

TIERRA  
MAGNIFICA



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: \$120-150

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: \$120-150

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: \$120-150

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: \$120-150

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

## Reflexology

Duration: 45min    Price: \$120

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

## Body treatments

Duration: 90min    Price: \$150

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: \$110

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

This is a form of passive yoga that combines slow, dynamic movements with gentle stretching and pressure applied throughout the body. The therapist uses their hands, knuckles, elbows, and body weight in a series of movements synchronized with breath. This approach promotes the flow of vital energy, helping to prevent and heal blood blockages.

## Therapeutic Massage

Duration: 75 min      Price: \$150

This massage is designed to address musculoskeletal and nerve-related issues. It offers an integrative approach, combining various manual techniques delivered by a physiotherapist with years of experience in sports physical therapy.

## Osteopathy

Duration: 75min      Price: \$150

Focuses on restoring normal joint function and stability to support the body's natural healing processes, by using a range of hands-on techniques, tailored to the specific symptoms presented. These techniques include craniosacral therapy to stimulate the endocrine and nervous systems, hydrotherapy to enhance body awareness, and elements of physical therapy such as electrotherapy, therapeutic exercises, and electropuncture to help regulate muscle tone.

## Physiotherapy

Duration: 75min      Price: \$150

Our approach focuses on minimizing the risk of future injuries and enhancing overall performance during the recovery process. We specialize in helping individuals regain movement and function after injury, illness, or disability, aiming to improve daily activities and promote independence. Through a holistic method, we support effective recovery and responsiveness to challenges. We believe that fostering strong relationships with our clients is crucial for achieving optimal treatment outcomes. As such, our approach encompasses not only physical rehabilitation but also the mental and emotional aspects of well-being.

## In{Tension Movement Human Performance

Duration: 60min      Price: \$125

An integrative approach to movement that combines breathing techniques, biomechanics, and intentional play to enhance the body's natural alignment and mobility. By reconnecting with how we are meant to move, we can reduce joint stress, address both acute and chronic pain, and optimize physical and mental performance. This system not only aids in pain management, sports performance, and injury prevention, but also improves overall productivity. It offers more than just exercises; once mastered, these techniques can be integrated into everyday life, helping individuals move more freely and confidently within their bodies.

## Pilates

Duration: 60min      Price: \$125

Pilates is a method that enhances flexibility, strength, and muscle tone, with a strong emphasis on core strength by connecting the body through breathing and alignment, focusing on posture, balance, and coordination. We prioritize how participants feel both during and after class, emphasizing that the benefits extend beyond the session and into their daily lives.

## Yoga

Duration: 60min      Price: \$80

Enjoy a tailored multi-style yoga session designed to meet your unique needs, whether you prefer a gentle, energetic, or blended approach. As a special finishing touch, we offer Reiki and sound vibrations to enhance relaxation and integration.

## Customized IV Therapy / Intravenous vitamin & mineral therapy

Duration: Approx. 40-75min

Elevate your well-being with our IV Therapy options, tailored to enhance your vitality and rejuvenate your body. Choose from our range of therapies and add-ons to customize your experience and embark on a journey to optimal health:

01. MYERS' COCKTAIL: (Magnesium, calcium, vitamin B6, B-12, B Complex and vitamin C) \$150
02. IMMUNITY: (Vitamin C, zinc and B Complex) \$215
03. CITRUS BOOST: (Vitamin C) \$200
04. B-VITAMINS RECIPE: (Vitamin B6, B-12 and B Complex) \$170
05. HIDRATION DRIP: (Saline Solution. After intense physical work, high temperature of dehydration) \$150-250ml / \$225-500ml
06. MINERAL MIX: (Sodium, chlorine, calcium, magnesium and zinc) \$250
07. WELLNESS POTION: (Sodium, calcium, magnesium, zinc, vitamin B-12, B Complex and vitamin C) \$285

### ADD ONS

08. ANTIOXIDANT GLUTATHIONE: Cellular detoxification, Reduces inflammation \$85
09. VITAMIN B-12: To prevent and treat deficiency, Increases energy levels \$45
10. VITAMIN D: Improves immune system function, Increases calcium absorption \$85



# Holistic *Offerings*



## Reiki & Sounds

Duration: 90min      Price: \$150

Reiki is a Japanese healing practice that uses gentle touch to channel universal life energy, promoting relaxation, reducing stress, and enhancing overall well-being. It incorporates specific sounds and vibrations to help release energetic blockages and balance the chakras. Additionally, Reiki can be practiced for two people simultaneously by a couple, offering a deeper and more insightful experience.

## Cacao Ceremony + Sound Bath

Duration: Approx. 120min      Price: \$150 Approx.

