



VIDA MÍA

HEALING CENTER AND SPA

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Spa Philosophy

Vida Mia is a world-class destination spa perched on a high vibrational crystal mountain that was created to serve all healing modalities that begin in nature. With our innovative and organic remedies fused with the wisdom of ancient therapies and the metaphysical powers of the four elements, earth, water, air, and fire, we have connected health, beauty, relaxation, and healing. We focus on genuine treatments and hands-on experiences to connect, nurture, protect, and heal the mind-body health systems.

The Facilities

Vida Mía has much to offer with its stunning views from every angle of its 800 square meter structure atop a quartz crystal mountain. The views open through the deep valley and mountain region, with volcanic views that extend to the Pacific Ocean, Nicoya Gulf, and Península. Vida Mía was carefully designed with ancient Feng Shui principles balancing energies throughout the construction of the building to optimize, health, wealth, charisma, love, sex, and luck.

The Gratitude Lounge is a resting place with big lush couches to enjoy resting, reading, or sipping tea.

The Gratitude Lounge Café and Tea Bar presents a robust natural menu of snacks, smoothies, light lunches, and of course sunset platters with Organic and Biodynamic Wines.

The Meditation Deck right below the 'Monkey Tree' is a wonderful place to reflect, chant, pray, or be one with nature.

The Quiet Pool is for resting, sunbathing, and enjoying the gorgeous view of the Pacific Ocean while waiting for your next healing treatment. There are poolside lounges and hanging pool chairs where food and drink can be served.





The second level holds the changing rooms, an air-conditioned fitness facility, a covered Jacuzzi, and a cold-water cascade plus an outdoor covered resting den.

All treatment rooms are named for indigenous healing crystals on the upper level and have open-air, or large windowed rooms to connect the guests with the natural surroundings, to bring the outside into their treatments, and to connect them to the healing elements.

BAI is the Vichy treatment room - tiered Costa Rican marble slabs with water jets to massage and clear the body's energy with our crystal-infused waters.

NEVE is a multipurpose treatment room with an outdoor glass shower for wraps, scrubs, massages, and therapeutic oil treatments.

AMARAJA is a spacious and luxurious massage room with an outdoor balcony facing the Pacific Ocean where one can relish in the expansive view while receiving a vast array of healing treatments.

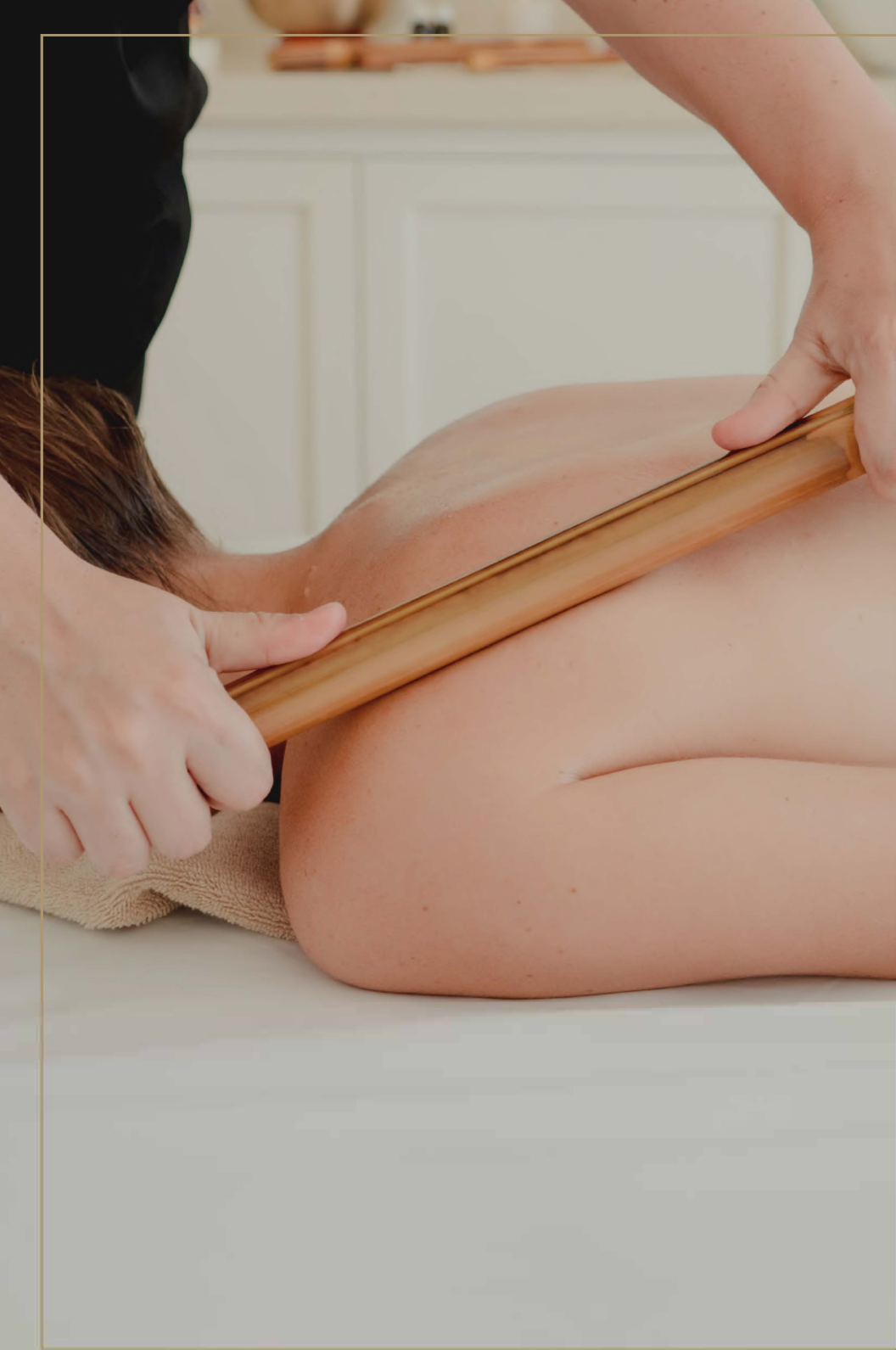
RATANA has an outdoor balcony facing the Pacific Ocean. This heavenly and spacious massage room provides guests with a beautiful view and is a space where you can receive many of our healing treatments.

