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Rejuvenate At The Retreat Costa Rica

by BELLA Magazine

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The Retreat Costa Rica is one of the most mystical, magical, and beautiful places you'll ever visit. At a time when many are looking to heal and put wellness back on the list of priorities, traveling to a destination that will genuinely refresh your mind, body, and spirit is the perfect escape.

This luxury wellness boutique resort and spa is nestled on a 50-acre quartz mountain overlooking the Pacific Ocean in a region called Atenas, just 30 minutes from San Jose Airport. It's surrounded by beautiful lush gardens, incredible views of the Nicoya Peninsula, and serves up technicolor sunsets just for fun. It is also home to captivating wildlife, including Tarzan and Jane, two peacocks who just meander around the grounds making for perfect property mascots.



The Retreat Costa Rica has 13 unique casitas (with six more currently being added) that are named after the plants and super- foods grown on the property. There are no in-

room phones or TVs, but they're not missed at all since there's so much to see and do, giving you the opportunity to completely relax and detach.

Better yet, all accommodations are equipped with an essential oils diffuser so there's something to alight the senses, reduce stress, and improve health at every turn. Crystals also play a huge part of the stay at The Retreat Costa Rica with energy powerfully vibrating throughout, evoking spiritual healing and balancing chakras.



One of the incredible benefits of the property growing most of the food it serves is that guests enjoy delicious anti-inflammatory cuisine that incorporates organic produce that is grain-free, dairy-free, and refined sugar-free. Meals are plant based, but sustainably raised animal proteins can be added. It was honestly some of the best food I've ever had—creative, scrumptious, and super healthy. The kitchen is open so guests can see what is being prepared that day; always a chef's nod to what's fresh and in season from the land and local farmers.

The property even has its own coffee plantation and brews up the most delicious coffee creations. Evenings out on the dining patio enjoying the balmy weather can also be accompanied by frescos, elixirs, and herb-infused waters or a fresh hand-muddled cocktail...because, why not?!



The feng shui-designed Vida Mia Spa is definitely one of the highlights of The Retreat Costa Rica. A selection of relaxing and therapeutic treatments is offered in the 8,000-square-foot building. The Heaven on Earth treatment is a perfect decompressing

experience, while the 4-hand Ayurveda offerings are guest favorites as they use the five elements of ancient techniques that bring a release that will stay with you for a long while after you're back home.

Costa Rica is known for its eco-friendly ethos, which The Retreat takes very seriously, committing fully to sustainability and respect for the environment.



Celebrity chef and best-selling health and wellness coach Diana Stobo is the owner and founder of The Retreat Costa Rica. She has truly provided a spectacular and special place that takes visitors on a gastronomic journey that their taste buds will reminisce about long after the last morsel is enjoyed. The experience serves as a return to well-ness, health, and joyfulness, and provides a sanctuary that swoops you up into a warm hug from crystal-charged grounds to the incredible and personable staff who become like family.



You will leave The Retreat Costa Rica feeling emotionally recharged, physically healthier, and spiritually renewed. It is truly a place to surrender and release all of your woes and in turn receive nourishment and well-being of mind, body, and soul in gratitude. Pura vida!