

WELLBEING SPA

nankū

REGENERATING EXPERIENCES, ANCESTRAL HEALING

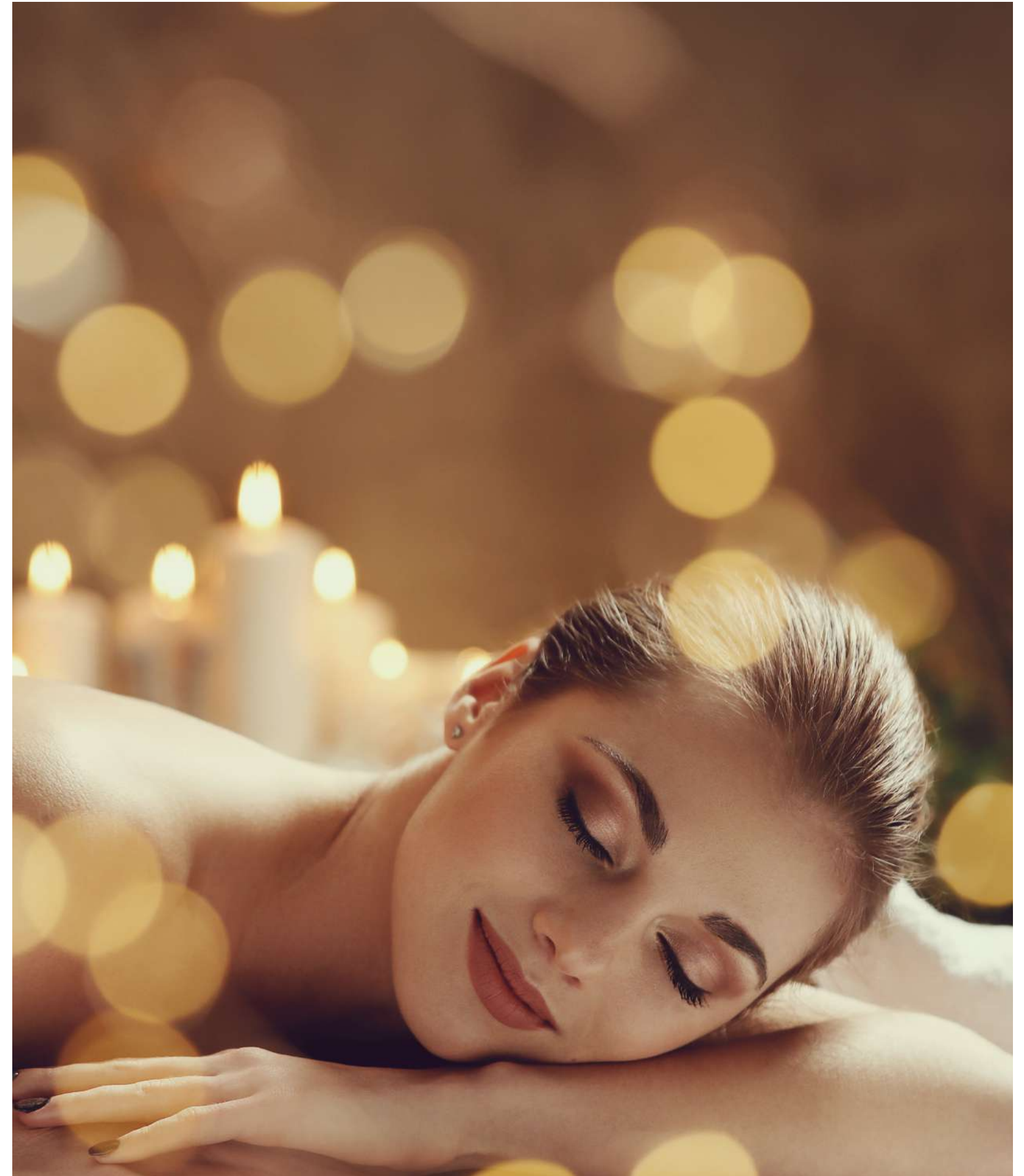


## ANCESTRAL HEALING

Inspired by our Chorotega ancestors, the blue zone, and thalassotherapy, our Wellbeing Center takes advantage of century-old healing traditions, using the Nicoyan people's secrets of the art of wellbeing to heal holistically. At our Center, we have designed a unique synergy for sharing the different relaxation methods that have been cultivated in this paradise. Our selection of polishes, moisturizers, seawater spray, sunbaths, medicinal muds, algae, sound and vibration therapies will help calm body and mind, transporting each guest to a space that inspires wellbeing, empowerment, healing, and life with each breath.

