



THE SPA

SERVICE MENU



WE ARE BEINGS OF LIGHT...

Integrals... composed by physical qualities that may define us but also what is in our psyche and soul.

Take care of me is my first responsibility, I am my temple!

My well-being and personal care are essential, they are not a “luxury”. What I can give to others of my essence depends on me, when I take care of myself I can offer peace, calm and positive energy in a healthy balance.

That personal balance that I transmit is directly related to my lifestyle, I must be aware of my diet, the hydration of my body, my breathing, the exercise I do, the hours I sleep, what goes on in my mind, of my emotions, of my coexistence with others and thus actively participate in that unique and individual journey of self-discovery.

Living life to the fullest for me and for others, is the key to living more and better!

SPA ETIQUETTE

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 concierge 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 natural 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 sleeping deeply.

THE SPA GUIDE

PRIOR TO YOUR APPOINTMENT

When should I arrive for my treatment?

As a spa guest, you are expected to arrive at least 30 minutes prior to your appointment, to have time to complete the spa rituals and enjoy our facility and amenities.

What if I have a health condition?

At the time of reservation, please advise the spa receptionist about any health condition that could affect your service so that the therapist can adapt the treatment to maximize your comfort.

Where should I leave my valuables?

Jewelry and valuables should be left in the Safe Deposit Box at your hotel room.

What if I'm late for my appointment?

Depending on the duration of your treatment, a late arrival could be considered a no-show.



THE SPA GUIDE

During your treatment

To enjoy your spa experience, please observe our spa rules:

- The use of spa facilities is limited to guests who are enjoying therapies or treatments.
- Share public space respectfully by observing silence or being quietly talkative, keeping mindful of the comfort of others.
- Please refrain bringing food into the spa area.
- Because of health and safety reasons, treatments cannot be delivered to guests under the influence of alcohol, tranquilizers, or other drugs.
- For your safety, remember to wear sandals or appropriate shoe wear at the spa and surrounding areas.
- Spa services are not available for 16 years guests or younger.
- For your comfort and privacy, the use of cell phones, video or photographic equipment is strictly forbidden at our spa.
- You are in a professional spa therapy operation; do not expect anything other than therapeutic or spa services.
- Smoking at the spa is strictly prohibited.

Additional experience

- It is not advisable to use the spa facilities right after a heavy meal or while under the influence of alcohol, tranquilizers, or other drugs that cause drowsiness or that raise or lower blood pressure.
- Do not shave right before a body scrub treatment and avoid sunburns as they might limit your treatment options.
- You can talk during the treatment or remain quiet, as you choose. The therapist will follow your lead.
- Feel free to give the therapist feedback about your comfort at any time during your treatment – whether you would like changes to the massage pressure, the music, the temperature, or any particular attention to special troubled areas. The therapist will make the necessary adjustment.
- Relax, yet respect that the room must be prepared and used for the next guest; so be aware that you must vacate treatment room upon completion of service within a reasonable amount of time. We invite you to continue to relax while enjoying our relaxation area.

- Please provide honest feedback to the therapist, receptionist, or spa director; we would like to know if your spa experience was as expected and how we may improve our services.

Unacceptable Behaviors

Exhibiting lewd behavior including alcohol or drug-induced conduct, demeaning and abusive behavior toward receptionists or therapists, as well as excessive noise is considered unacceptable. For the comfort and enjoyment of our spa guests, and to avoid any unpleasant incidents, please observe proper spa etiquette.

COSTA RICAN COSTUMS

Live the real homegrown costarrican experience! From the inside of Costa Rica a fusion of elements that distinguish us: nature, water, air, soil, tropics and warm.
Feel Pura Vida!

BODY WRAPS

LEMON GRASS WRAP 50 min.

Direct from grandma's backyard, a fresh citric smell provides mental relaxation, its application prevents muscle spasms and cramps.

