELCOME TO MARION MIZZI SPA

Our Spa is all about relaxation and wellbeing. Refresh your mind and body with our therapeutic treatments. Step into a world of pampering where Spa days and treatments revolve around you., Our experienced therapists will take you on a journey of blissful relaxation. Create and customise a unique Spa day at Marion Mizzi Wellbeing, with packages and treatments created for the ultimate indulging experience.

We look forward to welcoming you!



Book Any 3 Facials (75 min each) And Benefit From A Complimentary Deep Cleansing Facial.

Book Any 6 Facials (75 min each) And Benefit From 3 Complimentary Deep Cleansing Facials.

- Course should be paid in advance.

EXPRESS FACIAL

A quick fix!

The ideal face treatment when looking for advice on new products that can benefit your skin, or for when time is tight and you need a quick boost to your skincare regime.

- Dur 25 min 35€

DEEP CLEANSING FACIAL

Deeply cleansing and hydrating.

This deep cleansing customised face treatment includes skin warming, extraction, mask and a relaxing face massage.

- Dur 75 min 65€

REBALANCING FACIAL

Purifying and normalising.

This specialized face treatment is the perfect choice for oily problematic skins including acne scarring and enlarged pores. This treatment includes a deep cleansing non-invasive Cavitation Peeling.

- Dur 75 min 70€

LUMINOUS FACIAL

Intensely oxygenating and revitalising.

For all skin types requiring instant vitality. Includes Cavitation Peeling and Ultra Sound, followed by an Oxygenating Infusion Mask for a brighter looking skin.

- Dur 75 min 75€

LIFT & TONE FACIAL

Skin tightening and nourishing.

Perfect for skins that are showing first signs of ageing and sagging. This facial treatment combines a gentle fruit acid peeling with Radio Frequency.

- Dur 75 min 85€

THE MAXI-LIFT FACIAL

Instant lifting and firming.

A luxury facial providing a Botox effect, using a customized gentle fruit acid peel combined with Needle Free Mesotherapy.

- Dur 75 min 85€

REGENERATE PLUS FACIAL

Anti-ageing and firming.

This face treatment incorporates the use of Microdermabrasion with Radio Frequency to reduce the signs of skin ageing and discolorations while improving elasticity and firmness of the skin.

- Dur 85 min 95€

WARM STONE FACIAL

Cocooning and comforting.

A deeply relaxing face treatment, which begins with a relaxing back massage using warm volcanic basalt stones, followed by a warm gentle cleansing and nourishing facial.

- Dur 85 min 85€

THE FROST PEEL

Exfoliating and regenerating.

This specialised intense facial peeling treatment is recommended for pigmentation, scarring, open pores and signs of ageing. Highly recommended during the winter season only.

- Dur 85 min 100€

ULTIMATE RELAXING FACIAL

Harmonizing and nourishing.

Begins with a relaxing back, neck and shoulder massage, followed by a gentle cleansing and nourishing facial.

- Dur 85 min 75€

MICRO-NEEDLE FACIAL THERAPY

Stimulating and rejuvenating.

A stimulating facial that uses a specialist micro-needle derma roller to stimulate the production of collagen in order to improve the appearance of fine lines, wrinkles and scarring.

- Dur 75 min 100€

YOUTHFUL EYES

Repairing and hydrating.

Intensely hydrates and plumps the skin around the eye contour areas, reducing the appearance of dark circles, puffiness, fine lines and wrinkles.

- Dur 25 min 35€





THERAPEUTIC BACK CLEANSE & POLISH

Your back is cleansed and polished, followed by a warm detoxifying and nourishing back mask.

- Dur 45 min 50€

LIGHTER LEGS

A heavenly leg and foot massage, followed by a cooling and revitalizing gel mask. It is the perfect treatment for heavy, tired swollen legs and feet.

- Dur 40 min 45€

WARM CANDLE MASSAGE

A soothing and relaxing body massage, using warm nourishing aromatic massage oil, based on Shea Butter. Perfect for those who have dry skin or for those seeking a light therapeutic massage.

