



THE SPA

AT TABACON

DISCOVER THE POWER OF NATURE

Welcome to an unforgettable spa experience.

Escape to a place where the soothing, ever-present rhythm of nature foster relaxation and renewal. The Spa at Tabacon invites you to discover a serene sanctuary of peace in the middle of Costa Rica´s rainforest.

Our inspiring location at the base of Arenal Volcano embodies the spa philosophy with a rich array of treatments and therapies. Discover the wonders of nature, unwind in thermal mineral springs, find serenity and bask in world class pampering.

Restore your spirit and let this natural experience begins...

Please review these simple recommendations to enhance your spa experience and make your visit a relaxing, comfortable and memorable one.

1. **Book in advance:** To avoid disappointments, book your spa treatments well in advance of your visit. Our reservations and guest services staff are knowledgeable about all spa therapies and will assist you with any questions.
2. **Medical Conditions:** Please advise the spa of any medical condition before booking your treatment. If you have recently had cancer, surgery, allergies, are pregnant or have problems with circulation, blood pressure, heart disease or deep vein thrombosis, please consult your doctor before receiving a spa treatment.

On arrival to the spa it is a requisite to complete a medical form before your spa treatment. If you have booked a facial, please tell your therapist if you wear contact lenses.
3. **Be kind to your skin:** Sunbathing, waxing or shaving can all increase your skin's sensitivity and could affect your enjoyment of a spa treatment. Avoid exposure to the sun and allow at least 24 hours after waxing before your spa appointment.
4. **Plan ahead:** Avoid alcohol consumption on the day of your appointment and refrain from eating for at least an hour before a treatment. Remove all jewelry and store it in the safe deposit box in your room. Leave your mobile phone in your room or turn it off while in the spa.
5. **Punctuality:** Arrive to the spa at least 30 minutes before your appointment to allow time to change, shower and use the thermal Jacuzzi. After your treatments, leave enough time to experience the relaxation area.
6. **Therapists:** If you enjoyed a treatment performed by a particular therapist, feel free to request that person for your next appointment.
7. **To disrobe or not to disrobe:** The spa provides a robe and slippers to wear during your visit. Spa-going is an intimate experience and it is important that you feel relaxed and comfortable at all times.

Nudity during a treatment is perfectly acceptable in most spas, and disposable underwear is available for use during body treatments. If you do decide to go au naturel for a treatment, you will be modestly covered with towels. If you prefer wearing a swimsuit during a treatment, please be sure that it is safe for exposure to oils, mud or creams. The therapist will gladly leave the room to ensure your privacy at any point during the treatment, upon request.

To use the Jacuzzi in our relaxation area please wear your swimsuit.
8. **Communicate:** If the music, level of light, temperature or pressure of the massage is not quite as you would like, tell your therapist. Feel free to ask questions, or to remain quiet and perhaps drift off to sleep.

BACK, NECK AND SHOULDERS - 60 min.

A combination of massage techniques and customized pressure. The perfect relief for chronic muscle tension, our massage apply deep pressure and releases myofascial adhesions concentrating on neck, shoulders, upper and lower back.

SWEDISH - 60 min. - 90 min.

A distinctly European massage, with medium to light pressure, Swedish massage is the art of bringing together a variety of techniques that stimulate blood flow. A classic and relaxing massage perfectly designed to harmonize your energy by rhythmic slow and long movements.

FEET, HANDS AND NECK - 60 min.

Restores the proper systems function by using reflexology techniques on hands and feet, enriched by relaxing neck massage that leads to relief.

4 HANDS - 60 min.

A synchronized four - hand massage performed by two therapists simultaneously delivers total relaxation and balance to the body. A harmonized synergy working on same motions and pressure. Enhanced by working on feet with hot stones and a gentle face massage.

SHIRODHARA - 60 min.

Following ancient Indian wisdom, this treatment features the steady streaming of warm oil poured over the forehead's energy center "third eye", followed by a massage on scalp, hands and foot using hot stones, works on chakras to improve energy flow. An ancient Hindu method of relieving stress, it improves blood circulation to the brain, provides nourishment to hair and scalp, reduces nervous tension, and helps in sound sleep. Also improves your mood and fights depression.