MINA is a precious gem of a facial room, cozy and quaint with a view of the feng shui river and lush foliage.

ALLIRA is an expansive and inspiring Couples Suite with a king-size hanging bed, private outdoor shower for two, a double Hydrotherapy and Chromotherapy bath along with sitting tea lounge. The view is ever present with the 25-foot wall size window that opens to the fresh air for a romantic getaway of connecting and healing.

AYURVEDA is a room dedicated to our herbalists and medical advisors, Functional Nutritionists and Ayurvedic Doctors to diagnose, prescribe, and heal imbalances. Featuring a handmade wooden massage table for traditional Ayurvedic treatments.

YOGA AND MEDITATION TEMPLE, below the meditation deck. This is a special area for private yoga, meditation, and small-group sound therapy.



HEALING TOUCH EXPERIENCES

Being touched by the hands of
angels has the power to heal and
shift energies to a more balanced,
flowing nature.

HEAVEN ON EARTH

Being touched by angels is a special treat, and we offer a little slice of heaven in this signature Retreat massage. Delight your senses as if you were in heaven in the delicate hands of our therapist who prepares a delicious lavender scrub with sugar to soften and refresh your tired feet; while calming, protecting, and opening your senses to receive a soothing relaxing massage over your whole body using strategic techniques to help release muscle tension and promote an overall body surrender. This is a fantastic treatment for jet lag, travel lag, or simply nestling in "heaven on earth".

60 MINUTES
\$145

90 MINUTES
\$180

HEART OPENING - DEEP TISSUE MASSAGE

"Opening the body will open the heart, and from there, everything aligns". Stress indeed causes the body to grip and hold. Our "heart opening" deep tissue massage experience is like Swedish massage, but goes deeper, releasing chronic stress and muscle tension. We focus on the deepest layers of muscle tissue, to release blockages and increase circulation, reduce stress hormone levels, and lower heart rate while boosting mood and relaxation by triggering the release of oxytocin and serotonin.

60 MINUTES
\$180

90 MINUTES
\$215

COUPLES MASSAGE

Romantic, relaxing, and very, very sweet. If you want to create a unique connection between your partner and you; choose this massage. They will love it! Give that special person an unforgettable memory together, a relaxing session of full body massage with aromatic oils in the same room, your perfect date to celebrate the union, and a spectacular moment together.

60 MINUTES
\$285

90 MINUTES
\$355

GENTLE RELEASE - LYMPHATIC DRAINAGE MASSAGE

The lymphatic system is an invisible cellular pathway covering the entire body to protect us from harmful toxins. When toxins and impurities are stored in the cells, they cause swelling and backup. The lymphatic system does not have a pump to release and drain toxins from the body and therefore must be stimulated by a gentle, light-touch, non-invasive technique.

Our "gentle release" brings qualified protocols to stimulate the lymphatic system and drain excess fluid from the body, stimulate toxins, remove impurities, and reduce stress, pain, and inflammation. This massage is very calming, and meditative, and is best when a soft and natural healing release is desired.

60 MINUTES
\$140

90 MINUTES
\$180

BAMBOO MASSAGE

Little trigger points exist in areas of our body that get "stuck", they inhibit free movement and lock down areas of tissue and circulation that should be flowing. Our "essential" combines clearing essential oils with bamboo (trigger point) techniques, to access the little areas that inhibit movement. On the body and face, the bamboo is used to detoxify and regenerate energy. Ideal for promoting circulation, enhancing sensory nerve perception, stimulating lymphatic drainage, and providing a deep sense of relaxation.

75 MINUTES
\$180

THAI MASSAGE

Traditional Thai massage is an ancient healing system that combines broad and targeted acupressure, stimulation, and manipulation of energy lines called Sen lines, which assist prana energy to flow with assisted yoga postures. Thai massage is more energizing and vigorous than other classic forms of massage. Thai massage is also called Thai yoga massage because the therapist uses his or her hands, knees, legs, and feet to move you into a series of yoga-like stretches. Many people say Thai massage is like doing yoga without any work. Muscle compression, joint mobilization, and acupressure are also used during treatment. Discover how Thai massage is relaxing and energizing for the body and energy field.

60 MINUTES
\$180

90 MINUTES
\$215

TRAVEL RECOVERY MASSAGE

The allure of traveling can be lost amid the exhaustion and stress that comes with crossing time zones. Transform jet lag to jet set bliss with our exquisite combination; of head, back, and shoulder massage with reiki focus on your head, and recover your entire spirit and body after or before you travel.

Head massage supports the nervous system by alleviating stress. It also stimulates the lymphatic system, encouraging the elimination of toxins, which improves concentration and relieves migraine pain, relieves chronic neck and shoulder stiffness, while increasing oxygen uptake in tissues and improving circulation.

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stressed, and if it is high, we are more capable of being happy and healthy.

60 MINUTES
\$140

90 MINUTES
\$175



60 MINUTES
\$140

REIKI

Reiki is a form of alternative medicine developed in 1992 by Japanese Buddhist Mikao Usui, who uses a technique called palm healing or hands-on healing through which the chi, a universal energy is transferred through the palms to the patient in order to encourage emotional and physical healing. This treatment is performed on your entire body.

