

Massages

Healing Tranquility Massage 60min \$90 90min \$115
Full-body therapeutic massage

Deep Tissue Massage 60 min \$100 90 min \$125
Full-body therapeutic massage with deep pressure

Lomi lomi Massage 60 min \$90 90 min \$115
Traditional Hawaiian technique consists of flowing, harmonious movements, with special use of forearms

Head massage 45min \$80
Relaxing massage that involves your shoulders and neck

Foot massage 30 min \$60 50 min \$90
Deeply relaxing fore sore and tired feet. Scrub is added with the 50 min version.

Hot stones massage 60min \$100 90 min \$125
Therapeutic massage with volcanic stones that are applied to the body, achieving a deep level of relaxation and relieving muscle contractures.

Reflexology 40 min \$ 90
Strong and deep pressure technique on the hands or feet, relaxation therapy that relieves severe pain based on the theory that there are reflex points in the feet, hands and head linked to all parts of the body.



Scrubs

Coconut Ginger Energy scrub 30 min \$50 90 min \$130
Sensational blend of shredded coconut, ginger and sugarcane for invigorating exfoliation

Coffee and Spices scrub 30 min \$50 90 min \$130
Aromatic experience of organic coffee, sugar, and cinnamon with orange essential oil

After Glow Scrub 30 min \$50 90 min \$130
Enjoy the afterglow of this invigorating, deeply cleansing exfoliant.

Wraps

Aloe Skin Recovery wrap 30 min \$50 60 min \$95
Too much sun? This wrap calms skin, aids healing. Organic aloe , aromatherapy essential oils and lotions penetrate your skin. The 60 min version, includes 30 min massage.

Honey Linseed Luxury wrap 30 min \$50 60 min \$95
Omega-3 nourishes and organic honey softens. Get a 30 min massage in the 60 min version.

Full-body Mud Masque 30 min \$50 60 min \$ 95
Detoxifying, authentic Costa Rican specialty. This mineral-rich mud activates cell rejuvenation. Get a 30 min massage in the 60 min version.

All prices are in US dollars. 13% IVA will be added to your final bill.

Facials

Mini Facial 30 min \$ 45
Face cleansing, exfoliation and face massage

Healing Facial 60 min \$ 90
Customized facial for your skins need, European style

Anti- aging Facial 60 min \$ 90
Exfoliates lifeless cells and fine lines, allowing emerges new skin to absorb oxygen and nutrients

Gentlemen's Facial 60 min \$ 90
Controls excess oils. Exfoliation calms razor irritations, leaving the skin refreshed and balanced.



Special moments

Couples Massage
Pampered time together 60 min \$ 170*
(*price for two people)

Massage on the beach add \$20 set-up
Select your favorite spot , and receive your massage

Massage at your villa add \$20 set-up
Enjoy a massage or other treatment, with the privacy of your villa.

Spa Etiquette

Our Treatment Rooms

Earth Air Fire Water

Alma del Pacifico features Four Treatment rooms with the four elements as themes.

According to the ancients Chinese art of Feng Shui.

- **Earth— Grounding (Forest)**

Represents union and relationship. Associated with yielding.

- **Air— Expansion (Wind)**

Represents wealth, blessings, growth. Spring and new beginnings.

- **Fire— Transformations (Volcano)**

Represents personal illumination, reputation, fame, visibility in the world and personal power.

- **Water—Cleansing (Ocean)**

Represents your personal journey though life and in your career, plus overcoming obstacles



- Please arrive 15 min prior to your appointment to allow time to change and prepare for your treatment.
- Your spa therapist will meet you in the reception area and accompany you to your treatment room. He or she will then leave the room to allow you to undress to your level of comfort. Then slip under the sheet on the table, face down. Signal to the therapist, waiting just outside, when you are comfortable and ready for your treatment to begin.
- Each treatment room has an area for personal items. You will be professionally draped during your service, exposing only areas being worked on, to ensure privacy and comfort. After your service, the therapist will leave the room and meet you at lobby.
- If you have disabilities or ailments, are pregnant, or have allergies, please inform the receptionist, when making your appointment and discuss any concern with your therapist before treatment begins. Your treatment will be customized to best meet your needs.
- Gratuities are not included in spa pricing and are at your discretion.
- Prices are listed in US Dollars.

Spa policies

Reservations A reservation is recommended. Please note that not all therapies are available at all times.

Payment We accept VISA, MasterCard, or cash in colones or US dollars. You may also charge services to your villa.

Cancellation Policy For cancellations within 6 hours, a 50 % charge will apply. For no-shows, 100 % of the treatment will apply.

Children We are not able to accommodate children under the age of 12. Children over 12 years old must at all times be accompanied by an adult.



The Spa at Alma Del Pacifico Hotel
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SPA MENU



Welcome to the spa at Alma del Pacifico Hotel.

Our goal is to assist you in achieving greater relaxation, well-being and rejuvenation.

We invite you to communicate your expectations and preferences so that we can offer the best therapy for your body, mind and spirit.

Playa Esterillos Este

Costa Rica

