

Wellness

YOGA
60 MIN. \$50

Our Hatha yoga classes are beginner-friendly and adaptable to your skill level. Our experienced instructors assess guests' abilities during each class to determine the appropriate level, ensuring a personalized experience for everyone.

RESTORATIVE YOGA
45 MIN. \$75

A gentle and accessible yoga practice where postures are adapted for different purposes and combined with breathwork to ensure comfort throughout the session. Suitable for all ages, this practice promotes calmness, relaxes the central and peripheral nervous systems, regulates sleep, oxygenates the body, and relieves muscle tension.

EARTHING OR GROUNDING
50 MIN. \$55

A practice of direct connection with the earth through bare feet, designed to enhance overall well-being. The body absorbs electrons naturally present in the ground, which have antioxidant properties and help neutralize free radicals. This experience supports biological functions, synchronizes the heart's rhythm, reduces stress, improves sleep, decreases inflammation, and boosts vitality.

HEALING BREATHWORK & EMOTIONAL RELEASE
40 MIN. \$55

A therapeutic session using various breathing techniques, including pranayama, to activate emotional release and restore balance in the body. This practice strengthens the immune system, reduces stress, and promotes a deep sense of well-being.

MEDITATION
60 MIN. \$55

A guided meditation session that encourages mindfulness, helping to calm the mind, balance emotions, and connect with the present moment. Through conscious breathing and introspection, this practice fosters mental clarity, deep relaxation, and overall well-being.

MEDITATION IN THE THERMAL RIVER
40 MIN. \$80

A guided meditation session that takes place in the warm and soothing waters of the thermal river.

MEDITATION IN MOTION
50 MIN. \$75

A guided movement experience with music, designed to activate the physical, emotional, and energetic bodies. This practice promotes calmness and joy, oxygenates the mind and body, strengthens the cardiovascular system, and facilitates emotional transformation.

SCHEDULE
Sessions are available from 9:30 AM.
All classes requires a minimum of 2 participants

HEALING FREQUENCY SESSION*
45 MIN. \$55

This healing frequency session uses high-frequency vibration instruments, such as tuning forks and pure Hz tones, to tune and balance the electromagnetic body, realign energy, calm the mind, and elevate vibrational frequency.

KIRTAN*
45 MIN. \$75

A sacred chanting session featuring traditional Indian mantras and other heart-centered songs (including ícaros). This practice raises vibrational frequency, harmonizes energy, and enhances intention-setting.

CACAO CIRCLE*
60 MIN. \$75

Cacao is a sacred drink in Mayan cosmology, known as *Kuku*, meaning 'sacred above the sacred.' In this ceremony, we share cacao with the intention of enhancing heart-to-heart communication. Cacao increases blood flow, releases serotonin (the happiness hormone), reduces stress, and calms the mind. It also provides essential minerals such as potassium, magnesium, iron, and vitamins B and C.

MINDFULNESS*
50 MIN. \$55

Unlike traditional meditation, mindfulness focuses on paying attention to the present moment through the senses—intentionally, without judgment, and with an attitude of openness and acceptance. It is a practice that fosters awareness and connection with the present.

SOUND BATH*
50 MIN. \$55

This sound bath uses harmonic vibrations to induce deep relaxation, balance energy, and enhance overall well-being.

*** SEASONAL & SPECIAL OFFERINGS**
Our special wellness experiences are scheduled on select days, offering deep relaxation and transformation. Availability is limited to certain days of the week

CANCELLATION POLICY
We have a strict cancellation and rescheduling policy. Please cancel or reschedule your session at least 24 hours in advance to avoid a 100% cancellation fee

RECOMMENDATIONS
Avoid heavy meals at least one hour before your experience.
Avoid alcohol consumption.
After the session, drink plenty of water.
Wear comfortable clothing, bring insect repellent, a water bottle, closed-toe shoes, and sunscreen.
For thermal river meditation: Bring a swimsuit and water shoes.

Prices do not include 13% sales tax and are based in a minimum of 2 participants



SPA

Hours of operation: 8 am - 6 pm
Reservations: +506 2673-3600
or dial 0 from your room.
Prices do not include taxes
and are subject to change.

MASSAGES

CLASSIC RELAXATION RIO PERDIDO

50 MIN. \$105 / 80 MIN. \$159

Experience a level of true relaxation and a journey of the senses with this gentle massage in the hands of our talented spa team.

DEEP TISSUE

50 MIN. \$125 / 80 MIN. \$195

Our customized deep tissue massage is perfect for releasing muscle tension.

HOT STONES

80 MIN. \$195

Our classic relaxation massage is enhanced with volcanic hot stones to stimulate and relax muscles, reduce stress, improve circulation, remove toxins, and reduce pain.