60 MINUTES
\$150

AROMATHERAPY MASSAGE

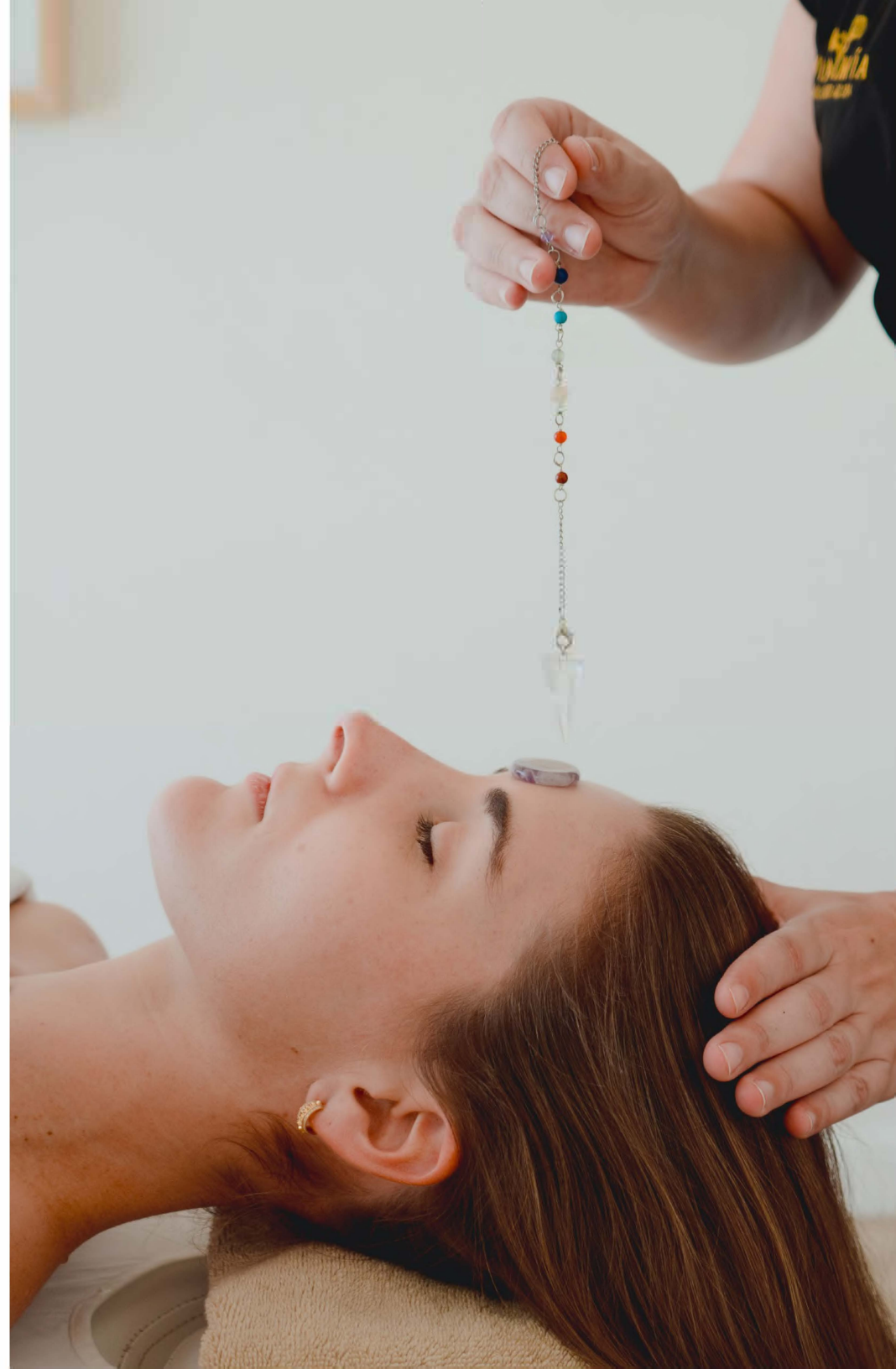
Plant materials and aromatic plant oils along with other aroma compounds improve psychological and physical well-being.

Using 6 different essential therapeutic oils we transfer the healing aromas of eucalyptus, lavender, rosemary, geranium, mint, and sandalwood through topical application, massage, inhalation, and water immersion to stimulate a desired response.

60 MINUTES
\$140

REFLEXOLOGY

Reflexology, also known as zonal therapy, is an alternative medicine based on the application of pressure on the feet and hands with specific techniques of digit pressure, without the use of oil or lotion. When applying pressure on the reflex points and energetic channels, we correct internal malfunction, promoting and maintaining health, and treat specific diseases.



60 MINUTES
\$140

CUPPING MASSAGE

Cupping Massage increases blood flow and oxygen circulation for myofascial release. Using the cups to lift and pull the skin from the facial walls, increases lymphatic flow and muscle tension release. Cupping is also used for detoxifying the tissue and muscle memory that may be holding inflammation. Our therapist combines the suctions with a gentle touch to create a beneficial and relaxing treatment.

60 MINUTES
\$165

SOUND HEALING THERAPY

This is a truly beautiful experience. As an ancient technique that existed in several cultures, sound healing is a powerful therapy combining different healing sounds that will take you on a journey of deep meditation to improve your multidimensional frequency and ignite your state of consciousness where all layers of your luminous energy field (body, mind, soul, spirit) are awakened gently and lovingly. You will be able to share and integrate the sensations you have experienced in your session and align with your intentions.





FARM TO SPA RITUALS

Our "Farm to Spa" is organic and delicious edible therapies, designed with the philosophy that all food is medicine. Our products are handcrafted fresh from the garden and in our kitchen to bring you an exclusive experience that will nurture, relax, detox, enhance your beauty, and incorporate natural healing into your life.