PINEAPPLE AND ALOE WRAP 50 min. *Superfood*

Pineapple is one of the main Costa Rican crops, in a perfect fusion with aloe softens and hydrates the skin to give it a healthy appearance.

VOLCANIC MUD WRAP *New!* 50 min.

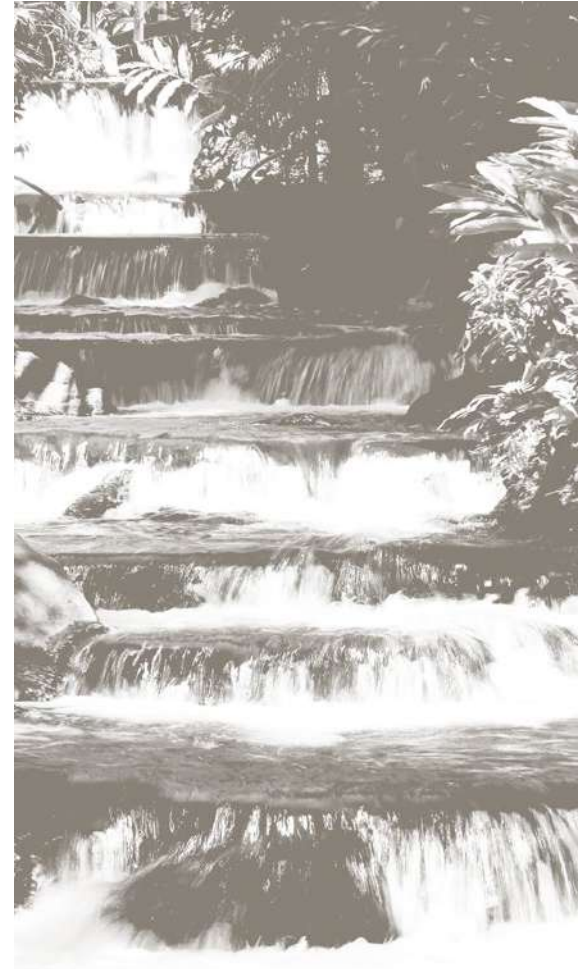
Straight ahead from the nearest mountain to Arenal Volcano, Cerro Chato provides us a beautiful and creamy clay, it promotes collagen fibers activation, cleans the skin as a natural soap, regulates oily skin and detoxify your body.

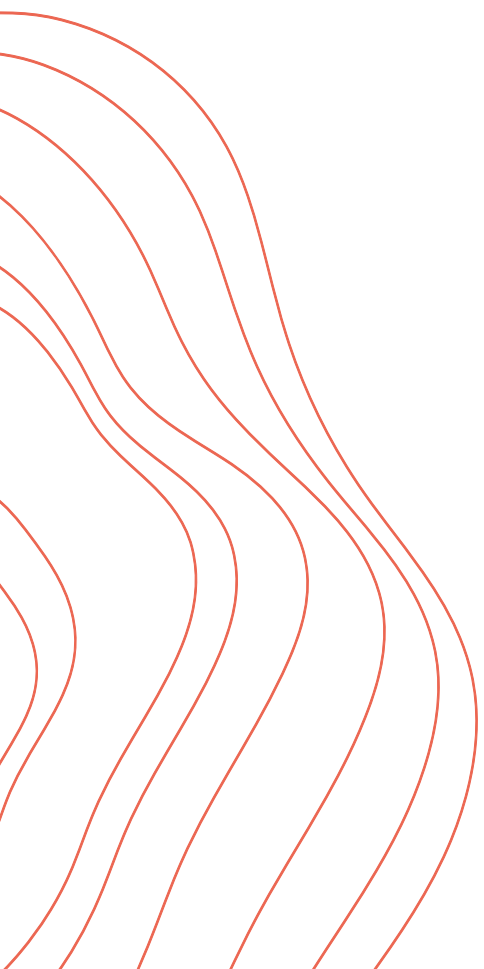
NARANJO COFFEE WRAP 50 min. *Superfood*

Antioxidant per excellence, provides a powerful protective effect of free radicals that age the skin, the largest organ of the body.

