

— EST. 1914 —  
T I E R R A  
M A G N I F I C A  
— 100% NATURAL —



# Spa & Wellness *offerings*

“The first wealth is health.”

— Ralph Waldo Emerson



## Sometimes the most profound journeys begin with self discovery.

Our philosophy at Tierra Magnifica is that finding your true center starts by caring for the whole self.

Our world-class yoga, spa and detoxification treatments are inspired by our local community, with ingredients and expertise as unique as Nosara itself.

Curating healthy vacations for the body, mind and spirit.

Contact the Tierra Magnifica Concierges team to book your therapies.

If you have any questions or for specific information on any of our wellness offerings please contact Ana from our Wellness Program at [wellness@tierramagnifica.com](mailto:wellness@tierramagnifica.com)



# Spa *Treatments*

Reserve your therapy through our Concierge  
[concierges@tierramagnifica.com](mailto:concierges@tierramagnifica.com) or stroll  
over to their desk and speak to them directly.

## Swedish Massage

Duration: 60-90min      Price: \$110-140

Designed to harmonize your energy by rhythmic slow and long movements, it combines a variety of techniques that stimulate blood flow. (Medium to light pressure).

## Deep tissue Massage

Duration: 60-90min      Price: \$110-140

Deeper pressure therapy using elbows, forearms and knuckles to relieve chronic muscle tension. It's used to relief pain and adhesions. (Medium to strong pressure).

## Aromatherapy Massage

Duration: 60-90min      Price: \$110-140

Your therapist will select the perfect blend of essential oils according to your specific health concerns, to promote healing, wellbeing and relaxation.

## Lymphatic Massage

Duration: 60-90min      Price: \$110-140

Gentle massage that encourages the movement of lymph fluids around the body, eliminating toxins & waste from bodily tissue.

## Reflexology

Duration: 45min      Price: \$110

By the stimulation of the foot's reflex zones, organs, muscles & other parts of your body receive a healing stimulus.

## Body treatments

Duration: 60-90min      Price: \$110-140

These treatments remove dead cells, leaving your skin super clear and soft, ready to be delighted with natural products, that nourish your skin and relax your mind. Choose from:

- Moisturizing {Banana & Honey}
- Detoxing (Organic Clay)
- Firming (Coffee, Cacao & Honey)
- Cooling (Cucumber & Aloe)

## Facials

Duration: 60min      Price: \$100

Hydrating treatment. Designed to heal your skin on a deeper lever. Our natural products hydrate & restore your skin's natural fresh appearance. Choose from:

- Moisturizing {Banana & Honey}
- Detoxing (Organic Clay)
- Firming (Coffee, Cacao & Honey)
- Cooling (Cucumber & Aloe)



# Wellness *Offerings*

## Thai Massage

Duration: 90min      Price: \$175

It is a passive yoga, slow and dynamic body work that involves passive stretching with pressures on the whole body where the therapist uses hands, knuckles, thumbs, elbows, knee, forearms, feet and the whole body weight in a series of movements, with pressures on the whole body using breathing. Pressure and stretching activate the flow of vital energy, preventing and healing blood blockages.

## Sports Massage

Duration: 60-90min      Price: \$160-200

Specialized body work designed for athletes or individuals engaged in physical activities. It targets muscle groups used during sports, enhancing performance, preventing injuries and aiding in post-workout recovery.

## Watsu. Aquatic Bodywork

Duration: 50min      Price: \$160

Bodywork technique performed in warm water. Gentle stretches, soothing movements and floating to promote deep relaxation and release physical and emotional tension.

## Myofascia release

Duration: 60-90-120 min      Price: \$150-210-240

This therapy is a soft tissue technique that works to release painful, tension in muscles and fascia by stretching and loosening of trigger points within hardened myofascial muscle strands, as well as the associated increased blood flow to the triggered muscular-fascial tissue.

## Osteopathy

Duration: 60-75min      Price: Upon Request

Osteopath aims to restore the normal function and stability of the joints to help the body heal itself. Using the hands to treat the body in a variety of ways, using a mixture of gentle and forceful techniques, depending on the symptoms reported. Some of the techniques used are: Cranio-sacral therapies, to activate the endocrine and nervous systems, hydrotherapy, to create body awareness; and some physical therapy elements such as electrotherapy, therapeutic exercise, electropuncture; to modulate muscle tone.

