



sanctuary SPA

at The Springs Resort & Spa



Daily appointments are available between the hours of: 8:30 am to 9:30 pm.
Please arrive at least 30 minutes before your appointment to enjoy the sauna,
steam room and relaxation lounge.

Deluxe Body Treatment Packages

Honeymoon Treatment for Two

Includes a Chocolate Body Scrub, Hot Stone Massage with Chocolate Oil & Hydration Mini Facial
2 hours \$495

Springs Deluxe

Green Tea Body Polish, Bamboo Massage with Green Tea Oil And Kobido Facial Massage
2 hours \$295

Volcanic Health Package

Volcanic Mud Massage & Volcanic Clay Facial
1 hour 50 minutes \$275

Tropical Bliss

Coconut Body Scrub, Coconut Swedish Massage & Organic Honey Facial
1 hour 50 minutes \$275

Arenal Balance

Thai Massage and Kobido Facial
1 hour 50 minutes \$275

Body Wraps

Enjoy the healing and soothing properties of a body wrap which promotes overall circulation and detoxification. The Sanctuary Spa uses only natural products in these exquisite treatments.

50 minutes \$105

Natural Hot Springs Clay

Volcanic Clay harvested from our own Hot Springs with high mineral content to promote skin nutrition, energy and health

Organic Chocolate

Nourishing, light Cocoa promotes rehydration of the skin

Organic Coffee

Improves cellular circulation and provides anti-oxidants to the skin

Tropical Fruits

Natural combination of fruits and organic oils cleans and nourishes the skin

Silk

This luxurious body wrap improves skin elasticity and smoothness

Seaweed

An Exquisite natural wrap with detoxification properties

Massage Treatments

Neck, Back & Shoulders

Designed to rapidly release muscular tension. The neck, back and shoulders are targeted in this therapeutic treatment.

30 minutes \$75

45 minutes \$105

Swedish Classic

Classic full body massage to eliminate toxins and release muscular tension

60 minutes \$115

90 minutes \$145

Deep Tissue Massage

Works to release chronic patterns of tension in the deeper layers of muscle tissue and alleviate localized congestion and inflammation in the muscle

60 minutes \$145

Massage with Hot Stones

Gentle Swedish Massage movements and acupressure combined with specially heated stones promoting pure relaxation

90 minutes \$165

Four Hands Massage

Unforgettable! By working both sides of the body simultaneously with two therapists, this treatment is the ultimate in balancing the body's flow of energy and promoting deep relaxation for body, mind and spirit

60 minutes \$205

Kobido Imperial

A global anti-aging treatment with beneficial effects on facial wrinkles, radiance and firmness which concentrates on the eye contours, lips and neckline.

The process provides a "Natural Lift" thanks to the "ko bi do" Japanese ritual

70 minutes \$165

Reiki

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands."

50 minutes \$110

Reflexology

Reflexology utilizes pressure point techniques on the feet which correspond to the internal organs and structures of the body. The treatment restores balance and promotes a sense of well-being

45 minutes \$95



Body Polish Treatments

Exfoliation is an important part of good skin care involving the gentle removal of dead surface skin cells which encourages regeneration and results in newly invigorated skin. The Sanctuary Spa uses only natural products for these therapeutic treatments. You have a choice of the following preparations:

50 minute - Scrub Only \$95 / 30 minute Body Scrub plus 60 minute Swedish Massage \$150

Organic Coffee

Invigorating scrub which improves cell circulation and provides anti-oxidants to the skin

Organic Sea Salts

Minerals and organic essential oils detoxify and relax the muscles stimulating the body, mind and spirit

Organic Coconut

Pampers the skin with coconut and vanilla, leaving your skin silky soft and vibrant

Green Tea

Renews and re-hydrates skin to perfection. Contains beeswax particles, algae extract, mineral salts and vitamins C and E to nourish and soften the skin

Organic Chocolate

Pure cocoa extract, high in anti-oxidants, increases blood flow to the skin and leaves the skin invigorated and supple, leaving your skin silky soft and vibrant

Body Wrap/Massage Combination

45 minute body Wrap plus a 45 minute Swedish Massage \$195

Couples Treatments

For those who wish to share a blissful experience with another in a room for two. Treatments will be performed next to each other on separate massage tables by two therapists.