AVOCADO, ALOE AND GREEN TEA WRAP 50 min. *Superfood*

Avocado fatty acids highly moisturize the skin, in turn provide vitamins A, E and C. Together with green tea function as antioxidants preventing premature aging of the epidermis, both wrap the body through the aloe hydrating deeply.





BODY EXFOLIATIONS

MORINGA'S EXFOLIATION *New!* 50 min.

The leaves of Moringa contain high levels of antioxidants, as well as vitamin C and beta-carotene. If you are looking for the freshness nature brings through the plants, this is the treatment for you.

PINEAPPLE EXFOLIATION 50 min.

Superfood

Removal of dead skin cells through the mechanical action of the rice particle and the enzymatic action of the pineapple, with a softening effect on the skin.

COCOA EXFOLIATION 50 min.

Superfood

Removal of dead cells and prevention of cellular damage exerted by free radicals, cocoa prevents and delays the aging of the skin, also provides vitamins A, C and E nourishing the epidermis.

NARANJO COFFEE EXFOLIATION 50 min.

Superfood

From the first Costa Rican export product undoubtedly linked to history a treatment is born, that captivates the senses through its fruity and energizing aroma.

Mechanical removal of dead skin cells, with a high stimulation of blood circulation, antioxidants and astringent action, clears and cleanses the skin of the entire body.

***CORPORAL DELUXE**

Create your own combination for a 2 in 1 body treatment, choosing wrapping + exfoliation for 75 min. Feel Costa Rica in all its being surrounded by the San Carlos rainforest.

MASSAGE THERAPIES

BACK, NECK AND SHOULDERS 50 min.

It is concentrated in the area most prone to the accumulation of stress, its pressure is personalized moderate or deep is chosen according to the taste and need, the release of muscle fascia is worked with the purpose of preparing the large muscle groups to decontract, contributes to release inflammatory substances in an effective manner.

SWEDISH 50 min. | 80 min.

Relaxing massage technique of European origin, known as the traditional relaxing, a full body work using long and rhythmic passes that promote an adequate return of blood, induces the sedation of body and mind, improves sleep turning it into a reparative process that restores physiological and psychological functions that require to be in harmony in our body.

HOT STONES 80 min.

A unique integral ritual that uses hot stones to energize and balance the chakras, emotions and physical state.

The heat provided by the stones relaxes and expands blood vessels, improving the flow of oxygen through the muscle layers. A moderate pressure massage that works the whole body and its energy centers, harmonizing the flow of energies.

DEEP TISSUE 50 min. | 80 min.

De contracting massage technique, makes use of fascia release to prepare the muscles of the back mainly, involves the displacement of muscle layers to reach greater depth in the tissues, using the elbows, forearms and knuckles relieving the tension of the muscles caused by excessive use, postural defects and stress.

The goal is to increase the circulation of oxygen by using a deep pressure, recommended to relieve pain, knots and muscle tightness.

FOUR HANDS 50 min.

Harmony in synergy, simultaneous work of two therapists in a full body massage, where synchronous movements and pressure manage to grant a maximum state of relaxation, enhanced by working on feet with hot stones and a gentle face massage.

HONEY TEMPTATION 50 min. | 80 min.

A perfect treatment to delight your senses and fall into temptation. Relaxing full body massage with medium pressure using olive, honey and oranges softening your skin as a natural moisturizer, providing the benefits of vitamin C that acts as an antioxidant, a sweet treatment to pamper yourself. Finish with a shower of thermomineral water in the middle of the rainforest.

AROMATHERAPY 80 min.

This holistic technique makes use of moderate pressure throughout the body, uses a mixture of carefully chosen essential oils in order to help the muscles relax, reduce stress and promote the well-being of the body, mind and spirit. Making use of hot dry compresses, filled with volcanic sand, to promote the relaxation of muscle fibers and increase blood circulation in the back, feet and abdomen. A holistic therapy to restore emotions and mood.