- Dur 55 min 75€

REFLEX FOOT MASSAGE

Working on reflex points of the feet restores imbalances in the body and promotes physical, mental and emotional health.

- Dur 45 min 50€

ANCIENT THAI MASSAGE

Using passive stretching and gentle pressure along the body's energy lines to increase flexibility and relieve muscle and joint tension. This massage is both deeply relaxing and energizing.

- Dur 55 min 85€ / 75 min 95€

SWEDISH MASSAGE

A traditional massage therapy to suit individual needs! This highly popular massage treatment works to release muscular tension and alleviate mental fatigue and stress.

- Full body: 55 min 50€ / 75 min 70€
- Back, Neck & Shoulder: 25 min 35€

AROMATIC FACE AND SCALP MASSAGE

This massage works specifically on the face, neck and scalp - areas where stress and tension are likely to accumulate

- Dur 25 min 35€

LYMPHATIC DRAINAGE MASSAGE

Manual lymph drainage massage is a form of very light massage that encourages lymph flow in the body.

- Dur 55 min 65€

PRENATAL MASSAGE

A specially designed massage tailored to the needs of expectant mothers. Removes tension and stress while improving circulatory functions of the body.

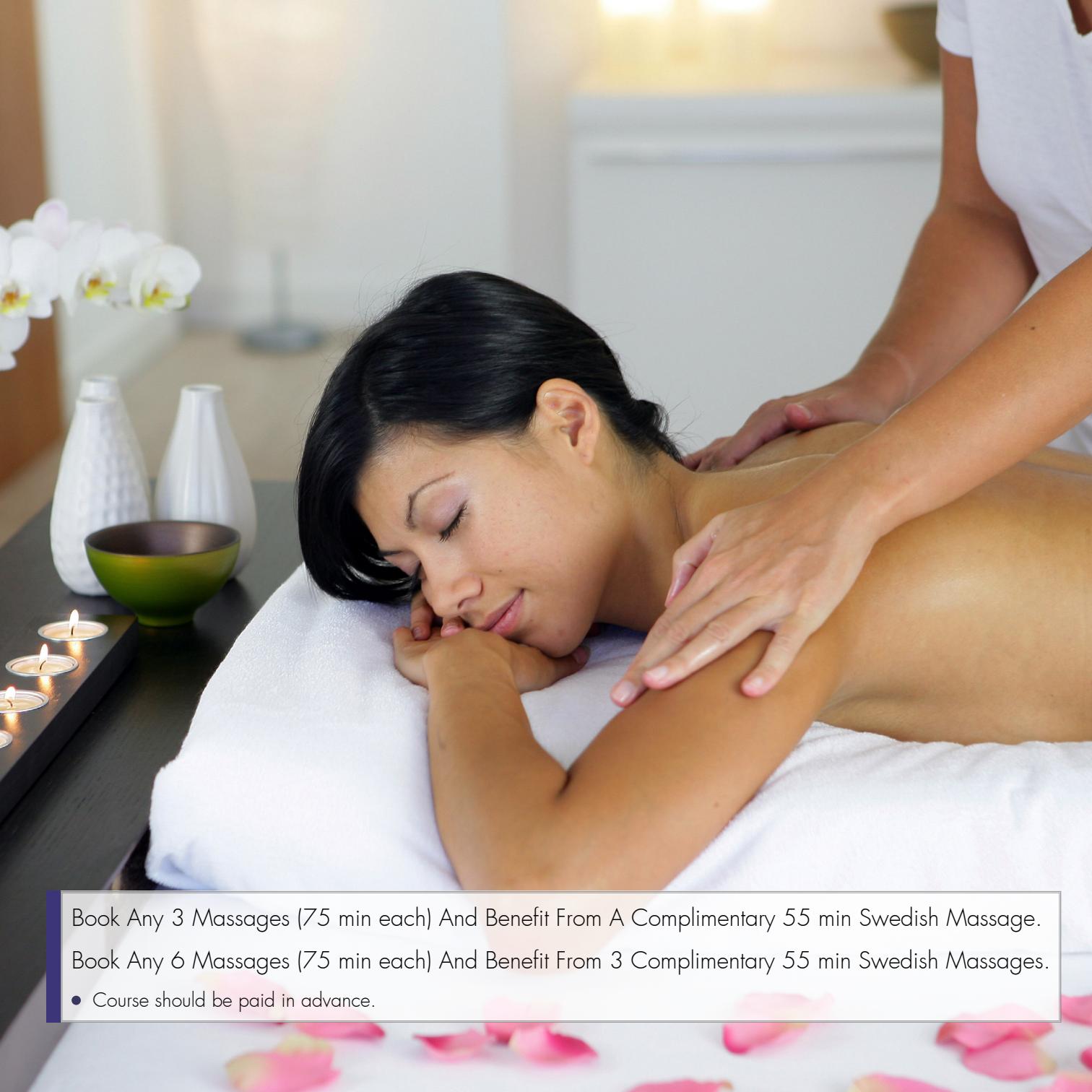
- Dur 55 min 65€ / 75 min 85€

VOLCANIC HOT STONE MASSAGE

A deeply relaxing therapeutic massage using warm Volcanic Basalt Stones, working on the mind body and soul, improving your health and wellbeing - physically, mentally and emotionally.

- Full body: 80 min 90€
- Back, Neck & Shoulder: 40 min 50€





Book Any 3 Massages (75 min each) And Benefit From A Complimentary 55 min Swedish Massage.
Book Any 6 Massages (75 min each) And Benefit From 3 Complimentary 55 min Swedish Massages.

- Course should be paid in advance.

MASSAGE FOR TWO

Get lost in the moment together with your friend or loved one within our specialised couples room. Our therapists will tailor a Swedish massage to your individual wants and needs.

