



BODHI TREE

— YOGA RESORT —

SPA SERVICES

SPA POLICY

We respectfully ask you to leave cell phones in silence so the tranquility of Bodhi Spa experience may be preserved. Please deposit all valuables in your room safe as we cannot be held responsible for loss of your personal items.

CANCELLATION POLICY

Cancellations or no-shows within 12 hours will incur a 100% charge.

TAXES

13% government tax will be added to the cost of your service. Additional gratuities for your therapist or receptionist are subject to your discretion.

SPA OPENINGS HOURS

From 09:00 hours to 18:00 hours

RESERVATIONS

To ensure that we can accommodate your spa experience on your preferred date and time we recommend book two days in advance.

ARRIVAL AT SPA

In order to ensure total relaxation and to enhance treatment results, we encourage you to arrive 10 minutes prior to your appointment time to check-in and complete your health questionnaire.

Minor guest should be accompanied by an adult



DEEP TISSUE 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. By using direct strong pressure throughout the entire massage, this therapy will melt your muscles into a deep wellness state.

60min \$100 | 90min \$140

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.

60min \$100 | 90min \$140

The background of the entire page is a close-up photograph of a person's arm and shoulder. A therapist's hand is visible, applying pressure to the person's arm. The lighting is warm and soft, highlighting the skin's texture.

THERAPEUTIC MASSAGE

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.

60min \$100 | 90min \$140

LYMPHATIC DRAINAGE

Encouraging the natural detoxing process of our body, this is a form of gentle massage that encourages the drainage of lymph nodes and movement of lymph fluids around the body. The fluid in the lymphatic system helps remove waste and toxins from body tissues. Best recommended on an empty stomach. This massage uses light pressure.

60min \$113

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! This massage is contraindicated during the first trimester of pregnancy.

60min \$100

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.

75min \$150





FACIALS

Try our relaxing facials with our 100% organic and natural products.

BANANA & HONEY MOISTURIZING

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 firm and refreshed.

ROSEHIP HYDRATING

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

AVOCADO & YOGURT REJUVENATING

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.

VOLCANIC CLAY EMOLIENT

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.

50min \$100

BODHI TREATMENTS

Indulge yourself with our unique Bodhi Treatments made with local and fresh products. After the body mask is applied with the ingredients of your choice, you will be cocooned by local warm banana leaves, and you will be ready to relax for 30 minutes. Once the body wrap is removed and the mask is washed, you will continue with a coconut oil massage and your skin will be left feeling oh! so-soft and refreshed.

Choose your favorite!

MOISTURIZING Yummy homemade mask made with banana and honey.

FIRMING Powerful mask made with coffee, cacao, honey.

DETOXIFY Cleansing volcanic clay from Arenal Volcano. Full of minerals and nutrients for your skin.

SWEET TREAT Delicious moisturizing cacao, honey and coconut.

90min \$150



A top-down photograph of various natural and spiritual items arranged on a light gray surface. On the left is a large, oval-shaped piece of hollowed-out wood with a rough bark edge, containing several smooth, polished stones in shades of red, green, blue, and black. To its right are several small, unpolished stones and a small, dark, cylindrical object. Further right is a clear glass vial with a cork stopper, filled with dried lavender. Below the vial is a small, square burlap pouch tied with a string. To the right of the pouch is a dark amber glass bottle with a black dropper cap. Further right is a large, iridescent abalone shell containing a bundle of dried sage leaves tied with string. Below the shell is a bundle of dried sage leaves tied with red and white string. On the far right is a single white feather. The text "ALTERNATIVE HEALTH TREATMENTS" is overlaid on the left side of the image, between two horizontal lines.

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.

60min \$100

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.

60min \$110 | 90min \$150

REIKI 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.

60min \$115 | 90min \$160



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.

75min \$160

ABDOMINAL CUPPING

Abdominal cupping helps improve appetite, digestion, bile flow, conception, and metabolism. It also aids in the treatment of distension and acidity, relieves constipation and promote regularity of the bowels. With regular abdominal cupping, there is an increase in digestive secretions that enhance peristaltic movement. Many clients experience expelling an excess amount of waste shortly after treatments and also a significant increase of eliminations throughout their day.

45min \$85



NAIL CARE

REGULAR (LACQUER)

Nail polish hands \$30

Nail polish feet \$35

Manicure \$45

Pedicure \$50

GEL COLOR

Nail polish hands \$35

Nail polish feet \$40

Gel color manicure \$60

Gel color pedicure \$70

KIDS (11 years and under)

Hands \$25

Feet \$30

GENTLEMAN

Manicure \$40

Pedicure \$45

ADD \$10 for gel removal*





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