EMOTIONAL MASSAGE *New!* 50 min.

Allow yourself to get in touch with your emotions! Holistic and healing for your soul, mind and body, a relaxing treatment that goes beyond a physical state transforming and renewing your feelings towards current life.

LEGS & FEET *New!* 50 min.

Have you ever felt like your legs are heavy and they are always tired? This treatment is for you, a combination of exfoliation, wrap and massage sound good enough to restore vitality and give your legs a break!



SIGNATURE TREATMENTS

TABACÓN

80 min.

An exclusive treatment that starts with 15 to 20 minutes of stretching in order to prepare the body to start the massage and increase the flexibility of muscles and joints. It is a full-body average pressure massage, using hot volcanic mud whose creamy texture helps to moisturize the skin as well as cleansing and detoxifying it. Due to the amount of minerals contained in both volcanic clay and our medicinal thermo-mineral water, the mixture provides multiple benefits. It is antiinflammatory, antispasmodic, relaxes muscle fibers and stimulates organic functions. At the end of the massage, remove the mud and relax with a thermo-mineral water shower in the middle of the Rainforest.

THE SPA

80 min.

A perfect fusion between elements of relaxation and tropical care. It consists of an integral full body massage, concentrating particularly on the back on the largest muscle groups, where adhered fascia are released to prepare the area for the relaxing massage technique reinforced by the use of hot stones.

Hand and foot care with pineapple-mango, moisturizing to make the skin feel softer, warm gloves and herbal boots are final touches to complete a unique experience.

IDYLLIC

105 min.

Specially designed for romance and why not to indulge yourself!

Relax with this massage of medium pressure throughout the body. Includes a delicious natural mask of oatmeal and milk for the face and a hot mud mask on the feet.

At the end of the massage the therapist closes reading a love phrase in Maleku (indigenous language of our country). This ritual is followed by a milk bath in a private outdoor Jacuzzi to moisturize and soften the skin. Fruits and healthy juices will be delivered to your private bungalow to enjoy at the end of the massage.

HOLISTIC WELLNESS TREATMENTS

AYURVEDIC HEAD AND FACE 70 min.

Includes:

SHIROABHYANGA

Ayurvedic massage of the head, neck and shoulders. Relieves mental tension, muscle and anxiety, revitalizes the mind and improves concentration.

Nourishes, lubricates and strengthens the scalp, provides relief from tension and fatigue, increases mental clarity, stimulates the release of serotonin, relaxes the facial muscles embellishing the skin. A special mixture of natural oils is used.

In addition to be an extremely pleasant treatment, the Shiroabhyanga has many virtues and is highly recommended in problems of insomnia, eyestrain, sinusitis, congestion, headaches, migraines. It prevents hair loss and the appearance of gray hair, stimulates the flow of blood to the follicles. Increases the circulation of cerebrospinal fluid.

UBTAN

Rejuvenating facial treatment, cleans, nourishes, tones and softens the skin. A treatment based on powdered medicinal herbs, flowers, honey, yogurt and cereal flours, which balance the skin.

It ends with an Ayurvedic facial massage with marma points of greater sensitivity and vulnerability (Mukhabyanga) in order to tone, energize and reaffirm.

SHIRODHARA 50 min.

Following the ancient Indian wisdom, "Shiro" means head, "Dhara" means flow. This treatment is characterized by the gentle fall of warm oil over the "third eye" or sixth chakra, whose intention is to calm the nerves, reduce anxiety, improve sleep and even help to fight headaches, the oil drop provides Moistening the hair and scalp is complemented by a massage with hot stones on the hands and feet, in addition to harmonization of the chakras to improve the flow of energy.

JOURNEYS 1 h. 50 min.