Nanku Wellbeing Center uses organic products and blends of local natural ingredients intended to provide unique and authentic experiences.

Each ritual is a personalized experience that will lift you to connect with an ideal state of balance, potentializing the transformation process.



Price per person, taxes not included

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NANKU WELLBEING SPA



## RITUALS

Restore the balance of your body, mind and soul.

### NANDAYURE

A profoundly moisturizing and revitalizing experience. Begins by preparing the skin with a lemon grass and orange body exfoliation, followed by a citrus aromatherapy massage with a vitamin C foot wrap. To conclude your experience, enjoy a balneotherapy with passionfruit sea salts.

**120 min.**  
**\$225,00**

### NICOYA

A high-vibration ritual that incorporates an energetic balance with Tibetan singing bowls. Refresh your body in a healing balneotherapy of rosemary, mint and eucalyptus, followed by a body wrap of medicinal sea muds and a tonifying jade stone massage. An essential experience for deep relaxation of mind and body.

**120 min.**  
**\$225,00**

## EXPERIENCES FOR COUPLES

### NANDA & NICOA

Designed to renew your connection with your loved one, this ancient treatment combines blue zone products with the love story of Nanda & Nicoa. Start your journey with an authentic organic chocolate body polish followed by a body massage with hot organic honey, and finishing with goat milk balneotherapy. This sacred ritual will leave you with a complete feeling of wellbeing.

**120 min.**  
**\$225,00**

### ISLITA

Share a special time together. Your couple's experience begins with a relaxing sea-salt, lavender & chamomile foot soak, followed by a harmonious massage in our signature couple's suite. You will then enjoy a personalized organic facial. We conclude this perfect day spa with a relaxing balneotherapy.

