



## 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

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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.

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## Traditional Massage Therapies

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### 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

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# Skin Care

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## 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

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## Body Skin Care

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### Body Exfoliation & Hydration

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 **Pineapple & Coconut** moisturizing and gentle, perfect for dry skin conditions or **Coffee & Sugar Cane**, diuretic and stimulating, for normal to oily skin types. **Coconut & Cocoa** moisturizer and antioxidant will give you an anti-aging appearance. All scrubs include applying a moisturizer lotion at the end of the treatment. 60 minutes - \$80

### Body Wrap

Our wraps are rich in minerals and antioxidants, and all include a reflexology foot massage. Choose the **Coconut Wrap** - an effective moisturizer helping to keep the skin hydrated, smooth and beautiful - The **Cocoa Body Wrap** is perfect for its energizing and antioxidant properties or the cleansing **Volcanic Clay & Seaweed Wrap** to detox and mineralize your body. 60 minutes- \$90 - add Vichy Shower \$30

### Body & Face - Total Balance

Cleansing & invigorating! You can choose between our body exfoliations and our body wraps which are rich in minerals boosting healing properties, complemented with an **Express Facial** with natural ingredients that will leave your skin smoother and hydrated. 100 minutes - \$140

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# Hydrotherapy

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## 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

Enjoy a private sauna session. Recommended for all skin types. A sauna therapy boosts relaxation, increases the circulation in our body, flushes out toxins and relieves stress.

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)

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## Finishing Salon

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### 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.

**Deluxe Mani & Pedi:** 90 minutes - \$85

**Classic Pedicure:** clean, file and  
color. 30 minutes \$45

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

**Change of color:** \$30

### 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

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## Yoga & Exercise

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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**

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## Ancient Therapeutic Treatments

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**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.

90 minutes - \$ 120

**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. 90 minutes - \$ 120

**Poultice Hot Herb Massage:** The origins of this massage with, comes from the traditional medicine of India. A gentle exfoliation in conjunction with the properties of heat and herbs will have a hydrating and detoxifying reaction for your skin. This therapy boosts a deep relaxation by stimulating the blood and lymphatic circulation.

A "Poultice" is a cloth cotton bag filled with medicinal plants, aromatic herbs, essential oils, seeds and spices. 120 minutes - \$ 160 (30min of exfoliation and 90min massage)

**Bamboo Massage:** In the East Bamboo is a symbol of eternal youth, vitality and energy. It is a spectacular massage that reduces muscular tensions, activates circulation, restructures the silhouette and smoothens the skin providing vitality and freshness.

60 minutes - \$70

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## Home Care

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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

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## Spa Etiquette

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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](http://www.gaiahr.com) and e-mail to: [ConciergeService@GaiaHR.com](mailto: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.