



VIDA MÍA

HEALING CENTER AND SPA

Table of Contents

Spa Philosophy 03

The Facilities 04

Healing Touch Experiences 06

Farm to Spa Rituals 11

Detox and Energy Balancing Rituals 16

Crystal Healing Therapies 20

Ayurveda Therapies 25

Aesthetic Menu 37

Regenerative Med Spa 40

Yoga and Fitness 47

Spa Policies 51



Spa Philosophy

Perched atop a high-vibrational crystal mountain, Vida Mia is a world-class destination spa where healing begins in nature. Rooted in ancient wisdom and harmonized with the elemental forces of earth, water, air, and fire, our therapies blend organic remedies with innovative techniques to restore balance and vitality. Through genuine therapeutic treatments and immersive hands-on experiences, we nurture, protect, and heal the mind-body connection, offering a transformative journey to deep relaxation, beauty, and well-being.

The Facilities

Vida Mía Spa

Perched atop a crystal mountain, Vida Mía is a sanctuary of healing and renewal. Designed to harmonize with nature, our spa offers an immersive wellness experience that blends ancient therapies with modern innovation. From deeply restorative treatments to energy-balancing rituals, every detail is crafted to realign your mind, body, and spirit.

The Meditation Deck

A serene open-air space overlooking the lush Costa Rican landscape, our Meditation Deck invites you to pause, breathe, and reconnect. Whether through guided meditation, sunrise yoga, or quiet contemplation, this tranquil setting is designed to enhance mindfulness and inner peace.

The Quiet Pool

Nestled in nature, the Quiet Pool is a secluded oasis for relaxation and rejuvenation. Immerse yourself in its soothing waters, absorb the healing energy of your surroundings, and let go of stress as you bask in the stillness of the moment.

The Temple

A sacred space for reflection, ceremony, and deep healing, The Temple embodies the spiritual essence of Vida Mía. Whether through breathwork, sound healing, or intention-setting rituals, this sanctuary offers a profound connection to the energies of the earth and the self.





Treatment Rooms

Nestled on the second level, our treatment sanctuary offers a seamless connection between nature and healing. Here, guests will find thoughtfully designed spaces that blend modern comfort with the restorative power of the elements. This level features luxurious changing rooms, an air-conditioned fitness facility, a covered Jacuzzi, a cold-water cascade, and a tranquil outdoor resting den—each space curated to enhance relaxation and renewal.

Every treatment room at Vida Mia is named after indigenous healing crystals, designed with open-air concepts or expansive windows to bring the natural world into your experience, fostering deep connection and transformation.

- **BAI** – Our Vichy treatment room features tiered Costa Rican marble slabs with cascading water jets, offering a therapeutic hydrotherapy experience. Infused with crystal-charged waters, this treatment clears energy blockages and rejuvenates the body.
- **NEVE** – A versatile wellness retreat with an outdoor glass shower, NEVE is designed for body wraps, exfoliating scrubs, therapeutic oil treatments, and healing massages, immersing guests in a full-spectrum sensory experience.
- **AMARAJA** – A spacious and luxurious massage room with a private balcony overlooking the Pacific Ocean. Here, guests can embrace the vast, tranquil view while indulging in a wide array of healing treatments that soothe the body and uplift the spirit.
- **RATANA** – Another heavenly massage retreat, RATANA also features an ocean-facing balcony, inviting the soothing sounds of nature into every treatment. This serene space offers a rejuvenating escape with panoramic views of the Pacific.
- **MINA** – A jewel of a facial room, MINA is an intimate and cozy haven, offering lush views of the feng shui river and verdant foliage. Designed to provide ultimate tranquility, it's the perfect space for nourishing and restorative skincare rituals.
- **ALLIRA** – Our expansive and inspiring Couples Suite, ALLIRA, is a sanctuary of connection. This luxurious space features a king-size hanging bed, a private outdoor shower for two, a double hydrotherapy and chromotherapy bath, and a serene tea lounge. With a breathtaking 25-foot window that opens to fresh air and stunning views, it's a romantic escape designed for deep healing and togetherness.
- **AYURVEDA** – A dedicated space for holistic healing, this room is where our Ayurvedic doctors, herbalists, and functional nutritionists guide guests toward balance and well-being. Featuring a handcrafted wooden massage table, it is the setting for traditional Ayurvedic therapies designed to restore harmony within.



Sacred Bodywork & Energy Healing

At Vida Mia, touch is more than a sensation—it is a pathway to deep healing, balance, and renewal. Our bodywork therapies are designed to restore harmony by blending ancient techniques with modern healing modalities. From therapeutic massages to energy-balancing Reiki and holistic treatments, each session is an invitation to release tension, awaken vitality, and reconnect with your inner essence.

Let the wisdom of skilled hands, the power of intention, and the essence of nature guide you on a journey of transformation and profound well-being.

HEAVEN ON EARTH

60 MINUTES
\$145

90 MINUTES
\$180

Experience the divine touch of relaxation with our signature Heaven on Earth Massage. Begin with a gentle lavender sugar scrub, designed to soften and refresh tired feet while calming the senses. Then, surrender to a soothing full-body massage, where expert hands use strategic techniques to release tension and restore balance. Perfect for jet lag, travel fatigue, or simply indulging in pure bliss, this treatment invites you to drift into serenity—your own little slice of heaven on earth.

HEART OPENING - DEEP TISSUE MASSAGE

60 MINUTES
\$180

90 MINUTES
\$215

"When the body opens, the heart follows—and everything aligns." Stress causes the body to grip and hold, creating tension that restricts both movement and energy flow. Our Heart Opening Deep Tissue Massage goes beyond traditional Swedish techniques, working into the deepest layers of muscle tissue to release blockages, improve circulation, and ease chronic stress. By lowering heart rate and reducing stress hormone levels, this massage stimulates the release of oxytocin and serotonin, leaving you with a profound sense of relaxation, openness, and emotional balance.

COUPLES MASSAGE

60 MINUTES
\$285

90 MINUTES
\$355

Romantic, relaxing, and deeply connecting—this Couples Massage is the perfect way to share a moment of pure bliss with your partner. Indulge in a full-body massage with aromatic oils, side by side in a serene setting designed for togetherness. Whether you're celebrating love, a special occasion, or simply the joy of being present with one another, this unforgettable experience will leave you both feeling rejuvenated, connected, and completely at ease.

GENTLE RELEASE - LYMPHATIC DRAINAGE MASSAGE

60 MINUTES
\$140

90 MINUTES
\$180

The lymphatic system is the body's natural detox pathway, working to clear toxins and impurities. However, unlike the circulatory system, it lacks its own pump—requiring gentle stimulation to function optimally. Our Gentle Release Massage uses light, non-invasive techniques to encourage lymphatic flow, reduce fluid retention, remove impurities, and ease stress, pain, and inflammation. This deeply calming and meditative experience is perfect for those seeking a natural, healing release that restores balance and vitality.

BAMBOO MASSAGE

75 MINUTES
\$180

Tension and stress can create trigger points—small, restrictive areas in the body that block circulation and inhibit movement. Our Bamboo Massage combines the cleansing power of essential oils with targeted bamboo therapy to release these blockages, detoxify, and restore energy flow. Used on both the body and face, the bamboo stimulates circulation, enhances sensory nerve perception, and promotes lymphatic drainage, leaving you feeling deeply relaxed, rejuvenated, and in perfect harmony.

THAI MASSAGE

60 MINUTES
\$180

90 MINUTES
\$215

Rooted in ancient healing traditions, Thai Massage is a dynamic and invigorating experience that blends acupressure, energy line stimulation, and assisted yoga postures. Often called "Thai Yoga Massage," this treatment guides your body through gentle stretches using the therapist's hands, knees, legs, and feet—allowing you to experience the benefits of yoga without any effort. Through muscle compression, joint mobilization, and acupressure, this massage releases tension, restores energy flow, and leaves you feeling both deeply relaxed and revitalized.

TRAVEL RECOVERY MASSAGE

60 MINUTES
\$140

90 MINUTES
\$175

Long journeys can leave you feeling drained, stiff, and out of sync. Our Travel Recovery Massage transforms jet lag into jet-set bliss, combining a head, back, and shoulder massage with Reiki energy healing to restore your entire being—before or after travel.

The head massage releases stress, relieves migraines, eases neck and shoulder stiffness, and improves circulation, while stimulating the lymphatic system to eliminate toxins and enhance mental clarity.

Reiki, a gentle yet powerful Japanese energy healing technique, works by channeling universal life force energy through the therapist's hands to areas where you need balance and restoration. This non-invasive practice promotes deep relaxation, reduces stress, and encourages the body's natural ability to heal. By realigning your energy flow, Reiki helps to dissolve emotional and physical fatigue, leaving you feeling lighter, recharged, and fully present.

