

TRAVEL PARTNER EDITION



Property Presentation

A Closer Look at The Retreat Costa Rica for Travel Professionals



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THE PROPERTY

The Resort

The Retreat Costa Rica is a luxury, adults-only resort set on a crystal-quartz mountain in Atenas, in Costa Rica's Central Valley. Founded by wellness expert and author Diana Stobo, The Retreat was created from the belief that feeling better shouldn't require sacrifice or restriction, but can be woven naturally into the way we eat, move, rest, and live.

AROUND THE PROPERTY

- Crystal Lobby & Community Library
- Yoga Studio, Galana Boutique & Guest Rooms
- Sol Terrace, Working Farm & Organic Gardens
- Vida Mía Healing Center, Spa & Longevity Suite
- Meditation Deck & Temple
- Guest Rooms & Luxury Lofts throughout the hillside



WHAT'S ON PROPERTY

Facilities

- 25 rooms plus a 3-bedroom Residence
- Vida Mía Healing Center — 8,000 sq. ft. award-winning spa
- Vida Mía Longevity Suite — advanced diagnostics, regenerative therapies & biohacking
- Three saltwater pools & three jacuzzis
- Yoga Shala
- State-of-the-art fitness center
- Locker rooms & steam room
- Hiking trails
- Working farm & organic gardens
- Organic coffee plantation
- Meditation and yoga deck
- Business conference room
- Organic tea & wine bar
- Sol Terrace — our signature anti-inflammatory restaurant
- La Diosa — poolside lounge & bar
- Mystique — rooftop fine dining

INVESTMENT

Packages & Rates

All packages include three meals daily from Sol Terrace, our signature anti-inflammatory restaurant. A minimum 3-night stay applies during Festive Season; an extra fee applies for Christmas & New Year's Eve dinner.

NO MINIMUM NIGHTS

The Retreat Experience

Rejuvenation

From \$765 USD/night

Breakfast Included

A wholesome start to the day

5 NIGHTS MINIMUM

The Art of Resting

Quality rest

From \$935 USD/night

Emotional Healing & Recovery

Releasing emotions

From \$945 USD/night

7 NIGHTS MINIMUM

Ayurveda Sculpt Wellness

Health enhancement

From \$1,200 USD/night

Fitness Reboot & Fat Burning

A fitness journey

From \$960 USD/night

Luxury Spa Healing & Beautifying

A luxurious reset

From \$875 USD/night

The Naked Challenge: Signature Detox

Weight loss

From \$950 USD/night

The Big M: Mastering Menopause

Hormone balance

From \$960 USD/night

VIDA MÍA LONGEVITY SUITE — PHYSICIAN-GUIDED PROGRAMS

The Cellular Reset

Min. 5 nights

The Stem Cell Immersion

Min. 7 nights · Advanced

The NeuroWellness Immersion

Min. 7 nights

Every program begins with Quantum Diagnostics and includes three daily meals, twice-daily yoga, and all wellness activities.

Rates shown are illustrative starting points; see the 2027 Rate Sheet for full pricing by room category and season.



WHERE GUESTS STAY

Luxury Wellness Accommodations

25 rooms across five room categories, plus a 3-bedroom Residence — 26 accommodations in total, each designed as a peaceful retreat from the everyday.

ROOM CATEGORIES

- Deluxe — 5 rooms
- Premium — 1 room
- Premium Double Queen — 3 rooms (sleeps up to 5)
- Luxury Loft — 6 rooms
- Santosha Loft — 10 rooms
- The Residence — 3-bedroom private villa

There are no phones or televisions in the rooms, so as not to disturb the peaceful, natural surroundings and sounds of the birds. Nightly turndown and twice-daily housekeeping are part of The Retreat experience.



DELUXE ROOMS · ROOM CATEGORY

Deluxe Rooms

Five rooms designed to offer a peaceful haven to unwind, enveloped by the soothing sounds and scents of nature. All rooms are individually designed.

FEATURES

- King bed (Hollywood twin options in some rooms)
- Garden view
- Air conditioning

MAX. OCCUPANCY

2 guests



PREMIUM ROOMS · ROOM CATEGORY

Premium Rooms

One serene room with mountain views and space to breathe — ideal for couples seeking extra room without compromising on intimacy.

FEATURES

- King bed
- Mountain view
- Bathtub
- Private balcony or patio
- Air conditioning

MAX. OCCUPANCY

2 guests



PREMIUM DOUBLE QUEEN · ROOM CATEGORY

Premium Double Queen

Three rooms ideal for friends, small families, or multigenerational travel, offering two queen beds and room to gather comfortably.