- Dur 55 min 120€ / 85 min 180€ (per couple)

CHOCOLATE DELIGHT MASSAGE

Indulge in a chocolate massage and the mouth-watering aroma of warm chocolate.

- Full Body: 55 min 75€
- Back, Neck & Shoulder: 25 min 45€

FOUR HANDS MASSAGE

An exclusive, relaxing full body massage performed by two massage therapist simultaneously.

- Dur 55 min 150€

HOPI EAR CANDLE THERAPY

This holistic treatment offers benefits to those suffering from stress, hay fever and other forms of rhinitis, excessive ear wax or a sensation of blocked ears, tinnitus, ear or sinus irritation, headaches, migraine and sinusitis.

- Dur 40 min 45€

DEEP TISSUE MASSAGE

Deep Tissue Massage is a massage technique that focuses on the deeper layers of muscle tissue, aiming to release the chronic tension in the body.

- Dur 40 min 50€ / 55 min 65€ / 75 min 85€



POLISH ME UP!

A body scrub is carefully selected to suit your skin needs and wants. Perfect as a stand-alone treatment, or in preparation of any of our body massages or wraps.

- Dur 25 min 40€

INSTANT BLISS BODY WRAP

Soothing and regenerating body wrap, perfect for all skins in need of skin cleansing and hydration.

- Dur 50 min 60€

DETOX BODY WRAP

Detoxifying and firming body wrap, the ideal treatment as part of a detox or slimming programme or for general skin cleansing and nourishing.

- Dur 50 min 65€

SEA MUD WRAP RITUAL

Our Sea Mud Wrap Ritual begins with a full body exfoliation to remove dead skin cells. We then apply our special sea mud from your shoulders down to your ankles, allowing the mud's natural minerals to draw toxins from the body while receiving a heavenly de-stressing scalp massage.

- Dur 70 min 85€

DETOX PACKAGE

Polish Me Up
Detox Body Wrap
Lymphatic Drainage Massage

Dur 100 min 125€



Buy Any 2 Pañpuri Products And Get A Complimentary 20 min Shiatsu Pressure Point Face Massage.

