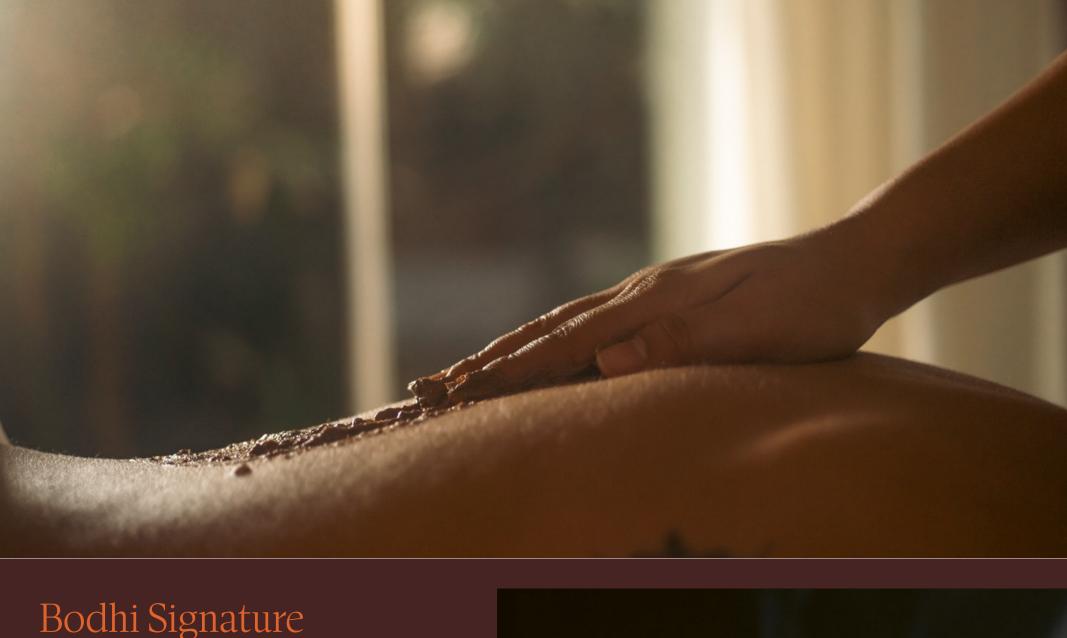


Immerse yourself in a sanctuary of relaxation and renewal, where nature's finest elements meet expert care to create a transformative experience for your body, mind, and soul.

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



Our signature massage is designed to address both physical and imbalances, promoting a sense of equilibrium and well-being. Full body firm pressure massage, warm oil, our three favorite

Massage

Doterra's essential oils and a special energy cleansing with Palo Santo are the perfect combination to help you achieve a state of equilibrium and overall harmony. 60min \$140 | 90min \$165 Calm and Balance CBD Massage

CBD oil that promotes deep relaxation, stimulates circulation, and supports natural

emotional

A medium-pressure full-body massage with

detoxification. The ritual continues with a soothing head massage infused with a

calming essential oil, releasing tension and inviting deep serenity. The experience is completed with an herbal cream facial massage and cooling ice globes, reducing

puffiness, toning the skin, and leaving you refreshed, radiant, and balanced. 75min \$160 Tropical Bliss Massage Let tension melt away, leaving you deeply connected to both nature and your inner self. Treat yourself with this rejuvenating experience.

Deep Tissue Massage This therapy focuses on realigning deeper muscles and connective tissue by breaking down muscle adhesions.

60min \$125 | 90min \$155

60min \$115 | 90min \$145

Relaxing Massage Recover from the stresses of daily life, 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.

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.

Reiki Combo Massage

60min \$115 | 90min \$145

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

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 \$115

Facials

TRY OUR RELAXING FACIALS WITH OUR 100% ORGANIC AND NATURAL PRODUCTS*

50min \$110

AVOCADO

facial promises to leave your skin firm will leave feeling youthful and with a soft glow.

VOLCANIC CLAY Volcanic Clay extracted from the Using the powerful agents of rosehip,

will absorb the impurities in your skin, clean your pores and leave your face

*Our facials do not include deep extractions.

Avocado stimulates collagen formation

aging. With this moisturizing facial you

Arenal Volcano. This powerful mask

and helps fight the general signs of

Experience a unique full body firm pressure massage infused with exotic passion fruit balm from Costa Rica.

Mom-to-Be-Massage

A healthy way to reduce stress and promote overall wellness, a Prenatal Massage helps relieve various normal

OAT & HONEY The ocean and sandy breeze can quickly dry out your skin. Using a

paste made from oat and honey, this

this facial will address any dehydration issues you may have and

ROSEHIP

and refreshed.

recommended as an after sun treatment.

leave you feeling rejuvenated and

renewed. This hydrating facial is

soft and renewed.

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!

BODHI treatments

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

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.

complexion with the natural power of refreshed, detoxified, and deeply coffee! nourished. Sweet treat Cooling Indulge your skin in the ultimate Soothe and refresh sunburned or moisturizing experience with our irritated skin with our cooling mask

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

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.

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 \$150** 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,

Alternative Therapies

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

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. Please wear loose comfortable clothing. ZEN SHIATSU AND ACUPUNCTURE 75MIN/\$210

Experience a transformative 90-minute healing session that integrates Zen Shiat-

su, and Acupuncture, drawing from the wisdom of Traditional Asian Medicine. This

comprehensive session begins with a detailed diagnosis, where the practitioner

assesses your physical and energetic condition, identifying areas of imbalance.

Following the diagnosis, the session begins with Zen Shiatsu (Traditional Japane-

se Therapy), a mindful, hands-on therapy that uses gentle pressure, acupressure,

stretches, and movements to stimulate energy flow and release tension throu-

ghout the body. The session concludes with Acupuncture, where fine needles are

strategically placed to regulate the flow of Qi, address imbalances, and promote

deep relaxation and healing.

clothing.

ACUPUNCTURE 75 MIN \$165

The art of acupuncture uses the energetic system to heal, activate and improve the

body. Consultation may include diagnosis, personal strategies to overcome health

Nail Care

Hands \$25 Feet \$30

REGULAR (LACQUER)

Nail Polish Hands \$30

Nail Polish Feet \$35

APPOINTMENTS VIA WHATSAPP: +506 84266677 APPOINTMENTS VIA EMAIL: spa@bodhitreeyogaresort.com SPA POLICIES

To maintain the serene ambiance 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. CANCELLATION AND NO SHOW POLICY Cancellations or no-shows within 12 hours of the scheduled appointment will incur a 100% charge.

Clients arriving more than 15 minutes late will be considered a no-show. A 13% government tax will be added to the cost of your service. Gratuities for your therapist or receptionist are appreciated and at your discretion.

to check in and complete the health questionnaire.

9:00 AM - 5:00 PM daily.

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

Manicure \$45 Pedicure \$50 KIDS (11 YEARS AND UNDER)

SCHEDULE: Monday- Sunday 09:00 - 17:00

GEL COLOR

Nail Polish Hands \$35

Nail Polish Feet \$40

Gel Color Manicure \$60

Gel Color Pedicure \$70

GENTLEMAN

Manicure \$40

Pedicure \$45

To maximize relaxation and optimize treatment benefits, we encourage you to arrive 10 minutes before your appointment 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.

CONTACT US