## Physiotherapy

Duration: 60-75min      Price: Upon Request

Helps to restore movement and function when someone is affected by injury, illness or disability. It can also help to reduce your risk of injury or illness in the future. The goal is to provide new tools to fulfill your activities of daily living and maintain your mechanical independence, as well as improve your performance, after an injury. A holistic approach helps better recovery, response and perception of the burden. That is why, from my experience, connecting with the client/patient is essential for optimizing the set objectives. For this reason, physical therapy not only affects the treatment of the body in general but also affects aspects of mental and emotional well-being.

## In{Tension Movement Human Performance

Duration: 90min      Price: \$175

A mind-bending blend of brain based breathing, biomechanics, and even intensional play for a multidisciplinary approach to human tensegrity: our body's innate way of moving through any environment using integrated chains of fascia. Reminding ourselves of the integral way in which we are supposed to MOVE we are able to take stress off all the joints, assess aches and pains from acute to chronic, as well as prime the brain and body for power. Pain management, sports performance, productivity, and injury prevention all in one. Not simply exercises but a combined system that, once learned, can be practiced with and applied to all aspects of life, helping humans better inhabit their bodies.

## Customized IV Therapy / Intravenous vitamin & mineral therapy

Duration: 40-75min      Price: \$150-\$285

Elevate your well-being with our IV Therapy options, tailored to enhance your vitality and rejuvenate your body. From immune-boosting blends to hydration drips, each infusion is meticulously crafted to support your wellness goals. Choose from our range of therapies and add-ons to customize your experience and embark on a journey to optimal health.

## Pilates

Duration: 90min      Price: \$175

Pilates is a method that combines flexibility, strength, muscle tone and it specifically focuses on building core strength. In my classes students have the opportunity to empower themselves. Through breathing and alignment we connect with the body, we work on posture, balance and coordination. We focus on how we feel on and off the mat. It's not just what happens during class time but what you take with you for the rest of the day.

## Yoga

Duration: 60min      Price: \$80

All-levels personalized multi-style yoga class, combining movement and breath to achieve balance between mind, body and spirit. According to the client's needs, the style can be gentle, energetic or a mix of the following yoga styles: Hatha, Vinyasa, Therapeutic (Iyengar), Yin or Power. As a special addition to the savasana, Reiki and sound vibration are offered to deepen the state of relaxation and integration.



# Holistic *Offerings*



## Reiki & Sounds

Duration: 75min Price: \$150

Reiki is a Japanese healing technique where practitioners use their hands to channel universal life energy to promote relaxation, stress reduction, and overall well-being, while involving specific sounds and vibrations to help the practitioner release energetic blockages and deeper recharge each chakra.

## Bioenergetic Balance

Duration: 75min Price: \$150

Bioenergetic balance refers to the state of harmonious energy flow within the body and its systems, achieved through the technique of acupressure, that uses slight to medium pressure on the meridians (energetic channels) of the following organs: Lungs, Kidneys, Gallbladder, Stomach, Spleen & Pancreas, Pericardium, Bladder, Liver, Small intestine, Heart, Large intestine and Triple heater. The client can choose from an overall balance, or choose from a specific organ to work on with the aim of promoting physical, emotional, and spiritual well-being.

## Cacao Ceremony + Sound Bath

Duration: 120min Price: \$150

Ceremonial gathering that involves the consumption of raw cacao in a ritualized manner, accompanied by meditation, intention setting, and sound bath, with the purpose of connecting with oneself and others with the healing properties of the cacao, to facilitate emotional healing and self-discovery.

## Sacrocranial

Duration: 75min Price: \$175

The therapy consists of a gentle touch of 5 grams, where restrictions are released in the craniosacral system which allows to optimize the functioning of the central nervous system. It is useful as a complement to the body's natural healing processes, as well as prevention.

## Abdominal Massage

Duration: 90min Price: \$175

A combination of Mayan Abdominal, Thai Massage abdomen work and Reiki. It's a deep dive into the area, improving digestion, reducing bloating, helps with IBS, SIBO, IBD. For women, it helps with the period, pelvic health, stronger post-baby recovery and smoother menopause.

## Somatic Breathwork

Duration: 120min      Price: \$350

Active Dynamic Breathwork is a transformative practice that utilizes deep, conscious breathing to release limitations, trauma, and negative thoughts stored in the body, facilitating healing, clarity, and peace of mind by bridging the conscious and unconscious realms and connecting with our innate intuition.

## Acupuncture

Duration: 75min      Price: \$125

Acupuncture is a traditional Chinese Medicine technique used for balancing the flow of energy, which flows through pathways (meridians) in your body. By inserting needles into specific points along these meridians, your energy flow will re-balance. Acupuncture can be good for reducing pains, stress, anxiety, headaches, low energy, insomnia, and also for stimulating your immune System.