**150 min.**  
**\$250,00**

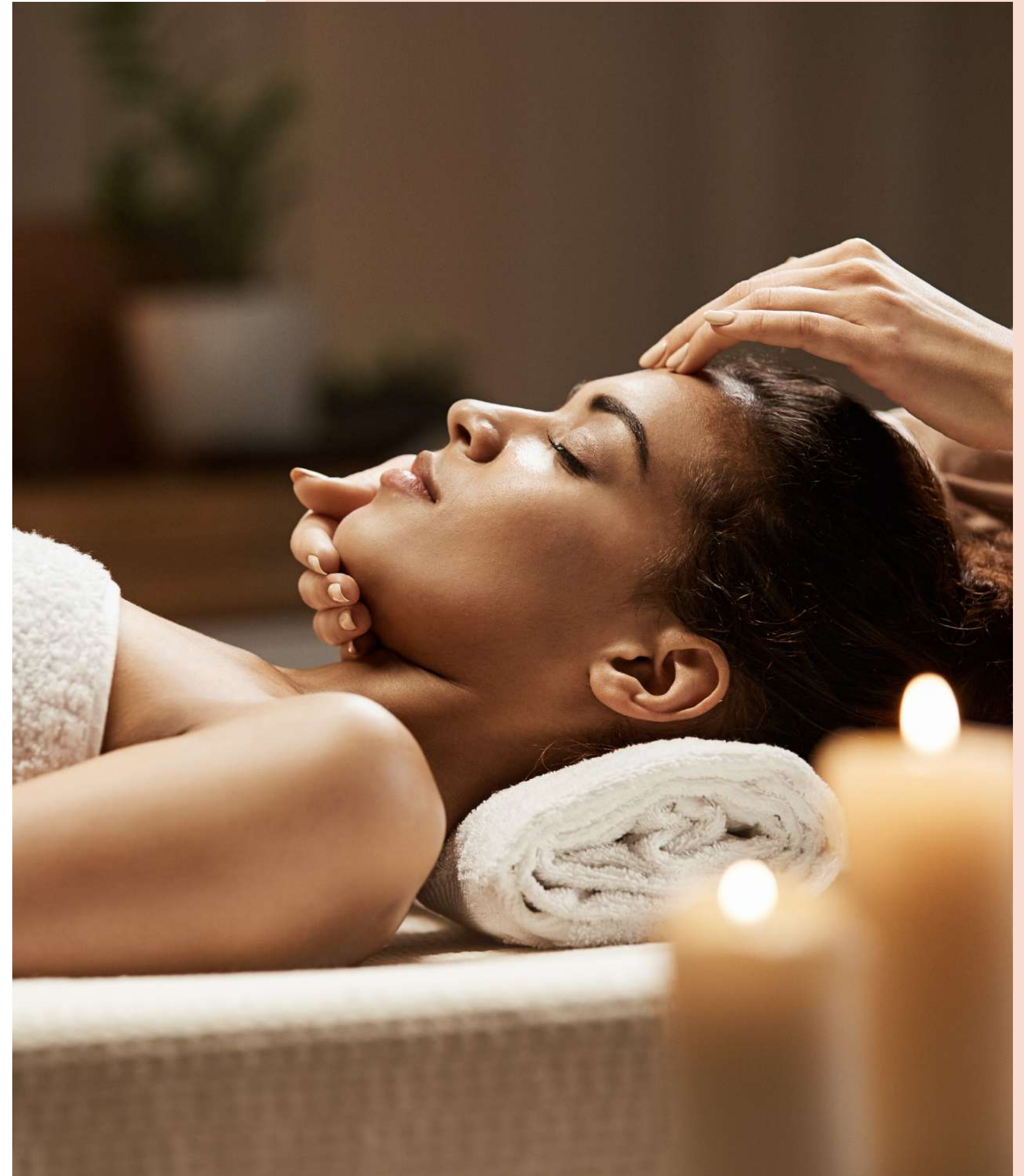
Price per person, taxes not included

# FACIALS

## ORGANIC

Our specially trained therapists will carefully assess your skin to prepare a fully personalized facial treatment, with natural products made in Costa Rica, for achieving the most effective immediate results.

<b>MINI FACIAL</b>	<b>60 min.</b>	<b>75 min.</b>
<b>30 min.</b>	<b>\$116,00</b>	<b>\$135,00</b>
<b>\$55,00</b>		



Price per person, taxes not included

# BODY TREATMENTS

Discover our signature treatments

## BODY MASKS

Our unique selection of fruits, clays, and native products promote firm, radiant skin. The therapeutic extracts of native plants in the Chorotega region, together with fragrant natural essences, give life to our warm body masks that will revitalize your metabolism and detoxify and moisturize your skin. Personalize your experience and choose your favorite:

**60 min.**  
**\$116,00**

### CHOOSE AMONG:

- Moisturization: Aloe vera
- Rejuvenation: Papaya
- Vitalization: Cacao
- Relaxation: Medicinal sea mud

## BODY EXFOLIATION

Delight your body and senses with our authentic body exfoliations, choosing among sea algae, cacao, or pineapple. Our exfoliations will nurture your skin, leaving it smoother, free of impurities, and radiant.