Pañpuri presents a place where we are awakened to the perfect balance and harmony between our inner and outer selves. We want to share the wondrous secrets of Eastern herbs passed down to us, and so we have created exceptional Spa-inspired packages consisting of Eastern skin care range which offers:

- head-to-toe pampering and holistic wellbeing from the infusion of the purest natural Eastern herbs, with healing philosophy, vibrant sensuality and spiritual nurturing
- artificial fragrance free. 100% unique natural scents from pure plant essential oils and extracts
- paraben-free and SLS-free.
- against animal testing, with beeswax and honey as the only animal-based ingredients used
- earth-friendly product and packaging
- a prestigious organic collection utilizing certified organic ingredients

THE ULTIMATE PAÑPURI EXPERIENCE

Let your body and mind take a voyage of renewal, purity and relaxation with natural essential oils combined to form our signature rituals. The destination is set - take the journey with Pañpuri.

- Foot Ritual
- Jasmine Body Polish
- Uplifting Full Body Massage
- Restorative Jasmine Facial

● Dur 150 min 180€

NEVERENDING INDULGENCE

Indulge your senses and feel totally balanced and cleansed after this deluxe package designed to soothe you.

- Uplifting Body Polish
- Balancing Full Body Massage
- Scalp & Face Massage with Shiatsu

● Dur 105 min 120€

TIMELESS FACIAL

Relax with an indulgent massage followed by a highly effective and intensive treatment which helps improve tonicity and firmness, and combats the early signs of ageing.

