

The background of the entire page features a soft, artistic illustration of two hands, one on the left and one on the right, cupping a large, shallow bowl. The hands and bowl are rendered in a light, warm beige tone with subtle shading to give them a three-dimensional feel. The overall aesthetic is clean, gentle, and nurturing.

nankū

WELLBEING CENTER

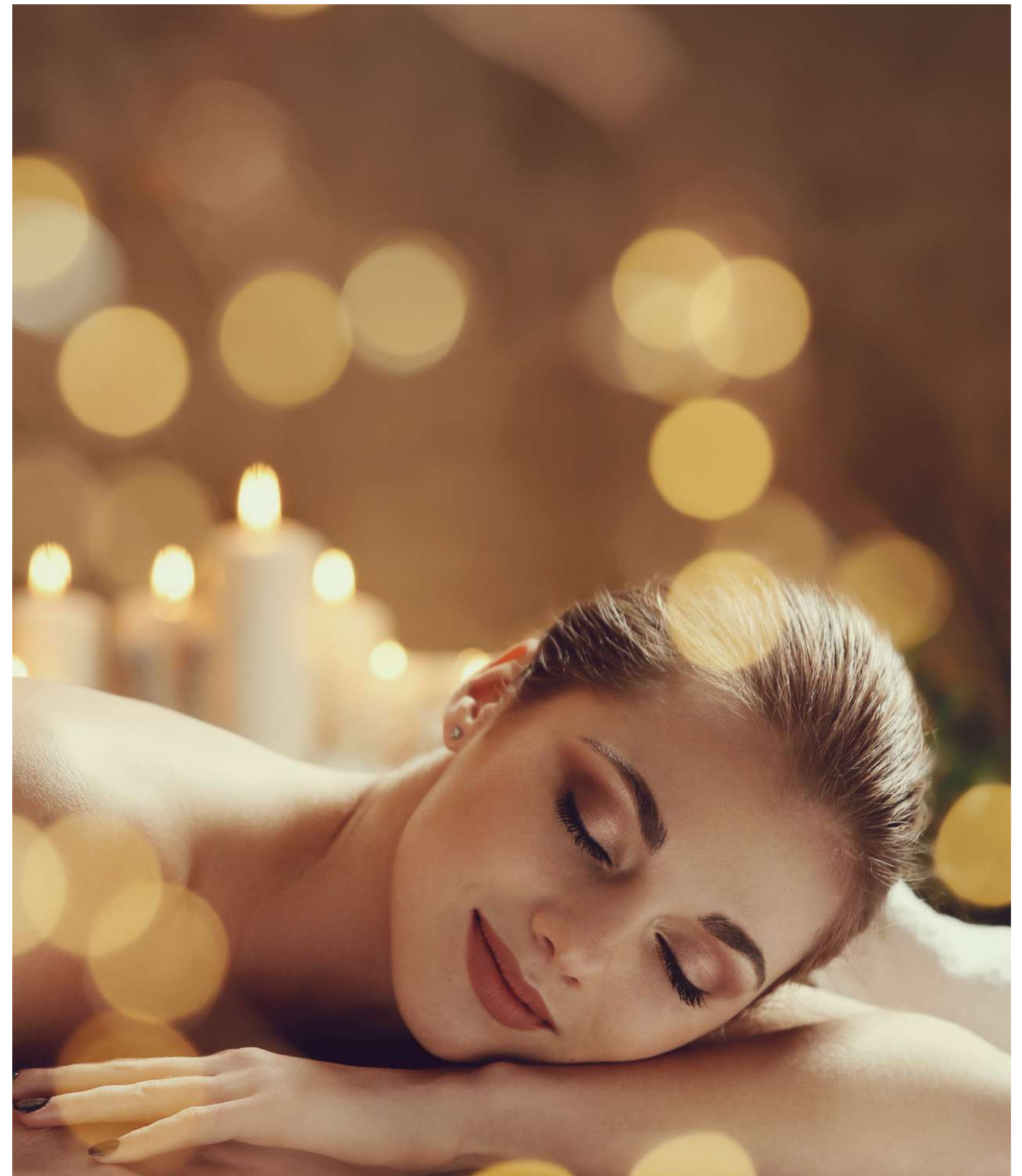


ANCESTRAL HEALING

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.