FEATURES

- Two queen beds
- Mountain view
- Private balcony or patio
- Air conditioning

MAX. OCCUPANCY

Up to 5 guests



LUXURY LOFTS · ROOM CATEGORY

Luxury Lofts

Six expansive, 690 sq. ft. lofts with an open floor plan, high ceilings, and an abundance of natural light.

FEATURES

- King bed
- Mountain view
- Bathtub overlooking the mountain
- Private balcony
- Air conditioning

MAX. OCCUPANCY

2 guests



SANTOSHA LUXURY LOFTS · ROOM CATEGORY

Santosha Luxury Lofts

Ten rooms that elevate the wellness journey in one of nature's most enchanting settings.

FEATURES

- King bed
- Mountain view & private balcony
- Bathtub overlooking the mountain
- Air conditioning
- Laundry service
- In-room dining / room service
- Choice of breakfast at Sol Terrace or La Diosa
- In-room coffee maker with coffee & daily cream options
- Mini fridge

MAX. OCCUPANCY

2 guests



THE RESIDENCE · PRIVATE VILLA

The Residence

A 3-bedroom, 2,529 sq. ft. residence perfect for groups, friends, or guests who want more room to breathe, cook, work, and fully immerse in wellness living.

FEATURES

- 1 king bed, 2 queen beds
- Air conditioning
- Bathtub in the master suite
- Outdoor patio with mountain & ocean views
- Fully equipped kitchen & coffee station
- Dining room & living room
- Washer & dryer
- Choice of breakfast at Sol Terrace or La Diosa

MAX. OCCUPANCY

6 guests



ELEVATING WELLNESS THROUGH CULINARY INNOVATION

Dining Experience

Dining is an essential part of The Retreat experience. Across all three restaurants, the philosophy is rooted in fresh, thoughtfully prepared food — while leaving room for pleasure, from a favorite dish to a cocktail or glass of wine.

Sol Terrace

The resort's main restaurant, serving nourishing, anti-inflammatory cuisine that's gluten-free, dairy-free, and free from refined sugar.

La Diosa

Our poolside lounge and bar, made for golden-hour relaxation with a favorite dish or a glass of wine.

Mystique

Rooftop fine dining, with creative twists on Costa Rican flavors in an elevated, elegant setting.



AWARD-WINNING LUXURY SPA & HEALING CENTER

Vida Mía Healing Center & Spa

Those looking to go deeper can spend time at the award-winning, 8,000-square-foot Vida Mía Spa, with stunning views from every angle atop a crystal-quartz mountain.

An extensive menu of restorative treatments and holistic therapies allows guests to personalize their experience — from deeply restorative massages and detoxifying body wraps to authentic Ayurvedic treatments, each service designed to rejuvenate mind, body, and soul.

TREATMENT JOURNEYS INCLUDE

- Deeply restorative massages
- Detoxifying body wraps
- Authentic Ayurvedic treatments
- Facials & skin renewal rituals
- Sound healing & energy work



LIVING WELL, LONGER

Vida Mía Longevity Suite

For those interested in the science of living and feeling better, The Retreat's dedicated Longevity Suite brings a modern dimension to wellness through advanced diagnostics, regenerative therapies, and biohacking technologies.

Every program begins with Quantum Diagnostics, a 60-minute assessment that gives a real-time picture of what's happening inside the body, and includes three daily meals, twice-daily yoga, and all wellness activities. Guests can explore longevity on its own or combine it with the resort's more holistic offerings for a highly personalized approach to feeling their best.

THREE SIGNATURE PROGRAMS

The Cellular Reset

MINIMUM 5 NIGHTS

For those running on empty — calming the nervous system, reducing inflammation, and restoring the body's ability to repair itself.

The Stem Cell Immersion

MINIMUM 7 NIGHTS · ADVANCED PROGRAM

Our most advanced regenerative program, pairing stem cell therapy with evidence-based longevity medicine for cellular renewal at the deepest level.

The NeuroWellness Immersion

MINIMUM 7 NIGHTS

For a mind that never powers down — recalibrating the nervous system and restoring emotional balance, sleep, and mental clarity.



