



Wellness at Gaia Hotel & Reserve

With only 51,100 sq. km, Costa Rica is one of the most biodiverse countries in the world, you can find nearly 5 percent of all known plants and animal species in its national parks and nature reserves, many of which you can enjoy in our Nature Reserve.

With such abundance, Costa Rica's herbology tradition or *medicina natural* remains strongly threaded in the culture. In fact, *The National Herbarium* recognizes more than 50 widely utilized medicinal herbs, mineral-rich clays and oils, including our favorite beauty secret: coconut oil, widely used for its rebalancing and nurturing qualities.

At Terra Spa we have drawn on both this natural abundance and historical knowledge, to present you with a wellness menu that represents this rich heritage, part of the Pura Vida ("Pure Life") lifestyle.

Let us take you on a journey and discover how you can also benefit from our herbal traditions enhanced by the professional care of our Spa therapists.

We look forward to helping you reach your wellness goals in Manuel Antonio, Costa Rica.

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Signature Journeys

With Nature as our teacher, the Journeys are designed to provide you with highly therapeutic experiences; we recommend you follow the order presented for a deeply cleansing and restorative holiday or choose according to your needs.

2hrs - \$200

Purify

Perfect to begin your holiday, this journey awakens the senses and clears the mind. Commence with a Herbal Steam Bath, followed by a Volcanic Clay & Seaweed Wrap. Continue with a therapeutic 30 minute Massage specially designed to drain out toxins. The techniques and herbs used will leave you with a feeling of lightness and deep relaxation.

Rejuvenate

This treatment is harmonizing and rebalancing. Begin with a Rosemary, Ginger & Wild Honey exfoliation to remove dead skin cells while stimulating the circulatory system. A Vichy Rain Shower will then cleanse your skin and relax your senses. A Thyme & Calendula 60 minutes massage will leave you deeply relaxed and rejuvenated, ready to enjoy the tropical sun!

Nurture

This journey is nurturing and soothing, starting with a dry brush of the skin to stimulate the lymphatic system potentiating the effects of the rich moisturizing Cocoa Body Wrap. Crowned with a Naturally Exquisite Mini Facial with head, back, neck and shoulders massage, finish with the application of our lusciously delicious mango, lavender & cacao balm.

Repair

A highly effective body & face sun repair treatment that heals and pampers sun kissed skin. A soothing Aloe Vera Wrap combining the healing properties of cucumber, lavender oil, and vitamin C to cool down, hydrate and refresh sun-exposed skin; complemented with a repairing Hydration Lust Facial and a soothing reflexology foot massage.

Traditional Massage Therapies

Terra Massage

The always favorite therapeutic full-body massage, combining various techniques to relieve aching muscles, increase circulation and melt your tension away.

60 Minutes - \$90/90 Minutes - \$120/ 120 minutes - \$160

Chocolate Indulgence Massage

A soft exfoliation and full body massage all in one! This decadent fusion of our indigenous cocoa beans melted in warm coconut oil, gently cleanses your skin while enjoying the benefits of a therapeutic Terra massage.

60 Minutes - \$100/90 Minutes - \$130/ 120 minutes - \$180

Deep Tissue Massage

This profoundly restorative technique alleviates chronic muscular pain; therapeutic and invigorating, this technique applies very deep pressure to reach the sub-layer of musculature, concentrating on especially tense muscles.

60 Minutes - \$100/90 Minutes - \$130

Rainforest Hot Stone Therapy

Warmed basalt stones and essential oils are masterfully used to melt tension away; a profoundly relaxing massage, we use calendula oil with rosemary and thyme, to relieve stress & induce a profound-long lasting sense of relaxation.

90 Minutes - \$130

Aromatherapy Couples Massage

Pamper yourself and that special someone with our indulgent couple's massage with essential oils customized to your needs. 60 Minutes - \$160/90 Minutes - \$220

Skin Care

Facial Skin Care

All of our facials are results oriented, and customized to protect and rebalance your skin's particular needs in the tropical weather, providing immediate visible results.

All facials include shoulders, neck, head and face massage.

