



BODHI TREE

— YOGA RESORT —



SPA

SERVICES





MASSAGES

DEEP TISSUE MASSAGE

Our Signature Massage. This therapy focuses on realigning deeper muscles and connective tissue by breaking down muscle adhesions. It is beneficial in relieving pain and restore range of motion. Helps releasing chronic muscle tension and knotted areas, such as shoulders, back and hamstrings. Deep Tissue massage combines joint mobilization, deep massage strokes, fascia releases and assisted stretches. By using direct strong pressure throughout the entire massage, this therapy will melt your muscles into a deep wellness state.

Prices: 60min \$100+tax | 90min \$140+tax

RELAXING MASSAGE

Recover from the stresses of daily life and sink into your vacation in Paradise. When you experience a relaxation massage, expect a treatment that involves long smooth gliding strokes that are rhythmic and flowing, with a touch of detailed delicate techniques in hands, feet and face that will leave you with a sense of ease and freedom in the body. This technique promotes relaxation by increasing the level of oxygen in blood, balancing the nervous system, stimulating circulation and decreasing muscle toxins. This massage uses light to medium pressure.

Prices: 60min \$100+tax | 90min \$140+tax



THERAPEUTIC MASSAGE

This is a scientific and systematic approach to bodywork, done by a certified Physical Therapist or a Senior Massage Therapist. During the session, the therapist will work on any injury or chronic pain area that needs specialized care. Stress reduction, decreased muscle tension, and relief of pain related to soft tissue dysfunction are addressed in this therapy. Using deep tissue techniques, connective tissue manipulation, joint releases, breathwork and body reading, the Therapeutic Massage will help realign your body. Pressure will be adjusted according to your needs.

Prices: 60min \$100+tax | 90min \$140+tax

LYMPHATIC DRAINAGE

Encouraging the natural detoxing process of our body, this massage helps reducing inflammation and promoting self healing. Lymphatic drainage is one of the most relaxing yet therapeutic therapies. Your therapist will gently press and move her hands in directional movements, rhythmic circular and brush like strokes to stimulate relaxation and lymph flow. It also includes direct activation of the lymphatic body centers, such as stomach, armpit and neck which will boost your immune system. Best recommended on an empty stomach.

Prices: 60min \$100+tax | 90min \$140+tax





PRENATAL MASSAGE

A healthy way to reduce stress and promote overall wellness, a Prenatal Massage helps relieve various normal discomforts experienced during pregnancy, such as back aches, stiff neck, leg cramps, headaches, swelling and insomnia. With a combination of sideways and face up bodywork, this massage is a nurturing touch for mommas-to-be!

Prices: 60min \$100+tax | 90min \$140+tax

HALF HOUR MASSAGE

Short on time? We have an option for you. This therapy combine deep tissue and relaxing massage techniques based on your personal needs. According to your request, this massage can be gentle and relaxing or vigorous and revitalizing. The therapist will focus on specific areas needing specialized help. For example, upper body for surfers or legs and glutes for yogis. The pressure will be medium to strong.

Price: 30min \$65+tax

KIDS MASSAGE

Our Kids Massage offers a soft, relaxing touch for our little ones. Massage helps your children release stress and aids in better moods and happier kids. 12 years old or under.

Prices: 30min \$40+tax | 45min \$60+tax





FACIALS

BANANA + HONEY

The ocean and sandy breeze can quickly dry out your skin. Using a paste made from bananas and honey, this facial promises to leave your skin hydrated and refreshed. This moisturizing facial is recommended for normal to dry skin.

CUCUMBER + ALOE

Using the powerful hydrating agents of cucumber and aloe, this facial will address any dehydration issues you may have and leave you feeling rejuvenated and renewed. This hydrating facial is recommended for sensitive skin or as an after sun treatment.

AVOCADO + YOGURT

Avocado stimulates collagen formation and helps fight the general signs of aging. Yogurt will soften the skin, remove skin debris and also fights acne. With this rejuvenating facial you will leave feeling youthful and with a soft glow. recommended for all types of skin.

VOLCANIC CLAY

Our Costa Rican volcanic clay is ideal for oily skin. This powerful mask will absorb the impurities in your skin, clean your pores and leave your face soft and renewed. This emollient facial is also recommended for normal skin.