- Back, Neck & Shoulder Massage
- Jasmine Nourishing Anti-Ageing Facial

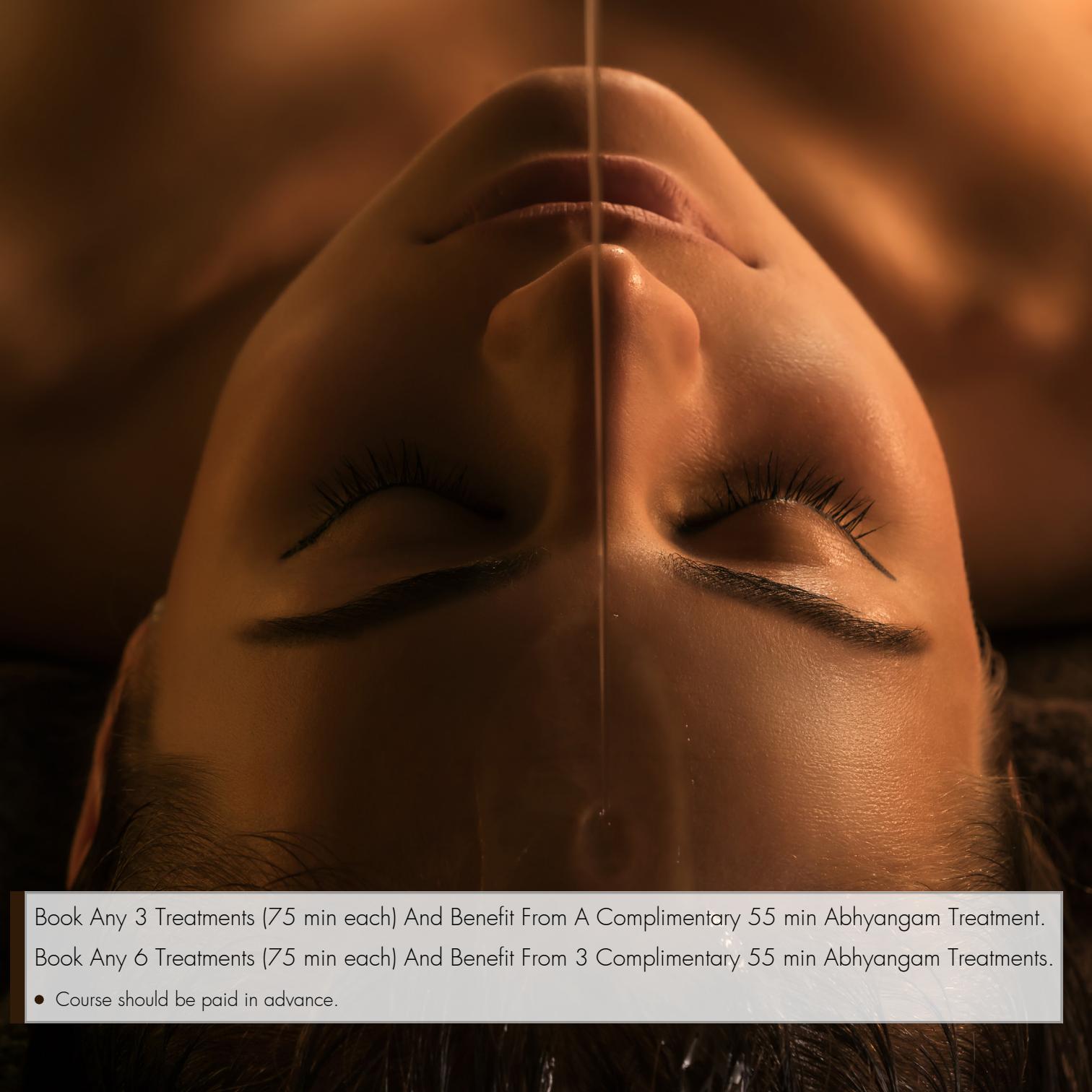
● Dur 85 min 95€

TOUCH OF PARADISE

Surrender and relax your body and soul while we take you on a journey of total relaxation leaving you to feel refreshed and rejuvenated.

- Full Body Massage
- Shiatsu Pressure Point Face Massage

● Dur 75 min 95€



Book Any 3 Treatments (75 min each) And Benefit From A Complimentary 55 min Abhyangam Treatment.
Book Any 6 Treatments (75 min each) And Benefit From 3 Complimentary 55 min Abhyangam Treatments.

- Course should be paid in advance.

ABHYANGAM

A popular body massage in Ayurveda. The word 'abhyanga' means 'to massage'. Abhyangam can increase the production of white blood corpuscles and antibodies, which provide more resistance against viruses and diseases.

- Dur 55 min 75€ / 75 min 90€

ELAKIZHI

Elakizhi is an innovative classical massage with medicated leaves and is used to tackle joint pain, muscle cramps, stress and arthritis. All the above-mentioned treatments can be done in a perfectly healthy person as well as to enhance his/her immunity, vitality and longevity.

- Dur 75 min 105€

SHIRODHARA

Shirodhara is a luxurious way to achieve instant calm and rejuvenation. After performing a full body massage to relax your muscles we will send you into a meditative state with dripping oil on your third eye.

- Dur 85 min 130€

INDIAN HEAD MASSAGE

Through a variety of different techniques, the massage works to release any blocked negative energy in the body that may be manifesting itself as disease or injury in any one of the seven Chakras (energy centres) of the body.

- Dur 25 min 45€

UDVARTHANAM

Softens and exfoliates the skin, improves muscle tone and is a favoured treatment for those with sensitive skin. It can improve blood circulation and ease joint pain. It is also known to be effective against certain skin diseases.

- Dur 25 min 45€

AYURVEDA BACK MASSAGE

Ayurvedic Back Massage uses various forms of pressure and movements with the hands whilst luxurious hot herbal oil (taila) is applied so you not only benefit from the massage but also the oil therapy.

- Dur 25 min 45€

MEDITATING MOMENTS

An Indian head massage for physical harmony, healing, vitality and relaxation followed by a calming stream of warm herbal oil poured over the forehead, specifically on the third eye. Let your mental demons, such as fear, anxiety, anger or irritability dissolve into an ocean of calm.

- Indian Head Massage
- Dhara (dripping oil on the forehead)

- Dur 50 min 65€

ANTI VOYAGE FATIGUE

A fine mixture of body relaxing Elakkizhi treatment and serene Sirodhara for stress ease. This package is designed to relieve the stress and strain due to long journeys. Helpful to relieve the muscle pains and aches, swelling on the feet, headache, sleep disturbance, constipation and other discomforts of jetlag.

- Shirodhara - Abhyangam Full Body Massage with dripping oil on the forehead
- Elakhizhi - Back Treatment with Herbal Leaf Bag.

- Dur 120 min 180€

SPINE CARE TREATMENT

At first a variety of massage movements are used to relieve accumulated tension and restore joint movement. Subsequently, medicated leaves are used to tackle joint pain, muscle cramps, stress and arthritis followed by a medicated oil treatment. This treatment will make you feel like a new person.

