

The Grand Spa

TREATMENTS 2010

Massages

Back

Relieve tension and muscular discomfort with a light, medium or deep pressure back massage concentrating on the neck, shoulders, and upper and lower back. 30/60 min

Swedish

Full body massage combining medium pressure with kneading and vibration to help activate blood pressure, liberate muscular toxins, and remove lactic acid from the body tissue. 60/90 min

Deep Tissue

Full body massage which focuses on the deeper tissue structures with intense pressure and utilizes slow but forceful techniques. Helps increase mobility of injured tissue, restores connective tissue, and improves blood and oxygen circulation. 60/90 min

Thai

A little like doing yoga with no effort, this massage relieves muscle and joint tension while increasing flexibility and balancing the body's energy systems. A therapist will utilize his/her entire body, from hands to feet, to mold your body into various positions for maximum relaxation and energizing. 75 min

Aromatherapy

Full body massage utilizing medium pressure, essential plant oils, and hot pads on areas containing major nerve endings in order to provide relaxation and balance. Focuses mainly on the abdomen, back, and feet. 75 min

Tabacón

Begins with 15-20 minutes of stretching in order to prepare the body and promote flexibility. A medium pressure massage is applied to the entire body with moisturizing volcanic mud to detoxify skin and improve blood circulation. Relax and rinse off in the mineral pool afterwards. 75 min



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Shirodhara

Warm oil is poured onto the sixth chakra, the third eye, and supplemented with hand and foot massages utilizing hot volcanic stones. A neck and scalp massage is also incorporated in order to promote sedation and relaxation for optimal energy balance. 60 min

Personalized

Choose which areas of the body you feel need attention and pressure. Benefits include increased flow of oxygen and blood, and a more personal relaxation experience. 60 min

Reflexology

Begins with a relaxing neck massage followed by reflexology focused on the pressure points of the hands and feet to obtain an integral physical balance. Helps to stimulate the systems and organs of the body, and decongest and reestablish normal functions. 60 min

Four Hands

A synergy of two sets of therapists hands utilizing slow movements and medium pressure in order to promote maximum relaxation. Works on the soles of feet with hot volcanic stones. 60/90 min

Hot Stones

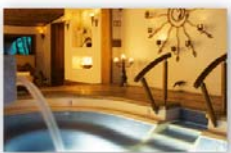
Full body massage which includes opening and closing chakras and utilizes medium pressure. Volcanic hot stones are utilized to improve circulation, loosen muscles, and balance energy. 90 min

Idyllic (Couple)

Special couples' massage for the full body utilizing medium pressure, a natural moisturizing mask for the face, and mud mask for the feet. At the end of the massage the therapist will tell you a phrase about love in Maleku (Native language of Costa Rica) and English. Followed by the use of a private Jacuzzi infused with products derived from milk to moisturize the skin. Fresh fruit and wine will be served. 105 min

Watsu

A combination of water and shiatsu, Watsu utilizes the buoyancy and support of the water to move the spinal column into positions that would otherwise be impossible. A therapist literally cradles your body like a mom with his baby, with one arm supporting your knees, the other around your back as you are twirled through the water and taken through a series of passive stretches and twists. The gentle stretches have a therapeutic effect on the body. Many find that Watsu also promotes trust and connection. 60 min



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Body Treatments

Volcanic Mud Wrap

Begins with activation of the whole body in order to improve circulation, followed by the application of mud and osmotic plastic to the entire body to allow for absorption of minerals. The body is then rinsed in a private hot spring and moisturized. The mud helps to detoxify and purify the skin with a high content of minerals and trace elements such as sulfur, iron, copper, and magnesium. 60 min

Warmth Wrap (Chocolate)

A chocolate based product made to moisturize, strengthen, relax, and energize is applied to the entire body for 15 to 20 minutes, allowing the body to absorb all of the chocolate's properties. The body is then rinsed in a mineral pool, and a sealer is applied to the entire body. 60 min

Exfoliations

This exfoliation removes dead cells, leaving your skin clean and soft. The exfoliations has the capacity to eliminate accumulated fat in the cells and to reduce the appearance of orange skin. It also eliminates liquids and toxins, helping the skin to recover its smoothness and luminosity. You can select Green Tea and Ginger, Cononut, Chocolate, Coffee or Papaya. 60 min

Facials

After evaluating and analyzing your skin, our therapists will recommend one of the appropriate facials: **Moisturizing, Balancing, Born-again, For Gentlemen, and Timeless**. All facials include: cleaning, exfoliation, toning, steam, extraction, massage, and a mask. 75 min

Temazcal

A pre-Hispanic steam bath ritual intended as both a spiritual and physical cleansing experience that is a means for obtaining balance among the soul, body, and spirit. Meditate in the womb-like structure as the Shaman heats the volcanic rocks and herb essences. The heat exfoliates the skin and helps relieve bone and muscular problems. The heat also clears the respiratory and digestive systems and calms the nervous system. 110 min



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