



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



## BODHI SIGNATURE MASSAGE

Our signature massage designed to address both physical and emotional imbalances. Promoting a sense of equilibrium and well-being.

Full body firm pressure massage, warm oil, our three favorite Doterra's essential oils and a special energy cleaning are the perfect combination to help you achieve a state of equilibrium and overall harmony.

**60min \$120| 90min \$150**



## 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

## 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

## 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





# FACIALS

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

## **OAT & HONEY MOISTURIZING**

The ocean and sandy breeze can quickly dry out your skin. Using a paste made from oat 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 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 oat 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 together 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.

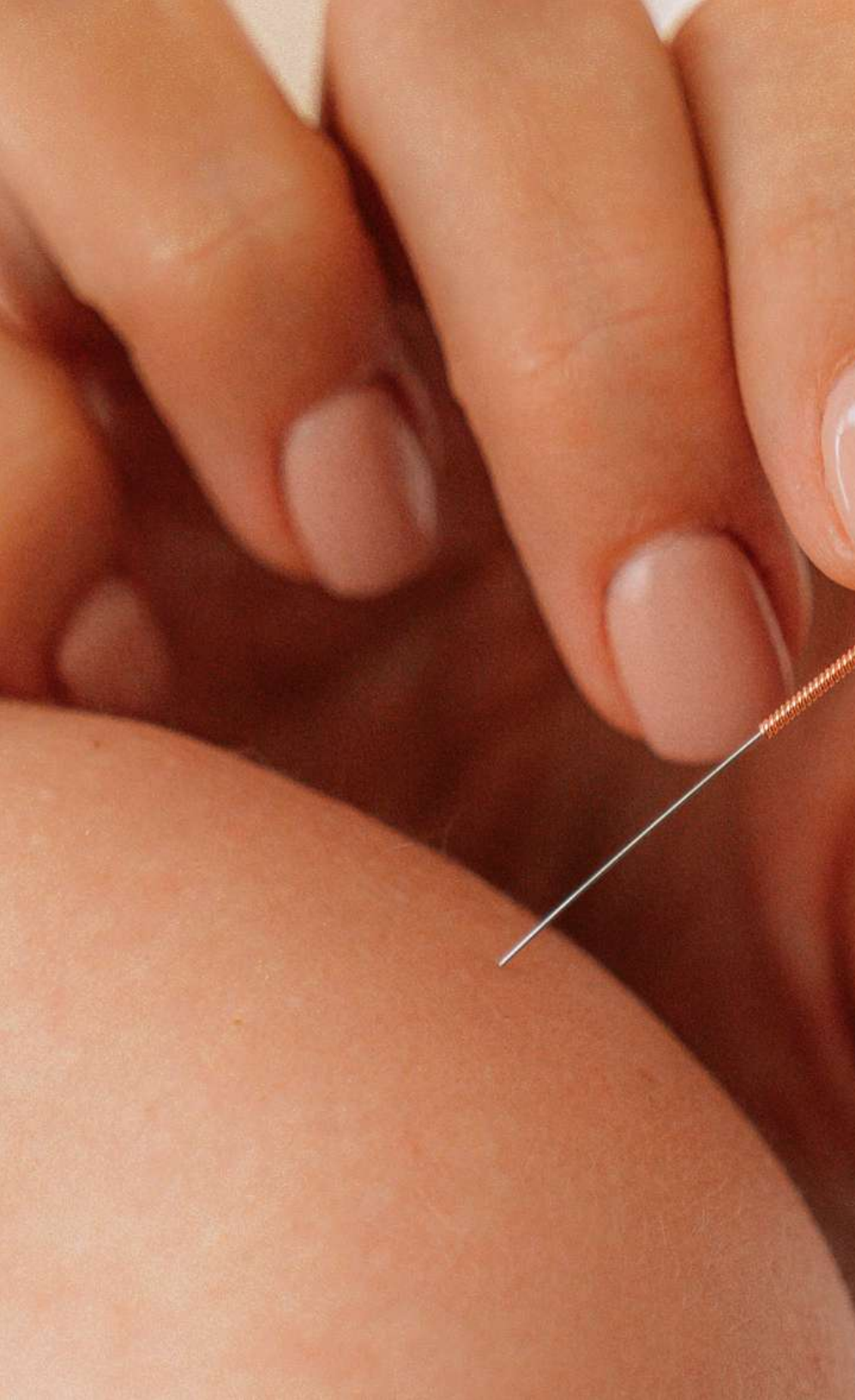
**60min \$100**

## REIKI COMBO MASSAGE

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



**ONE TO ONE  
AYURVEDA CONSULTATION  
DR. PARAS MOGHTADER**

Unearth the secrets of your body's innate constitution through Ayurveda. Knowing your Dosha (Vata, Pitta, or Kapha) is instrumental in understanding how your body reacts to different environments, foods, and emotions.

Dr. Paras will help you identify your dominant Dosha, giving you the foundation to build a life of balance and harmony.

This session includes your diet and lifestyle change plan in detail.

The session will be taken place in the comfort of your room.