A woman is lying down, receiving a facial treatment. A person's hands are visible, using a brush to apply a thick, orange-colored product to her face. The woman has her eyes closed and a serene expression. The product is being applied to her forehead, cheeks, and neck. A white tray containing the product is held in the person's left hand. The background is a plain, light-colored surface.

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.

TROPICAL FRUIT SMOOTHIE

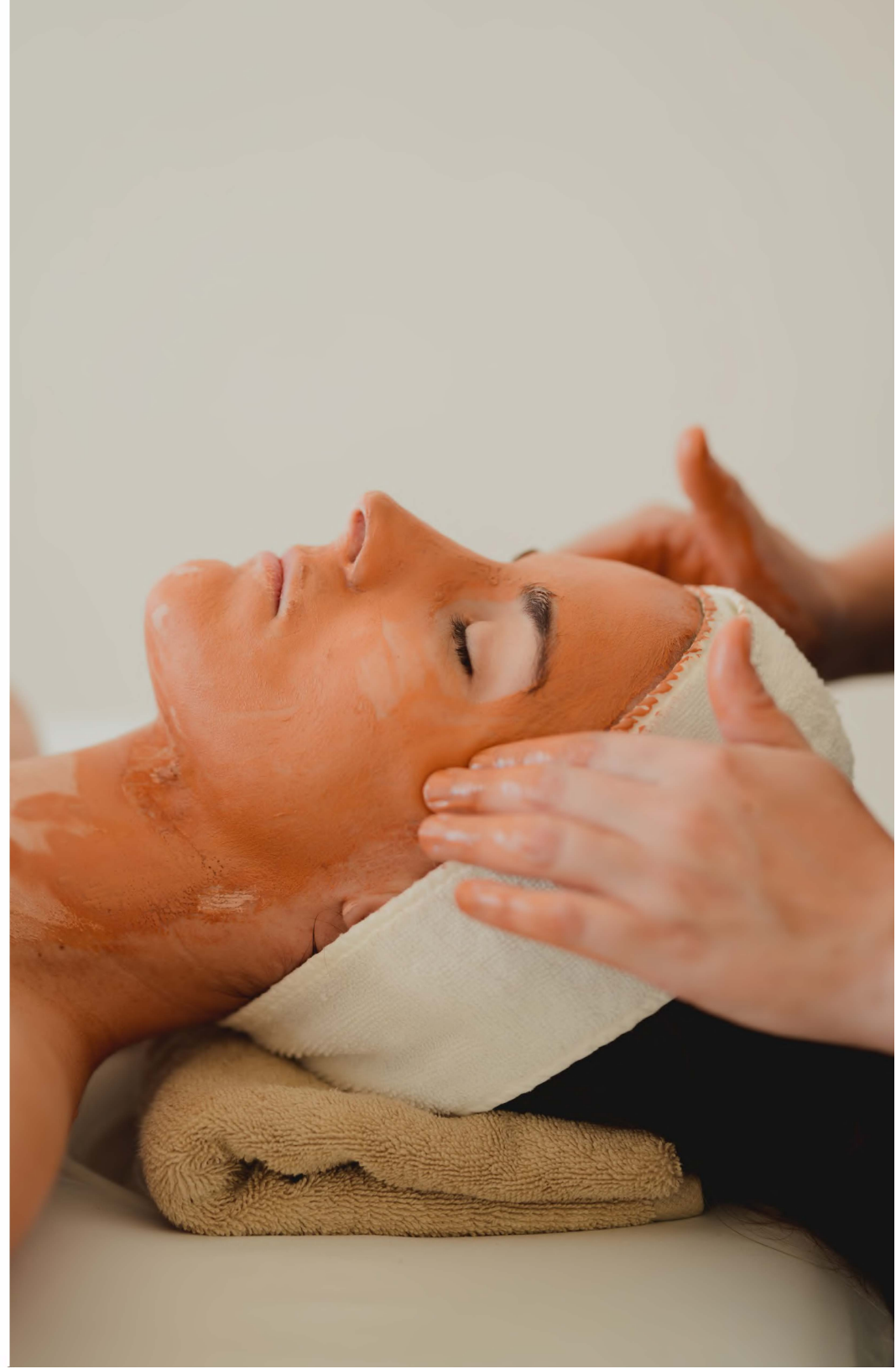
A refreshing and clearing beauty treatment made with fresh tropical fruits. Beginning with a delicious oat and banana smoothie cleanser to moisturize and tighten the skin, bananas are nature's Botox and can slow signs of aging. Followed by our fresh pineapple toner and papaya and chia enzyme mask to exfoliate dead skin cells. And finally, a goat milk yogurt and honey mask to moisturize and seal the nourishment into the skin. Our delicious garden-fresh aloe plant moisturizer is then applied. With each layer of delicious skin food, the therapist moves the lymphatic system massaging and relaxing all parts of the face, neck, and décolleté as well as exfoliating and gently massaging your hands with trigger point release for facial muscles.

60 MINUTES
\$150

RADIANT SUNSHINE

Give your skin a radiant glow with this next generation of superfood microdermabrasion. Begin with a fresh avocado, lemon, and oatmeal scrub to exfoliate, cleanse, and soothe the skin, followed by a cucumber toner, and then a tomato and chia seed mask to eliminate dead skin cells, we finish with a moringa and green tea mask to beautify and rejuvenate the skin. Moringa has the anti-aging qualities of Zeatin and green tea is loaded with antioxidants to help fight the signs of aging. Our delicious garden-fresh aloe plant moisturizer is then applied. Our Superfood Glow is naturally decongesting and anti-inflammatory. Your skin will have a smooth, calm, and re-balanced look while encouraging a consistent and clear complexion. With each superfood layer, the therapist moves the lymphatic system, massaging and relaxing all parts of the face, neck, and décolleté as well as exfoliating and gently massaging your hands with trigger point release for facial muscles.

