

Spa & Wellness, an experience shaped by water.

This is a place of nourishment. A place where the body is seen as an extension of the land, sea, and sky. Experience the reinvigorating spirit of slow well-being, and let the healing power of nature flow like water.

A sacred place for being.

BODYWORK

Inspired by the harmony of land, sea, and sky, our approach to bodywork aligns the body with nature's rhythmic flow.

RITUAL SAGRADO

Exclusively designed for Spa & Wellness

60 / 90 MIN



Immerse yourself in a sacred ritual that goes beyond the surface—awakening your inner light through the power of touch and renewal. This exclusive full-body treatment, begins with a gentle yet invigorating exfoliation to slough away dullness and stimulate circulation. As the layers of stress and fatigue are polished away, your body's natural vitality is restored. Feel radiant, refreshed, and deeply aligned—celebrating beauty that begins within and glows outward.

MATERNITY MASSAGE

60 / 90 MIN

Designed for mothers-to-be (in their second trimester or later) or new mothers, this light-to-moderate pressure massage is fully customizable and draws on a number of therapeutic techniques. Reduce stress, decrease swelling, and relieve aches and pains in the body to prioritize the comfort and safety of you and your baby.

JADE DEEP-TISSUE MASSAGE

60 / 90 MIN

Promote slow well-being and create space to be present as our therapists combine jade's healing properties with deep-tissue techniques to work through tension, knots, and restrictions. Set the tone for your vacation and leave feeling renewed and balanced.

The 90-minute session includes our cooled jade eye mask for deeper rejuvenation.

ROOT TO RISE SCALP RENEWAL

60 MIN

Revitalize the body's key pressure points located on the feet, hands, face, scalp, and ears with this grounding acupressure treatment. Through head-to-toe acupressure, a soothing scalp massage, and ear seeds, you will leave with a profound feeling of renewal.

FLOR DE JUANILAMA MASSAGE

60 / 90 MIN

Immerse yourself in a journey of relaxation and rejuvenation with our signature massage, enhanced with the soothing essence of Juanilama. Used locally for thousands of years for its endless health benefits, Juanilama helps relieve pain, reduces inflammation, and improves digestion. Let the skilled hands of our therapists soothe your body and calm your mind as you drift away to a state of blissful tranquility amidst Costa Rica's lush landscapes.

GEOHERMAL STONE MASSAGE

105 MIN

Melt away the tension under volcanic and marble stones as they gently glide over the body and promote deep healing. The blend of stones help release muscle tension and increase blood flow while flushing the nervous system to promote better sleep.

LYMPHATIC DRAINING & CONTOURING

120 MIN

This gentle yet effective body treatment stimulates the body circulatory and elimination systems to offer recovery from travel, reduce inflammation, and decrease water retention throughout the body. Combining traditional lymphatic drainage with more dynamic slimming techniques, this treatment leaves you feeling lighter and refreshed from inside out.



Treatments designed in partnership with AYUNA — less is beauty

FACIAL

Holistic beauty with a minimalist approach to help restore your skin's natural harmony, committed to AYUNA's 'less is beauty' ethos.



HARMONIC ECO GLOW

Exclusively designed for Spa & Wellness

60 / 90 MIN

Discover the secret to radiant skin with this holistic facial designed to harmonize the body, mind, and spirit. Perfect for correcting pigmentation spots and improving skin texture, it works deeply on the four dimensions of luminosity: enhancing color, refining texture, evening out tone, and revealing unique transparency.



VOLCANIC LIFT

60 / 90 MIN

This powerful detoxifying facial uses volcanic glass and activated carbon to decrease the sensitivity of the skin and eliminate impurities while soothing and nourishing the skin. Recontour and illuminate dull, tired skin and glow from the inside out.

This treatment includes hand and foot reflexology using local mud.



SLOW-AGING FACIAL

90 MIN

What if you could slow down time, and turn back the clock?

This one-of-a-kind facial symbolizes harmony with the passage of time and brings back more youthful looking skin.

Suitable for all skin types, this treatment uses tailored products and techniques to stimulate the limbic system, focusing on three senses: aroma, sound, and touch. Plasmas rich in botanical cell factors and phyto-peptides help the skin maintain its regenerative abilities.



Treatments designed in partnership with AYUNA — less is beauty

NAIL HEALTH

Restoring harmony in your nails, hair, and scalp with a focus on nurturing the foundation of beauty.

BARE HANDS OR FEET

45 MIN

Enhance the natural beauty of your nails with this nourishing treatment, beginning with a soothing soak to soften the skin, followed by nail shaping and cuticle care. Leave your hands or feet silky and smooth with our local scrub exfoliation and relaxing hand or foot massage.