Naturally Exquisite

Natural ingredients in synergy with therapeutic grade essential oils and clays are utilized to rebalance the delicate skin of your face. 60 minutes - \$65

Kids mini facial 30 minutes - \$40

Age-less Beauty

A light formula based on vegetable protein with an instant "lifting" effect that smooths, tautens and reshapes your face and neck. Best for mature, dehydrated or stressed skin. 60 minutes - \$80

Rebalancing Expert

This specialized treatment controls excess oil in the skin, reducing the brightness, providing oily skin a matte appearance, pure and uniform, with a reduced appearance of pores. 60 minutes - \$80

Hydration Lust

An advanced treatment that helps regain, balance and maintain the skin's optimal levels of hydration. Cooling and calming, excellent aid in sunburned skin.

60 minutes - \$80

Body Skin Care

Body Exfoliation

Our body exfoliations will provide you with multiple benefits including the removal of dead skin cells, lymphatic stimulation and softening of the skin; choose according to your needs: try **Ginger & Honey**, moisturizing and gentle, perfect for dry skin conditions or **Coffee & Sugar Cane**, diuretic and stimulating, for normal to oily skin types. 30 minutes - \$40

Body Wrap

Our wraps are rich in minerals and antioxidants, and all include a reflexology foot massage. Choose the **Cocoa Body Wrap** for its energizing and antioxidant properties or the cleansing **Volcanic Clay & Seaweed Wrap** to detox and mineralize your body. 40 minutes- \$60- add Vichy Shower \$30

Body & Face - Total Balance

Cleansing & invigorating, our **Volcanic Clay & Seaweed** are rich in minerals brimming with healing properties, complemented with a **Rebalancing Expert Facial** the results of this treatment are remarkable, with a detoxified, purified of free radicals, smoother and totally hydrated skin. 100 minutes - \$130

Hydrotherapy

Aroma Steam & Mud Bath

Indulge in the soothing warmth of aromatic steam baths, taking advantage of its powerful therapeutic effects while using our mixture of volcanic clay and honey on your entire body. Highly recommended for the treatment of the common cold, sinus problems, bronchitis, allergies & asthma.

30 Minutes - \$ 60 (solo)- \$30 (as add-on)

Sauna & Mud Bath

Enjoy a private sauna session while using our mixture of volcanic clay and honey on your entire body. Recommended for all skin types. Due to its high content of magnesium, zinc and copper, the clay always leaves your skin soft and clean.

30 Minutes - \$ 60 (solo) - \$30 (as add-on)

Vichy Rain Shower

After a lymph stimulating dry exfoliation, experience a Ylang-Ylang & Chocolate body foam cleanse and an incredibly relaxing water pressure-point shower delivered by the Vichy's jets. Perfect to combine with a body scrub or body wrap of your choice, or simply enjoyed by itself.

30 Minutes - \$ 70 (solo) - \$30 (as add-on)

Finishing Salon

Ladies

Classic Manicure: clean, file and color.

30 minutes - \$30

Spa manicure: includes exfoliation, mask, arms & hand massage. 60 minutes - \$50

Change of color: \$20.

Classic Pedicure: clean, file and

color. 30 minutes \$45

Spa pedicure: includes exfoliation, mask foot massage 60 minutes \$60

Change of color: \$30

Deluxe Mani & Pedi: 90 minutes - \$85

Gentlemen

Spa Manicure: clean, file, nail buffing arms

and hand massage. 45 minutes - \$50

Classic Mani- Pedi: 70 minutes - \$65

Spa Pedicure: clean, file, nail

buffing, foot massage. 45 minutes -

\$60

Yoga & Exercise

Terra Spa's complimentary exercise room is equipped with cardiovascular equipment and weights, and is located in the lower level of the resort, near the Hotel entrance

Vinyasa Flow Yoga

Vinyasa (translates to "flowing with breath") is a dynamic style of yoga, which combines physical postures with inhales and exhales, creating a steady rhythm & connected flow for the practice. This class is designed to cultivate heat in the body with creative sequences involving sun salutations, standing and seated postures, back bending, arm balancing, and a strong focus on the power of breath awareness.

In your private class the teacher will address your personal practice- and wellness goals.

Slow Flow & Restore

A class to unwind – enjoy a slow flow through postures to gently build body awareness. The class focuses on the nervous system and aligning the chakras through calming asanas, meditation, and Reiki healing energy. Meditation and Pranayama (breath work) techniques are taught to promote relaxation. Class concludes with Restorative Yoga postures which settle the body and mind. You will leave your class feeling lighter, relaxed, and mentally clear.