Ceremonial gathering that involves the consumption of raw cacao in a conscious 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

This therapy applies gentle pressure to the head, neck, and back to alleviate stress and pain from muscle tightness. By addressing restrictions in the craniosacral system, it helps improve the central nervous system's functioning. This therapy supports the body's natural healing processes and can also be used for preventive care.

## Abdominal Massage

Duration: 60min      Price: \$120

This treatment combines Mayan Abdominal massage, Thai abdominal techniques, and Reiki. It focuses on the abdominal area to enhance digestion, reduce bloating, and support conditions like IBS, SIBO, and IBD. For women, it can ease menstrual issues, promote pelvic health, aid in recovery after childbirth, and help with menopause symptoms.

## Breathwork

Duration: 60min      Price: \$157 Approx

Conscious breathing techniques are implemented to drop into the body, reconnect with your essence, and return home to one's self. You may choose a gentle, restorative session that blends Reiki and restorative breath practices to soothe the nervous system, invite relaxation, and restore harmony. Or, explore a more activating journey designed to alchemize energy, reclaim, and awaken your inner vitality

## Sound Bath

Duration: 60min      Price: \$140      Couples: \$180

Bathe in a soothing session featuring two crystal bowls, four metallic therapeutic singing bowls, chimes, shamanic maraca, and drum. This harmonious blend of sound and vibration invites your body and soul into a profound state of relaxation, activating the parasympathetic nervous system to rest and restore. Benefits include improved sleep, reduced chronic pain, lower blood pressure, and a decreased risk of heart disease. Allow the healing sounds to guide you into a deeper sense of well-being and balance.

## Sound Healing

Duration: 60min      Price: \$157 Approx.

Sound healing is a therapeutic practice that uses a variety of instruments to promote balance and well-being. During sessions, we incorporate tools such as the voice, drums, hang pan, shruti box, crystal bowls, ukulele, and more, creating a harmonious soundscape that helps to restore equilibrium in the body and mind. Our intention is to provide a deeply nurturing experience that supports relaxation, healing, and personal growth.

## Acupuncture

Duration: 75min      Price: \$125

Traditional Chinese medicine technique aimed at balancing the flow of energy through pathways in the body known as meridians. By inserting needles at specific points along these meridians, acupuncture helps restore balance to your energy flow. This practice can be effective in reducing pain, stress, and anxiety, as well as alleviating headaches, low energy, and insomnia. Additionally, it can help boost your immune system.

## Qigong

Duration: 75min      Price: \$125

Qigong is a practice that combines movement, postures, breathing, and mindfulness. It is a form of moving meditation that enhances your health, promotes longevity, and fosters inner peace. The term "Qi" refers to energy or life force, while "gong" means work, development, or cultivation.

## Tai Chi

Duration: 75min      Price: \$125

Taiji Quan began as a spiritual practice that combined mind and body for enlightenment through Taoist meditation and martial arts. Today, Tai Chi consists of gentle, flowing movements that relieve nervous and muscular tension while improving energy and blood circulation. It strengthens the body from within and promotes a peaceful state of mind.

## Meditation Zen

Duration: 75min      Price: \$125

This class is perfect for those looking to learn meditation step by step, following the traditional teachings of Zen Buddhism and internal arts. It offers a powerful sitting practice designed to cultivate inner peace, mindfulness, and self-discovery.



# Consultative *Services*

## Astrology Coaching

Duration: 60-90min      Price: \$100-\$125      Couples: \$150-\$170

This session combines Human Design and Gene Keys to enhance self-knowledge. These two astrology-based tools draw on timeless wisdom, including the I-Ching and chakra system, to offer guidance on your life path and provide answers to specific questions. Please note that you must provide your birth date, time, and place at least 24 hours before the session. This service is also available for couples, providing insights into complementary aspects of your relationship.

## Bioenergetic Scan

Duration: Approx. 60min      Price: \$195

This therapy utilizes a specialized device to capture and analyze the human biofield, also known as the energy field or aura. The goal is to enhance physical, emotional, and spiritual well-being by identifying and addressing imbalances within this energy field. The analysis involves assessing energy distribution, the state of chakras and organs, and detecting any anomalies or blockages in the energy field.

## Psychology Therapy

Duration: 60min      Price: \$150

In my private practice, I have the privilege of witnessing the resilience and growth of my clients. I am grateful to provide support during their emotional challenges. My therapeutic approach focuses on empathy, deep understanding, and effective solutions. I believe in each individual's capacity to heal and grow, and my mission is to guide them on that journey. This experience has enriched both my practice and my understanding of psychology, as I learn just as much from my clients as I do from myself.

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  
[wellness@tierramagnifica.com](mailto:wellness@tierramagnifica.com)



Ana Alvarenga  
Tierra Magnifica Wellness Program Director