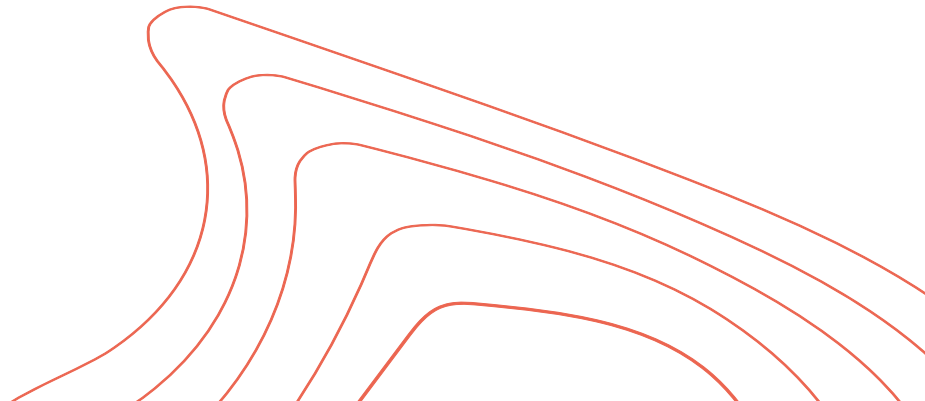
** All of them have a thermo-mineral shower surrounded by the Rainforest*

RAINFOREST CARESS

Detoxify your body with the benefits of volcanic clay, extracted from the slopes of Cerro Chato (next to the Arenal Volcano), cleanses and exfoliates, contributes to the elasticity of the skin, helps the release of toxins from the body. Volcanic clay wrap, express clay facial and Relaxing Swedish Massage or Back Massage, neck and shoulders.

COFFEE ORANGE PARFAIT

Live a sensation of deep cleansing of your skin and removal of dead cells with Costa Rican ground coffee, with fruity notes of orange, relax your body with a Relaxing Swedish Massage or a Back, Neck and Shoulder Massage, ending with an Express Facial of Yogurt and Honey.



THE EPHEMERAL 30 min. *New!*

NECK & SHOULDERS

Short-term treatment but long-lasting effects on your body, passive mobilizations that allow the muscle fibers to relax and lengthen, also improving mobility, using firm pressure through massage on strategic points and releasing tension caused by worries, bad posture or strenuous exercise.

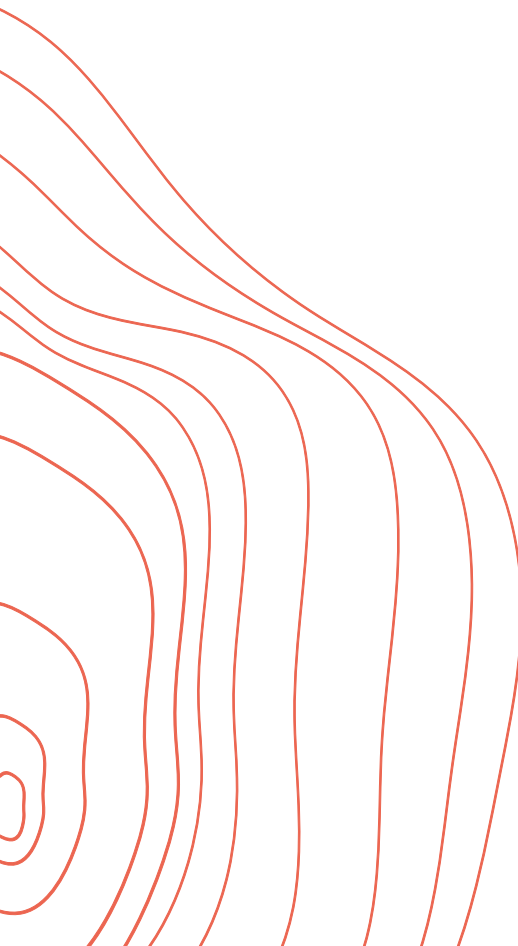
FACE & SCALP

The scalp has approximately 600 nerve endings for every square centimeter of skin, that's why head massages are sublime and so relaxing, adding a subtle face technique is an extraordinary complement for a few minutes of disconnection.