DEEP TISSUE - 60 min. - 90 min.

Slow, deliberate massage techniques using elbows, forearms and knuckles relieve tightness from the overuse and tension muscles. Consists of specially formulated movements and techniques such as kneading, rolling and pressure points that help to increase oxygen circulation by using strong pressure and working deep layers of muscles. Recommended to relieve pain, knots, muscle tension and spasms.

HONEY TEMPTATION - 60 min.

A perfect treatment to delight your senses and fall into temptation. Full body medium pressure massage using olives, honey and oranges softening your skin as a natural moisturizer, a sweet treat to pamper yourself. Ends with a shower of hot spring water.

THAI - 90 min.

Using rhythmic compressions along the meridians and passive yoga-like stretching to balance the body's energy, this treatment increase flexibility and relieves muscle tension. Please wear loose comfortable clothing as you will remain clothed during this service. It is a blend of massage, acupressure, energy work, and gentle yoga stretches. Our Thai Massage has some adaptations to ensure and secure safer maneuvers of this ancient massage.

AROMATHERAPY - 90 min.

This gentle massage uses a customized blend of essential oils to help muscles melt into relaxation, reducing stress and promoting healing of the body, mind and spirit. A holistic therapy and healing technique to restore emotions and mood states. Uses hot packs to increase blood circulation and to improve senses on major nerve endings.

HOT STONE - 90 min.

A unique holistic technique that utilize basaltic hot stones to energize and balance chakras, emotions and physical energies. The heat given out by the stones relaxes your muscles and expands blood vessels and improves oxygen flow through the layers and systems.

SIGNATURE MESSAGES



TABACON - 90 min.

A signature treatment that 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 a thermal mineral spring water shower afterwards.

THE GRAND SPA - 90 min.

A perfect fusion between relaxing elements and tropical pampering. Consists in a full holistic massage, concentrates on back, releasing myofascial adhesions enhanced by hand and hot stone techniques. Pineapple and mango hands and foot care, exfoliating and moisturizing to make skin feels smoother, warm herbal gloves and boots are final touches to complete a unique experience.

IDYLIC COUPLE - 105 min.

Relax with this medium pressure full body side-by-side massage. Includes a delicious natural oats and milk mask for the face and hot mud mask on feet. At the end of the massage the therapist will chant a lyric about love in Maleku (Native language of Costa Rica). This ritual is followed by a milk bath in an open air private Jacuzzi to moisturize and soften your skin.

Fruits and smoothies from our selection of fruit therapy will be delivered to your treatment bungalow to enjoy after the massage.

You can enjoy this massage as an individual experience as well.

BODY TREATMENTS



BODY TREATMENTS

Our 75 minutes body treatments remove dead cells leaving your skin clean and soft ready to get delight with natural products and minerals to nourish your skin while relaxing your mind.

COFFEE PASSION

Energizing and helps to reduce appearance of orange skin.

CHOCOLATE LOVERS

Happiness and antioxidants together to lift your mood.

MUDDYTREAT

Detoxifying, cleanse treatment for skin and body, eliminate toxins.

PINEAPPLE AND MANGO

Get tropical with an exceptional blend of fruits that will soften and moisturize your skin.

FACIALS

After evaluating and analyzing your skin, our therapists will recommend one of our 90 minutes facials.

PURIFYING

For oily skin types helps to balance pH

HYDRATING

For all skins types to rejuvenate your skin

ANTI-AGING

Regenerates and works against wrinkles

GENTLEMEN

With products created specifically for men`s skin

All facials include: cleaning, exfoliation, toning, steam, extraction, massage, and a mask.

NAIL CARE

Traditional lacquer manicure or pedicure.

NAIL POLISH

MANICURE

PEDICURE

MANICURE AND PEDICURE

The manicure or pedicure services include a soothing soak, exfoliation and a therapeutic massage on your hands or feet. You can personalize your experience by choosing a special topping.