Feel rejuvenated, refreshed, and ready for your next adventure.



REIKI

Rooted in ancient Japanese healing traditions, Reiki is a gentle yet powerful energy therapy designed to restore balance, promote deep relaxation, and encourage emotional and physical healing. Developed by Mikao Usui, this technique involves hands-on or palm healing, where the therapist channels universal life force energy (chi) to areas where the body and mind need realignment. During this full-body treatment, energy flows to release blockages, reduce stress, and enhance overall well-being, leaving you feeling centered, renewed, and deeply at peace. Surrender to stillness and let your energy realign in harmony.

60 MINUTES
\$140

AROMATHERAPY MASSAGE Harnessing the healing power of plant extracts and essential oils, Aromatherapy is a holistic treatment designed to enhance both psychological and physical well-being. This sensory experience combines six therapeutic essential oils—eucalyptus, lavender, rosemary, geranium, mint, and sandalwood—each chosen for their unique benefits. Through topical application, massage, inhalation, and water immersion, these botanical essences work to calm the mind, uplift the spirit, and restore balance to the body. Whether you seek deep relaxation, mental clarity, or an invigorating boost, this treatment stimulates a profound sense of harmony and renewal. Breathe in, unwind, and let nature's essence heal you.

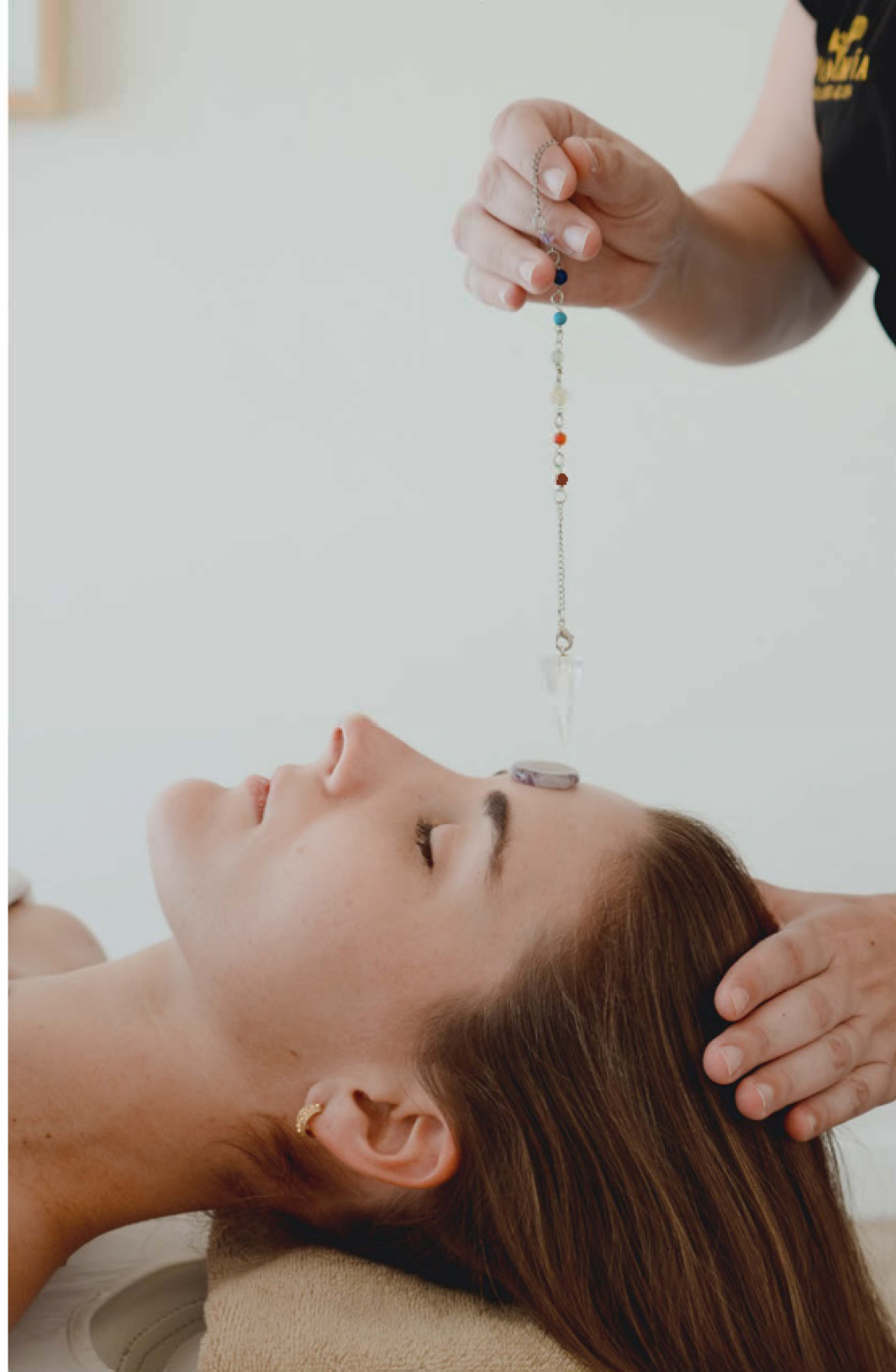
60 MINUTES
\$150

REFLEXOLOGY

An ancient healing practice, Reflexology is based on the principle that specific pressure points on the feet and hands correspond to different organs and systems within the body. Using precise digital pressure techniques—without oils or lotions—this therapy stimulates energy pathways, known as energetic canals, to restore balance, support overall health, and promote natural healing.

By applying focused pressure to these reflex points, blockages are released, circulation is improved, and internal function is optimized, leaving you feeling revitalized, rebalanced, and deeply restored. Step into wellness, one pressure point at a time.

60 MINUTES
\$140



60 MINUTES
\$140

CUPPING MASSAGE

Designed to increase circulation, release tension, and promote deep detoxification, Cupping Massage uses gentle suction to lift and separate the skin from the fascia, encouraging lymphatic flow and myofascial release. This technique helps reduce muscle stiffness, improve oxygen circulation, and release deep-seated inflammation stored in the tissues. Our skilled therapists combine cupping with soothing massage techniques, creating a treatment that is both therapeutic and deeply relaxing—leaving you feeling rejuvenated, restored, and completely at ease. Experience the healing power of this ancient practice.

60 MINUTES
\$165

SOUND HEALING THERAPY

Immerse yourself in the transformative power of ancient sound therapy, a practice used across cultures to restore balance, elevate consciousness, and awaken your luminous energy field. This deeply meditative experience combines healing frequencies and vibrational sounds to harmonize your body, mind, soul, and spirit, guiding you into a state of profound relaxation and inner clarity.

As the resonant tones wash over you, they gently realign your energy, awaken your senses, and amplify your intentions. After your session, take a moment to integrate and reflect, carrying the newfound harmony into your daily life.

Surrender to the sound, and let healing vibrations elevate your being.





FARM TO SKIN RITUALS

Nourish your skin with the purest ingredients, freshly harvested from our gardens and handcrafted into luxurious treatments. Rooted in the belief that food is medicine, our Farm-to-Skin rituals harness the power of nature to heal, detoxify, and restore your radiance. Each facial and body scrub is a sensorial experience, designed to deeply nourish, relax, and enhance your natural beauty—bringing the essence of holistic wellness into every touch.

Let nature's bounty transform your skin and spirit.

A close-up photograph of a woman lying down, receiving a facial treatment. A person's hands are visible, using a white brush to apply a thick, orange-brown organic product to the woman's face. The product is also shown in a white palette held by the hands. The woman's eyes are closed, and her skin appears to be covered in the product. The background is a soft, out-of-focus white.

ORGANIC FRESH FACIALS

Vida Mia Spa facials are a simply delightful way to nourish your skin by directly infusing plant power into your cells to create a fresh and healthy glow.

60 MINUTES
\$150

TROPICAL FRUIT SMOOTHIE

Refresh and nourish your skin with our Tropical Fruit Smoothie Facial, a vibrant blend of nature's most powerful beauty ingredients. This treatment begins with a creamy oat and banana smoothie cleanser to moisturize and tighten, followed by a pineapple toner and papaya-chia enzyme mask to gently exfoliate and brighten. A goat milk yogurt and honey mask then deeply hydrates, sealing in essential nutrients, while our fresh aloe moisturizer soothes and replenishes. Throughout the facial, our expert therapists incorporate lymphatic massage and trigger point release for the face, neck, décolleté, and hands, promoting relaxation and radiance with every touch.