60 MINUTES
\$150



A woman is lying on her back on a white hammock, receiving a body treatment. A therapist in a black uniform is applying a dark, granular substance to her back. The background shows a blue ocean and a white railing. The text "EDIBLE BODY MAGIC" is centered in white.

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 is our "mini miracle" treatment that provides an antioxidant effect and stimulates and tones the skin. Our coffee scrub increases circulation and removes dead skin impurities, then the gentle circulation of our delicious coffee scrub exfoliates and infuses the skin with its soothing properties. After a rinsing in the shower, we apply a cinnamon tea tonic to improve the reduction of fat 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 the 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 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 lemongrass and fresh herbs is amazing for your skin. "Garden fresh" increases circulation and removes dead skin impurities, then the 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 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 the gentle circulation of our decadent recipe will leave your skin soft and smelling sweet. Chocolate has amazing detoxifying benefits that will refine pores, energize cells, and improve circulation for cellulite reduction. After rinsing in the shower, we apply a mint tea tonic to improve the reduction of fat and finally apply a light moisturizer with gentle and relaxing movements.



DETOX AND ENERGY BALANCING RITUALS

Healing begins when the body releases that
which does not serve it and fills it with all
things that bring light.

INFRARED SAUNA

FULL BODY HEAT THERAPY

25 MINUTES
\$70

40 MINUTES
\$105

A very restful and peaceful release for ultimate detox, weight loss, and circulation. This therapy consists of applying heat evenly to the entire body (except the head) with the use of an infrared sauna. Excellent complement after Abhyanga or any other oil massage to detoxify your body and help the medicated oils further penetrate all of your tissues. During the infrared heat therapy, the therapist uses a cold compress for your eyes and brows, and then gently releases the tension with a subtle cranial massage and pressure point release.

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, and skin tone, modulates sleep, ease pain, and 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 that allows the release of these toxic elements through the feet. This therapy is 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 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!



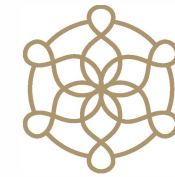
MINERAL INFUSION

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 provide 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 HEALING THERAPIES

Our crystal therapies promote physical, emotional, and spiritual healing by positively interacting with your body's energy field. Each crystal therapy has its own healing properties to bring about balance and ignite desires.



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 lavishes 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 for 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 heartache with this crystal ritual scrub and body healing. Amber is almost unsurpassed as a stone of healing. Amber can 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 is 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 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 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 slathered 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 slathered 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

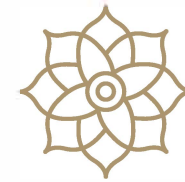
120 MINUTES
\$490

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 the 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, and eroticism, stimulate the kundalini energies and carnal desires, and add 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 floating bed, with chakra stones to align their connection with stimulating music designed to bring tantric energies. After a 20-minute 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

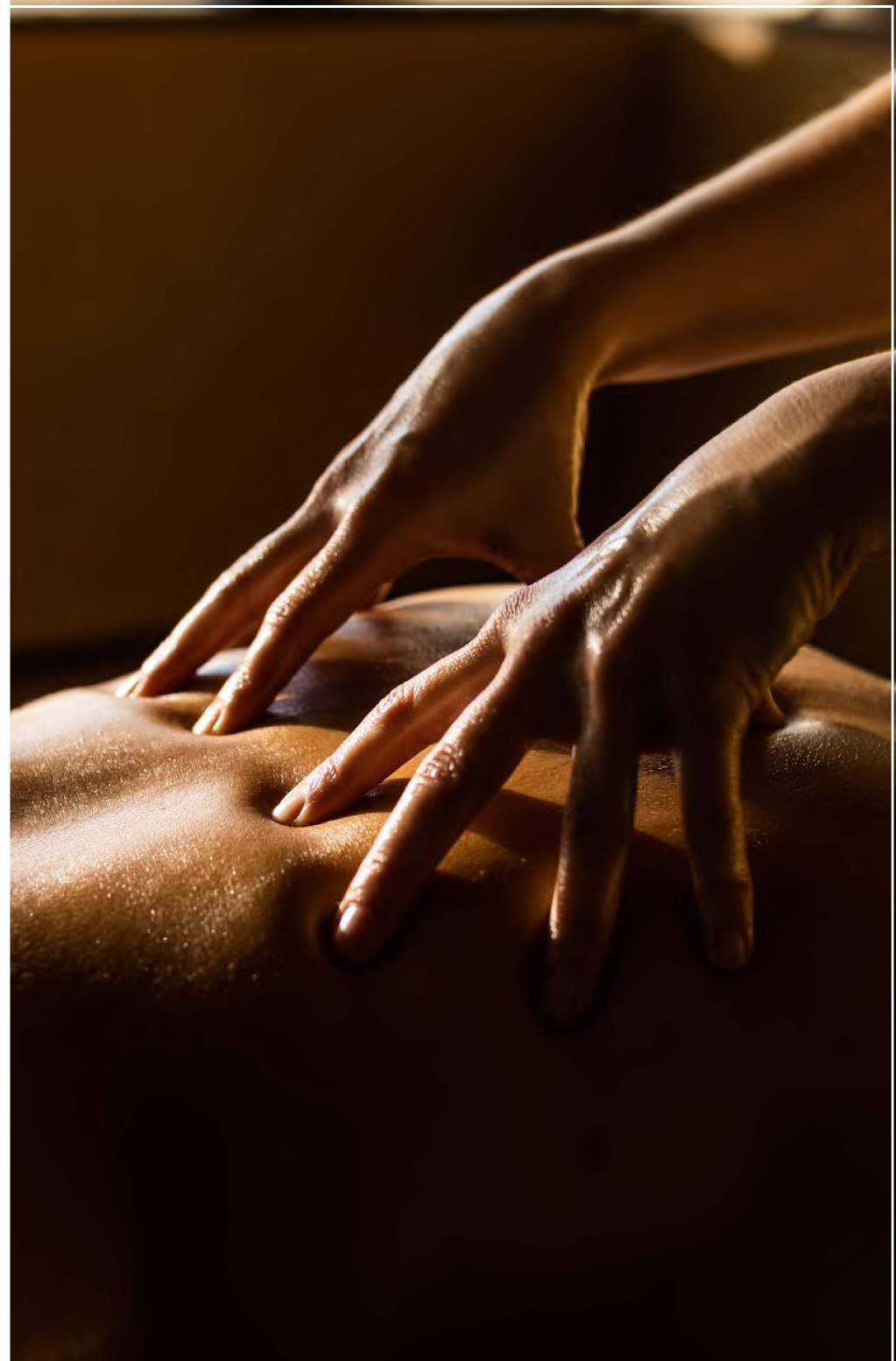
Element Fire (Heliotherapy) -Agni Chikitsa