RITUALS

Restore the balance of your body, mind and soul.

CURIME

A profoundly moisturizing and revitalizing experience, starting with balneotherapy high in Vitamin C as preparation for aromatic organic pine exfoliation followed by a rejuvenating papaya body wrap. While your body is being nurtured, you'll enjoy a relaxing, hypnotic head massage.

105 min.
\$225,00

NICOYAN

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.

105 min.
\$225,00

EXPERIENCES FOR COUPLES

NANDA AND 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 blue corn (pujagüa) 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.

105 min.
\$225,00

NOSARA

Let's spend a little 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 relaxing facials customized to your desired results. We conclude this perfect spa day with a relaxing Balneotherapy.

150 minutos
\$335,00

FACIALS

Our specially trained therapists will carefully assess your skin to prepare a fully personalized facial treatment for achieving the most effective immediate results.

60 min.	75 min.
\$179,00	\$209,00

NATE (Eye)

Treatments for the mind

SHIRODHARA

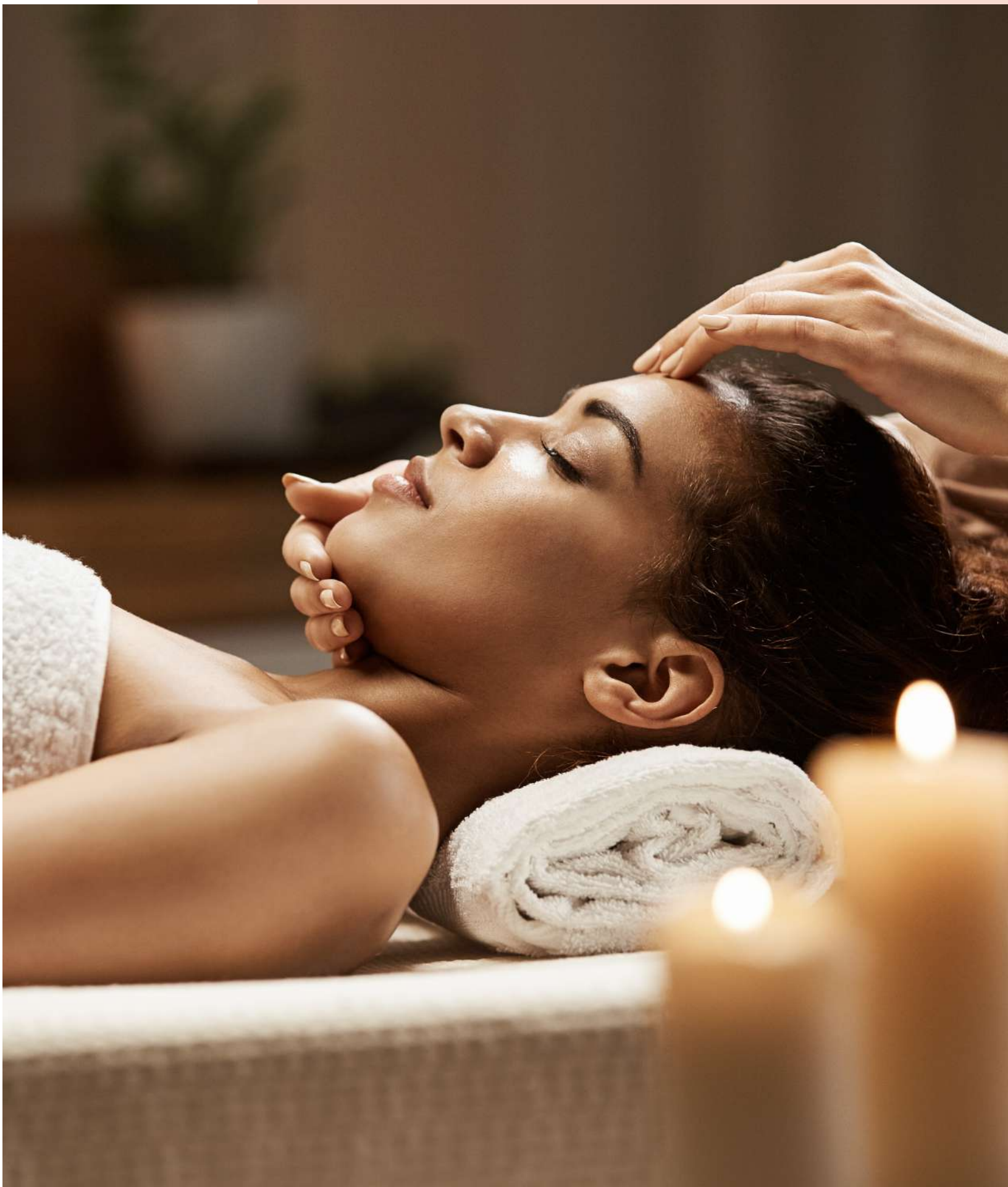
Shirodhara is our most meditative and relaxing treatment, part of ancient Ayurvedic medicine. We pour a steady flow of copaiba oil and hot honey over your forehead and the sixth chakra (third eye), the intuition energy center. Before this healing experience, you'll enjoy a harmonious back, neck, and shoulder massage. A therapy that relieves stress, anxiety, and insomnia.