BEYOND THE ESSENTIALS

Additional Services

- Tours & excursions
- Spa treatments
- Yoga classes
- Nature hikes
- Wellness cooking classes
- Tea tasting
- Wine tasting
- Cocktail lessons
- Sound healing
- Healing ceremonies

Latest Awards

- #1 Destination Spa Resort in the world — UK Condé Nast Traveler's 2025
- #6 Destination Spa Resort in the world — US Condé Nast Traveler's 2025
- Best Spa Retreat in South America — Luxury Spa Edits Awards, 2024, 2025 & 2026

MEMBER OF





EXCLUSIVE TO VIRTUOSO ADVISORS

Unique Benefits for Virtuoso Clients

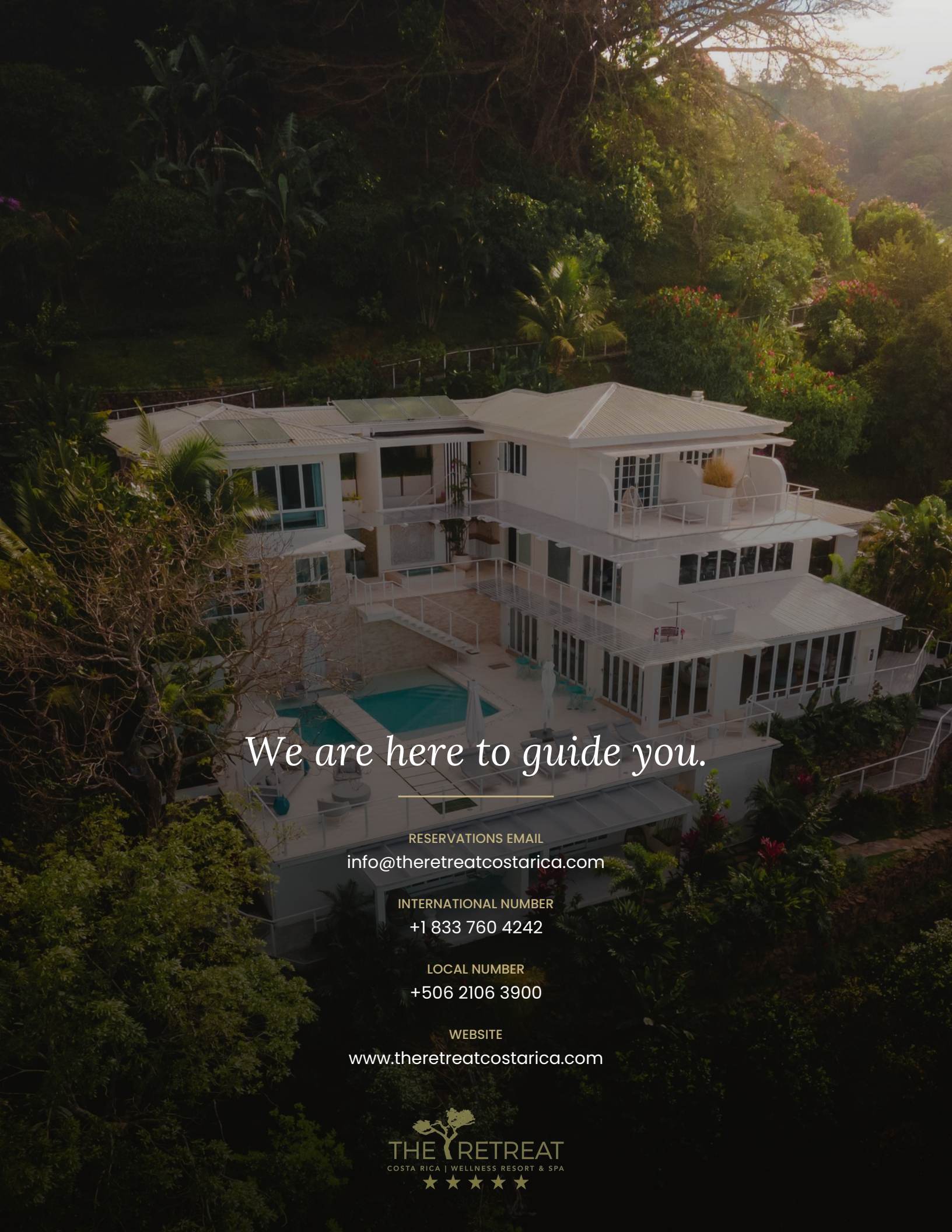
Clients booked through a Virtuoso travel advisor enjoy an elevated welcome at The Retreat, including:

- Room upgrade, subject to availability at the time of booking
- \$100 USD resort credit to use during the stay (non-combinable, not valid toward room rate, no cash value if not fully redeemed)
- Complimentary roundtrip private transportation to and from SJO International Airport
- Welcome amenity in the room upon arrival
- 20% discount on tours or excursions
- Early check-in and late check-out, subject to availability

PROUD PARTNER OF



For reservations or more information about these benefits, contact your Virtuoso advisor or reach out directly to The Retreat's reservations team.



We are here to guide you.

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