

HEAVEN AT THE TOP OF THE WORLD



puravida
C O S T A R I C A

Spa Menu | r&r resorts

P.O. Box 1496 Conyers, GA 30012 | 888-767-7375 | Fax: 770-785-9260
sales@puravidaspa.com | www.puravidaspa.com

VILLAS PURA VIDA SPA | EXTRA TREATS FOR YOUR BODY AND SOUL

AROMA SPA

An enclosed chamber in which you sit to treat your body to the healing effect of being immersed in a blanket of steam impregnated with eucalyptus oil. Benefits include: deep relaxation, release of toxins, opening of pores and cleansing of the entire body.

AROMATHERAPY MASSAGE

A holistic massage with custom-blended aromatherapy consultation and treatment is a powerful natural healing tool that is much more comprehensive than simply the application of fragrant scents. Psychologically, the application of essential oils enhances emotional well-being either through relaxing or stimulating the mind. Therapeutically, the antiseptic, analgesic and anti-inflammatory properties of essential oils ease a variety of conditions such as respiratory problems, digestive upsets, issues with circulation and skin conditions. After a consultation, premium essential oils are custom blended to create a personalized massage.

CLOUD FOREST MAGIC

Your choice of a Holistic or Deep Tissue Massage with the additional healing benefit of aromatherapy oil, finishing with an on-table whole body steam treatment. The essential oils are especially selected for you, and will be combined with a one-hour aromatherapy massage with an aromatic on-table steam. Your body will be enveloped in a healing and detoxifying mist, while your head neck and face are gently massaged; a doubly delicious treat for your body and soul.

COSTA RICAN HOT STONE MASSAGE

Volcanic stones are warmed and placed on the chakras, energy centers and areas of pain in the body during your massage to promote deep relaxation and restoration. The stones, highly valued for the healing properties, are used to work specific areas of tension and stress as well. This treatment honors the ancient Native American technique, saying that the earth helps to heal the human body's physical suffering.



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DEEP TISSUE MASSAGE

Experience a deep relaxation as not only the muscles, but also the connective tissue is worked and deeply ingrained tension is released. Using rocking motion along the spine the entire body enjoys a feeling of renewal and regeneration.

EN-WRAPTURED IN PARADISE

Combine the healing properties of aloe Vera, vitamin E oil and lavender essential oil to create the perfect body treatment for those with sensitive skin or for those who have over indulged in the sunshine. Enjoy a relaxing massage/application of the healing trinity. The treatment is finished with an aromatherapy steam while your body is wrapped allowing the infusion to be more effectively absorbed into the skin. This treatment is both healing and rejuvenating for the skin.

FACIAL

Treat your face to a rejuvenating and healing process using exacting massage techniques and exfoliation combined with gentle natural products.

GOLDEN GLOW

A healing spa treatment that combines natural oils and custom-blended essential oils with all natural sea salt, rich in trace minerals, to nourish and exfoliate the skin. This body polish not only will help your body detoxify, it also stimulates the circulatory system and helps to remedy dry, flaky skin. This treatment is applied in massage-style strokes and leaves your skin velvety soft and feeling like new. The Golden Glow is finished with a steamy mist, which further enhances the therapeutic and healing benefits of this treatment.

INTEGRATIVE BODY MASSAGE

A blend of different techniques to relax the body and mind. A whole massage from head to toe, relieves stress, increases blood circulation and soothes tired muscles. Specific areas of tension are worked on giving you an experience of absolute well-being.

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JAPANESE HOT STONE MASSAGE

A meeting of two ancient practices one from Asia, the other from Native America, blending Shiatsu, Essential oils and heated rocks to seduce you into a mood of deep inner peace.

LYMPHATIC DRAINAGE MASSAGE

A delicate, intimate massage done to stimulate the lymphatic system and to assist in the removal of toxins and wastes from the body... a boost and cleanse for the immune system. Though the massage itself is very gentle, it works on a profound level to help the body detoxify. Lymphatic Drainage is a therapy first developed in Europe to help the lymph to flow faster and more efficiently, thereby detoxifying the body through speeding up the removal of cellular garbage.

Other benefits include:

- Reduces local puffiness and edemas (water retention)
- Stimulates a sluggish immune system
- Enhances the beauty and health of the skin
- Is deeply relaxing and soothing

REBALANCING DEEP TISSUE

A slow, deep and gentle massage technique that works on the fascia, muscles and joints. It releases old muscular tensions, relaxes the joints and balances the whole energetic system of the body. Rebalancing may be used as a pleasurable, refreshing and relaxing Wellness treat, or to work in depth on specific physical problems.

ROSE PETAL MASSAGE

Lying on the petals of fresh roses, your body is enveloped in the essence of roses and massaged with rose essential oil known for its heart-opening properties. Roses and the essential oil of rose have been used for centuries to heal on a profound level, affecting the body, mind and spirit.



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SHIATSU

A healing method from Japan using gentle touch on specific energy channels (meridians) and points over the whole body. By applying external pressure and movement along these meridians, energy blocks are dissolved and natural life energies are freed to flow and create balance and harmony in the body-mind. Shiatsu eases pain, deeply relaxes body and mind, and strengthens the immune system, bringing about an overall feeling of well-being.

SOMATIC HARMONIZATION

A soft but profound technique that invites the body to recover its original balance or natural harmonic state.

SPA MANICURE

Treat your hands to a manicure, leaving them feeling wonderful and looking fantastic. By using all natural products and exfoliates, your hands are rejuvenated and not only feel, but also look like new.

SPA PEDICURE

Naturally uplift your heart and soles with a Pura Vida spa pedicure. Relax and unwind as your feet are treated to a foot massage and exfoliating treatment. Enjoy having your feet totally pampered.

TROPICAL BODY POLISH

The combination of coconut, freshly grated ginger and lemongrass essential oil provides a gentle, yet stimulating, exfoliation for the skin. Ginger, known for its stimulation and warming qualities, is combined with grated coconut, a natural, gentle exfoliant and lemongrass essential oil to help rid the body of toxic buildup and increase circulation. The body polish is finished with a steamy mist, which further enhances the therapeutic and healing benefits of this treatment: A natural answer for skin rejuvenation.

TUI-NA

A physiotherapeutic massage based on Chinese medicine. Tui-na is a very effective method for treating problems arising from modern lifestyles: fatigue, back and neck pain, muscular and skeletal disorders. A Tui-na treatment will affect a harmonizing influence in body, mind and spirit.

Add on a fresh Tropical Mask to any regular spa treatment for \$20 - Choose from:

- Cucumber & Yogurt – Oily/Sensitive Skin
- Avocado, Vitamin E oil & Honey – Dry Skin
- Papaya, Honey & Mint – Normal Skin



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