45 min.
\$105,00

SOUND HEALING

Our body is formed by different sound frequencies that can be balanced through the use of vibrations and sound, allowing energy to flow and awakening inner peace. Experience the power of Tibetan singing bowls through their placement on your body's different energy points and take in the deep waves of holistic balancing resonance.

45 min.
\$105,00



NIMBHU (Rain)

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:

75 min.
\$189,00

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 tamarind. Our exfoliations will nurture your skin, leaving it smoother, free of impurities, and radiant.

60 min.
\$178,00

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.
\$55,00

CHOOSE AMONG:

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





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

KOYOMO (Lightning)

Energy treatments

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.

90 min.
\$195,00

SHIATSU

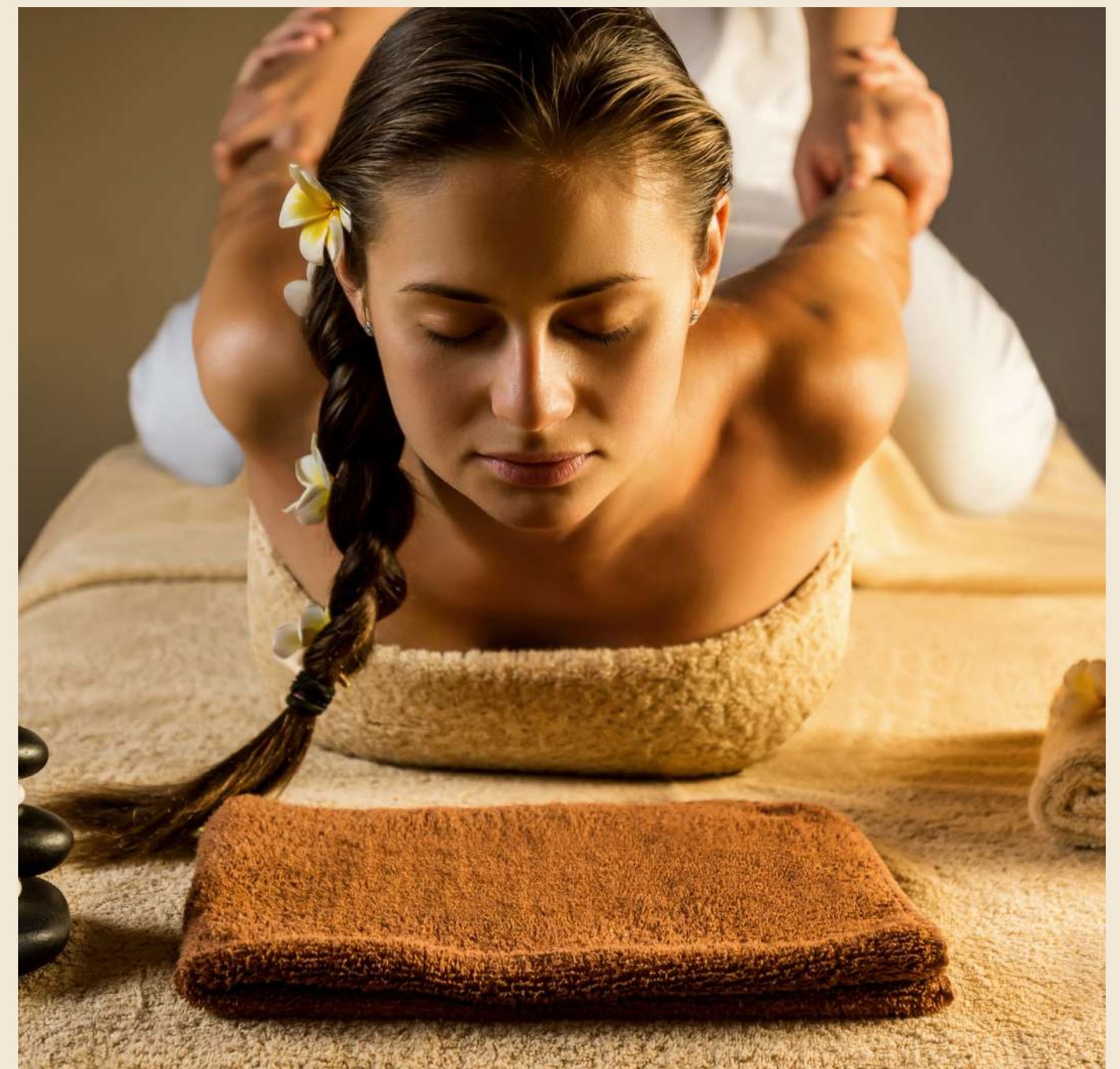
Shiatsu massage is based on the application of pressure on the body, using thumbs and palms on the different meridians or energy pathways in the body to promote holistic balance. Pressure applied on points of the body promotes energy flow and corrects imbalances in the body. In addition to being a deeply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