Private Yoga Classes are available upon request and are offered in the convenience of your room.

60 minutes - \$55 (1 or 2 pax) – Add \$15 for every extra student

Ancient Therapeutic Treatments |

Guest Practitioner: Available November 15th, 2018 – April 30th, 2019

Guest Practitioner: Javier De Prado is a licentiate in Psychology and is also a Thai Healing Alliance International (THAI) recognized Thai massage therapist. Javier started his studies in 2008 and has taken courses ever since. He visited Southeast Asia in numerous occasions to study with some of the world's most recognized masters in the art of Thai massage. It is his passion for this job that eventually made him develop further and travel to Europe to pursue other kinds of therapies based in osteopathy, such as osteothai and biodynamic craniosacral therapy. World renowned osteopaths and masters are among his teachers (David Lutt, Jorg Schurpf, Eyal Lederman, Rosemary Wallace, Sinchai Sukparse (blind teacher), Ralf Marzen, Krishanataki and many more).

Thai Massage: is a sacred dance, a yoga for 2 people. Traditionally practiced in Buddhist monasteries, Thai massage is regarded above all as a spiritual practice, a meditation in movement. Theoretically, Thai massage is based on the concept of energy lines, the Sen. Working the lines by acupressure and stretching can treat the whole body by opening energy, physical or emotional blockages. Thai massage is carried out on the floor, without using oil. The patient wears light, comfortable clothing.

Osteothai: is the integration of osteopathic principles and techniques into Thai massage, a bridge between East and West. It's a form of bodywork that combines extraordinary creative and powerful Thai massage techniques with the precise and gentle touch of osteopathy. Osteothai is practised on the floor; the patient wears light comfortable clothing. The masseur uses not only his hands but also his feet, knees and elbows. This makes for a rich and colourful approach.

Craniosacral Therapy is a profound healing process which can influence the deeply held patterns of disease - both physical and psychological - which accumulate throughout life as a result of injury or illness and may be subsequently held in the tissues of the body, leading to ill-health and dysfunction. This Therapy has the potential to transform patterns of restriction and resistance at a very fundamental level, thereby stimulating an environment in which health may be restored.

Therapeutic massage: is the only massage that uses oil. It uses a combination of techniques for the complete well-being of the person. This massage includes a bit of reflexology, Swedish massage, myofascial release, osteopathy techniques, tokens and much more.

All treatments have a duration of 90 Minutes - \$120

Ancient Therapeutic Treatments II

Guest Practitioner: Tuesdays/Thursdays/Saturday - 9am -4pm

Ayurvedic consultation: Get examined by an Ayurvedic professional in order to determine your body-mind type (dosha), causes of illnesses or chronic issues, and receive advice on how to improve your overall health and wellbeing 60 Minutes - \$100

Jyotish consultation:* Jyotish means light, and the purpose of a Vedic astrology consultation is to shed light on your life journey, get answers to questions, and find the best time periods to make great life decisions (such as marriage, changing careers, expanding family). Jyotish serves well as a form of a psychological analysis as well, helping you get to know yourself, your inclinations, fears, and desires, better and advising how to best act on them.

60 Minutes - \$135

* Please note that we need to receive personal information to prepare your chart (birth date, place of birth and exact time of birth) before your consultation. Please contact us with anticipation to provide the requested details. The consultation might be held in a virtual format depending on the availability of the teacher.

Acupressure massage: Rooted in traditional Ayurvedic principles, this type of massage follows body's trigger and acupressure points to relief chronic issues, pain or discomfort and promote natural healing 60 Minutes - \$115

Shirodhara / Kati Basti / Uro basti / Abhyanga: A calming Ayurvedic oil bath, where warm oil is applied to a plexus center between the eyebrows, traditionally known as the third eye. Very effective in curing neurological issues and calming the whole nervous system. When needed, same therapy is applied to other areas of body affected by pain or in need of healing, such as lower back. 60 Minutes - \$139

Ayurvedic Nutrition consultation: Ayurveda is particularly effective as a healing science, when applying principles of one's personal body-mind type in dietary habits. Find out what your dosha or type is and what are the best foods, recipes, and combinations, in order to achieve your desired results, and maintain the body healthy and balanced.