60 MINUTES
\$150

RADIANT SUNSHINE

Illuminate your skin with our Radiant Sunshine Facial, a superfood-powered microdermabrasion treatment designed to exfoliate, rejuvenate, and restore balance. This facial begins with a fresh avocado, lemon, and oatmeal scrub to cleanse and soothe, followed by a cooling cucumber toner and a tomato and chia seed mask to eliminate dead skin cells. A moringa and green tea mask then deeply nourishes, harnessing the anti-aging power of Zeatin and antioxidant-rich green tea to combat signs of aging. Finished with our garden-fresh aloe moisturizer, this naturally decongesting and anti-inflammatory facial promotes a smooth, clear, and radiant complexion. Throughout the treatment, gentle lymphatic massage and trigger point release for the face, neck, décolleté, and hands enhance relaxation and skin vitality.



A woman is lying on her back on a white hammock, her eyes closed in relaxation. Her back and shoulders are covered in a thick, dark, granular substance, likely a scrub or exfoliant. A therapist, wearing a black short-sleeved shirt with a logo and a name tag, is standing over her, using her hands to massage the product into the woman's skin. The background shows a white metal railing and a view of the ocean under a clear sky.

EDIBLE BODY MAGIC

We believe if you can't eat it, it doesn't belong on your body.
60-70% of all body treatments are absorbed immediately into the tissue.
The healing qualities of our fresh ingredients quickly penetrate the cells and makes
magical changes that are instantly visible. Our hand-crafted formulas are 100% natural.

60 MINUTES
\$145

THE MINI MIRACLE - COFFEE SCRUB

Costa Rican coffee scrub penetrates the skin and dilates the cells to reduce the appearance of cellulite. It's our "mini miracle" treatment that provides an antioxidant effect, stimulates and tones the skin. Our coffee scrub increases circulation and removes dead skin impurities, then gentle circulation of our delicious coffee scrub exfoliates and infuses the skin with its smoothing properties. After a rinsing in the shower, we apply a cinnamon tea tonic to improve the reduction of fat and thermogenic and finally apply a light moisturizer with gentle and relaxing movements.

60 MINUTES
\$145

THE GLOW COCONUT SCRUB

The benefits of coconuts are astounding, every part of the coconut is harvested to create this unique scrub. "The glow" increases circulation and removes dead skin impurities, then gentle circulation of our delicious coconut scrub will eliminate dry, flaky skin, soothe mild eczema, stimulate circulation to reduce cellulite and stretch marks, and reveal smooth, glowing skin. After rinsing in the shower, we apply a ginger tea tonic to improve the reduction of fat and thermogenic and finally apply a light moisturizer with gentle and relaxing movements.

60 MINUTES
\$150

GARDEN FRESH - HERBAL SCRUB

Fresh from our garden, this combination of Costa Rican lemon grass and fresh herbs is amazing for your skin. "Garden fresh" increases circulation and removes dead skin impurities, then gentle circulation of our therapeutic scrub will brighten your skin, detoxify and stimulate good vibes for mental clarity and focus. After rinsing in the shower, we apply a rosemary tea tonic to improve the reduction of fat and thermogenic and finally apply a light moisturizer with gentle and relaxing movements.

60 MINUTES
\$150

THIN MINT - CHOCOLATE MINT SCRUB

Romantic and delicious, that's how you will feel after slathering yourself with this sweet and invigorating scrub. "Thin Mint" increases circulation and removes dead skin impurities, then gentle circulation of our decadent recipe that will leave your skin soft and smelling sweet. Chocolate has amazing detoxifying benefits that will refine pores, energize cells, improve circulation for cellulite reduction. After rinsing in the shower, we apply a mint tea tonic to improve the reduction of fat and thermogenic and finally apply a light moisturizer with gentle and relaxing movements.



Detox & Renewal Therapies

Reset, restore, and revitalize with powerful detoxification treatments designed to cleanse the body and restore energetic balance. Using advanced healing modalities such as infrared therapy, color hydrotherapy, seaweed wraps, and lymphatic drainage, these rituals work to eliminate toxins, boost circulation, and realign your body's natural rhythms.

Whether you seek deep purification, renewed vitality, or energetic recalibration, our carefully curated therapies support your journey to total well-being—leaving you feeling lighter, clearer, and deeply restored.

INFRARED SAUNA FULL BODY HEAT THERAPY

**25 MINUTES
\$70**

**40 MINUTES
\$105**

Experience deep relaxation and full-body detoxification with our Infrared Sauna Therapy, designed to promote circulation, weight loss, and stress relief. This treatment delivers gentle, even heat to the body (excluding the head), making it an excellent complement to Abhyanga or any oil-based massage, allowing therapeutic oils to penetrate deeper into the tissues. As the infrared heat stimulates detoxification, your therapist enhances relaxation with a cool compress over the eyes and brows, followed by a soothing cranial massage and pressure point release, leaving you feeling renewed, rebalanced, and completely at ease.

FAR INFRARED AND CHROMOTHERAPY TREATMENT

**25 MINUTES
\$70**

**40 MINUTES
\$105**

Color therapy is an alternative therapy that uses colors and their frequencies to heal physical and emotional problems. Chromotherapy has been used by healers for thousands of years in all ancient traditions. Color therapy also works on various energy points to help balance your body via the full spectrum of visible light, each color addressing a distinct need.

Indicated for help to enhance circulation, skin tone, modulates sleep, ease pain, arthritic issues, protect against oxidative stress, relax, tighten, ignite weight loss and body detoxification.

COLOR - BALNEOTHERAPY (HYDROTHERAPY BATH)

**25 MINUTES
\$75**

Vida full spectrum purification.
Bathe in luxury and light with the full spectrum of color therapy and water therapy.

Balneotherapy also called the water cure, involves the use of water for pain relief and stress treatment, rehabilitation, depression, circulation, immune boosting, detoxifying, and cleansing.



VICHY SHOWER MASSAGE

40 MINUTES
\$110

Our Vichy shower is a holistic hydrotherapy that has seven adjustable shower jets to caress your body under an invigorating waterfall. The therapist adjusts the pattern, placement, and temperature of the jets to achieve a massage treatment with water and at the same time performs with her hands a deep massage for the entire body.

When all 7 jets are lit, there are about 50 liters of water flowing over your body, producing in many people the sensation of floating in the water. The effect of so much water movement on your skin is to increase blood circulation, hydrate the skin and relieve the nervous system, allowing your body to balance and relax your muscles.

TURKISH HAMMAN BUBBLE RITUAL

40 MINUTES
\$150

This is a unique and amazing ritual where we prepare the body by cleansing and exfoliating with a special olive oil soap from Turkey and scrub using a special glove called KESE. Then the therapist massages the body with a special foam treatment to relax and moisturize and finally wrap with magical bubbles that penetrate for purification. The entire treatment is done in our special Vichy Shower room where the jets massage and relax the muscles for a perfect and balanced treatment.

BEMER

25 MINUTES
\$55

40 MINUTES
\$85

The Bemer mat uses a pulsed electromagnetic field as a vehicle to deliver a specific pulsed therapy that increases circulation in small blood vessels, benefiting regenerative skills and even mental agility, relieves pain and is a preventive treatment that improves health vitality and energy in general. Simply lie down and relax as the system begins to move your blood rapidly through the small capillaries of your body, healing, detoxifying and placing you into a calm meditative state. This is excellent for eliminating jet lag, increasing circulation, and mobilizing all areas of the body.

IONIC DETOX TREATMENT

60 MINUTES
\$115

To improve the quality of life, one must work to eliminate any negative energies and toxins from one's life. On a day to day basis, we are exposed to, consume and generate toxins regularly that can produce innumerable pathogens in the body. Ionic detoxification is a foot bath therapy which allows the release of these toxic elements through the feet. This therapy is located in the branch of anti-aging medicine and has been used for decades to pull or vacuum out negative toxins that inhibit life's greatest joy- health. The therapist begins with a refreshing foot scrub before relaxing for 30 minutes as your feet release pathogens and detox. After the treatment, your feet are cleared and finished with a relaxing foot massage.

VIBRA PRO DETOX TREATMENT

90 MINUTES
\$195

This is the best combination of training and a relaxing detox. The whole-body vibration training consists of standing on a platform that vibrates in a designed way to stimulate your hormonal, cardiovascular, lymphatic, and nervous systems simultaneously. 10 minutes is equivalent to a 1- hour workout as it stimulates all the muscle fibers and helps to eliminate toxins in the tissue.

As part of the benefits it decreases the workout time, increases strength beyond resistance training, positive hormonal effect, weight loss, increased bone density and muscle mass and much more. With steam therapy promptly after your vibration, and a green tea detox infusion, we enhance the detoxification and then follow up with a 60 minute detoxifying lymphatic drainage massage. This is a wonderful option for those who enjoy feeling physically revitalized!



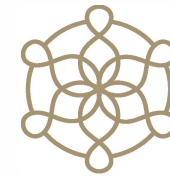
MINERAL INFUSION

75 MINUTES
\$155

SEAWEED WRAP TREATMENT

Algae therapy consists of a wrap of marine algae that provides the body with mineral salts and highly concentrated trace elements, which provides the proteins that revitalize our body.