- Indian Back Massage
- Elakizhi - Back Treatment with Herbal Leaf Bag
- Pichu - Medicated Oil Treat

- Dur 75 min 95€

PURE DETOXIFICATION

Your experience starts with a traditional Indian massage followed by a full body exfoliation with medicated powders to improve blood circulation, remove toxins and revitalize the touch sense. The treatment is very effective in reducing cellulite and fat accumulation.

- Udvartanam Full Body Exfoliation
- Abhyangam Full Body Massage

- Dur 85 min 105€



TIME FOR ME

The perfect experience, when you need a boost and pep up.

- Ultimate Relaxing Facial
- Youthful Eyes
- Express Manicure

● Dur 120 min 110€

SPA BY CANDLELIGHT

Indulge yourself with a warm sumptuous and therapeutic Spa experience.

- Polish Me Up
- Warm Candle Massage
- Hopi Ear Candles

● Dur 120 min 140€

PURE BLISS

Let any stress just melt away!

- Therapeutic Back Cleanse & Polish
- Back, Neck & Shoulder Swedish Massage
- Express Facial

● Dur 100 min 100€



TIME TOGETHER

Relax and unwind either with a friend or loved one with our couple's retreat.

- Instant Bliss Body Wrap
- Aromatic Face & Scalp Massage
- Massage For Two (55 min)

- Dur 120 min 300€ (per couple)

IN-ROOM RITUAL

The perfect Spa experience in your very own private hotel guest room.

- Swedish Massage (55 min)
- Express Facial
- Aromatic Face & Scalp Massage

- Dur 90 min 110€

MUM & BUMP

Before your new arrival, indulge in our mother to be Spa experience.

- Prenatal Massage (75min)
- Soothing Leg Gel Mask
- Express Facial

- Dur 100 min 95€

Please note: not suitable for ladies in the first trimester (12 weeks of pregnancy) as the massage cannot be performed during this period.



FANCY FINGERS

Let us soak, shape buff and polish your sweet one's fingernails.

- Dur 20 min 20€

BABY RUBDOWN

Early infant massage may stimulate the developing nervous system and brain, while the memory of that positive touch may then be permanently registered in the body cells.

- Dur 20 min 25€

TWINKLE TOES

Let us soak, exfoliate, shape, buff and polish your sweet one's toes.

- Dur 20 min 20€

TUTTI FRUTTI FACIAL

Learn basic skin care while using all-natural cleansing and moisturising products.

- Dur 20 min 35€

SWEET SLUMBER SENSATION

Girls can come in their favourite PJ's for some pre-slumber party fun! Each will receive 3 of their preferred treatments from the above. Use of Spa Facilities is included in the package.

Minimum of 3 children. Contact us for pricing information for a group of 8 or more.

- Dur 60 min 45€ (per child)

From 8 months till 12 years.

EXPRESS MANICURE

Includes a hand massage, nail shaping, and a choice between cuticle work or nail varnish

- Dur 30 min 20€
- Dur 40 min 30€ (including Shellac)

SPA MANICURE

An intensive and nourishing hand and nail treatment including hand mask, nail and cuticle work, followed by nail varnish in a colour you can choose from our collection.

- Dur 50 min 32€
- Dur 60 min 42€ (including Shellac)

EXPRESS PEDICURE

A mini-pedicure which includes nail shaping, filing, and nail varnish in a colour of your choice

- Dur 30 min 30€
- Dur 40 min 40€ (including Shellac)

SPA PEDICURE

Includes grooming of the nails and cuticles. Foot buffing, foot and leg massage with a specialised conditioning cream to soften hard and damaged skin. Finish off with a nail varnish application.

- Dur 50 min 46€
- Dur 60 min 56€ (including Shellac)

INTENSIVE HAND & FOOT TREATMENT

A specialised paraffin wax treatment for dry, chapped and rough skin. This treatment will leave your hands and feet feeling regenerated, moisturised, and smooth.

