

# WELLNESS & SPA



BLUE  MIST

• hotel and beach club •



# MASSAGE THERAPY

*Experience ultimate relaxation. Reserve your perfect spa experience, and start your vacation in tranquility. Indulge in luxurious treatments, unwind in serene surroundings, and rejuvenate your mind, body, and soul.*

	<u>60 MIN</u>	<u>90 MIN</u>
RELAXING MASSAGE	\$145	\$185
DEEP RELAX	\$145	\$185
DEEP TISSUE	\$145	\$185
SPORTS/SURF	\$145	\$185
DECONTRACTING	\$145	\$185
THAI	\$165	
REFLEXOLOGY	\$165	
LYMPHATIC DRAINAGE	\$165	

INQUIRE ABOUT OUR EXCLUSIVE RATES  
FOR VILLA OR BUNGALOW MASSAGES



# SAUNA & COLD PLUNGE

## CONTRAST THERAPY

*Alternating between hot sauna sessions and cold treatments stimulates circulation, relaxes muscles, and leaves you feeling refreshed.*

\$55 / 30 minutes

## SAUNA

*Step into our sauna for a tranquil experience, where warm, dry air helps relax muscles, improve blood flow, and detoxify the body. Enjoy a moment of peace and rejuvenation.*

\$35 / 15 minutes

## COLD PLUNGE

*Immerse yourself in our cold plunge pool. Experience the stimulating chill as it awakens your senses and boosts your energy. Dive in and feel renewed.*

\$30 / 1 immersion

\$50 / Guided 1 immersion





## REIKI

*Discover the transformative power of Reiki. This soothing technique uses gentle touch to channel energy, relaxation, balance, and enhanced well-being.*

Private \$175 / 60 minutes

## SOUND HEALING

*Quartz Bowls create high-frequency vibrations for a transformative sound experience, that harmonizes mind and body, promoting deep introspection and relaxation.*

Private \$190 / 60 minutes

## BREATHWORK

*Guided exercises bring clarity to your mind and strength to your body, while conscious breathing liberates emotions, like a gentle breeze bringing peace and renewal.*

Private \$165 / 60 minutes

## HOT STONES

*Hot stone therapy utilizes heated stones to relax muscles, boost circulation, eliminate toxins, and ease stiff or sore muscles and joints.*

\$145 / 60 minutes



# WATERFLOW THERAPY

*Experience Water Flow, a unique aquatic bodywork combining massage, meditation, stretches, and dance in chest-high water. This floating massage induces a deep meditation, releasing physical and mental tensions. Connect with your emotional body, surrendering to the water's embrace and releasing emotional blockages and body tension.*