An effective treatment against fatigue, demineralization, chronic rheumatism, constipation, and premature aging. Seaweed has a high calcium and iron content, and assists in absorbing all kinds of components, especially vitamins, A, B, C, E, F, and K, as well as proteins and minerals. The treatment begins with aromatherapy and dry brushing to open the senses, followed by an herbal tonic rub, then smothered in an algae solution wrap for 30 minutes. After showering, the therapist provides a moisturizing massage to infuse the body for long lasting effects.



Crystal-Infused Healing Rituals

Harness the transformative power of crystals and energy medicine with our uniquely curated body scrubs and facials.

Designed to balance, restore, and awaken your inner radiance, these therapies use the vibrational properties of real crystals to interact with your body's energy field, promoting physical, emotional, and spiritual healing.

Each crystal is carefully selected for its unique properties, helping to detoxify, energize, or manifest intentions—allowing you to align with your highest self while indulging in a luxurious, sensory experience.



CRYSTAL HEALING FACIAL EXPERIENCE

60 MINUTES
\$190

BALANCING GEM

Inspired by their healing properties, many crystals hold an energetic healing vibration which can relax, soothe, uplift, and rejuvenate the cellular tissue above and below the surface of the skin. This 60-minute facial treatment begins with inflammation reducing Jade eye covers, a crystal quartz exfoliation, followed with a rose quartz clay masque and a crystal infused rose mist plus a rejuvenating lymphatic facial massage using gem sculpting tools to refine lines and balance the skin tone.

75 MINUTES
\$200

THE ROYAL FACIAL

A Silver and Gold facial to uncover the treasures of your skin, dousing it in the elements of Kings and Queens. Preparing the skin with a Selenite scrub for purity and power, we then apply Ionic Silver White Kayolin clay masque infused with Helichrysum for a gentle and effective removal of toxins and impurities and then lavish the face in a nurturing and enriching gold masque infused with myrrh to smooth and strengthen the elasticity in the skin.



CRYSTAL HEALING BODY EXPERIENCES

**60 MINUTES
\$205**

CRYSTAL QUEEN OF CALMNESS

Reveal the Queen of silky-smooth skin by gently exfoliating crushed amethyst and ultra hydrating coconut oil to lavish the body in this royal treatment known far its revitalizing energy. Amethyst crystals improve skin tone and texture and help to preserve and restore a youthful luminous appearance. This 60 minute scrub treatment also offers a vichy crystal water infused massage followed by a deeply hydrating glowing rose quartz body oil infused with Moroccan Rose and Night Blooming Jasmine for your whole body.

**60 MINUTES
\$200**

LIFE FORCE ENERGY HEALING

Ignite your life force energy, heal hardships or heart ache with this crystal ritual scrub and body healing. Amber is almost unsurpassed as a stone of healing. Amber has the ability to absorb negative energy that may be causing pain/illness and transmute it into positive energy that can heal the affected area. By exfoliating the negative energies with the crushed amber, followed by a Vichy crystal water infused massage and then lathered by an Aquamarine - Release blend ointment with Ylang Ylang, which is a calming crystal that soothes the soul and brings about stress relief and the ability to release anger and rise above it all to a higher, healthier, and happier place of understanding.

**60 MINUTES
\$190**

A LUCKY LIFE

Empower your inner zest for life! Green Aventurine is known as a stone of opportunity and good fortune, this crystal is thought to be the luckiest of them all. It's said to be a powerful force of attraction for prosperity, wealth, and growth. It will help you to embrace change and increase your confidence. The 60-minute aventurine body scrub will remove obstacles and increase your creativity, motivation, and enhance your ability to be an effective leader in any given situation. After a Vichy Crystal Water infused massage, a misting of Black Tourmaline and a Myrrh Abundance oil blend for enhancing magnetic energy and to create the law of attraction through thoughts by electrical stimulation of the somatids and cells to supercharge prosperity and abundance.

60 MINUTES
\$185

SELF LOVE

Garnet has long been celebrated by the Metaphysical community for its intense ability to promote emotional healing. Applying a body scrub of Amber and Garnet combined together to increase its potency, the negative emotional scars of the past disappear allowing unbelievable focus to pursue one's dreams. This combination of healing crystals greatly increases one's ability to manifest desires. The treatment is then followed by a Vichy crystal water infused massage and then lathered by a Garnet - Dreamy oil blend with blue tansy and bergamot to restore energy, increase self love, help to connect with your true passion for life and make all your dreams come true.

60 MINUTES
\$195

PINK GODDESS EMPOWERMENT

Reconnect with your own shine, by basking in the power of Pink Aventurine as it brings out truth and joy and increases positivity, self-confidence and helps you find your true inner power. Applying an alluring mauve body scrub of Pink Aventurine can light a creative fire and release feelings of entanglement and entrapment to find your inner breath and peace. The treatment is then followed by a Vichy crystal water infused massage and then lathered by a Citrine oil and Sacred Sandalwood to magnify your purpose, clear your mind, and resonate deep within your soul to compel you in pursuit of your dreams.

60 MINUTES
\$190

TRANSFORMATION AND ACCEPTANCE

Move gracefully through life transitions with the power of crystal energy. Selenite is a stone of transition, connecting you to your higher self. A selenite scrub infused with transformation essential oil blend will lead to recovery of the past and guide you to a divine life purpose. The treatment is then followed by a Vichy crystal water infused massage and then lathered in a Rose Quartz and Acceptance Oil Blend of Rosewood, Geranium, and Frankincense to connect you with your inner inspiration and arouse your aura to bring a great sense of self love, peace, and personal contentment.

75 MINUTES
\$180

DIGITAL DETOX

Shungite is said to absorb negative energy and EMF waves. It can purify the energy of a space and bring light back into your aura. This 2 billion year old creation has only been found in the Karelia region of Russia. It's almost pure carbon and contains Fullerenes. These Fullerenes are setting the scientific community on fire with their ability to purify water, act as an incredibly powerful antioxidant. This 75 minute treatment is meant to reverse some of the adverse effects of tech devices. Starting with a 20 minute Shungite hydrotherapy bath to absorb free radicals from the radiation that is emitted from our phones, computers, and tablets. The Shungite makes the free radicals inert, making them easier to eliminate from the body. Because the entire treatment is meant to be a digital detox, the therapist uses a black shungite and Peppermint powder scrub to target parts of the body that are specifically strained from constant device use, like the neck, chest, shoulder, hands, and forearms. The treatment finishes with a Frankincense and Ylang Ylang Body Oil rub to release EMF disturbances.

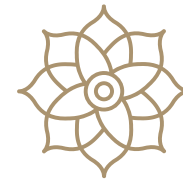


CRYSTAL HEALING FOR COUPLES

120 MINUTES
\$490

A SENSUAL LOVE JOURNEY FOR COUPLES

A ritual created to strengthen a couple's heart connection. This 120-minute journey begins with a side by side amethyst scrub, to revitalize the energetic connection between two bodies, followed by an intimate outdoor crystal infused shower to clear old energies and make room for a heart connection. A moonstone dust and Sensation oil hydrotherapy bath to ignite love, eroticism, stimulate the kundalini energies and carnal desires, adding color therapy to ignite all the chakras that bind a couple. The bodies are then lathered in a Rose Quartz and Orange essence body oil which corresponds to the Heart Chakra, the energy center of Unconditional Love. Lovers are placed on a oating bed, with chakra stones to align their connection with stimulating music designed to bring tantric energies. After a 20 minutes private and restful sound meditation, the therapist returns with a ceremonial chocolate tincture that stimulates oxytocin, the "love hormone".



AYURVEDA MENU

**Ayurveda in Sanskrit means
"Life Knowledge"**

Over 6,000 years ago, Ayurveda practices were developed as one of the world's most sophisticated and powerful mind-body health systems.

Ayurveda is a traditional healing system of medicine, literally means "knowledge of life" which is originated from India around 3000 years ago. Considered one of the oldest forms, this ancient science works as both preventive and curative medicine.

According to Ayurveda, our state of health is based on how we interact with our environment. By making choices that support our inner nature we can live harmoniously and in balance.

Ayurveda places great emphasis on prevention and encourages the maintenance of health through close attention to balancing the doshas in one's life by right thinking, diet, sleep, exercise & lifestyle.

Knowledge of Ayurveda enables one to understand how to create the balance between body, mind, and soul according to one's individual constitution and how to make lifestyle changes to bring about and maintain this balance.

