



# BODHI spa

Immerse yourself in a sanctuary of relaxation and renewal, where nature's finest elements meet expert care to create a transformative experience for your body, mind, and soul.

Discover the harmony of self-care in the tranquil setting of our jungle-inspired spa. Let us guide you on a journey of pure bliss.



CONTACT US

## Menu

### Bodhi Signature Massage

Our signature massage is 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 (certificated pure therapeutic grade) and a special energy cleansing with Palo Santo or Holy wood - a sacred wood from South America using to purify the energy and create a sacred space- are the perfect combination to help you achieve a state of equilibrium and overall harmony.

60min \$135 | 90min \$160

### Tropical Bliss Massage

Experience a unique full body firm pressure massage infused with exotic passion fruit balm from Costa Rica. Let tension melt away, leaving you deeply connected to both nature and your inner self. Treat yourself with this rejuvenating experience.

60min \$125 | 90min \$155

### 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 restoring range of motion. By using direct strong pressure throughout the entire massage, this therapy will melt your muscles into a deep wellness state.

60min \$110 | 90min \$145

### 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 \$110 | 90min \$145

### Reiki Combo massage

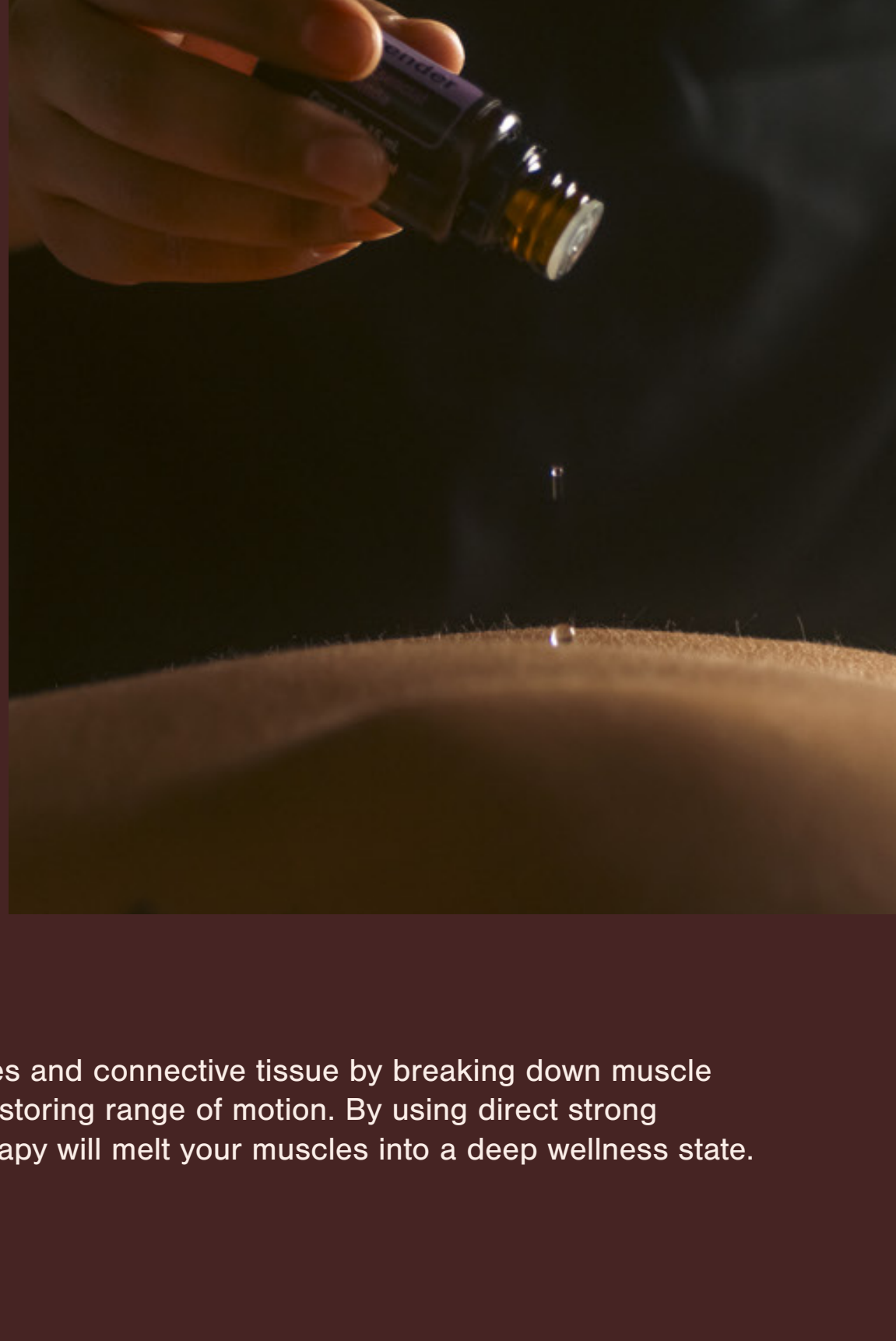
Combining these two treatments into one session is a beautiful, grounding, detoxifying, nourishing experience. This treatment brings you back into your natural rhythm and alignment, so you can move through life with ease, clarity and peace.