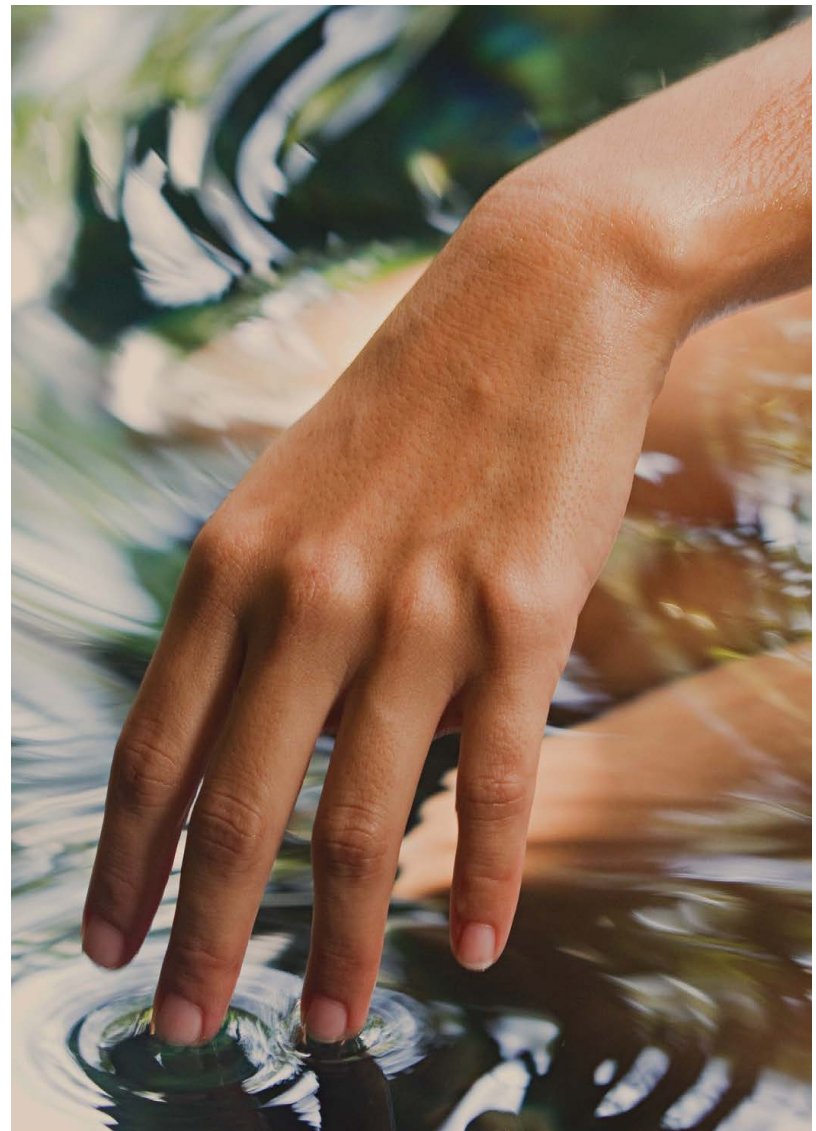
**Option to add polish color or opt for a buffed shine for a clean, natural finish.*

SACRED HANDS OR FEET

60 MIN

Draw in the energy of the Earth with a cleansing ritual using our local mud — deeply cleansing and nourishing the skin. Activate pressure points on the hands or feet with our jade tools for energy, followed by nail shaping and cuticle care.

**Option to add polish color or opt for a buffed shine for a clean, natural finish.*



RITUALS OF WELLNESS

Immerse yourself in the land's natural rhythms and harness the power of the rooted ways of living to feel anew.



SLOW WELL-BEING

Exclusively designed for Spa & Wellness

120 MIN

In a world that rushes by in fleeting moments, this ritual is an invitation to slow down and return to yourself. Let time dissolve as soft exfoliating touches renew your skin—face and body. This restorative journey includes a gentle exfoliation for the body, preparing the skin to receive the nourishing power of Spirulite. This superfood delivers antioxidants and essential nutrients that help detoxify and hydrate. A rejuvenating facial completes the ritual, leaving you renewed, radiant, and deeply relaxed.