CLASSIC RELAXATION WITH HERBAL PINDAS

50 MIN. \$119

Our classic relaxation massage enhanced with hot pindas, herbal sachets filled with fresh rosemary, lavender, sage, and mint from our garden, along with eucalyptus. The heat releases their essential oils, providing deep relaxation, improved circulation, purified skin, and renewed vital energy.

COUPLES MASSAGE

50 MIN. CLASSIC \$215 / DEEP \$255

Relax and reconnect with that special person. You can choose between a Classic Relaxation or Deep Tissue.

AROMATHERAPY

80 MIN. \$195

Take our classic massage to another level with the soothing essential oils and the comfort of hot towels. Experience deep muscle relaxation, reduced anxiety, and improved sleep quality.

PREGNANCY

50 MIN. \$105

Our classic Rio Perdido massage adapted to provide complete comfort and safety for both mother and baby.

BACK, NECK & HANDS

25 MIN. \$79

For relief of upper body tension, specially designed to target these most frequently troubled areas.

HEAD, NECK & FACE

50 MIN. \$105

Get to the root of the matter with a calming scalp and neck massage followed by a pressure point massage of your facial area to alleviate and drain the sinuses.

TIRED LEGS

25 MIN. \$69

Traveling can be hard on your legs and feet. This treatment will leave you feeling like you are walking on a cloud.

FACIALS

VITAMIN C ANTIOXIDANT 30 MIN. \$69

This treatment includes Vitamin C and antioxidants from organic sources that will leave your skin nurtured and replenished.

DEEP CLEANSING 60 MIN. \$99

Ozone steam and high-frequency technology induce vasodilation of the pores, for deep hydration and cleansing while maintaining your skin's natural balance. The high-frequency treatment aids in pore closure, sterilization, and oxygenation. Includes impurity extraction, facial massage, and mask.

VOLCANIC MUD 30 MIN. \$69

We use volcanic clay from the nearby Miravalles Volcano area. The clay is rich in minerals that cleanse, brighten, and balance your facial skin.

MARINE PELOIDS AND QUARTZ EXFOLIANT 30 MIN. \$69

Volcanic clay and sea water are the core ingredients for this treatment. Ideal for oily skin or blemished skin. Crystals help with cellular oxygenation.

AVOCADO MASK 30 MIN. \$69

Ideal to moisturize dry skin due to its high content of antioxidants and oleic acid. Your skin will be soft and moisturized.

ROSEHIP MASK 30 MIN. \$69

Ideal for reducing fine lines and blemishes due to its high concentration of vitamin A. Its fatty acids promote collagen production which helps regenerate and unify skin tone.

GENTLEMAN'S FACIAL 30 MIN. \$69

This facial is tailored for a man's skin and senses. It replenishes the skin while providing relief from razor burn and irritants.

ALOE VERA MOISTURIZING 30 MIN. \$69

Replenish your skin with locally sourced natural and organic Aloe Vera, the magical ingredient in this treatment.

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MANICURE & PEDICURE

MANICURE EXPRESS - 30 MIN.

TRADITIONAL POLISH \$30 / GEL POLISH \$45

This treatment focuses on your nails. It includes nail polish removal, cutting, trimming, shaping, cuticle care, and polish.

PEDICURE EXPRESS - 30 MIN.

TRADITIONAL POLISH \$30 / GEL POLISH \$50

This treatment focuses on your nails. It includes nail polish removal, cutting, trimming, shaping, cuticle care, and polish.

SPA PEDICURE - 50 MIN.

TRADITIONAL POLISH \$60 / GEL POLISH \$75

Treat your feet by adding an exfoliation, massage, and a hydrating foot mask.

SPA MANICURE - 50 MIN.

TRADITIONAL POLISH \$40 / GEL POLISH \$55

Treat your hands by adding an exfoliation, massage, and a hydrating hand mask.

SPA MANICURE + PARAFFIN - 60 MIN.

GEL POLISH \$65

Add a paraffin wax dip to moisturize your skin, increase blood flow, relax muscles, and decrease joint stiffness.

SPA PEDICURE + PARAFFIN - 90 MIN.

GEL POLISH \$85

Add a paraffin wax dip to moisturize your skin, increase blood flow, relax muscles, and decrease joint stiffness.

ONLY POLISH - 20 MIN. \$20

POLISH REMOVAL - 20 MIN. \$20

GENERAL INFORMATION

HOURS OF OPERATION

The Spa is open daily from 8am until 6pm, seven days a week. The last appointment time is at 5pm.

CANCELLATION POLICY

We maintain a strict cancellation and rescheduling policy. Please cancel or reschedule your Spa treatment no less than 24 hours before your appointments start time to avoid a 100% cancellation charge.

SPA ETIQUETTE

We recommend leaving your valuables in your room while visiting our Spa. Please arrive 5 minutes before the scheduled appointment time. Delayed arrival results in less time to enjoy your Spa experience. We recommend taking a shower and a 10-minute dip in one of our thermal mineral pools before receiving a full body massage to relax your muscles and get the best results.