60 min.
\$130,00

THAI

Much more than a simple massage. You'll be sent on a sacred journey of release and renewal. Ancient stretching techniques are combined with deep, rhythmic massage to restore the body's balance and wellbeing. No oils or lotions are used, so we recommend you show up for your session in comfortable clothing.

90 min.
\$195,00



YUMBU (Flow)

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.	90 min.
\$130,00	\$195,00

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.	90 min.
\$130,00	\$195,00

DIQUIS HOT STONES

Influenced by our Indigenous cultural traditions and honoring the Diquis culture and its sculptured stones, this massage uses the ancient art of placing hot volcanic and smooth river stones to relieve tense muscles, relax the body, and tranquilize the mind.

90 min.
\$195,00

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.
\$125,00

PLUMERIA FLOWER LOUNGE

PLUMERIA

This therapeutic treatment starts with a revitalizing exfoliation with our majestic regional flower, followed by a relaxing jade stone and wild orange balsam massage, a complete moisturizing experience. Round off your experience with a clay mask with grapefruit infusion and finish with professionally trimmed nails polished in the color of your choice

MANICURE	PEDICURE
50 min.	60 min.
\$70,00	\$95,00

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

CLASSIC MANICURE	CLASSIC PEDICURE
30 min.	45 min.
\$45,00	\$50,00

FRENCH MANICURE
35 min.
\$59,00

FRENCH PEDICURE
40 min.
\$65,00

FILING AND PAINTING
20 min.
\$35,00



A person is lying on their back on a massage table, receiving a massage. The therapist's hands are visible, applying pressure to the person's back. The background is softly blurred, showing what appears to be a spa or wellness center environment with warm lighting and white curtains.

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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WELLBEING CENTER

CANCELLATION POLICY

If you need to cancel or reschedule your appointment, please do so four 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.

ADDITIONAL HEALTH MEASURES

Following the protocols of our local health authorities, mask use is mandatory during spa and salon services and while using the spa's facilities.

You will be asked to disinfect your hands when registering for your spa service.