EARTH THERAPY

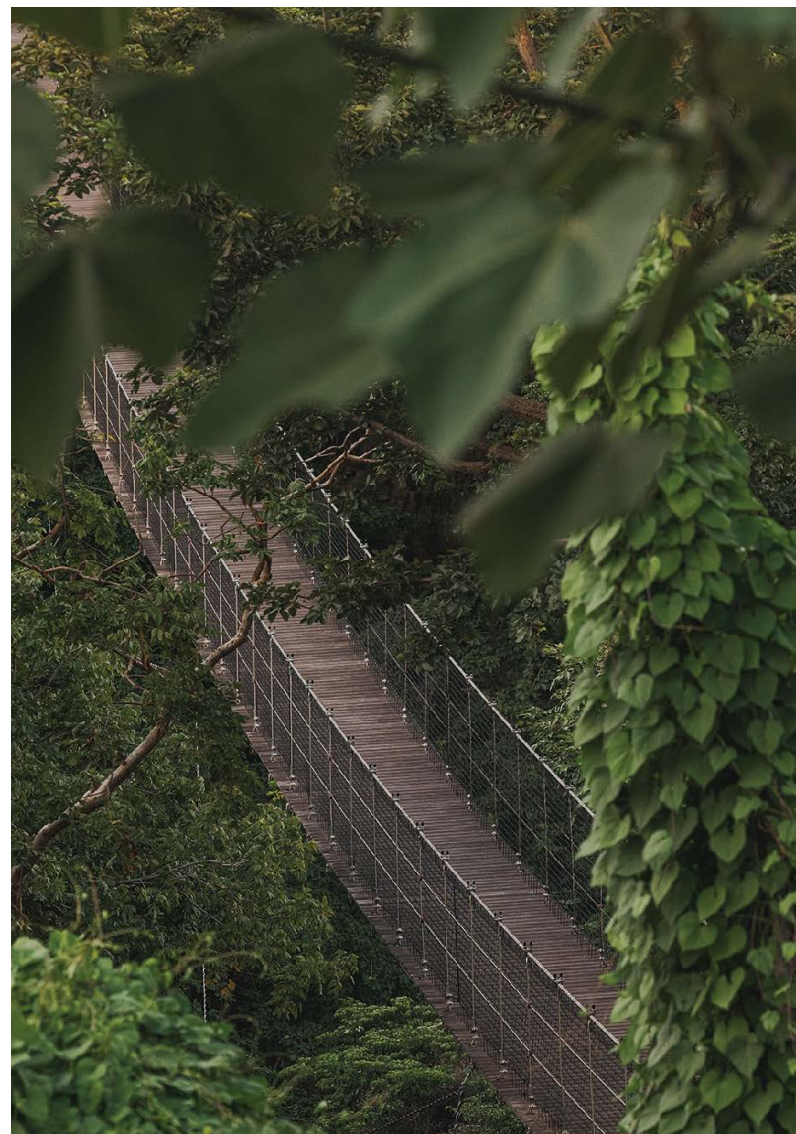
90 MIN

Inspired by one of the last surviving cultural traditions of the Chorotega tribe — pottery, this bodywork treatment incorporates earth elements including local clay, pottery vessels, and carved wood as an extension of the therapist's hands to relieve pain and reattune the body to its natural energetic vibration.

ECHOES OF WELLNESS

60 MIN

Step into a space designed exclusively for you. Echoes of Wellness is a fully personalized, one-on-one session crafted to support your unique intentions. Choose a focused Private Training session for strength, mobility, and conditioning, or a Personalized Wellness Class for mindful movement, yoga-inspired flow, or restorative practices. Begin with a brief consultation and enjoy a fully customized session designed to support your body, your energy, and your intentions.



Treatments designed in partnership with AYUNA — less is beauty

BODYWORK

Flor de Juanilama Massage	Starting from \$295 / \$449
Ritual Sagrado	Starting from \$399 / 549
Geothermal Stone Massage	Starting from \$499
Jade Deep-Tissue Massage	Starting from \$399 / \$549
Maternity Massage	Starting from \$295 / \$449
Root to Rise Scalp Renewal	Starting from \$295
Lymphatic Draining & Contouring	Starting from \$549

FACIAL

Harmonic Eco Glow	Starting from \$319 / \$449
Volcanic Lift	Starting from \$319 / \$449
Slow-Aging Facial	Starting from \$520

NAIL HEALTH

Bare Hands or Feet	Starting from \$100 / \$150
Sacred Hands or Feet	Starting from \$150 / \$200

RITUALS OF WELLNESS

Earth Therapy	Starting from \$409
Slow Well-Being	Starting from \$519
Echoes of Wellness	Starting from \$300

GENERAL INFORMATION

We encourage you to arrive 30 minutes prior to your appointment to enjoy complimentary spa facilities, including the steam room, sauna, hot tub, cold dip, and hydrotherapy pool. Please note that late arrival may result in reduced treatment time. To maintain tranquility of the spa environment, we ask that you turn off any mobile devices upon arrival.

HOURS OF OPERATION

Spa & Wellness: Open every day from 8 am – 7 pm.

Please note that hours may vary between (Low season From August to November)

CONSULTATIONS

We offer complimentary consultations for our products and services by phone or in the spa.

CANCELLATION

To avoid a full-fee charge, we require a 6-hour advance notice to cancel or reschedule any service.

PRICING AND PAYMENT

To maintain maximum standards of service and quality, prices may change without prior notification. All major credit cards are accepted.

GRATUITIES

We are dedicated to making each visit with us a great experience. Gratuities are completely optional and based on your satisfaction.

AGES

Guest must be 18 years of age or older to experience a massage, body treatment, or enjoy spa facilities. All ages are welcome to enjoy our nail services with a guardian present in the treatment room. Locker area access will not be permitted to minors.

FITNESS

- Must have proper attire to workout (ie: shirts, no sandals, athletic shoes.)
- Must be over the age of 18 to workout
- 16 and 17 years old may work out with their parents present and with a proper waiver signed
- 15 and under are not permitted in the fitness center at all (even if they wait in a chair).
- For safety and as a courtesy to other guests, there are no cell phones permitted during the use of any piece of equipment. (Music purposes are acceptable)
- To protect the equipment and maintain hygienic conditions, all participants are asked to wipe down all machines after usage. Sanitary wipes dispensers are located throughout the facility. Please do not spray disinfectant directly on the display panels.
- Smoking and other tobacco products are prohibited.
- Damaged or defective equipment should be reported immediately to the Fitness Center staff