BACK MASSAGE

Back muscles are always in synergy working to maintain a correct posture of the spine, healthy habits and taking care of the different muscle groups is worth it for the balance of all the body, massage technique helps to increase oxygen flow through the blood and also harmonize energies.





BEAUTY TOUCHES

NAIL CARE

REGULAR (LACQUER)

Nail polish	25 min.
Manicure	60 min.
Pedicure	70 min.
Mani-Pedi	120 min.

GEL COLOR

Nail polish	50 min.
Gel Color Manicure	75 min.
Gel Color Pedicure	85 min.
Mani-Pedi	150 min.

FOR MEN

NEAT AND RELAX

80 min.

Removal of dead cells on the back and feet with a fresh exfoliation of green tea and ginger, followed by a thermal shower surrounded by the Rainforest and a Massage to choose between Deep Tissue or Swedish 50 minutes.

HANDS TO FEET *New!*

80 min.

Manicure and pedicure specially designed to meet the needs of today's man. The neat care you deserve to feel pampered.

CRAVINGS

**Not available as individual service*

THERMAL SPA THERAPY

25 min.

Enjoy a private time surrounded by the Rainforest, immersed in thermal water with components chosen to your liking according to your benefit: relaxing, revitalizing and moisturizing.

EXPRESS FACIAL

25 min.

Facial that meets the basic steps of cleansing, exfoliation and toning of the face, in addition to the application of a natural mask made by hand, you can choose between: volcanic clay, avocado, goat's milk yogurt or milk oatmeal.

RESERVATION & CANCELLATION POLICIES

RESERVATION POLICIES

We suggest to book your spa treatment at least four hours in advance.

We recommend to arrive 30 minutes prior to your scheduled appointment to enjoy the spa welcome ritual:

- Fill out a medical form
- Experience our thermal mineral spring water jacuzzi and relaxation area
- Enjoy our selection of teas, fruits and smoothies

CANCELLATION POLICIES

- If you would like to cancel or modify your appointment, we ask you to contact 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.



THERMAL EXPERIENCE

The perfect combination of volume, temperature and mineral content (our water has the propertie of having no sulfur smell since the low content of this mineral) that is present in Tabacon is unique in Costa Rica and worldwide. Hot springs are considered a natural expression of Earth's inherent energy. Geologically, Tabacon Resort's thermal natural springs are 97% rain based and 3% magma-based. Rainwater enters the earth through fissures on the surface and is then heated by magma found in the earth's core. Once heated, the waters rise to surface, taking with them minerals found in the earth's rocky stratus.

In total, there are three different springs that exist throughout the property, with temperatures ranging from 25 degrees Celsius (77 degrees Fahrenheit) to 50 degrees Celsius (122 degrees Fahrenheit). Tabacon is completely natural. Water flows by gravity throughout the property, forming in-river pools, waterfalls and cascades and filling in the pools throughout the resort. An eco-friendly and carbon neutral resort, Tabacon places a big emphasis on turning the guest experience a close encounter with nature. These characteristics make the Tabacon Hot Springs the first to open to the public and the best known luxury hot springs resort in Costa Rica.

As the underground Tabacon River flows through the magma in the volcano, the springs absorb minerals. Hot springs provide many benefits stemming from various chemical, physical and biological effects, the most notable is relaxing tense and tired muscles.

Other benefits from visiting hot springs includes:

- The chemical effects are related to the minerals and other substances in the water, which are transferred to the skin and bloodstream through osmosis.
- The water temperature, which helps dilate the skin, thus improving oxygen flow in the tissues that are being treated.
- The heat also encourages the flow of natural sedative substances in the body, encouraging muscle relaxation. All together, these effects create a sense of wellbeing.
- The biological effects are produced by the hydrothermal flora and fauna, integrating micro and macro organisms in a complex union. This effect is called "biogleas" and is composed of thousands of different species which strengthen the skin's defense systems, helping it to repair itself from external attacks such as aging.