In Ayurveda, the body is comprised of 5 elements:

Element Earth (Mud Therapy) – Prithvichikitsa

Element Water (Hydrotherapy) – Jalachikitsa

Element Air (Air Therapy) – Vata Chikitsa

Element Vacuum (Detoxification Therapy) – AkashChikitsa

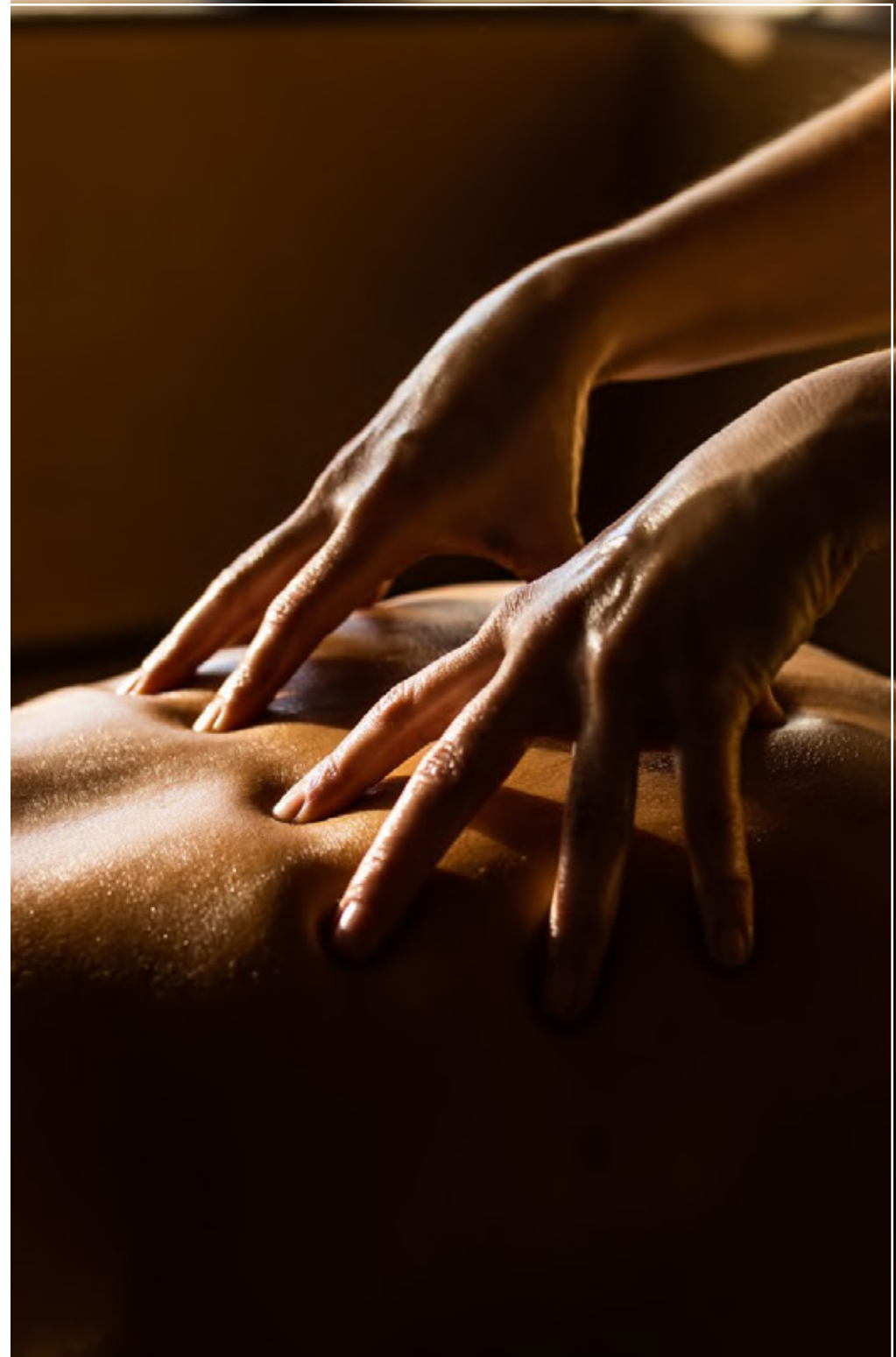
Element Fire (Heliotherapy) – Agni Chikitsa

Every human is unique and each one represents an individual genetic code that takes part in forming our mental and physical Characteristics. In Ayurveda, there are biological principles of constitutions called Doshas:

Vata - air - space

Pitta - fire - water

Kapha - water - earth



AYURVEDA CONSTITUTION ANALYSIS

Discovering your Prakriti (dosha) requires you filling out a form to better understanding your form and condition. Then followed by a one on one consultation with our Ayurveda expert to discover your prakriti by digging deeper into the core details of your lifestyle to understand the root cause of your physical and mental issues, and finally discovering the systematic path to healing through ayurveda diet planning, instructions, guidelines, panchakarma therapies and follow ups to rescue you from all discomfort you are facing. Benefits Includes diet guidelines, instructions, medicinal recommendations, home remedies.

60 MINUTES
\$105

LIFESTYLE MANAGEMENT ADVICE

Lifestyle means a way of living. Our actions, if repeated become our habits and our habits become our personality and how we carry out our lives with our day-to-day routine. Lifestyle depends on your nutrition, exercise, your environment you live in, your behavior with others, attitude towards situations, your working style, your sleep patterns, your social circle, how you take care of your emotions, etc. Lifestyle management requires many modalities to provide proper and effective advice for a happy and healthy life.

Performed by our Ayurveda Vaidya, includes: Ayurveda Constitutional Analysis – Ayurvedic consultation – Yogic Breathing Session – Dietary guidelines

90 MINUTES
\$210

PRISHTABHYANGAM- BACK MASSAGE

A classic Ayurveda back massage for relief, calmness, boosting mood, lowering stress and blood pressure performed by our expertly trained Ayurveda therapist.

30 MINUTES
\$110

VIDA ABHYANGA EQUILIBRIUM

A traditional and vigorous massage with various medicated or herbal oils done by one or two therapists, which is also the preparatory massage in the Ayurvedic Panchakarma or detoxification therapies. Its effects are highly invigorating and tuning for the whole system. The many benefits include a higher degree of general vitality, lymphatic drainage, pain management, and stress relief.

60 MINUTES 2 hands therapy \$215	90 MINUTES 2 hands therapy \$270	120 MINUTES 4 hands therapy (synchronized) \$340
--	--	--

VIDA UDWARTHANAM REJUVENATE

Advanced and specialized massage treatment helps with weight reduction, beginning with a shortened vigorous Abhyanga, followed by a herbal powder wringing massage and finished with a shortened Abhyanga to end. After the treatment, you can expect to feel rejuvenated and revitalized, de-stressed and relaxed, yet also invigorated. Udvartanam is advised in conditions of obesity, detoxification, and fat metabolism disorders.

60 MINUTES 2 hands therapy \$290	90 MINUTES 2 hands therapy \$350
--	--

VIDA SHIRO DHARA BLISS

A soothing massage, initiated with a shortened Abhyanga and followed by a focused effusion or pouring of the herbal decoction of medicated fluids or oil (Thaila Dhara) depending upon the person's condition by the therapist on the forehead region for 30 minutes, which is again followed by shortened Abhyanga (personalized by the therapist). Dhara is highly effective restorative therapy for insomnia, stress, anxiety, hormonal imbalances – pre- and post-menopausal management, senility, hypertension, & migraine.

60 MINUTES 2 hands therapy \$360	90 MINUTES 2 hands therapy \$410
--	--

VIDA CLASSICAL KIZHI

An advanced and specialized massage for sudation (profuse sweating) and elimination beginning with a shortened Abhyanga, followed by deep 'fomentation' (stirring up undesirable sentiment in the body) with pounding and stroking with various kinds of herbs (Elakizhi) or pulses (Podi or Kadikizhi) which is again followed by a shortened Abhyangam. The Kizhi treatments are done only after sufficient tuning or preparation of the system with vigorous Abhyangam or synchronized massage. This type of Kizhi is designed by the physician - according to the condition, status, and the kind of results desired. The benefits of this advanced and intensive therapy is rejuvenation, obesity and pain management, toxin elimination, lymphatic drainage, postnatal care, wrinkles and stretch-mark management.

60 MINUTES
2 hands therapy
\$325

90 MINUTES
2 hands therapy
\$395

VIDA CLASSICAL PIZICHIL

This is a highly praised and specialized massage treatment where the initial Abhyanga by one or two therapists is followed by continuous effusion of warm herbal oil by squeezing an oil-soaked linen - mainly focusing on the joints, back, and desired areas accompanied simultaneously with deep kneading which is again followed by a shortened Abhyanga to end. The oil for the effusion is as per the general constitution status. Pizichal is a panacea for all kinds of chronic fatigue syndrome, joint pains, senile conditions, postnatal care, fractures, and other muscular-skeletal problems, and ligament injuries. With our expertly trained Ayurveda therapist.