Private \$175 / 60 minutes

- TAXES ARE NOT INCLUDED -

# FACIALS

SKINCARE & WELLNESS

## HYDRATION

*Improve skin texture*  
*Minimize sun damage*  
*Reduce aging lines*

\$145 / 60 minutes

## ANTI AGE

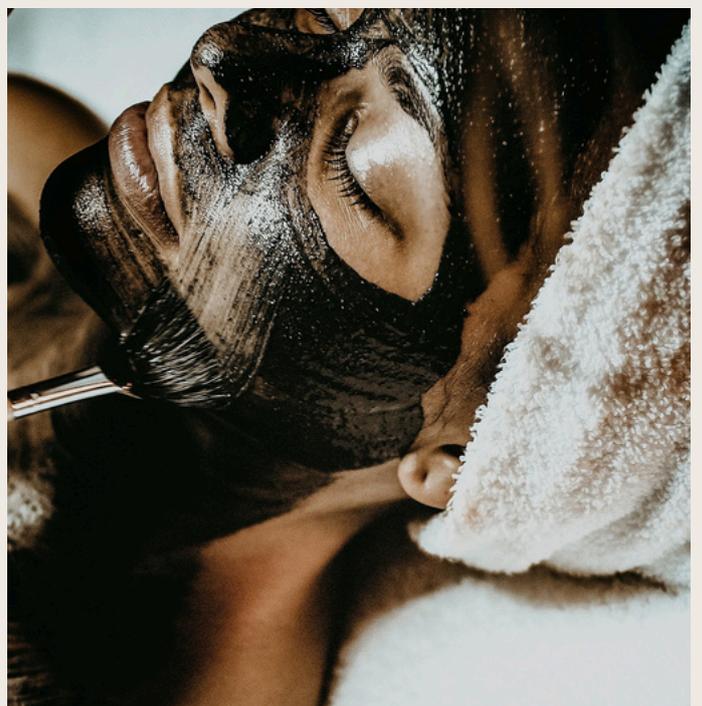
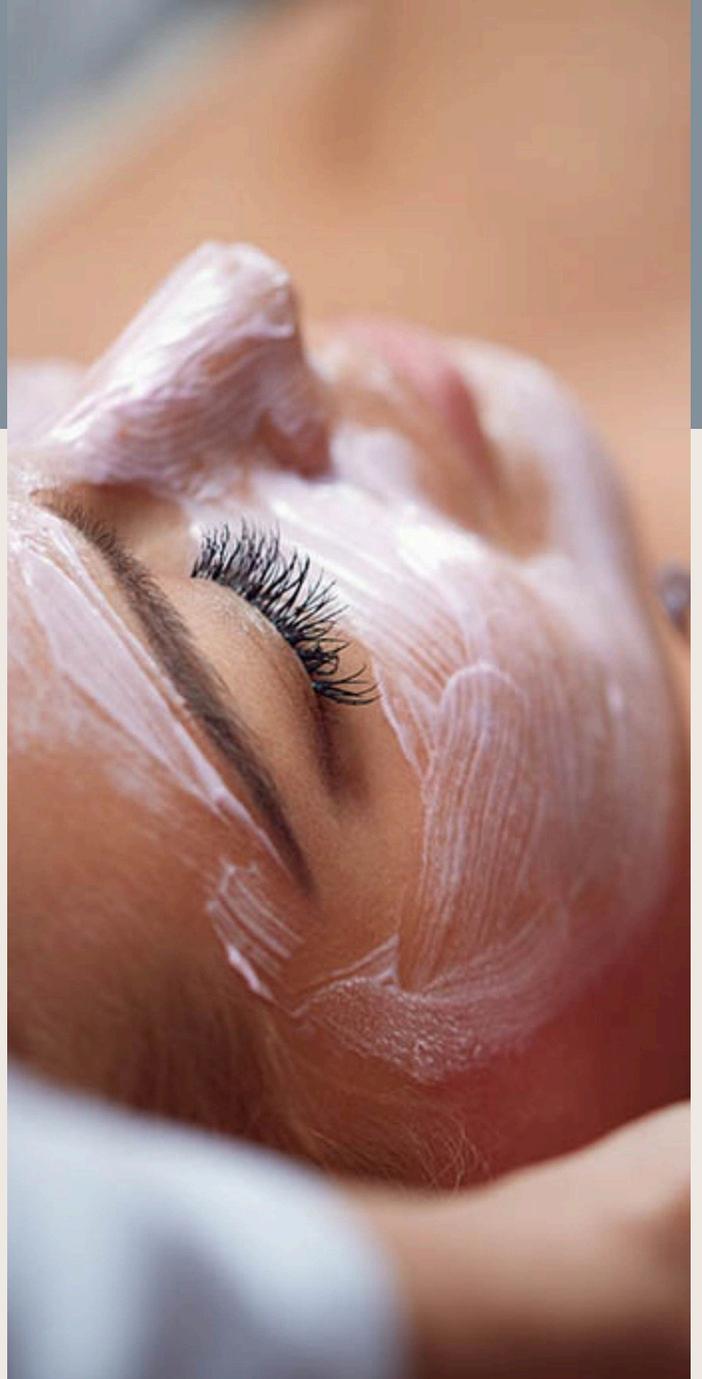
*Smoothen wrinkles*  
*Remove dead cells*  
*Add radiance and hydration*

\$145 / 60 minutes

## DETOX

*Improve skin tone and light*  
*Detoxify pores*  
*Treat age spots*

\$145 / 60 minutes



# HYPERBARIC OXYGEN THERAPY



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*The oxygen chamber is a medical device that delivers pure oxygen to a patient in a pressurized environment. This treatment is based on the principle that increasing the pressure around the body allows more oxygen to dissolve into the bloodstream, promoting healing and tissue repair. Oxygen chambers are commonly used to treat conditions such as decompression sickness, non-healing wounds, and carbon monoxide poisoning, among others.*

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\$75 / 1 session  
\$325 / 5 sessions  
\$615 / 10 sessions