60 Minutes - \$135

Reiki: Reiki is a profound yet gentle energy healing therapy that is available to every body, and can be used to relief any type of discomfort, pain or illness. 60 Minutes - \$135

Home Care

Take Terra Spa experiences home with you with our organic home care line, hand made locally using only the best highly therapeutic ingredients, to make them safe and effective for the whole family.

Hair



Ambar Hair Serum
30ml - \$20

Ingredients: Organic oils of jojoba, rosehip, rosemary, cedar and ylang ylang, strengthens the roots, restructures.

Uses: To repair and protect the hair follicle, apply a few drops directly to the scalp.

Face



Toner
120ml - \$17
-Normal & Dry Skin
-Oily Skin

Alcohol free!

Ingredients: witch hazel, colloidal silver **normal to dry skin:** essential oils of lavender, palmarosa, sclarea sage, sweet orange and geranium.
oily skin: tea tree & lemon essential oils.

Uses: soft and moisturizing, minimizes open pores while balancing the pH of the skin.**oily skin:** refreshing & soothing, neutralizes oily skin, purifies the pores balancing the ph.



Ambar Skin Rejuvenating Serum
30ml- \$20

Ingredients: Jojoba, rosehip, olibanum and palmarosa essential oils

Uses: regenerate & moisturize the skin from the cellular level. Apply daily to the face & neck to enjoy healthy & radiant skin.



Detoxifying Jade Clay Mask
250g - \$25

Ingredients: naturally purified jade clay, organic lemon oil, lemongrass & lavender.

Uses: provide a deep cleansing of the pores of the face and body,

Body



Insect Repellent
60ml- \$16

Ingredients: organic extract of hawthorn, essential oils of citronella, lavender, eucalyptus, tea tree, lemon grass, lavender and mint.

Uses: free of toxic ingredients such as DEET. Safe to use in children



Gaia's Body Exfoliation
230g- \$20

Ingredients: Rosemary & Honey or Orange & Coffee, raw sugar, essential oils.

Uses: rub onto wet skin (while in the shower), in slow circular motions. Concentrate on particularly rough areas such as knees, elbows, and feet.



Lavender & Mango Body Butter:
230g- \$25

Ingredients: regenerating lavender mango butter, without Parabens.

Uses: Reliefs and moistures dry skin and rough patches. Soft, absorbent and delicious.



Ylang Ylang Chocolate Soap Bar
\$10

Ingredients: infused with decadent cocoa powder and rich blends of ylang ylang essential oils and indigenous cocoa.

Uses: provides a fresh and energetic boost to quick start the day!



Calendula Oil
120ml - \$15

Ingredients: organic vegetable oil, calendula extract.

Uses: amazing skin care secret, anti-inflammatory and antibacterial

Spa Etiquette

A refuge for mind, body and spirit, we are here to be of service to you. Our goal is to make the time you spend here as memorable as possible. To that end, we suggest the following Spa Guidelines:

LOCATION: Terra Spa is located in the Club House at the top of Gaia Mountain on the Mezzanine Level. From the Hotel entrance, transportation is provided via electric carts. Please see a Bellman or Security if a cart is not visible.

HOURS OF OPERATION: 9am – 7pm Daily.

RESERVATIONS: Reservations are strongly recommended and are required December 1 – May 1. Appointments can be made and confirmed several ways:

From outside Costa Rica: 1-800-226-2515 (ask for Spa Reservations)

From within Costa Rica: 506-2777-9797 (ask for Spa Reservations)

Internet: www.gaiahr.com and e-mail to: ConciergeService@GaiaHR.com

For Hotel Guests: dial 550 for Spa Reservations

CANCELLATIONS: We understand that schedules change. Because your spa time is reserved especially for you, we kindly ask that you give us a minimum of 12 hours cancellation notice so someone else may enjoy that time.

Please note: appointments cancelled less than 12 hours in advance will incur a 50% cancellation fee. Appointments cancelled less than 4 hours in advance will incur a 100% cancellation fee.

BEFORE & AFTER: For the ideal spa experience, we suggest you arrive 15 minutes before your scheduled appointment to allow time for registration, a brief Terra Spa orientation, and a consultation with your therapist. To help us assure that you receive maximum service, please arrive promptly so your treatment time does not have to be rushed or abbreviated. Charges may be settled with cash, credit card, gift certificate or charged to your room folio.