**30 min.**  
**\$86,00**

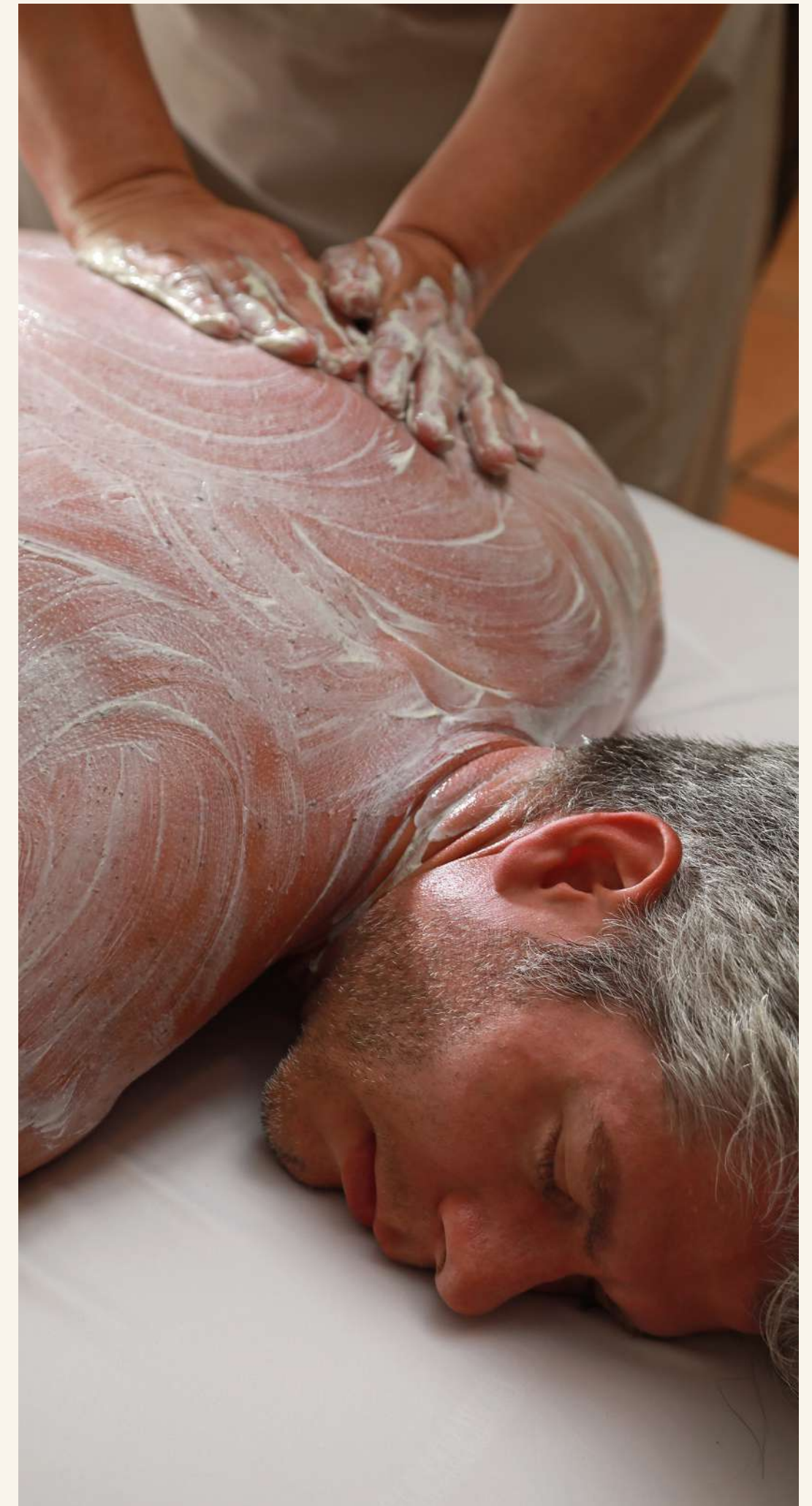
## BALNEOTHERAPY

Immerse yourself in one of our exclusive botanical baths and discover the benefits of balneotherapy. Enjoy an experience by yourself or with your partner and soak in the many healing properties. Enhance your experience at the Spa by adding balneotherapy to the different menu options.

**30 min.**  
**\$50,00**

### CHOOSE AMONG:

- Moisturize: Lemon, sweet orange
- Refresh: Mint, eucalyptus, and rosemary
- Relax: Goat milk, chamomile, and lavender



Price per person, taxes not included



## THALASSOTHERAPY

Open Air Experience

### MEDICINAL SEA MUD

Nurture your skin with a natural therapeutic thermal mask formed by combining our Punta Islita seawater with volcanic mud from the Rincón de Vieja Volcano, followed by a fine rainshower and a nutritional massage with our algae moisturizer. A treatment rich in antioxidants, minerals, and microalgae, ideal for relaxing muscles and regenerating and revitalizing skin.

