



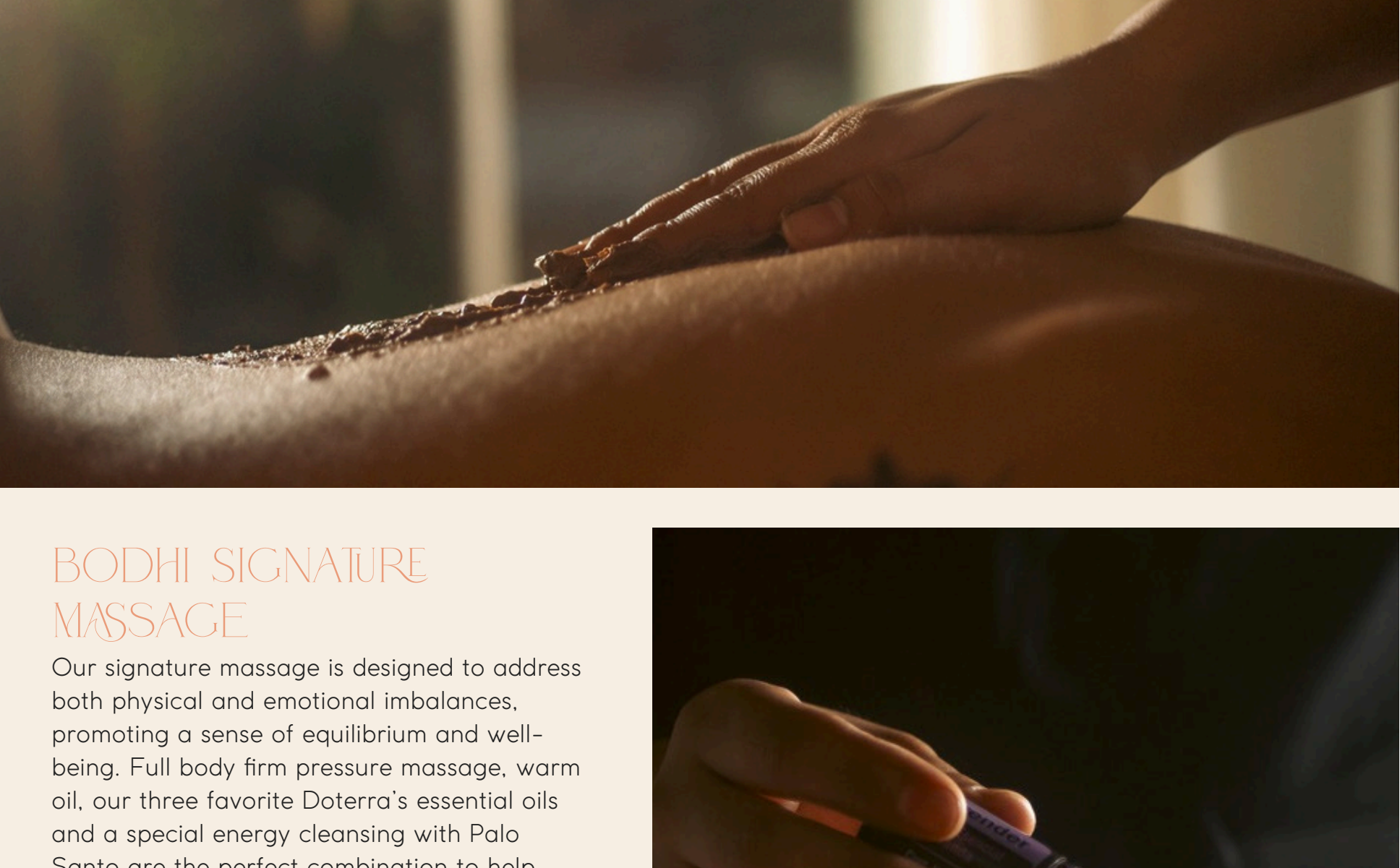
BODHI SPA

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.