WAXING

Our estheticians will help you feel at home using professional techniques and products to ensure the best hair removal results.

FULL LEG

HALF LEG

REGULAR BIKINI

UPPER LIP

UNDER ARM

Waxing Recommendations:

1. Hair growth at 1/4" (1/2 cm) long at least. A soft skin exfoliation on interest area may improve results.
2. If you sunbathe, please cease exposure to the sun for at least 72 hours before coming in for waxing and 24 hours after the treatment.
3. If you are planning a vacation or special occasion, we recommend waxing 3-5 days before the event.
4. Waxing is not recommended for clients who are using Accutane or Retin-A or any AHA Glycolic Acid product.

HOT SPRINGS ENHANCEMENTS



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Early Greek and Roman medical treatments often involved the use of mineral rich hot springs to assist with various types of ailments. This simple water therapy was understood to help with illness ranging from nervous conditions to easing the pain of arthritis or addressing the treatment of a particular medical condition.

The use of hot spring water for bathing increases body metabolism, its composition (chlorinated-sodium medium mineralization) is especially helpful for skin pathologies. Large amounts of minerals such as carbon dioxide, sulfur, calcium, magnesium, and lithium are absorbed by the body providing healing effects to various body organs and system.

MOISTURIZING MILK BATH

RELAXING BATH

REVITALIZING BATH

PRICE LIST

MASSAGE THERAPIES

	LENGTH	PRICE
Back, neck and shoulders	60 min	85
Swedish	60 min	115
Swedish	90 min	136
Deep tissue	60 min	115
Deep tissue	90 min	136
Feet, hands and neck	60 min	95
4 Hands	60 min	150
Shirodhara	60 min	95
Honey temptation <i>New!</i>	60 min	115
Thai	90 min	136
Aromatherapy	90 min	136
Hot stone	90 min	136

SIGNATURE MESSAGES

Tabacon	90 min	160
The Grand Spa <i>New!</i>	90 min	160
Idyllic*	105 min	195

*Our memorable couple massage, price per person

BODY TREATMENTS

Coffee passion <i>New!</i>	75 min	140
Chocolate lovers <i>New!</i>	75 min	140
Muddy treat <i>New!</i>	75 min	140
Pineapple & Mango crumble <i>New!</i>	75 min	140

FACIALS

	LENGTH	PRICE
Purifying <i>New!</i>	90 min	155
Hydrating <i>New!</i>	90 min	155
Anti-Aging <i>New!</i>	90 min	155
Gentlemen <i>New!</i>	90 min	155

BEAUTY TOUCHES

NAIL CARE

Nail Polish	30 min	25
Manicure*	60 min	50
Pedicure*	70 min	70
Manicure and Pedicure*	120 min	95

*You can personalize your experience by choosing a special topping

WAXING

Full Leg		60
Half Leg		40
Regular Bikini		30
Under Arm		30
Upper Lip		20

HOT SPRINGS ENHANCEMENTS

Moisturizing milk bath	30 min	35
Relaxing bath <i>New!</i>	30 min	35
Revitalizing bath <i>New!</i>	30 min	35

PROMOTIONAL PACKAGES



REFRESHING BREEZE

Avocado wrap, back, neck and shoulders massage, avocado and olive oil minifacial.

COFFEE ORANGE PARFAIT

Coffee orange and honey exfoliation, swedish massage, honey yogurt minifacial.

RAINFOREST CARESS

Mud mask, mud wrap, swedish massage.

2 HOURS TREATMENT - \$220.00 PER PERSON

RESTRICTIONS APPLY

- Prices and treatments are subject to change without notice
- Tips are not included
- All our prices are per person in US Dollars
- This promotion doesn't apply with other promotions

CANCELATION POLICIES

If you would like to cancel or modify your appointment, we ask you to call the spa at least 8 hours prior to your treatment. Cancellations made less than 8 hours in advance and no-shows will be charged for 100% of the spa services. If you are late for your appointment you will receive only the time remaining of your service. Depending of the length of your treatment a late arrival could be considered a No-Show.



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For more information or reservations please contact us
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