For specific questions about your session please write to:  
[contact@parasmoghtader.com](mailto:contact@parasmoghtader.com)

**75min \$200**

## 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\*



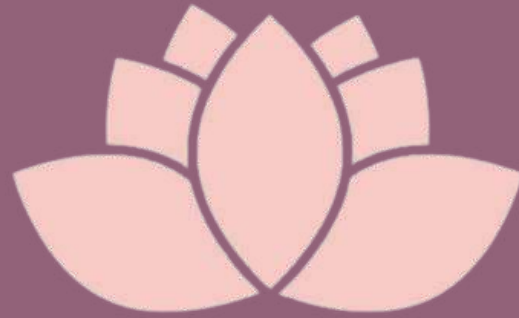


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[spa@bodhitreeyogaresort.com](mailto:spa@bodhitreeyogaresort.com)

[www.bodhitreeyogaresort.com](http://www.bodhitreeyogaresort.com)



ALMA  
NOSARA

MEDICAL SPA

BOTOX \$9.25 UNIT

DYSPORT \$4.25 UNIT

XEOMIN \$8 UNIT

Treat wrinkles on forehead ,  
crows feet, frown area, bunny  
lines, chin dimples, masseter for  
jaw pain and clenching , lip flip  
etc.

Appointments :  
[www.almanosara.com](http://www.almanosara.com)  
WhatsApp: + 506 8682-5376





## Fillers \$550 and up

Looking to boost your lips  
Under eye area  
Cheekbones  
Nasolabial folds  
Lip lines around the mouth  
and more.

Our premium top line of fillers  
are great to touch up areas in  
the most natural way.

Question or more information to  
whatsapp 506 8682-5376

Check also on instagram  
alma\_nosara.

**RADIESSE  
COLLAGEN  
BIOSTIMULATOR \$650**

Ideal to bio stimulate collagen and elastin on cheek areas, jawline and medial cheek of the face, get a firmer and tighter skin.

Overall rejuvenation and Improve quality of the skin.

Book at

[www.almanosara.com](http://www.almanosara.com)

WhatsApp 506 8682-5376





## IV VITAMINS INFUSIONS

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

As preventative to certain health issues, the best approach to a healthy state 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.

**Inmune formula \$150**

**High C \$190**

**Myers cocktail \$ 160**

**Super Myers \$190**

**Super antioxidant \$240**

**Glutathione drip \$150 -190**

**IM B12 SHOT \$50**

**IM B cOMPLEX SHOT \$60**

# OXIGENEO PREMIUM FACIAL \$155

## Deep cleanse facial

A complete facial (deep cleanse facial ) that combines Radiofrequency technology 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 , stimulating 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.



# SIGNATURE SPA FACIALS

## \$140

Our signature facials will give you a specific treatment for every skin needs and desire. A very realxing facial with cosmeceuticals and medically proven products will provide you a long lasting results for a radiant , smooth and glowy looking skin.

### **Vitamin C facial**

Get a revitalized and radiant looking skin with an immediate boost of vitamins and minerals.

### **Age defense**

This facial that reinforces skin's barrier and stimulates collagen and cell renewal. ideal for mature skin

### **Shine control**

Ideal for acne and oily skin.

### **Hydra lifting facial**

Provides powerful hydration after a week of surf and yoga , go back home with a clean , refresh and hydrated and firmer skin



## MICRONEEDLING

**\$250**

It's a minimum invasive technique that creates micropunctions on the skin , promoting skin regeneration (collagen and elastine). The combination of this mechanical stimulation and main actives ingredients into deeper layers of the skin , will give better and faster results.

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

Add ons: \$50

Neck and décolleté : \$100

## PRP + MICRONEEDLING

**\$350**

Give your skin a natural substance found in your own blood cells , packed with growth factors and other essential components, this famous treatment will enhance the health of your skin. PRP helps stimulate collagen and elastine, perfect for rejuvenation of the skin, get a refresh , younger and rejuvenated looking skin .

For this Please email at med\_spa  
@almanosara.com for preparation protocol.

Add ons : \$75





## SOFT PEELINGS \$130

## MILD PEELINGS \$150

Get a regenerative and anti-age effect with our soft and mild medical peels, its renovating effect on cells will make you skin look radiant and healthy , also improves the quality of your skin.

## COSMELAN PEEL

## \$750

If you are dealing with melanoma , dark spots on your face , dull skin and large sun damages this peeling is ideal to get done before you travel back home. Its a deep peel , so get ready to be a bit red.

Ask for availability to whatsapp  
506 8682-5376

## ANTI HAIR LOSS TREATMENT

Ideal to treat hair loss post pregnancy, androgenic alopecia , post ocvid alopecia , hair loss due to stress and more.  
Combined with prp for better results.

Appointments :  
[www.ALMANOSARA.COM](http://www.ALMANOSARA.COM)



## FAT DISSOLVING ENZYMES \$ 490 AND UP

Ideal to treat stubborn fat areas such as double chin , arms , legs, abdomen , behind arms.

Appointments :  
[www.almanosara.com](http://www.almanosara.com)



In case we haven't met  
my name is Dr Nathalie Arias, a  
MD and Aesthetic Certified  
Injector at Alma Med Spa here at  
Bodhi Tree Hotel.

My passion is to create natural  
and beautiful results for my  
patients, from Botox to fillers,  
my goal is to help you achieve a  
natural and rejuvenated look  
that leaves you feeling confident  
and refreshed.

**Book your appointment at  
[www.almanosara.com](http://www.almanosara.com) or  
whatsapp 506 8682-5376**

