



THE SPA

@ TABACON

# SPA DIRECTORY

The Spa at Tabacon blends natural elements, local ingredients, hot springs benefits and personalized service to create a *unique wellness experience connected with nature.*

# 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.

# BODY TREATMENTS WITH COSTA RICAN ESSENCE

## BODY WRAPS

### LEMONGRASS

50 min.

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

### PINEAPPLE

*Superfood*

50 min.

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

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.

### AVOCADO, ALOE & GREEN TEA

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.

### WILD BERRIES *New!*

50 min.

*Superfood*

An exquisite fusion of red fruits: wild blackberries, strawberries, and blueberries, embracing the skin to provide antioxidants, vitamin A for tissue regeneration, C to promote collagen formation, and K with anti-inflammatory properties. This wrap provides potassium, aiding in the skin's osmosis process, and magnesium, maintaining a protective barrier against external agents and preventing elastin degradation.





# BODY TREATMENTS WITH COSTA RICAN ESSENCE

## BODY EXFOLIATIONS

### **MORINGA EXFOLIATION** **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.

### **CHOCOLATE EXFOLIATION** **50 min.**

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.

### **\*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.

### **NARANJO'S 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.

# 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.

## **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.

## **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.

## **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.





## MASSAGE THERAPIES

### 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.

### HIMALAYAN SALT STONE *New!*

**80 min.**

Elevate your well-being with the serene touch of Himalayan pink salt stones. This holistic massage ritual ushers in a tranquil state of mind, fostering deep relaxation and restful sleep. The stones' 84 naturally occurring minerals deeply penetrate to rejuvenate tired muscles and exfoliate the skin, leaving it refreshed and revitalized. Obsidian and river stones create a synergy in the technique to provide greater energy.

### EMOTIONAL MASSAGE

**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.

### FEET & LEGS

**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!

### VOLCANIC MUD MASSAGE *New!*

**80 min.**

An exclusive treatment that starts with 15 to 20 minutes of stretching, preparing the body for the massage and increasing muscle and joint flexibility. It's a full-body, medium-pressure massage using hot volcanic mud, whose creamy texture moisturizes and cleanses the skin, and detoxifies. Owing to the minerals in both the volcanic clay and our thermal mineral water, the mixture offers multiple benefits: it's anti-inflammatory, antispasmodic, relaxes muscle fibers, and stimulates organic functions. Conclude the massage by removing the mud and relaxing in a thermal mineral water shower, amidst the rainforest.

# SIGNATURE TREATMENTS

## 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.

## HONEY TEMPTATION

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.

## 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

### **MASSAGE WITH SOUND HEALING** *New!* **80 min. | 110 min.**

Immerse in the harmonious balance of sound and touch. This unique massage experience integrates the ancient Asian practice of sound therapy using vibrational metal bowls. The resonant tones realign your body's energy, breaking through emotional barriers and inducing profound relaxation. Combined with a soothing massage, this treatment harmoniously rejuvenates both mind and body.

### **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.

### **AYURVEDIC HEAD & 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.

## FACIAL CARE 80 min.

Deep facial cleansing and nourishing treatment tailored to your needs. Every facial includes cleansing, enzymatic peeling, extractions if needed, specific treatment according to skin type, facial massage, mask application, and sunscreen.