- Dur 20 min 20€
(Add to any of our manicure and pedicure treatments for only 10€)

EXTRA TREATMENTS

| | |
|----------------------------------|-----|
| Nail Polish Application | 10€ |
| French Polish Application | 10€ |
| Shellac Application | 15€ |
| Shellac Removal | 10€ |
| (must be booked with a manicure) | |



PRICES STARTING FROM

| | |
|---------------|-----|
| Half Leg | 15€ |
| Full Leg | 20€ |
| Bikini Line | 14€ |
| Brazilian Wax | 20€ |
| Hollywood Wax | 25€ |

| | |
|-----------|-----|
| Back Wax | 23€ |
| Chest Wax | 23€ |
| Arm Wax | 14€ |

| | |
|-----------|-----|
| Lip Wax | 5€ |
| Chin Wax | 5€ |
| Underarms | 12€ |

POST-DEPILATION TREATMENTS

| | |
|-----------------------------|-----|
| Soothing Mask | 15€ |
| Relaxing & Soothing Massage | 15€ |
| Ingrowing Hair Treatment | 15€ |

FINISHING TOUCHES

| | |
|-------------------------|-----|
| Eyebrow Shaping | 9€ |
| Eyebrow Tidy | 5€ |
| Eyelash Tint | 14€ |
| Eyebrow Tint | 14€ |
| Eyelash + Eye Brow Tint | 24€ |



APPOINTMENT SCHEDULING

Spa appointments may be scheduled at the Spa Reception Desk. Please call us in advance to ensure availability of your requested service or therapist. Our Spa reservations staff can help customize your special Spa experience. We require your surname, room number or telephone number to confirm your appointment. Reservations are subject to availability.

RE-SCHEDULE OR CANCEL APPOINTMENT

Since your services are reserved especially for you, please notify the Spa by 4:00 p.m. the day prior to the appointment

SPECIAL REQUEST

Based on availability, we will make every effort to accommodate special requests. Please make your therapist preferences known when booking your appointment. For groups of four people or more, special opening hours may be arranged. Please feel free to make your request at the Spa reception.

VALUABLES

Please do not bring jewellery or other valuables to the Spa. Unfortunately, we are not able to assume responsibility for valuables that are lost or left at the Spa.

MEDICAL AND WELLBEING

Please inform us of any medical or special needs such as high blood pressure, allergies, pregnancy or any physical conditions or ailments that require our attention. For your safety and wellbeing, we strongly discourage alcohol consumption prior to Spa treatments, immediate sun exposure following skin care therapy, and shaving before or after exfoliation treatments.

ARRIVAL TIME

Enhance the effectiveness of your scheduled treatments by first unwinding in our relaxation lounges. We invite you to arrive at least 30 minutes prior to your scheduled Spa service to check-in, change into Spa attire, and relax. Please note that treatments begin and end at scheduled times. No adjustments can be made for late arrivals. To ensure that all Marion Mizzi Spa guests receive their full treatments, appointments for late arrivals will end at the scheduled time.

YOUR EXPERIENCE

We invite you to discuss any of your preferences or special needs with our Spa staff at your arrival. This will help us better prepare to meet your needs and make your Spa experience exceptional. Also, please communicate with your therapist regarding room temperature, pressure, and technique to ensure your overall comfort.



MARION MIZZI

Slimming

The first Marion Mizzi Slimming Club was opened in 1976. Throughout the past 40 years, thanks to our experience, consistency and variety of programmes to suit every body's needs, we have contributed to a happier and healthier lifestyle for thousands of men and women.

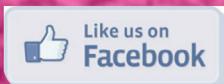
We offer a full range of the latest slimming technologies and treatments that help to smooth cellulite, toning, fat reduction and body shaping.

We also provide nutritional advice, an individual programme designed in line with the clients' lifestyle and eating habits, consultations, in-depth support and motivation.

Ask for more information at the Reception or call us on 21896545.

Visit our site and Facebook page for our latest news and offers.

WWW.MARIONMIZZI.COM



@marionmizzi

Free
Consultation!



THE PALACE HOTEL

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Tel: (+356) 21370208 (Slimming)

RADISSON BLU RESORT

St. George's Bay, St Julian's

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MARION MIZZI WELLBEING FGURA

Zabbar Road

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(+356) 21675696

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WWW.MARIONMIZZI.COM