60 MINUTES
2 hands therapy
\$375

90 MINUTES
4 hands therapy (Synchronized)
\$485

VIDA THALAPOTHICHIL

"Thala" means head and "pothichil" means covering. A head and shoulder massage followed by medicated paste application to relax the mind, which in turn brings peace to the body and soul. A cooling application that helps relieve insomnia, hair problems, vata-pitta imbalance, psychosomatic disorders, migraines, and brings overall balance to the being.

60 MINUTES
2 hands therapy
\$220

VIDA BANANA LEAF BODY WRAP

The humble banana leaf, the natural way to keep the body warm, removes toxins from the body and naturally relaxes the body.

The active ingredient called Allantoin, found in the leaf, helps faster healing, kills germs, and stimulates new skin cell growth. Banana leaves also contain antioxidants that can neutralize toxins in the body and contain anti-inflammatory properties. A traditional synchronized and vigorous massage with various medicated or herbal oils done by one therapist, followed by a specially selected spice scrub, followed by a mud pack and banana leaf wrap.

120 MINUTES
\$350

VIDA MIA DHARA

Dhara is done with herbal oil. It stimulates circulatory and lymphatic systems. It calms the entire body and triggers the healing & restores health. In this procedure, streams of medicated oils are poured over whole body or affected areas with simultaneous soft massage done by Ayurveda therapist. 60 minutes Abhyangam followed by 30 minutes warm oil pouring on each chakra.

90 MINUTES
2 hands therapy
\$300

SHIROABHYANGAM (HEAD AND NECK)

Shirah means head & abhyanga means massage. In this procedure, head, neck, and shoulders are massaged thoroughly for 60 minutes with medicated herbal oil to help recharge the nervous system. It is very effective in releasing stress and pain from these areas. It works on Marma (vital) points. The oil selection depends upon the purpose for which abhyanga is performed e.g., insomnia, dryness, hair fall, itching etc. In ayurveda, oils are selected based on the Prakruti of the individual. Shiroabhyangam has many benefits like rejuvenation of central nervous system, improves vision, relieves pain, inflammation, stiffness, tinnitus, jaw aches, fatigue, prevents hair fall, greying of hair, increases oxygen & blood circulation to the brain, relaxing facial, and eye muscles and many more.

30 MINUTES
2 hands therapy
\$115

PADABHYANGAM (KNEES TO TOES MASSAGE)

Pada means feet and toes. In this massage, warm oil is applied over lower legs till feet using gentle strokes by a well-trained therapist. Our feet have nerve endings. Pressure points are pressed to release anxiety, boost your immune system, also it removes blockages & promotes health. People with foot fractures, unhealed wounds, gout disorder should avoid padabhyanga.

30 MINUTES

2 hands therapy

\$115

CUSTOMIZED AYURVEDIC TREATMENT

In this therapy, Ayurveda consultation is done prior to the treatment by Doctor of Ayurveda to decide about what treatment should be given to the guest depending upon the gender, energy levels, location, climate, and root cause of specific problem is considered. The doctor decides about the best treatments for you after analyzing your requirements and present condition. Treatments may include single treatment with 1 or 2 sessions or combination treatment with few treatments for 3-4 days consistently to achieve desired result.

90 MINUTES

\$350

KATI VASTI

Kati is the lumbar region of the spine. Kati Vasti is a beneficial treatment for relieving pain from lower back or lumbar spine, sciatica, spondylosis, scoliosis, and relaxation of the muscles. It is performed with warm oil application over the whole body (abhyanga) followed by placing black gram paste dough creating a pool over the spine to retain it with medicated oils. It has no side effects and can be performed without any worries by the therapist.

30 MINUTES

\$165

60 MINUTES

\$260

GREEVA VASTI

Greeva is the neck region or back of the neck (nape). Greeva Vasti is a beneficial treatment for relief of neck pain, cervical spondylosis, stiffness, and rheumatoid arthritis. In this treatment, warm oil is retained at the cervical region encircled with black gram paste within a specific formed frame and is done after a short neck massage.

30 MINUTES
\$155

60 MINUTES
\$250

JANU VASTI

Janu is termed for knees. This treatment gives therapeutic effects which results in the relief of knee joint pain, arthritis, muscle stiffness and strengthens the surrounding muscles & ligaments on the knee joint. In this treatment, warm oil is retained at the knee region encircled with black gram paste within a specific formed frame and is done after knee to toe massage.

45 MINUTES
\$225

COLON ENEMA

An enema administration with salty lukewarm water helps you to cleanse the colon and stimulate the bowel movements. It helps to relieve chronic constipation, helps to improve colon and gut health, reduces back pain, fatigue, headaches. If your diet and exercise is not keeping you healthy, enema will quickly aid you.

45 MINUTES
\$155

JAL NETI

Keeping your sinuses well balanced and clear nasal pathways to maintain a healthy respiration is very important. Guiding salty lukewarm water through the nasal passage helps to clear the extra mucus and cleanses the clogged sinus. This is an ancient and natural technique to stay disease free. It helps to reduce respiratory tract diseases like asthma, bronchitis, cold, allergies like flu, migraine, and also calms down the nervous system.

30 MINUTES
\$95

KARANPURAN (EAR OILING)

Karan purana is an ayurvedic treatment of instilling oil in the ears. It is beneficial for people having hearing problems, vertigo, tinnitus, earache, earwax congestion, migraine, headache, TMJ pain. This treatment is for providing nourishment to the ears with warm oil which can balance the prana vayu. It is done by the ayurvedic therapist.

30 MINUTES
\$115

AYUR SUN SUTRA WRAP

In this therapy, as the name suggests, the key part of treatment is to release that heat caused by sun with the help of medicinal powder of cold potency which is applied over the whole body. It has healing and mineral properties to heal from sunburns, tanning, and exfoliate the damaged skin leaving it dry, smooth, and radiant.

60 MINUTES
\$215

MAHARANI BATH RITUAL

A beautiful Energy Cleanse and Bath Ritual to purify your Aura! Infused with Crystals, salts, milks, and essential oils, the Maharani Bath Ritual will remove all negative physical and spiritual toxicity and vibrations (including your own thoughts, as well as external influences) that are common to carry in everyday life. This ritual is not only an existential cleansing, but also wonderful for circulation, skin conditions, removal of bacteria and debris and provides a soothing effect for muscular aches and sore joints. May be taken at any time - or added before or after a body treatment.

30 MINUTES
\$75

SHANKARA AYURVEDIC CHAKRA BALANCING TREATMENT

This treatment will begin with an anointment of Shankara Essence, a precious blend of oils, each tied to sacred ceremonies around the world, along with the soothing sounds of chimes. Specific Chakra/Dosha - balancing oils are applied to the body's energy centers along the spine to create openness and flow. An Ayurvedic Kansa wand will move in circular motions up the spine to both stimulate and awaken the Chakras. Customized, Dosha-specific massage oil is selected for the Abhyanga massage to follow. Specific stones will be used to further balance the body and provide peace and clarity to the mind. This special offering ends with a relaxing scalp massage and foot bowl / Kansa wand treatment.

90 MINUTES
\$170

AYURVEDIC KANSA FACIAL & AYURVEDIC KANSA FACIAL WITH MARMA

Skin-refining facial designed to deeply rejuvenate and nourish aging skin, featuring a double cleanse and exfoliation technique, a special mask blend, and the use of an Ayurvedic Kansa wand to soothe, tone, and release stress from facial muscles, neck and shoulders. The Ayurvedic Kansa Facial with Marma also includes a powerful and deeply balancing Marma point massage.

80 MINUTES
\$145

RESTORING

Ultra-moisturizing and intensely hydrating to address skin dryness and plump up fatigued skin

50 MINUTES
\$125

REVITALIZING

A stimulating and oxygenating treatment that is deeply purifying and invigorating to the skin. Brings liveliness in congested skin.

50 MINUTES
\$125

CALMING

Soothing treatment to calm inflammation and irritation in sensitive skin. Ideal for Rosacea. Will bring back balance and assist healing after chemical peels.