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 to fill out a form to better understand your form and condition. Then followed by 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 Include diet guidelines, instructions, medicinal recommendations, and 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, the 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, and 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 is 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 an herbal powder wringing massage, and finished with a shortened Abhyanga to the end. After the treatment, you can expect to feel rejuvenated and revitalized, de-stressed and relaxed, yet also invigorated. Udvarthanam is advised for conditions of obesity, detoxification, and fat metabolism disorders.

60 MINUTES
2 hands therapy
\$245

90 MINUTES
2 hands therapy
\$310

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
\$290

90 MINUTES
2 hands therapy
\$350

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 Abhyanga. The Kizhi treatments are done only after sufficient tuning or preparation of the system with vigorous Abhyanga 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 a continuous effusion of warm herbal oil by squeezing 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, 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, and 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 the 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 the whole body or affected areas with simultaneous soft massage done by an Ayurveda therapist. 60 minutes Abhyanga followed by 30 minutes warm oil pouring on each chakra.

90 MINUTES
2 hands therapy
\$300

SHIROABHYANGAM (HEAD AND NECK)

Shiro means head & Abhyanga means massage. In this procedure, the 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. ShiroAbhyanga has many benefits rejuvenation of the central nervous system, improvement of vision, relieving pain, inflammation, stiffness, tinnitus, jaw aches, and fatigue, prevention of hair fall, greying of hair, increased 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 the lower legs and feet using gentle strokes by a well-trained therapist. Our feet have nerve endings. Pressure points are pressed to release anxiety, and boost your immune system, also it removes blockages & promotes health. People with foot fractures, unhealed wounds, and gout disorder should avoid Padabhyanga.

30 MINUTES
2 hands therapy
\$115

CUSTOMIZED AYURVEDIC TREATMENT

In this therapy, an Ayurveda consultation is done before the treatment by the Doctor of Ayurveda to decide what treatment should be given to the guest depending upon the gender, energy levels, location, climate, and root cause of the specific problem 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 the 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 the 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 the 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 that result in the relief of knee joint pain, arthritis, and 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 bowel movements. It helps to relieve chronic constipation, helps improve colon and gut health, and reduces back pain, fatigue, and headaches. If your diet and exercise are not keeping you healthy, an enema will quickly aid you.

45 MINUTES
\$155

JAL NETI

Keeping your sinuses well-balanced and clear nasal pathways to maintain 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, colds, allergies like flu, and migraine, and also calms down the nervous system.

30 MINUTES
\$95

KARANPURAN (EAR OILING)

Karan Purana is an ayurvedic treatment for instilling oil in the ears. It is beneficial for people having hearing problems, vertigo, tinnitus, earache, earwax congestion, migraine, headache, and 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 the 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, and tanning, and exfoliate 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, milk, and essential oils, the Maharani Bath Ritual will remove all negative physical and spiritual toxicity and vibrations (including your 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, and 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

HERBAL BATH RITUAL

An herbal bath is a way to infuse your hot bath with herbs, essential oils, and flowers that soothe the muscles, soften the skin, improve circulation, and combat infections. It is good for reducing aches, and pains, healing wounds, lifting bad moods, and pampering. You are served with herbal tea during the bath ritual.

30 MINUTES
\$145

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 to 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