**ANTI-AGING FACIAL**

**HYDRATING FACIAL**

**PURIFYING FACIAL**

## JOURNEYS

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

### **RAINFOREST CARESS**

**1h. 50min**

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**

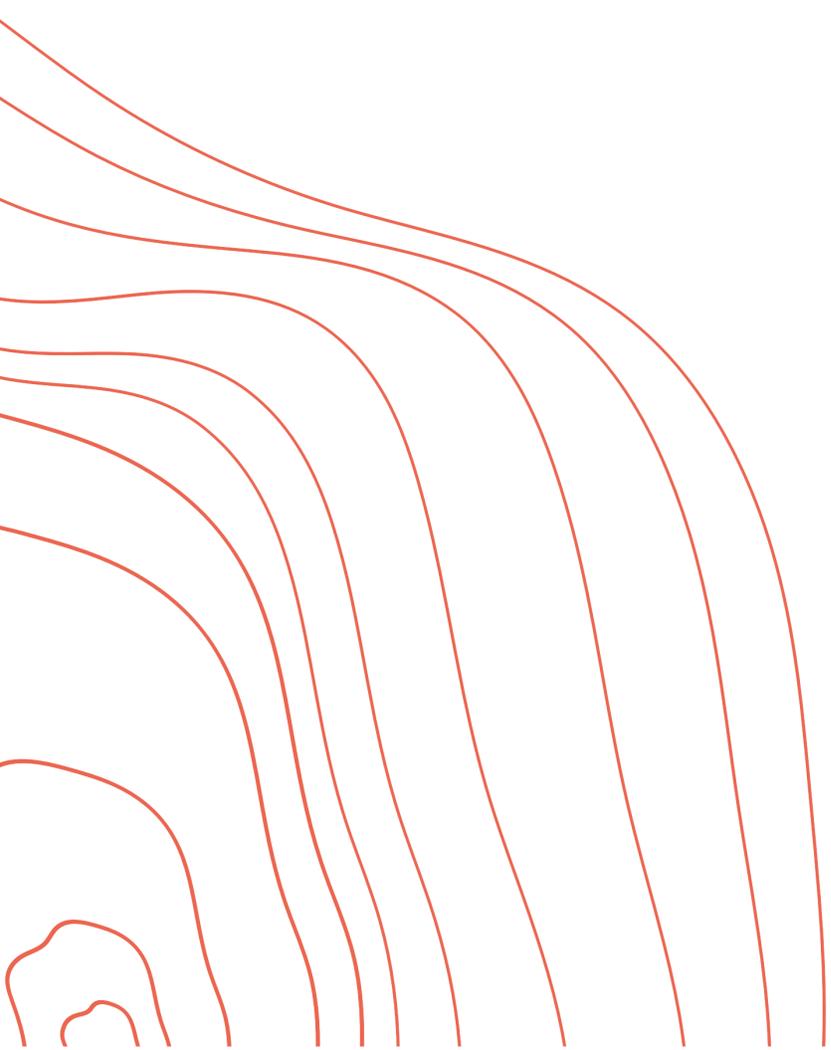
**1h. 50min**

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.

### **FOREST KISS *New!***

**1h. 30min**

Experience the vitality that forest fruits can bring to your skin: wild blackberries, strawberries, and blueberries grown by Costa Rican farmers. Skin cleansing through body exfoliation, a mini facial that encompasses the basic steps of facial care followed by a sublime relaxing massage on the head and face. Immerse yourself in the delicious aroma of red fruits and let the Costa Rican Forest kiss you!



## 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

**80 min.**

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

### GENTLEMAN'S FACIAL

**80 min.**

Deep facial cleansing, with active ingredients formulated for the masculine complexion, regulates natural grease production, hydrates and mattifies the face.

## CRAVINGS\*

### MINI FACIAL

**30 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.

### BATH THERAPY

**30 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.

### NECK & SHOULDERS MASSAGE

**30 min.**

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.

*\*Not available as individual service*

## BEAUTY TOUCHES

### NAIL CARE

#### GEL COLOR

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



# 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 property 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.

## BODY TREATMENTS WITH COSTA RICAN ESSENCE

### BODY WRAPS

		145
Lemongrass body wrap	50 min.	
Pineapple body wrap	50 min.	
Avocado, aloe and green tea body wrap	50 min.	
Volcanic mud body wrap	50 min.	
Wild berries body wrap <i>New!</i>	50 min.	

### BODY EXFOLIATIONS

		135
Moringa exfoliation	50 min.	
Pineapple exfoliation	50 min.	
Naranja's coffee exfoliation	50 min.	
Chocolate exfoliation	50 min.	
Corporal deluxe	75 min.	199

## HOLISTIC WELLNESS TREATMENTS

Massage with sound healing <i>New!</i>	80 min.	195
Massage with sound healing	110 min.	259
Ayurvedic head and face	70 min.	125
Shirodhara	50 min.	175

## MASSAGE THERAPIES

Back, neck and shoulders	50 min.	125
Swedish	50 min.	165
Swedish	80 min.	195
Four hands	50 min.	235
Deep tissue	50 min.	165
Deep tissue	80 min.	195
Aromatherapy	80 min.	195
Hot stones	80 min.	195
Himalayan salt stone <i>New!</i>	80 min.	195
Volcanic mud massage <i>New!</i>	80 min.	195
Emotional massage	50 min.	165
Legs & feet	50 min.	165

## SIGNATURE TREATMENTS

The Spa	80 min.	230
Honey temptation	80 min.	230
Idyllic	1h. 45 min.	275*

*\*Price per person*

Prices include 13% tax. Prices in US Dollars.

## FACIAL CARE

Antiaging facial	80 min.	199
Hydrating facial	80 min.	199
Purifying facial	80 min.	199

## JOURNEYS

Rainforest caress	1 h. 50 min.	299
Coffee orange parfait	1 h. 50 min.	299
Forest kiss <i>New!</i>	1 h. 30 min.	245

## FOR MEN

Neat and relax	80 min.	245
Hands to feet	80 min.	115
Gentelman facial	80 min.	199

## CRAVINGS\*

Mini facial	30 min.	59
Bath therapy	30 min.	45
Neck & shoulders massage	30 min.	59

*\*Not available as individual service*

## BEAUTY TOUCHES

### NAIL CARE

### GEL COLOR

Nail polish	50 min.	57
Gel color manicure	75 min.	85
Gel color pedicure	85 min.	95
Mani-Pedi	150 min.	170

 [www.tabacon.com](http://www.tabacon.com)

 [spa@tabacon.com](mailto:spa@tabacon.com)

 Tel. +506 2479-2027 / +506 2479-2028

Ext. 8061 - 8062

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