50 MINUTES
\$125

AGELESS MARMA POINT FACIAL

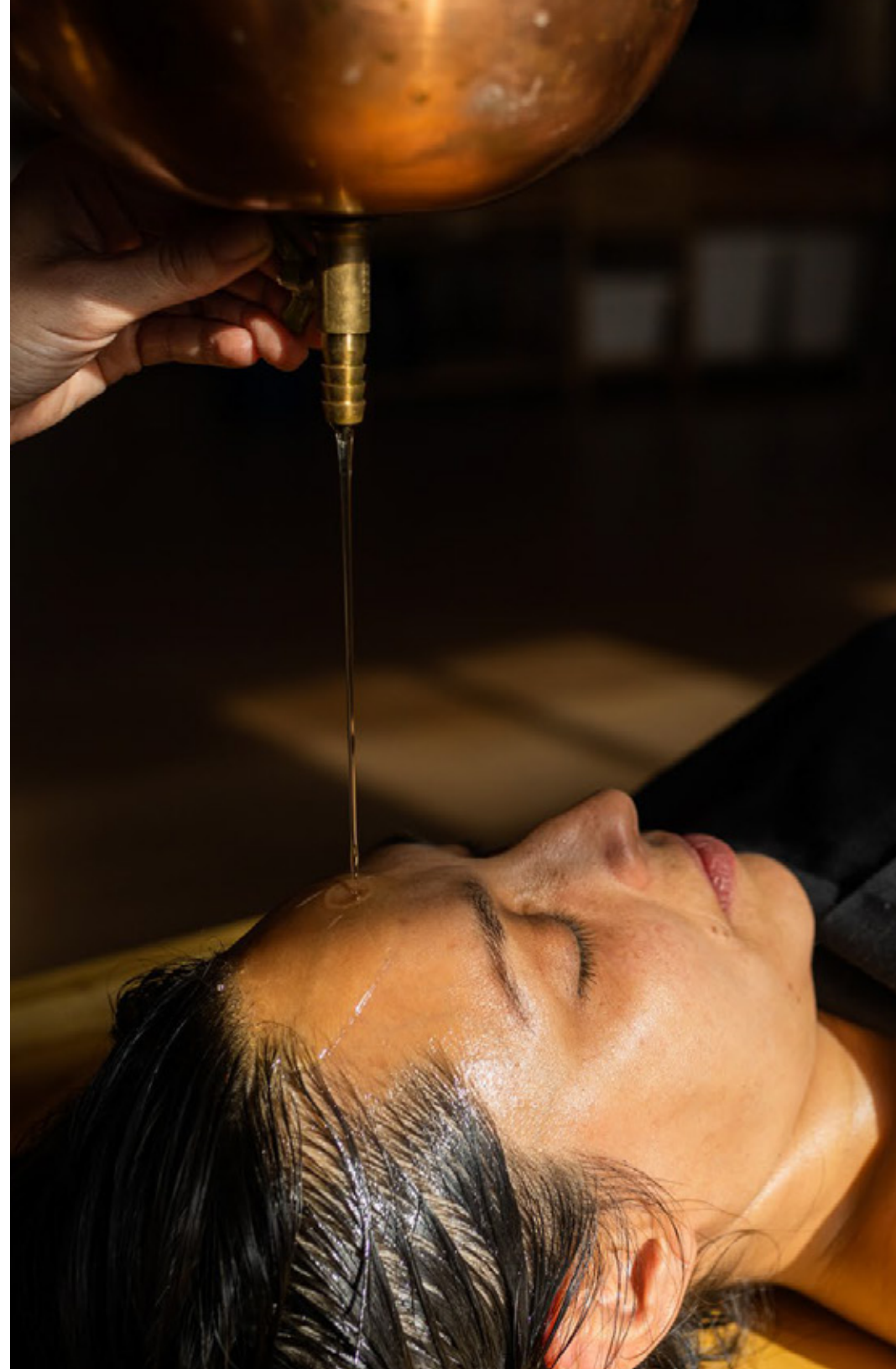
A carefully executed Marma point massage that is both powerful and subtly harmonizes the body's energy system to bring balance and strength. Releases any facial tension and restores a glowing complexion.

80 MINUTES
\$145

CLARIFYING

Ultimate skin detoxification and antibacterial treatment, ideal for acne, blemished, or very oily skin.

50 MINUTES
\$125



SHANKARA AYURVEDIC IMMERSION FACIAL RITUAL

Transformative facial bringing forth Ayurvedic techniques to rejuvenate the body and mind. Includes Marma points* and Kansa wand facial massage, foot and arm moisturizing/exfoliating mask, and Shirodhara to bring deep rest to the nervous system. A scrub or wrap can be added to this treatment.

120 MINUTES
\$195

AYURVEDIC ROSE QUARTZ

Deeply healing facial featuring Pitta-pacifying rose quartz to calm the skin and to support skin repair and regeneration. Beneficial for all skin types.

50 MINUTES
\$125

KANSA

Kansa wand therapy is an Ayurvedic healing technique to align the chakras, soothe the nervous system, heal, relieve tension and pain. Using ancient Indian oils, the Kansa wand is made of a very special copper "the healing metal" for healing the balance and alignment of the energy system applied on the face and neck to rejuvenate the skin, reduce stress, and provide gentle facial lifting therapy. This is a very relaxing treatment and induces a meditative state.

Add on to your facial.

Back, neck, shoulders, hands, and feet

20 MINUTES \$40

60 MINUTES \$75

The whole-body experience

90 MINUTES \$110





Advanced Holistic Aesthetics

Where nature meets innovation, our advanced aesthetic therapies blend state-of-the-art technology with all-natural, skin-loving ingredients to enhance beauty from the inside out. Designed to rejuvenate, tighten, and restore, these treatments work at a deep cellular level to boost collagen, refine texture, and promote youthful radiance.

From anti-aging facials and micro-needling to skin-tightening therapies, each experience is crafted to amplify your skin's natural glow while maintaining a holistic approach to beauty and wellness.

60 MINUTES
\$160

ANTI-AGING FACIAL

Regain firmness, smooth lines and improve skin tone with our anti-aging treatment, an ideal choice to rejuvenate dull and lifeless skin. After a deep facial cleansing with our farm to spa facial products for your skin type, we apply the aesthetic micro currents to penetrate the nourishment into the dermis, to help protect and restore the skin on a cellular level.

60 MINUTES
\$170

SMOOTHING COLLAGEN THERAPY

A stimulating facial therapy to increase the production of collagen and intensely hydrates the skin to reduce fine lines and wrinkles. By using nature's power of vitamin C during the treatment we focus on giving your face the ideal components for optimal nourishment. With a combination of citrus, avocado, and honey to infuse the cells, we then complement with the aesthetic micro currents to increase the production of collagen that gives structure to your skin causing the reduction of wrinkles.

60 MINUTES
\$165

HYDRO-FACIAL

The Vida hydration treatment, will achieve a greater proportion of water in the skin and increased collagen formation, elasticity and reticular fibers through different techniques to begin a true process of rejuvenation. The hydration and facial cleansing releases the skin of environmental pollutants and impurities that keep your skin opaque, we use natural healing products that provide the necessary nutrients to create a natural glow. We apply an ozone therapy along with the micro currents that will achieve the water retention that your skin so desires.



SKIN TIGHTENING REMEDY FACIAL

60 MINUTES
\$165

The remedy for flaccid or loose skin is not easily targeted with just diet or exercise. Our skin tightening facial cleans, nourishes and protects with 'farm to spa' ingredients for your skin type and then stimulates with high frequency to release impurities and toxins in the layers of skin along with tightening through galvanic micro currents. Finishing with a relaxing lymphatic drainage massage to flush the face of excess fluids and toxins, targeting the cheeks, under the eyes and the neck where loose skin seems to gather. This treatment will leave the skin tight and glowing.

BRIGHTENING FACIAL

60 MINUTES
\$165

This treatment is designed to reduce facial discoloration and facial spots that are difficult to eliminate. During the treatment we remove the superficial layer of the epidermis through microdermabrasion helping to destroy the pigmented cells and also help the cells to renew, we use a corrective anti-stain exfoliation to speed up the depigmentation process of the skin, the results are visible after one session, and with each additional session, there will be marked improvements.

MINERAL INFUSED ACNÉ

60 MINUTES
\$165

Our Acne treatment will help to eliminate the bacteria that causes acne, by getting rid of excess oil on the skin and purifying with high frequency micro currents and high potency oxygen (ozone therapy). The infusion of 11 essential minerals will help to balance and restore the proper PH and prohibits future breakouts.

MICRODERMABRASION FACIAL

60 MINUTES
\$170

Microdermabrasion is also a cell renewal treatment that removes the superficial layers of the skin, using micro-diamond tips that make a "polishing" of your skin, renewing it immediately, it is ideal for wrinkles, skin spots, skin aging and renewal of collagen on the skin. The aesthetician strokes the skin with a wand thoroughly removing all dead skin cells that will leave your skin looking radiant and fresh!

KOBIDO FACIAL

60 MINUTES
\$165

A firming and tightening treatment to stimulate the muscles in your face that need "exercise" to stay firm and supple. This treatment is focused on giving your skin that muscle tone you need by stimulating the sleepy facial muscles and activating circulation with a stimulating Japanese facial massage called "Kobido" and adding the necessary nutrients for your skin to generate cells and support the structure inside. Imagine taking your face to the gym for a passive workout and gaining all the benefits of a hard workout. Your skin will look rejuvenated and healthy.