**75 min.**  
**\$189,00**

### ISLITA ALGAE

Fall in love with our exclusive sea ritual, a rejuvenating and moisturizing therapy for your skin. Soak in the fresh Punta Islita sea energy through an invigorating exfoliation and body wrap with sea algae from our local waters.

**75 min.**  
**\$189,00**

Price per person, taxes not included



# ENERGY TREATMENTS

## SHIRODHARA

Shirodhara is our most meditative and relaxing treatment, part of ancient Ayurvedic medicine. We pour a steady flow of coconut oil and hot honey over your forehead and the sixth chakra (third eye), the intuition energy center. During this healing experience, you will enjoy a whole-body massage. A therapy that relieves stress, anxiety, and insomnia

**60 min.**  
**\$130,00**



## SHIATSU

Shiatsu massage is based on the application of pressure on the body, using thumbs and palms on the different meridians or energy pathways in the body to promote holistic balance. Pressure applied on points of the body promotes energy flow and corrects imbalances in the body. In addition to being a deeply relaxing experience, Shiatsu will help relieve stress and muscle tension, letting you sink into a state of continuous release.

**75 min.**  
**\$135,00**



## JADE AND STONE THERAPY

A massage inspired by the pre-Colombian era that uses the benefits of contrast therapy (alternating hot and cold) with heated stones and chilled jade. Jade stones are precious stones used in ancient medicine to restore physical, emotional, and spiritual wellbeing.

**75 min.**  
**\$169,00**

Price per person, taxes not included

# OLFACTORY AWAKENING

## AROMATHERAPY

A holistic therapy to restore emotions and mood. It will activate your senses using a carefully chosen of essential oils in order to promote the well-being of your body, mind and spirit.

**75 min.**  
**\$130,00**

**90 min.**  
**\$150,00**

# TRADITIONAL MASSAGES

## DEEP TISSUE

A full muscle release massage, this therapy energizes, stimulates, and help enhance the flow of oxygen. The different deep massage pressure levels will release and dissolve tension, which can help relieve chronic pain and improve range of movement, fostering overall wellbeing.

**60 min.**  
**\$130,00**

**90 min.**  
**\$160,00**

## SWEDISH

A deeply relaxing massage with long, gliding strokes and moderate pressure to eliminate toxins and relieve muscle tension, it is applied with an aroma infusion on key points to promote peace and tranquility.

**60 min.**  
**\$120,00**

**90 min.**  
**\$150,00**

## NECK, SHOULDERS, AND BACK

Our therapeutic back massage starts with a protocol of moving the hip and knees, slowly rotating the inner part of the trunk, followed by a liberating stretching of the neck.

**45 min.**  
**\$85,00**





# PLUMERIA FLOWER LOUNGE

## PLUMERIA

**SPA MANICURE**  
50 min.  
\$70,00

**SPA PEDICURE**  
60 min.  
\$95,00

The perfect way to complete any spa experience, this manicure and pedicure includes nail moisturizing, trimming, and filing

**CLASSIC MANICURE**  
45 min.  
\$35,00

**CLASSIC PEDICURE**  
45 min.  
\$45,00

**FILING AND COLOR**  
30 min.  
\$25,00

**GEL COLOR**  
30 min.  
\$35,00



Price per person, taxes not included



## ABOUT THE SPA

Spa Hours  
10:00 a.m. – 7:00 p.m. daily

### GUEST TIMELINESS

You're invited to come to our Wellbeing Center 30 minutes before your appointment to fill out a health evaluation form and relax in our indoor or outdoor facilities before your treatments.

Arriving late may interfere with your treatment, making it not as effective or therapeutic for you.

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**CANCELLATION POLICY**

If you need to cancel or reschedule your appointment, please do so 24 hours in advance. Otherwise, 50% of the treatment will be charged to your account.

**MEDICAL NEEDS**

Please inform us of any special or medical need that may require additional care. Some treatments are not recommended if you are pregnant or have a medical condition. If you are unsure, please ask.

**AGE POLICY**

Guests aged 12–16 may enjoy the spa and gymnasium with adult supervision.

