

MASSAGE & HEALING TREATMENTS

REJUVENATING DEEP TISSUE MASSAGE

90 / 120 MINUTES - \$160 / \$190

A blissful full-body massage with a special focus on integrating the body, mind, and spirit and calming the nervous system. Your highly skilled therapist will restore harmony and bring the body back into alignment using slow, firm, and guided strokes to release tension. This massage will effortlessly melt away stress, as a unique blend of deep tissue modalities and variations of pressure are combined per your preferences.

REBALANCING STRUCTURAL BODYWORK

90 / 120 MINUTES - \$160 / \$190

We are home to the School of Rebalancing founded by Menlha Bruneau, also the founder of Hacienda Del Sol. Our Rebalancing Bodywork Therapists have been trained by Menlha to read the body, observing both what is in balance as well as what may be improved to support greater ease and comfort. Your expert therapist will design a custom session using specialized joint mobilization and deep tissue release techniques that enhance fluidity and ease of movement.

DETOX MASSAGE

90 MINUTES - \$160

Cleanse the body of toxins and boost your natural filtration system. Our Detox Massage is a combination of techniques including Lymphatic Drainage, Cupping Massage, Deep Tissue, Reflexology, and the use of minerals or scrubs to alkalize and restore the body. You will need to fast for 90 minutes before the treatment and drink plenty of water afterwards to flush the freed toxins.

LYMPHATIC DRAINAGE MASSAGE

75 MINUTES - \$160

Within the body, there's a silent system working to keep us healthy: the lymph system. Without it, our bodies would swell with fluid and succumb to infections. The lymph system's impact is so extensive that many don't realize when aches and pains, lethargy, or susceptibility to colds are due to a sluggish system. This massage stimulates the lymph system and releases toxins. If you are here to detox, this session is essential.

Please note that prices do not include the required 13% Costa Rican sales tax.

Services cannot be canceled or rescheduled within 24 hours of the appointment. Thank you for your understanding.

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DEEP FASCIA RELEASE

90 MINUTES - \$160

Using specialized tools, your trained therapist will work with your body to break up adhesions and scar tissue in your fascia that are keeping you stuck – mentally, emotionally, or physically. Fascia stores trauma, and its release serves to open your being on every level as blocked energy is allowed to move freely again. Enjoy an elimination of toxins, enhanced circulation, reduced inflammation, and an expansion in mind, body, and soul.

Please note that some bruising can occur from this treatment due to fresh blood flow to the area.

DEEP FASCIA RELEASE MASSAGE FUSION

90 / 120 MINUTES - \$160 / \$190

Experience profound healing and relief with our integrated session, combining our deep tissue massage with the transformative effects of deep fascia release. Your therapist will skillfully blend both techniques, alternating between relaxing muscle work and targeted fascia release with specialized tools to alleviate tension and break up adhesions. For a comprehensive head-to-toe experience, we recommend a 120 minute session.

FASCIA STRETCH THERAPY

90 MINUTES - \$160

Fascia Stretch Therapy works with the muscle's connective tissues to improve mobility, balance, and functional movement. Through gentle, assisted stretches and rhythmic, flowing movements, this therapy helps release chronic tension, rehydrate the fascia, and restore healthy movement patterns. Often described as a new paradigm in bodywork, FST invites the body to reorganize itself from the inside out. As a somatic practice, it supports nervous system regulation and embodied awareness, and is great for relieving tightness, lack of flexibility, poor posture, and general soreness.

SWEDISH MASSAGE

90 MINUTES - \$160

Our Swedish massage session is a classic massage style designed to soothe your muscles and promote deep relaxation. During the session, our experienced practitioner will use long, soft strokes and kneading techniques to gently release any tension or stress in your body. This calming session also helps to release emotional stress and promote a sense of peace and tranquility in your mind.

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TRADITIONAL THAI MASSAGE

90 / 120 MINUTES - \$160 / \$190

An effective and gentle form of bodywork to fully relax and reset the nervous system. This ancient healing technique incorporates yoga-like stretches that loosen joints and balance major muscle groups of the body. Thai Massage brings deep relaxation, stress reduction, improved blood circulation, lowered blood pressure, headache and sinus relief, increased range of motion, and centering of the mind and body.

JOINT RELEASE BODYWORK

60 MINUTES - \$130

Joint Release is a gentle, deeply therapeutic bodywork technique designed to free tension inside compressed and stiff joints in key areas such as the shoulders, hips, neck, and spine. Using precise passive mobilizations, rhythmic rocking, and mindful traction, the therapist invites joints to soften and open. This process works in harmony with the nervous system to generate calm, improve circulation, enhance mobility, and provide relief from joint pain and inflammation. Ideal for those seeking deep comfort without intense pressure, you will enjoy a renewed sense of ease, fluidity, and spaciousness in your body.

REIKI

60 MINUTES - \$130

Reiki cares for your energy field by directing pure life-force to the chakras, emitted by your master practitioner's hands placed on or just above the body. Because each chakra is associated with specific emotions, glands, systems, and organs, this universal energy brings balance and a deep state of relaxation to the whole being. As you connect with your inner being, you may receive clarity, insights, or release. Unlike massage, a reiki session does not involve any form of physical manipulation.