+506 8688 2420

MENU



BODHI SIGNATURE MASSAGE

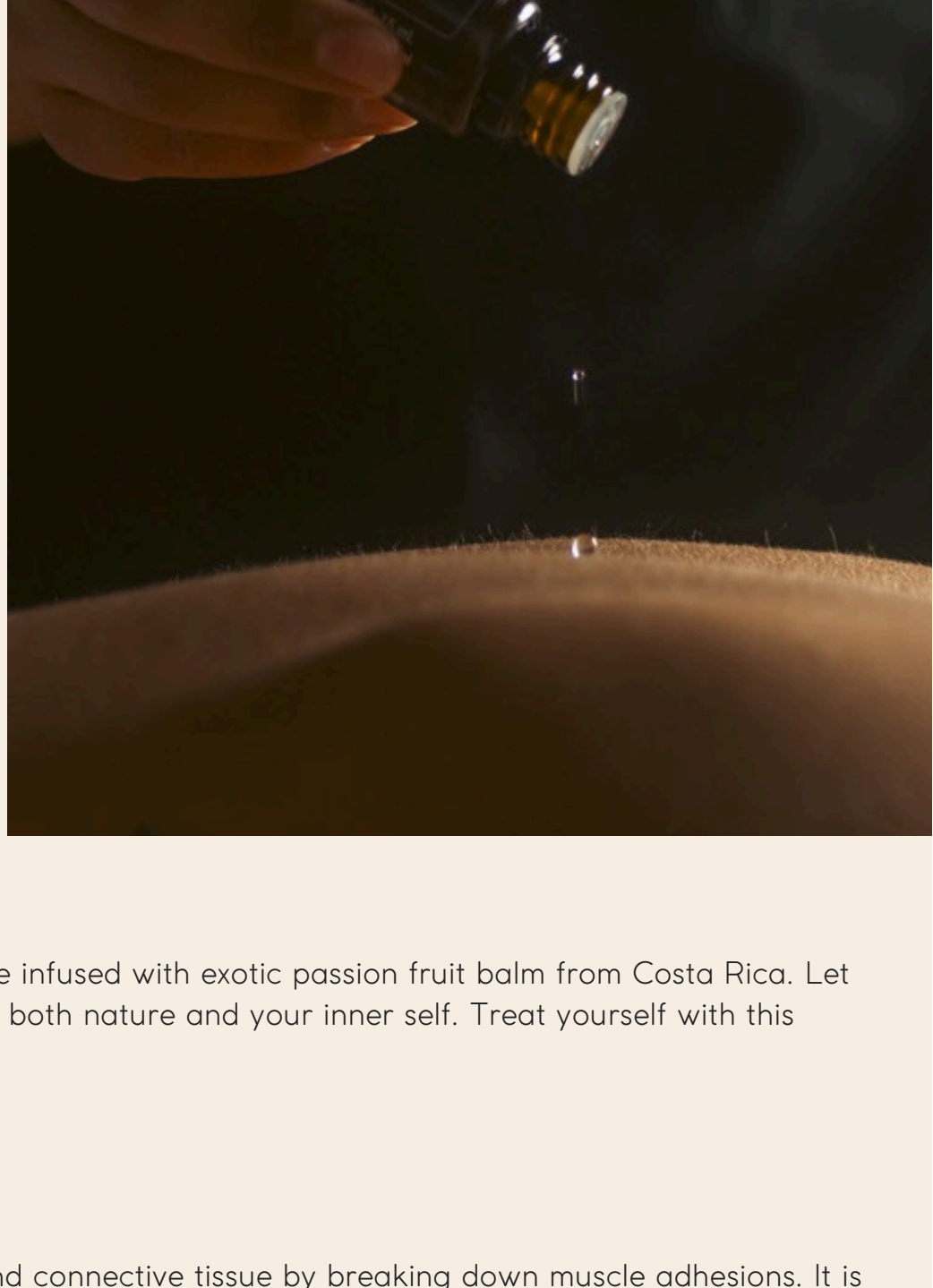
Our signature massage is designed to address both physical and emotional imbalances, promoting a sense of equilibrium and well-being. Full body firm pressure massage, warm oil, our three favorite Doterra's essential oils and a special energy cleansing with Palo Santo are the perfect combination to help you achieve a state of equilibrium and overall harmony.

60min \$140 | 90min \$165

CALM & BALANCE CBD MASSAGE

A medium-pressure full-body massage with CBD oil that promotes deep relaxation, stimulates circulation, and supports natural 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

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 \$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.

60min \$115 | 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 \$115

FACIALS

try our relaxing facials with our 100% organic and natural products*

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.