60min \$135 | 90min \$160

### Mom to be 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 and for those with high-risk conditions. We kindly advise you to consult with your healthcare provider before booking.

60min \$110



## Facials

50min \$110

#### OAT & HONEY

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

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

Avocado stimulates collagen formation and helps fight the general signs of aging. With this moisturizing facial you will leave feeling youthful and with a soft glow.

#### VOLCANIC CLAY

Volcanic Clay extracted from the Arenal Volcano. This powerful mask will absorb the impurities in your skin, clean your pores and leave your face soft and renewed.



## BODHI treatments

90min \$160

Indulge yourself with our unique Bodhi Treatments. After the body mask is applied with the ingredients of your choice, you will be cocooned and will be ready to relax for 30 minutes with a scalp and neck massage. Once the body wrap is removed and the mask is washed, you will continue with a coconut oil massage. These treatments are not just skincare—they're an escape to the heart of Costa Rica, where nature's finest ingredients are expertly crafted to rejuvenate and revitalize your skin!

Choose your favorite!

### Firming

Revitalize your skin with our powerful firming mask, infused with premium Costa Rican coffee. This energizing treatment tones and tightens your skin, giving you a youthful glow and smoother texture. Wake up your complexion with the natural power of coffee!

### Detoxify

Purify and renew your skin with our cleansing volcanic clay mask, sourced directly from the rich, mineral-dense soils of the Arenal Volcano. This nutrient-packed clay draws out impurities, leaving your skin feeling refreshed, detoxified, and deeply nourished.

### Sweet treat

Indulge your skin in the ultimate moisturizing experience with our luxurious Costa Rican cacao mask. Rich in antioxidants and deeply hydrating, this sweet treat for your skin will leave it feeling soft, smooth, and absolutely glowing.

### Cooling

Soothe and refresh sunburned or irritated skin with our cooling mask made with aloe and lemon grass, designed to calm and heal. Packed with natural soothing ingredients, this mask hydrates and replenishes your skin, providing instant relief and a cooling sensation.

## Alternative Therapies

#### REIKI 60MIN \$120

Reiki is a Japanese technique 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.

#### CRANIOSACRAL THERAPY 60MIN \$140

Craniosacral therapy is a hands-on therapy that assists the body's natural capacity for self-repair. It is a subtle and deep healing treatment that uses a very light touch (5 grams) to encourage the body to heal itself. Craniosacral therapy is based on subtle, cyclic micro-movement in the body called the cerebrospinal fluid pulse, the therapist's intention is to listen through the hands and create a supportive environment so that the client's system starts its own self-healing process. Please wear loose comfortable clothing.

#### ACUPUNCTURE 75 MIN \$160

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.

#### ONE TO ONE AYURVEDIC SESSION 90MIN/\$225

Dr. Paras will help you identify your dominant Dosha, provide you a personalized diet plan that aligns with your Dosha and giving you the foundation to build a life of balance and harmony. This 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)



## 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

SCHEDULE: Monday- Sunday 09:00 - 17:00  
APPOINTMENTS VIA WHATSAPP: +506 84266677  
APPOINTMENTS VIA EMAIL: [spa@bodhitreetyogaresort.com](mailto:spa@bodhitreetyogaresort.com)

#### SPA POLICIES

To maintain the serene ambience of the Bodhi Spa experience we kindly request that cell phones be kept on silent. Please store all valuables in your room, as the spa cannot be held responsible for lost personal items.

#### AGE POLICY

To ensure a tranquil and relaxing environment for all our guests, we kindly ask that only individuals aged 18 and above visit the spa. We appreciate your understanding.

#### CANCELLATION

Cancellations with less than 12 hours notice 50% charge - last minute or no show 100% charge 13% tax not included in prices

#### RESERVATIONS

To secure your preferred date and time, we recommend booking your spa experience at least two days in advance.



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