PRIVATE BREATHWORK SESSION

60 TO 90 MINUTES - \$160

You will be guided on a conscious breathwork journey designed to release stored emotions and support deep inner transformation. Rhythmic breathing helps regulate the nervous system, offering space to access expanded states of clarity and grounding. Breathwork is ideal for integrating personal processes and returning to yourself with profound calm and renewed energy.

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BIODYNAMIC CRANIOSACRAL

60 MINUTES - \$160

Menlha works to increase the movement of fluids in and around the central nervous system. Creating a free flow of this fluid is crucial for the entire system to function properly. Signs of stagnant fluid include: stress, tension, anxiety, poor sleep, chronic pain, hyperactivity, and poor concentration. This massage uses gentle pressure around the head, spine, and sacrum to generate movement of the cerebrospinal fluid.

SIGNATURE LIFT AND TONE FACIAL

60 MINUTES - \$160

A firming and tightening treatment to stimulate blood flow and collagen production in the face that is focused on releasing tension, awakening sleepy facial muscles, and activating circulation. This is achieved using our specialized facial fascia tools, stimulating gua sha rollers, and soothing hands-on facial massage. We add nutrients for your skin to regenerate cells and support skin structure using our luxe and organic Biosfera product line made in Costa Rica, with formulas specifically selected for your skin's needs.

BODY SCRUBS

90 MINUTES - \$160

Body scrubs are a luxurious way to indulge yourself, nurture your skin, and support overall well-being. The massage and exfoliation process promotes circulation, skin cell turnover, and detoxification. By removing dead cells from the skin's surface, your skin renews itself and can better absorb moisture and nutrients.

The result is healthy, radiant skin. Choose from:

MERMAID

sea salt, honey, and coconut oil

PURA VIDA

coffee grounds, brown sugar, and coconut oil

VELVET BLISS

Costa Rican chocolate, cacao seeds, and olive oil

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ACUPUNCTURE & CUPPING

90 MINUTES - \$160

Elevate your well-being with our rejuvenating fusion of acupuncture and cupping techniques. Acupuncture harmonizes energy flow throughout the body, alleviating pain and enhancing overall wellness, and is complemented by cupping, which boosts circulation and detoxification. Immerse yourself in this dynamic duo, embracing a holistic journey that invigorates and fosters a renewed sense of vitality. Please note the practitioner may step away from your body periodically while the tools work to open your chi channels.

ACUPRESSURE MASSAGE

90 MINUTES - \$160

These massage technique is rooted in the ancient traditions of Chinese Medicine that understand the interconnectedness of mind, body, and spirit. By stimulating specific acupoints along meridian lines, and reaching deep layers of muscle tissue with precise pressure, these therapies promote balance and harmony and harmony in the whole being.

HOLISTIC GENTLE CHIROPRACTIC

Initial Session - up to 60 MINUTES - \$160: Dr. Shaian

Initial Session - up to 120 MINUTES - \$240: Dr. Evan

Follow-Up Sessions - 30 to 60 MINUTES - \$160: Both

Whether your hardwired patterns are from physical, mental or emotional stress or trauma, this care will engage an organic reorganizational healing experience, liberating the resources trapped in tension and defence patterns.

Gentle touch Network Chiropractic initially shifts the brain to internally discover and release, allowing natural, organic breath, movement and emotion to surface. Once a natural healing rhythm within is established, activator adjustments and traditional gentle chiropractic adjustments may be used to further release energy along spine and rib cage, for an even greater sense of freedom and flow throughout your body.

It's been found that more time in the initial sessions may allow greater integration space for the body and brain to release and unwind.

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HARMONIC SOUND HEALING

90 MINUTES - \$140

In this powerful recalibration session, singing bowls are placed directly onto the body and struck to produce powerful vibrations that clear stuck energy from within, creating harmonizational flow within the cells and DNA. As they penetrate the skin, fascia, blood, organs, and bones, these sound vibrations also regulate your nervous system, improve sleep quality, and balance your vibrational frequency. Depending on your needs, this session may also include guided meditation and aromatherapy to help you connect with your senses, calm your emotions, and enter a deep state of relaxation.

COFFEE CUP READING

60 MINUTES - \$140

Coffee cup reading is an art of prediction and counseling. With origins in Europe and the Middle East, coffee readings offer guidance based on the interpretation of the shapes and patterns of thick grounds left by Turkish coffee. After drinking the coffee in ritual with your guide, your cup will be analyzed to give you clarity and direction.

TAROT READING WITH LENORMAND CARDS

60 MINUTES - \$140

Reading the traditional Lenormand deck is a very dynamic process unlike any other tarot reading method. Each of the 36 cards has unique meaning and importance in the session. The reading can be helpful to find insight, meaning, and new perspectives on life's great mysteries. Dive into your personal psyche, and allow your inner knowledge to be unveiled.

ABDOMINAL MASSAGE

60 MINUTES - \$130

This massage is a very thorough hands on movement of all the organs of the digestive system: stomach, small intestines, large intestine, kidneys, and bladder. It's particularly good for those who are cleansing to support the elimination of toxins. The abdominal massage is 40 minutes, and also included in this package is a 10 minute head massage and a 10 minute foot massage, which stimulates reflexology points associated with the major organs while also offering nurturing relaxation.

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