PREGNANCY TIPS

During pregnancy, the best time to visit our spa is during your second trimester.

During that time, it is unlikely that you will experience feelings of morning sickness and your energy levels will be higher. Also, you are less likely to experience a miscarriage or go into labor early.

If you are pregnant, it is important that you inform the staff of how many weeks pregnant you will be at the time of your treatment. This will assist in providing you the best care and recommendations for services.

Things to be avoided at a spa when you are pregnant:

1. Saunas
2. Steam Rooms
3. Hot Springs
4. Whirlpools, Hot Tubs and Jacuzzis

Raising your body temperature could affect the circulation of blood and nutrients to your baby and result in problems to you both.

Tips for a massage:

A massage when you're pregnant can be a wonderful way to ease back pain, stiff shoulders and sore hips. It can also make you feel relaxed and refreshed, realising pain-relieving endorphins throughout your body.

Pregnancy can increase sensitivity to scents. If aromas make you feel nauseous please inform at spa reception, to offer you unscented products. Also, some oils can be harmful during pregnancy.

A facial can be wonderfully relaxing and can keep your skin healthy. Please be aware that your skin may be more sensitive while you are pregnant and some products may irritate your skin, even if you've used them before. The best choice is a basic facial treatment using sensitive skin products.

Manicure or pedicure:

Be aware that nail polish and removers include chemicals and may be harmful if used during pregnancy. This is particularly important to consider during your first trimester.



COSTA RICAN COSTUMS

BODY WRAPS

		120
Lemon grass wrap	50 min.	
Pineapple and aloe wrap	50 min.	
Volcanic mud wrap <i>New!</i>	50 min.	
Naranjo coffee wrap	50 min.	
Avocado, aloe and green tea wrap	50 min.	

BODY EXFOLIATIONS

		115
Moringa´s exfoliation <i>New!</i>	50 min.	
Pineapple exfoliation	50 min.	
Cocoa exfoliation	50 min.	
Naranjo coffee exfoliation	50 min.	
Corporal deluxe	75 min.	

HOLISTIC WELLNESS TREATMENTS

		170
Ayurvedic head and face	70 min.	100
Shirodhara	50 min.	150

MASSAGE THERAPIES

Back, neck and shoulders	50 min.	105
Swedish	50 min.	135
Swedish	80 min.	160
Four hands	50 min.	200
Deep tissue	50 min.	135
Deep tissue	80 min.	160
Aromatherapy	80 min.	160
Hot stones	80 min.	160
Honey temptation	50 min.	135
Honey temptation	80 min.	160
Emotional massage <i>New!</i>	50 min.	135
Legs & feet <i>New!</i>	50 min.	135

SIGNATURE TREATMENTS

Tabacón	80 min.	190
The Spa	80 min.	190
Idyllic	105 min.	230*

THE EPHEMERAL *New!*

Neck & shoulders	30 min.	60
Face & scalp	30 min.	60
Back massage	30 min.	60

JOURNEYS

Rainforest caress	1 h. 50 min.	255
Coffee orange parfait	1 h. 50 min.	255

FOR MEN

Neat and relax	80 min.	195
Hands to feet <i>New!</i>	80 min.	100

CRAVINGS*

Express facial	25 min.	50
Thermal spa therapy	25 min.	40

**Not available as individual service*

BEAUTY TOUCHES

NAIL CARE


REGULAR (LACQUER)


Nail polish	25 min.	30
Manicure	60 min.	60
Pedicure	70 min.	70
Mani-Pedi	120 min	110

GEL COLOR

Nail polish	50 min.	50
Gel color manicure	75 min.	75
Gel color pedicure	85 min.	85
Mani-Pedi	150 min.	150

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 Tabacon  TabaconResort  Tabacon