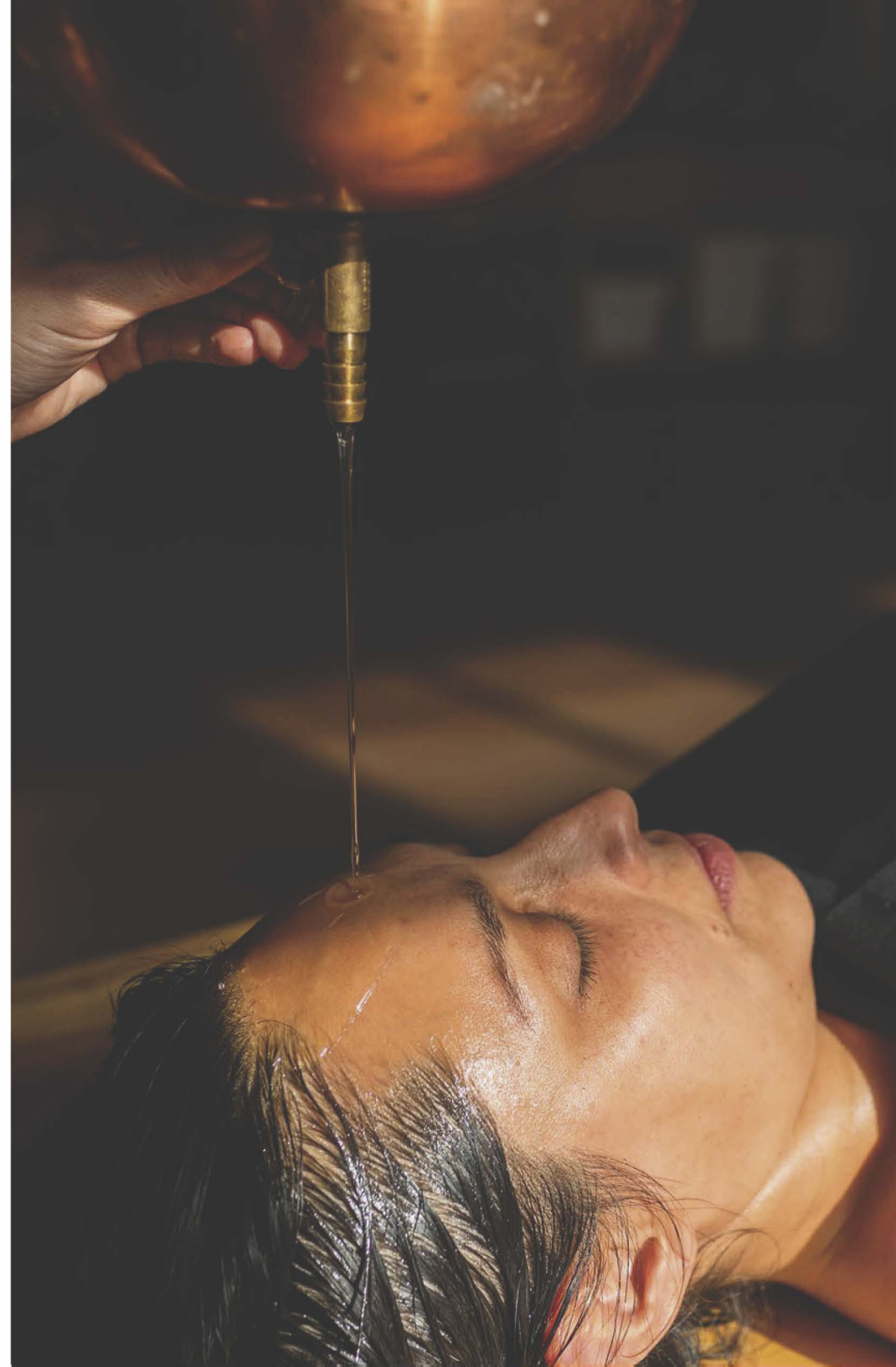
A carefully executed Marma point massage that is both powerful and subtly harmonizes the body's energy system to bring balance and strength. Releases any facial tension and restores a glowing complexion.

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 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, and 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





AESTHETIC MENU

Vida Mia incorporates modern aesthetic equipment with our all-natural products to infuse and deepen the healing properties and beautifying experience

ANTI-AGING FACIAL

60 MINUTES
\$160

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 nourishment into the dermis, to help protect and restore the skin on a cellular level.

SMOOTHING COLLAGEN THERAPY

60 MINUTES
\$170

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.

HYDRO-FACIAL

60 MINUTES
\$165

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.



60 MINUTES
\$165

SKIN TIGHTENING REMEDY FACIAL

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.

60 MINUTES
\$165

BRIGHTENING FACIAL

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 with microdermabrasion that helps 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.

60 MINUTES
\$170

MICRODERMABRASION FACIAL

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!

60 MINUTES
\$165

MINERAL INFUSED ACNÉ

Our Acne treatment will help to eliminate the bacteria that cause 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 prohibit future breakouts.

60 MINUTES
\$165

KOBIDO FACIAL

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.

60 MINUTES
\$170

MICRO-NEEDLING DERMA

PEN FACIAL

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 improve 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!

60 MINUTES
\$165

ULTRASONIC CAVITATION BODY CONTOURING

It is a treatment in which we combine cavitation, dermology, 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, dermology 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.



YOGA AND FITNESS MENU

The connection between body
and mind is so powerful that moving
the body in gentle ways will calm
the mind and conversely the mind
can heal the body.

60 MINUTES
\$175

HATHA YOGA

A classical system that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation. This is a one-on-one session with The Ayurveda Expert.