Couples Massage

Therapeutic full body massage which engages a system of long strokes to increase circulation, eliminate toxins and release muscular tension.

60 minutes \$225 / 90 minutes \$290 / With Hot Stones: 90 Minutes \$375

Facials

Facial treatments clean and hydrate the skin to promote a healthy radiant glow and sense of well-being.

The Springs Facial

A superior treatment to maintain the health of your skin, this facial experience begins with a customized skin analysis followed by cleansing, exfoliation, gentle extraction, natural mud mask and a relaxing facial massage

75 Minutes \$135

Deep Cleansing Facial

This therapeutic treatment features a combination of combative ingredients, deep pore cleansing, gentle extractions, and high-frequency therapy to sanitize and stop bacterial growth revealing healthier, radiant skin

75 Minutes \$150

Sensitive Skin Facial

Facial developed specifically for people with sensitive skin that helps the skin fight free-radical damage and promotes healthier skin with a natural glow. The treatment gently cleanses and calms while maintaining hydration and strengthening skin cells

60 Minutes \$115

Re-Hydration Facial

This stimulating facial begins with an enzyme exfoliation and the application of a gel liposome ampoule massaged into the skin followed by application of a deeply penetrating mask. The skin appears flawless and smoother. This facial is for all skin types and is highly recommended for dehydrated, sun damaged, and prematurely aging skin

75 Minutes \$140

Age defying Facial

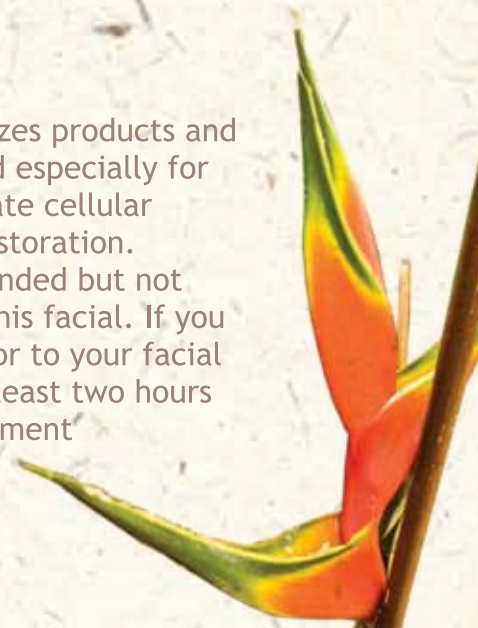
Treatment designed to reduce the appearance of fine lines, increase skin's elasticity and improve skin tone

75 Minutes \$150

Gentlemen's Facial

This treatment utilizes products and techniques designed especially for male skin to stimulate cellular renewal and skin restoration. Shaving is recommended but not necessary prior to this facial. If you choose to shave prior to your facial be sure to do so at least two hours prior to the appointment

75 Minutes \$150



Facial Masks

Facial masks refresh and rejuvenate the skin resulting in a healthier, invigorated and glowing complexion

35 Minutes \$65

Your choice of:

- Honey Mask
- Aloe Vera Mask
- Volcanic Clay Mask

Hand Treatments

Deluxe Manicure

Includes a hydrating soak, moisturizing massage, professional grooming of nails and cuticles, an exfoliation scrub, an aromatic massage and your choice of classic nail polish.

50 Minutes \$60

Enhancement

Polish change hands \$15

Foot Treatments

Deluxe Pedicure

Includes a hydrating foot soak, foot massage, professional grooming of the nails, an exfoliation scrub and aromatic massage and your choice of classic nail polish.

60 Minutes \$60

Enhancement

Polish change feet \$15



Recommendations:

- When making your reservation, please indicate whether you prefer a male or female therapist and if you have any health conditions that could affect your service.
- Please do not wear jewelry or bring other objects of value with you.
- Please inform your therapist of your massage preferences, such as technique and pressure.