Price: 60 min \$100 + tax

BODHI TREATMENTS

Indulge yourself with our unique Bodhi Treatments. This special treatment starts with a brown sugar and honey exfoliation to slough off the old. A tonic is then applied to cleanse your skin followed by a light coconut oil massage. Once the cleanse is complete, you are layered with your choice of body masks, detailed below. After the body mask is applied, you will be cocooned by local warm banana leaves and left to relax for 20 minutes. Once the body wrap is removed and the mask is washed, your skin will be left feeling oh-so-soft and refreshed.

HYDRATION: Yummy homemade mask made with banana and honey

FIRMING: Powerful mask made with coffee, cacao, honey and coconut oil

DETOXIFY: Cleansing volcanic clay body mask
SWEET TREAT: Delicious moisturizing cacao, honey and coconut oil mask

COOLING: Refreshing mask made with cucumber and aloe. This treatment is beneficial for skin that have been exposed to too much sun, therefore does not include exfoliation and the banana leaves are not preheated.

Price: 90min \$150+tax



**ALTERNATIVE
HEALTH
TREATMENTS**



REIKI

Reiki is a Japanese technique for used for detoxification, stress reduction, relaxation and to move the energy in the body. Energy that is stuck can create disease, stress, tension and disharmony. Reiki is administered through hands on touch to create an experience to nourish and connect the body, mind and soul.

Prices: 60min \$100+tax

REIKI + MASSAGE COMBO

Combining these two treatments into one session is a beautiful, grounding, detoxifying and nourishing experience. This treatment brings you back into your natural rhythm and alignment, so you can move through life with ease, clarity and peace.

Prices: 60min \$115+tax | 90min \$160+tax

THAI MASSAGE

A more active and energizing therapy, the Thai Massage promises to leave you feeling refreshed and renewed. Muscle compression, joint mobilization and acupressure are used during this unique treatment. This massage is done on a mat, you must bring comfortable stretchy clothes. Thai massage promise to leave you on a deep relaxation state, in-depth awareness of you body sensations, and lightness feeling.

Price: 90min \$150+tax





AYURVEDIC MASSAGE

This cleansing full body coconut oil massage helps eliminate toxins, stress and tension while improving your overall well being. It also helps balance the nervous system, boosts immunity, calm the mind and cleanses the lymphatic system. Long deep strokes are applied to release blockages and stagnation while combining fluid movement to move the energy. The intention is to bring the body, mind and soul back into its natural rhythm.

Prices: 60min \$110+tax | 90min \$145+tax

ACUPUNCTURE

The art of acupuncture uses the energetic system to heal, activate and improve the body. Consultation may include diagnosis, personal strategies to overcome health issues or improve the body using natural medicine, easy kitchen remedies and recommendations of acupressure points you can use at home. Acupuncture is good for cleansing the mind and balancing the emotions, strengthening muscles, bones and tendons, recovering from trauma or accidents, relieving chronic pain and improving your health and body functionality.

Prices: 60min \$100



C U P P I N G

This alternative therapy involves placing cups on the skin to create suction. The suction may facilitate healing through blood flow and movement of Qi (chinese word for life force)

Cupping increases circulation and lymphatic activation to the area where the cups are placed. This may relieve muscle tension and pain, improve overall well-being and promote cells repair. It may also help form new connective tissues and create new blood vessels in the tissue.

Therefore, it may be particularly effective at easing conditions that create muscle aches and pains. Since the cups can also be applied to major acupuncture points, the practice is possibly effective at treating digestive problems when applied in the abdomen.

rices: 60min \$95 + tax

NAIL CARE

DRY MANICURE \$35 + TAX

SPA MANICURE \$50 + TAX

DRY PEDICURE \$40 + TAX

SPA PEDICURE \$60 + TAX

ADD GEL FOR +\$15

GEL REMOVAL +\$10





ALMA
NOSARA

MEDICAL SPA

OXIGENEO PREMIUM FACIALS

A complete facial that combines Radiofrequency technology that generates deep heating into the dermis, encouraging production of collagen and elastine resulting in tighter and firmer skin with a lifting effect result.

Exfoliation and oxygenation of the superficial layer of the skin without disrupting the lipid barrier of the skin , stimulates the turn over of the skin cells.

Ultrasound technology massage with its micro-vibrations allows the cells to open for better optimization and maximization of the absorption of active ingredients.
Mechanical Neomassage to stimulate lymphatic circulation and final relaxing step of this premium massage.

Price: \$156

SOFT MEDICAL PEELINGS

For radiant and glowing looking skin , get a regenerative and anti-age effect by renovating and improving the health , look and quality of your skin. Get a rejuvenation of the skin but boosting cell turnover .
Ideal just for hydration , fine lines , improves skin 's texture , treats dark spots , queratosis or ideal just to give your kin a glow for the night.

