



# *Experience the Healing Power of The Forest*

## **Welcome to the Observatory Spa**

Relax amongst the nature of Costa Rica's tropical rainforest, where the melodious sounds of mother earth carry your mind and soul to a place of inner peace.

Located at the edge of the rainforest, the *Observatory Spa* is your gateway to serenity. We invite you to join us and discover the healing powers of the forest and the volcano.

Reinvigorate your mind and body, explore what it means to be at peace.





# Massage

## Deep Tissue

60 - 90 min. 

Revitalize overused muscles with this technique which is performed with the hands, forearms, and elbows of the masseuse. This massage helps reintroduce nutrients and oxygen to stressed muscles, perfect for relieving pain or tension after a day of adventure.

## Relaxing

40 - 60 - 90 min. 

Utilizes moderate pressure, activating the lymphatic system and increasing blood circulation.

## Back Massage

30 min. 

Restores flexibility to your back, neck, and shoulders. Relieves muscle tension and relaxes the spinal column.

## Tired Legs

40 min. 

This treatment focus on the lower extremities of your body, restoring oxygen in your tired leg muscles. The perfect treatment following a long day of travel or strenuous physical activity.

## Relexology

30 min. 

This treatment uses pressure points on the feet to relieve various symptoms and ailments associated with stress and anxiety.

## Thai Massage

60 min. 

Invented by a Buddhist monk over 2,500 years ago, this traditional massage technique uses no oils or lotions. Our masseuse will assist in your passive stretches, combining massage, yoga, and acupressure into a well-rounded, tension relieving treatment. Please wear loose, comfortable clothing; you will remain clothed for this massage.

*"Close your eyes, relax and let nature carry you away... we take care of the rest"*

A close-up photograph of a person's back and shoulder being massaged by a therapist's hands. The person is lying face down on a white massage table, with their head resting on a white towel. The therapist's hands are visible, applying pressure to the person's back. The word "Massage" is written in a large, white, cursive font in the upper left corner, with a small leaf icon above the letter 'e'.

# Massage

## Chocolate

60 min. 

Disappear into a world of relaxation and pleasure as your body is immersed in one of our most sumptuous massages. Recommended for all skin types, the chocolate massage will awaken your senses, energizing your mind and body.

## Aromatherapy

60 - 90 min. 

The use of essential oils derived from flowers and plants deepens your state of relaxation.

## Hot Stone

60 min. 

This therapeutic massage helps balance the nervous and circulatory systems, revitalizing, oxygenating, and brightening the skin while relaxing the muscles.

## Mud Massage

60 min. 

Utilizes moderate pressure, activating the lymphatic system and increasing blood circulation.

## Prenatal Massage

45 min. 

Relax tension in your muscles and improve lymphatic and blood circulation through this mild pressure massage. Relieve the anxiety, muscle aches, and joint pains associated with pregnancy.

## Kids Massage

40 min. 

Accompanied by yourself as their guardian, your child will experience their own therapeutic massage. Studies have shown that massages for children can reduce stress and anxiety, stimulate motor development, and encourage cognitive development.

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## Facials

*Our 40-minute facials reduce stress, prevent aging, promote blood circulation, and rejuvenate, detoxify, and soften your skin.*

### Deep Volcanic

Exfoliate, detoxify, oxygenate, and rejuvenate your skin with this volcanic mud facial.

### Revitalizing

Developed to reintroduce elasticity to the skin through a deep cleaning and vitamin-rich mask. Excellent for all skin types.

### Multivitamin

Rich with vitamins, this facial oxygenates, nourishes, and firms the skin, eliminating traces of fatigue caused by stress, restoring its radiance.

## Body Scrubs

*Our 40-minute body scrubs exfoliate the skin, removing dead skin cells while stimulating circulation. Results in smooth, supple skin.*

### Chocolate Fantasy

Rich with antioxidants, this chocolate scrubs helps detoxify the skin, leaving it moisturized with a luminous glow.

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### Coffee Harmony

Coffee scrubs help improve your blood circulation, exfoliate your skin, and reduce inflammation.

### Tropical Fruit Fusion

A dynamic and delightful tropical fruit scrub exfoliates your skin while calming your soul with its natural aromas.

## Body Wraps

*Our 40-minute body wraps do wonders for the skin, reintroducing vital minerals and vitamins to the epidermis, leaving the skin toned and rejuvenated.*

### Volcanic Mud Wrap

This wrap, rich with volcanic ash, detoxifies your body, relieves muscle and joint aches and pains and softens your skin.

### Chocolate Body Wrap

Chocolate contains many natural antioxidants which help detoxify the skin. The natural oils also help reduce wrinkles, youthening the skin.

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# Special Packages

## Discover, Explore, Relax

2 hrs. 

Rejuvenate your skin with a volcanic mud wrap. Activate your lymphatic system and increase blood circulation with a relaxing massage. Revitalize your face with a youthening volcanic clay facial.

## Relaxing Forest

2 hrs. 

Begins with a tropical fruit fusion body scrub. Removing dead skins cells, returning brightness to the skin. Followed by a relaxing massage. Concludes with a multivitamin facial, reintroducing vital nutrients, removing any signs of fatigue.

## Harmony with Nature

2 hrs. 

Exfoliate and hydrate your skin with a coffee scrub. Reintroduce nutrients and oxygen to stressed muscles with a deep tissue massage. And reinvigorate your face with a youthening volcanic clay facial.

## Sounds of the Forest

2 hrs. 

Energize and nourish your body with a chocolate body wrap. Relieve muscle tension and pain with a relaxing massage. Oxygenate, cleanse, and restore your face with a revitalizing facial.

## Honeymooners

2 hrs. 

A luxurious treatment for two. Begins with a sensual chocolate wrap to awaken your body and your mind. After which you both will receive our refreshing relaxing massage. Concludes with a nourishing and detoxifying chocolate facial.

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