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.

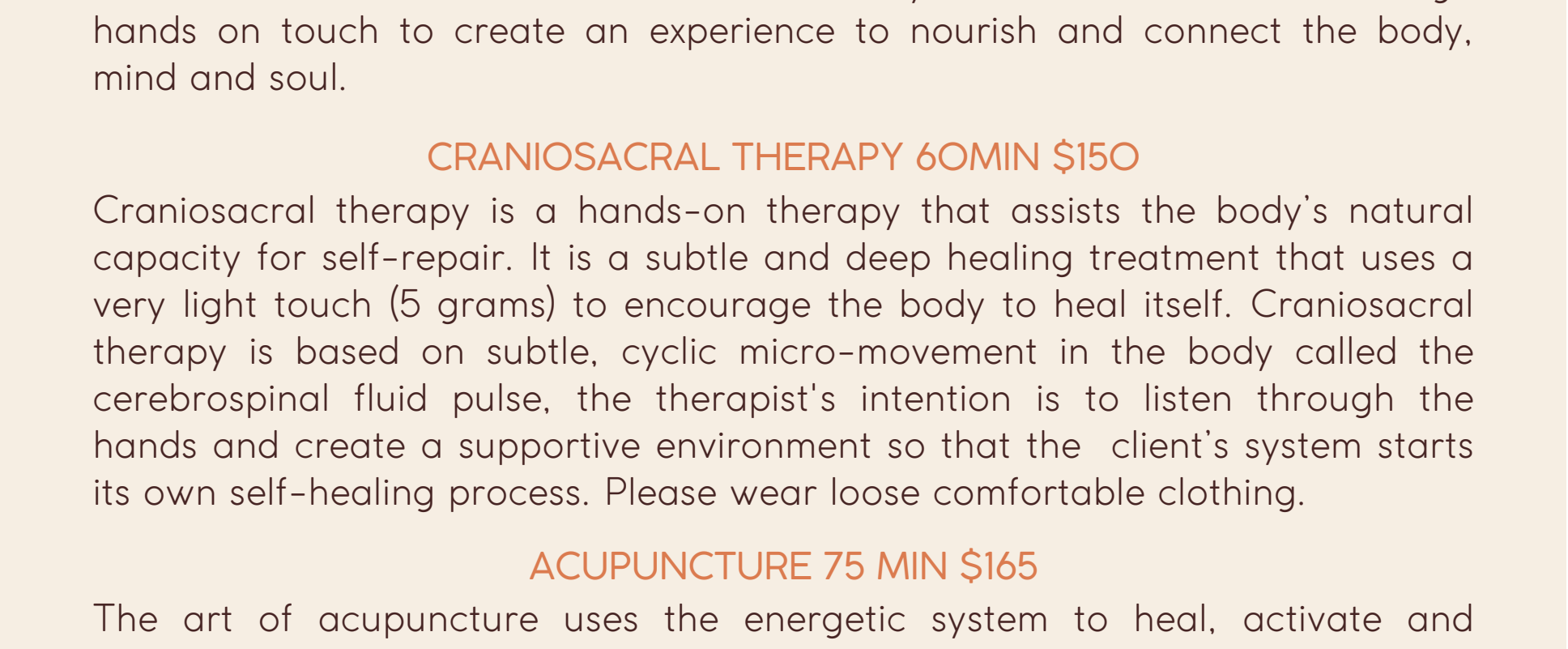
rosehip

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.

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.

*Our facials do not include deep extractions



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 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 \$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, 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 \$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 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 90MIN/\$210

Experience a comprehensive 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 Japanese Therapy), a mindful, hands-on therapy that uses gentle pressure, acupressure, stretches, and movements to stimulate energy flow and release tension throughout 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 & healing.

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 & UNDER)

Hands \$25
Feet \$30

GENTLEMAN

Manicure \$40
Pedicure \$45

SCHEDULE: Monday-Sunday 9:00 - 17:00
APPOINTMENTS VIA WHATSAPP: +506 8688 2420
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.

TAXES

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.

RESERVATIONS

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

ARRIVAL

To maximize relaxation and optimize treatment benefits, we encourage you to arrive 10 minutes before your appointment to check in and complete the health questionnaire.

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.