Price: starts at \$160



MICRONEEDLING

It's a minimum invasive technique that creates micropunctions on the skin , promoting skin regeneration (collagen and elastine). The combination of the mechanical stimulation and the delivering of the main actives into deeper layers of the skin , allow you to see results since the first sesion.

Ideal for rejuvenation of the skin , wrinkles and fine lines , dark spots , acne scars, sun damage, skin renewal.

Price: starts at \$225





MESOTHERAPY INTRADERMAL INJECTIONS

With this technique we deliver a specific active ingredient into dermis creating micro papulas on the skin for a better absorption and results . If you are just looking to bio revitalized and rejuvenate the skin, this technique is for you.

Give your skin esencial products like vitamin c, hialuronic acid , bio revitalizing complex , oligoelements and some others depending on you skin's needs.

Price: starts at \$250

PRP + MICRONEEDLING

Give your skin a natural substance found in human blood cells , packed with growth factors and other components that are essential in enhancing the health of your skin or hair. PRP helps stimulate collagen and elastane when applied on the skin combined with the micro needle therapy you will get a refresh , younger and rejuvenated looking skin.

*For this please email at med_spa@almanosara.com for preparation protocol

Price: starts at \$300

ALMA SPA FACIALS

Our signature facials will give a specific treatment for every skin needs and desire. A RELAXING facial with cosmeceuticals and medically proven products will give you a long lasting results, improving and treating sings of aging, hydration and cellular regeneration.

Goji facial \$135

Provides anti oxidants, detox effect , delays aging signs , ideal for younger skins.

Vitamin C facial \$135

For immediate boost of vitamins and minerals, get a revitalized and radiant looking skin.

Regenerating facial \$140

It' s a cell regenerator facial and wrinkle filler , ideal for a smoother and younger looking skin (glycolic, lactic acid)

Age defense \$135

This facial that reinforces skin's barrier and stimulates collagen and cell renewal

Shine control \$130

Ideal for younger skin , acne prone and oily skin

Hydra lifting facial \$140

Provides powerful hydration from wakame extract, get a more hydrated and firmer skin . (lifting effect)

Vitalizing Q10 \$140

For mature skin , provides restoration and rejuvenating of the skin





IV VITAMIN INFUSION

Our body requires a fair amount of antioxidants to help fight damaging effects from daily actions such as alcohol intake, smoking, bad eating habits, preservatives and additives on our foods, pollution or exposure to chemicals and the list can go on.

As preventative to certain health issues, the best approach is by providing nutrients directly to our cells bypassing the GI tract, delivering 100% of them. Improving and optimizing our natural defense response and therefore our health, our biggest wealth.

IMMUNE FORMULA \$160 (HIGH DOSE OF VITAMIN C)

Ideal to boost and optimize immune system functions, use as a detox from heavy metals, toxins, pesticides, fights viral and bacterial infection.

MYERS COCKTAIL \$160 (B COMPLEX, VITAMIN C, MAGNESIUM)

Ideal to get instant relief after being all night celebrating a special event like a wedding, birthday party, you name it! Replenish electrolytes and fluid balance and acidity. This drip will help you recover faster and not lose a day of your vacation.

IMMUNE/ OXIDATIVE FORMULA \$180

High dose of vitamin C that provides support during acute viral or bacterial infections, pre-post surgery healing.



B12- B COMPLEX IM SHOOTS \$50

Ideal for energy balance, better mood, deeper sleep, mental clarity and vegan diets.

*Ask for add ons : glutathione , alfalipholic acid

DYSPORT (BOTOX) \$450 FULL FACE (CROWS , FOREHEAD AND FROWN AREA, BUNNY LIENES)

Top injectable botulinum toxin Dysport will help you minimize age related lines and wrinkles . A treatment with immediate results for facial rejuvenation.

Areas we can treat Full face (frown, forehead, crow's feet and bunny lines) Gummy smile
Masseter Injections : for patients that grind or clench their teeth.

FAT DISSOLVING ENZYMES STARTS AT \$375

These enzymes are designed to treat areas like double chin, abdomen, back areas, cellulitis, fibrosis , scars, etc.

Their combinations of enzymes makes possible a reduction on difficult fatty deposits, improve the appearance of the scars , tightening of the skin.

For this treatment you need a previous medical consultation





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