PRIVATE - 60 minutes

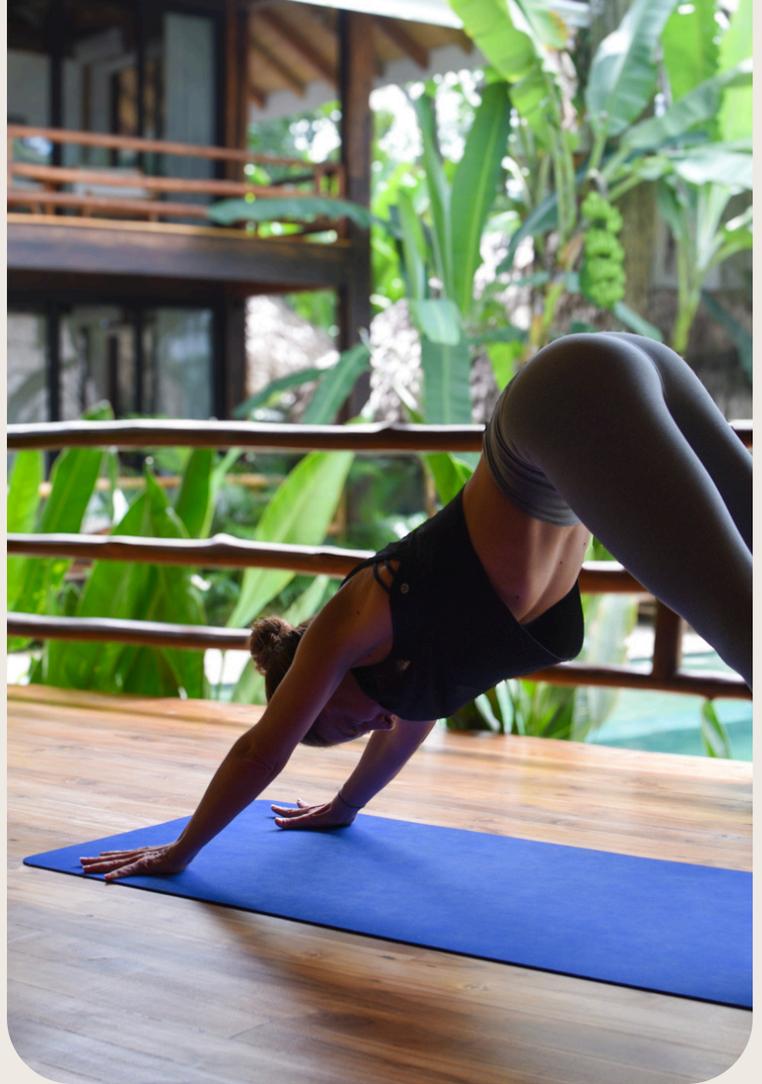
- TAXES ARE NOT INCLUDED -



## PRIVATE YOGA

*Yoga is a perfect opportunity for relaxation and personal time. In Santa Teresa, Yoga is a major regional draw with top instructors from around the world. Our instructors customize private sessions to suit your preferences and the group's abilities each day.*

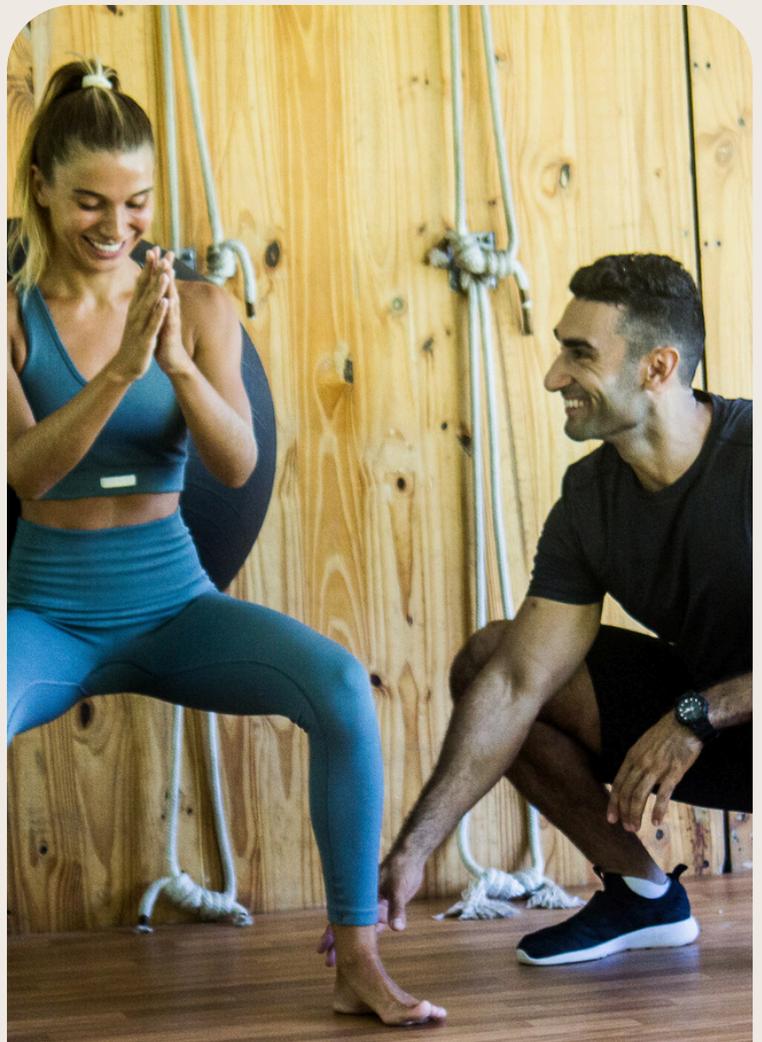
\$155 (price up to 2 people) / 60 minutes



## PERSONAL TRAINING

*For those who can't miss a workout even on vacation, we've got you covered. You can book a personal HIIT session on our terrace next to the pool. Just ask the front desk for availability.*

\$90 / 60 minutes





# CANCELLATION POLICIES

*No cancelation penalty will apply 24 hours prior to the date of the activity.*

*Less than 24 hours before the activity: 100% penalty.*

*No show: 100% penalty.*



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