MICRO-NEEDLING DERMA PEN FACIAL

60 MINUTES
\$170

This treatment is stimulating and extremely effective as each of the thousands of small puncture wounds induces the release of growth factors that initiate the process of wound healing. These factors stimulate the release of collagen and elastin in the skin which is the goal of any skin rejuvenation treatment. The new collagen and elastin improves the quality and texture of the skin, making it feel smoother and firmer, helping to correct and blur wrinkles, facial blemishes, surgical scars and fine lines, as well as the marks left by acne. It is a safe treatment and you will love the results!



REGENERATIVE MED SPA

Regenerative medicine is focused on developing and applying new treatments to heal tissues and organs and restore function lost due to aging, disease, damage or defects.



VITAMIN C 25G + COMPLEX B

60 MINUTES
\$205

Vitamin C is an essential nutrient. It has many important roles our body's immune function, including: wound healing, preventing damage to cells, building collagen, increases energy and prevent skin damage. Vitamin B complex is a group of B vitamins that play a role in your body's functions, including cardiovascular and cell health.

GLUTATHIONE + COMPLEX B

60 MINUTES
\$270

Antioxidant activity. Free radicals may contribute to aging and some diseases. Prevent cancer progression. Reducing cell damage in liver disease. Improving insulin sensitivity. Reducing symptoms of Parkinson's disease. Reducing ulcerative colitis damage.

NAD+

60 MINUTES
\$300

Can directly influence many key cellular functions, including metabolic pathways, DNA repair, chromatin remodeling, cellular senescence and immune cell function. These cellular processes and functions are critical for maintaining tissue and metabolic homeostasis and for healthy ageing.



MYERS COCKTAIL

60 MINUTES
\$340

Includes B vitamins, vitamin C, magnesium, and calcium: Enhanced immune system function. Increased energy levels Improved overall health. Reduced buildup of toxins. Reduced inflammation in the body, Relief of anxiety and depression.

DETOX COCKTAIL

60 MINUTES
\$300

Includes Vit C, Glutathione, Q10 and B12: can help the body expel toxins and free radicals with antioxidants, can improve skin health with nutrients like collagen and vitamin C, can help with jet lag by providing hydration and nutrients.

FAT BURNER COCKTAIL

45 MINUTES
\$270

Includes L Carnitine, Alpha Lipoic Acid Complex B: complete with vitamins and nutrients that can target fat, jump-start your metabolism, and help your body function better.



AESTHETIC COSMETIC TREATMENTS

30 MINUTES
(considered
Full Face
Treatment)
**\$540 (50
units
included)**

BOTULINUM TOXIN TYPE A (NABOTA)

Is indicated for the temporary improvement in the appearance of upper facial rhytids (glabellar lines, crow's feet and forehead lines).

60 MINUTES
\$540

HYALURONIC ACID (HA)

Fillers are a type of temporary dermal filler that can be used to restore volume, reduce the appearance of wrinkles, and contour the face: HA is a naturally occurring substance that helps keep skin hydrated and plump.

90 MINUTES
\$405

PRP PLATELET-RICH PLASMA

it's a type of facial treatment that involves injecting a patient's own blood plasma back into their face: A blood sample is taken from the patient and spin in a centrifuge to separate the platelets from the other blood components. The platelets are then injected into the face with microneedling. Benefits PRP can help with a variety of skin concerns, including Reducing fine lines and wrinkles, treating scars, especially acne scars, Improving skin texture and tone.



REGENERATIVE EXOSOMES FOR HAIR ENHANCEMENT

90 MINUTES

\$1215

**(Includes 1
dose of IV
Biotin).**

Exosomes are small messenger cells that can be used to treat hair loss and thinning hair. They are injected into the scalp to deliver bioactive molecules that stimulate hair growth and improve hair follicle health:

Growth factors: Promote hair follicle growth
Cytokines: Stimulate hair follicle cells
MicroRNAs: Regulate hair follicle functions
Anti-inflammatory molecules: Reduce inflammation in the scalp.

Exosomes can:

- Prolong the hair growth phase
- Reverse follicle shrinkage
- Activate dormant hair follicles
- Improve the thickness of existing strands
- Reduce baldness and scalp thinning
- Repair damaged hair follicles

Exosomes are considered a less invasive and potentially more powerful option than PRP for hair loss treatment. They start taking effect immediately, but it may take up to two weeks before you start noticing new hairs.

90 MINUTES
\$945
(includes 1
IV dose of
Vit C)

EXOSOMES FOR FACE REJUVENATION

Exosome therapy is a non-invasive treatment that uses exosomes to promote skin rejuvenation and repair: Exosomes are small vesicles that carry proteins, lipids, and genetic material, and play a role in cell-to-cell communication. Exosomes are applied to the skin using micro needling, which allows them to penetrate deep into the skin layers. The exosomes interact with skin cells to promote healing and regeneration.

Exosome therapy can help with a variety of skin concerns, including:

- Reducing the appearance of wrinkles
- Promoting wound healing
- Treating scars
- Reducing inflammation
- Improving skin tone and texture

Exosome treatments are generally safe because they use components derived from your cells or a donor source. Exosome treatments typically require little to no downtime.



RADIO FREQUENCY MICRONEEDLING

Radiofrequency micro needling (RF micro needling) is a non-invasive skin rejuvenation treatment that uses radiofrequency energy and microneedles to improve skin texture and tone:

How it works

A handheld device with tiny needles punctures the skin and releases radiofrequency energy, which heats the deeper layers of the skin. This stimulates collagen and elastin production, which can improve the appearance of fine lines, wrinkles, scars, and skin laxity.

Benefits

RF microneedling can produce faster and more dramatic results than traditional microneedling because the radiofrequency energy reaches deeper into the skin. It can also be used to treat stretch marks, especially newer ones.

Procedure

A healthcare provider cleans the skin, applies a topical anesthetic, and then uses the microneedling device. The procedure takes about 10 to 20 minutes.

Results

Results should appear after about six weeks and improve with each subsequent treatment.

60 min

\$610 Face and Neck

\$745 Abdomen and Back

90 MINUTES

\$165

ULTRASONIC CAVITATION BODY CONTOURING

It is a treatment in which we combine cavitation, dermatology, and radiofrequency that will provide a comprehensive approach and help reduce localized fat, improving circulation and skin texture and promoting firmness. Cavitation will be used to break down fat cells, dermatology to massage and stimulate the skin, and radiofrequency to tighten and tone the skin. In combination, these treatments can offer visible results in cellulite reduction and body contouring. We will focus on each area of the abdomen, arms, legs, and buttocks for one hour. We recommend repeating each area every 3 days to give our body the time necessary to expel fat from the system. We suggest using our steam bath 10 minutes before the treatment to activate circulation.



A bronze Buddha statue in a meditative pose, with text overlay.

SPA POLICIES AND GENERAL INFORMATION

OPEN DAILY: 9:00AM – 8:00PM

Reservations

To guarantee your treatment schedule request , please make your reservation well in advance. If you are not a hotel guest, a major credit card is required to guarantee your scheduled time.

Cancellation Policy

Treatment times are reserved especially for you. We kindly request that any cancellations or changes to your treatment time be made at least four hours in advance for single appointments and 24 hours in advance for three or more appointments.

Quiet Atmosphere

To maintain the healing vibration of the spa, we ask you silence your cell phones and electronic devices upon arrival.

Arrival

Please arrive at least 15 minutes prior to your scheduled appointment so you can decompress and make full use of the spa facilities. Regretfully, untimely arrivals may be subject to reduced treatment time to remain on schedule for subsequent guests.

Valuables

For your convenience, lockers are available to store your personal belongings. We cannot be responsible for lost or stolen items.

Gratuity

Our staff works with true passion to help you achieve your highest vibration. While gratuity is optional and at your discretion, it is kindly appreciated and accepted.



For Your Safety

Guests with medical conditions are advised to consult their doctors prior to booking any spa services. Kindly inform your spa technician of any existing medical conditions by completing a Guest Check-In form prior to receiving your treatments. Vida Mia reserves the right to discontinue service for any reason to ensure the safety of all parties.

Minimum Age Requirements

Spa services can be enjoyed by men and women with a minimum age of 16 years, in case of receiving any kind of treatments from our menu, parents must fill out the authoritative parental consent sheet.

Spa Etiquette

Smoking is strictly prohibited in all areas of the spa.

Any inappropriate behavior of an aggressive, violent or sexual nature, will give reason to evict client from our spa facilities.



Altos del Monte, Atenas, Costa Rica

Costa Rica +506 2106 3900

USA / Canada +1 833 760 4242

WhatsApp +506 8739 0083

sales@theretreatcostarica.com

vidamia@theretreatcostarica.com

**All spa treatments prices do not include
Costa Rican taxes and gratuity.**