## Qigong

Duration: 75min      Price: \$125

Qigong is a body-mind training that integrates movements, postures, breathing and awareness. A real meditation in movement, an art that strengthens your health, promotes longevity and inner peace. Qi means (energy, life force), and gong means (work, development or cultivation).

## Tai Chi

Duration: 75min      Price: \$125

Taiji Quan, was a spiritual practice that integrated mind and body for enlightenment through the discipline of Tao meditation and martial arts training. Nowadays, Tai Chi is a series of soft, fluid movements that help relieve our nervous, muscular tension and develop a better energy and blood circulation. Taichi strengthens the body from inside and promotes a peaceful mind.

## Meditation Zen

Duration: 90min      Price: \$175

This class is ideal for people who want to learn step by step how to practice meditation according to the traditional teachings of Zen Buddhism and the internal arts. Powerful sitting practice to open the gates of internal serenity, mindfulness and self-discovering.

## Ceibo Soundz (Sound Journey)

Duration: 60min      Price: \$315

Melt into a vibrational sound bath with Ceibo Soundz. Using his collection of crystal tones alchemy bowls and eclectic instruments from around the world while using his voice as an instrument to hold space for deep rest and recovery. Ceibo will guide you into a journey of deep relaxation and self discovery.



# Consultative *Services*

## Nutrition (Sports and Weight Loss)

Price: On Request

In our consultation, we delve deep into unique nutritional needs, exploring your health goals, dietary preferences, and lifestyle. Instead of imposing rigid plans, we work together to craft a sustainable, customized nutrition strategy that perfectly aligns with your life. The ultimate goal is to empower you with knowledge and choices that lead to a profound understanding of how food influences your overall well-being.

## Astrology Coaching

Duration: 60-90min      Price: \$100-\$125

A mix of Human design and Gene Keys, for self-knowledge. These two astrology-based tools, incorporate timeless wisdom like the I-Ching and chakra system. It provides guidance in the life-path or bring answers to specific questions. (Important: date birth, time and place must be provided 24hrs before session)

## Bioenergetic Scan

Duration: 85min      Price: \$195

This therapy relies on the use of a device designed to capture and analyze the human biofield, also known as the energy field or aura, aiming to promote physical, emotional, and spiritual well-being by identifying and addressing imbalances in this energy field. The analysis includes the examination of energy distribution, the condition of chakras and organs, and the presence of any anomalies or blockages in the energy field.

## Psychology Therapy

Duration: 60min      Price: \$150

My private practice is a space where I've witnessed the resilience and personal growth of my patients flourish. Every day, I am filled with gratitude for being a beacon of support in the midst of emotional storms. My therapeutic approach is grounded in empathy, deep understanding, and the pursuit of effective solutions. I believe in the capacity of each individual to heal and grow, and my mission is to guide them on that journey. Throughout this journey, I've learned as much from my patients as I have from myself, enriching my practice and my understanding of psychology.

## Holistic Nutrition

Duration: 60min      Price: \$150

Holistic Nutrition looks to support and optimize the body's innate healing abilities, promoting wellness and preventing disease. This can be achieved through Clinical Nutrition (Chronic Diseases), Intuitive Eating and Mindful Eating, Nutrition Education and or Plant Based Nutrition. Whether you're struggling with chronic illnesses, seeking to revitalize your energy levels or simply striving for a healthier lifestyle, I am here to support you every step of the way. In our one-on-one sessions, you'll receive personalized guidance that takes into account your dietary preferences, emotional triggers, physical activity, and much more. We'll work together to create a roadmap that aligns with your goals and aspirations. Our aim is to empower you with the knowledge and tools you need to make informed choices and cultivate sustainable habits.

## Integrative Nutrition

Duration: 90min      Price: \$160

My approach in nutrition is to understand the body as a machine and see ourselves as pilots of that machine. In order to pilot the ship we need to know how it works. I really like teaching people to learn and understand their own body. My method is integrative taking into account the individuality of each person and environment. My primary focus is to reduce inflammation in the body, restore digestive health, and regulate blood sugar. Most diseases and symptoms that affect us today are related to inflammation in the body. By reducing inflammation in the body, the symptoms cease, there is more energy, we sleep better and the extra weight that the body is accumulating is lost. Always trying that the food that we eat is as natural and varied as possible. Each body is unique and therefore the diet for each person is worked on individually.

Contact

[concierges@tierramagnifica.com](mailto:concierges@tierramagnifica.com)  
to book your therapy.

For extra information or guided  
direction on our wellness offerings  
contact Ana at  
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Ana Alvarenga  
Tierra Magnifica Wellness Program Director