30 MINUTES
\$90

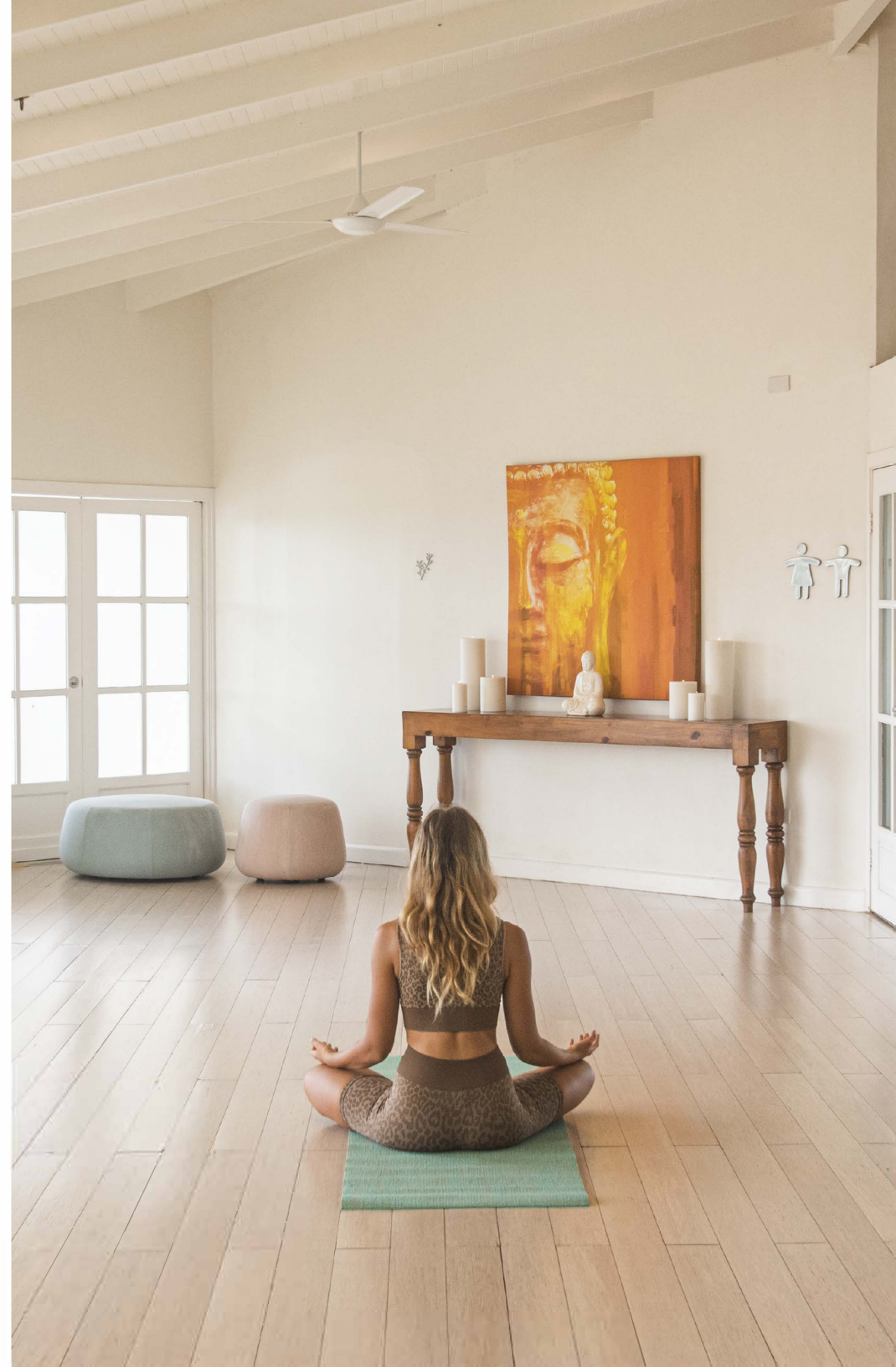
PRANAYAMA

Breathing exercises that clear the physical and emotional obstacles in our body to free the breath and allow the flow of prana - life energy. Through regular and sustained practice of pranayama you can supercharge your whole body! This is a one-on-one session with The Ayurveda Expert.

30 MINUTES
\$100

SOORYA NAMASKAR

Salute to the Sun or Sun Salutation, is a practice in yoga as exercise incorporating a sequence of some twelve gracefully linked asanas. Surya Namaskar is designed to access the ethereal energy that exists all around us. Every morning at dawn, the air is filled with Prana Shakti or life energy. When performed facing east during the first rays of the morning sun, breathing correctly, and chanting the mantras, one experiences a phenomenal effect on the mind, body, and spirit. This is a one-on-one session with The Ayurveda Expert.



YOGA NIDRA

Yogic sleep is a relaxation technique or state of consciousness between waking and sleeping, like the "going-to-sleep" stage, typically induced by a guided meditation. Yoga Nidra promotes deep relaxation that isn't found in your average meditation practice.

45 MINUTES
\$150

Breath awareness alone can be practiced calming the nervous system, leading to less stress and better health. This is a one-on-one session with The Ayurveda Expert.

PERSONAL TRAINER

Vida Mia offers a physical fitness personal training service in our spectacular gym with panoramic views of the crystal mountain equipped with everything needed for cardio training, aerobics, anaerobic, strength and physical endurance.

60 MINUTES
1 SESSION
\$100

60 MINUTES
10 SESSIONS
\$900

Before performing any physical activity, we undertake a Fitness Profile, that is, an anthropometric study that evaluates the percentage of fat and body mass as well as the distribution of fat in each part of your body. Training with the same trainer during your stay will help to ensure that your goals are met while you are here. With your training session, you will also have access to all the amenities of the spa and all the necessary attention to make your stay in the spa a unique and exclusive experience. Included in your One-on-one training sessions with our highly experienced coach is an initial Fitness profile, consultation, personalized fitness plan, and postural assessment.

QUICK RECOVERY PRACTICE

Instant or quick relaxation technique or guided training will give you methods, processes, procedures, or activities that help you to relax; to attain a state of increased calmness; or otherwise reduce levels of pain, anxiety, stress or anger. This is a one-on-one session with The Ayurveda Expert.

30 MINUTES
\$150

PRIVATE YOGA AND BODY ALIGNMENT

Focus on your personal goals and breathe freely in a private session with our yoga instructor. Working one-on-one with an instructor can be very rewarding and expansive, learning to move through poses and breathing with ease. Whether you are a beginner or simply want to go deeper into your practice, this time is all yours. It can be a very therapeutic session of moving beyond boundaries and finding a deeper connection with yourself. Each of our instructors brings their personal expertise and healing touch to the session. It is a true bonding experience that offers trust and the ability to surrender into a deep sense of calm. Body structure and alignment are very important when finding balance in life, and these sessions will prove to help immensely with all aspects of life. With personal yoga, you will find the proper techniques to avoid injury when taking yoga home with you.

60 MINUTES
\$100

This is a one-on-one session with our Yoga Instructor.



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.



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

