

*The Springs  
Spa*

# *Deluxe Body Treatment Packages*

## **HONEYMOON PACKAGE TREATMENT**

*for Two Including: Chocolate Body Scrub, Hot Stone  
Massage with Chocolate Oil & Volcanic Clay Facial*

*2 hours 30 minutes      \$495*

## **SPRINGS DELUXE**

*Sea Salt Body Scrub, Swedish Massage, Re-hydration  
Facial, Manicure & Pedicure*

*3 hours 30 minutes      \$425*

## **AWAKEN YOUR SENSES**

*Coffee Body Wrap, Hot Stone Massage & Organic  
Honey Facial*

*3 hours      \$315*

## **VOLCANIC HEALTH**

*Arenal Volcanic Mud Wrap, Reflexology & Volcanic  
Clay Facial*

*1 hour 50 minutes      \$275*

## **TROPICAL BLISS**

*Coconut Body Scrub, Coconut Swedish Massage  
& Organic Honey Facial*

*2 hours 20 minutes      \$275*

## Massage

### 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 MASSAGE

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 / 90 Minutes \$175

### 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 / 75 Minutes \$295

### SPORTS MASSAGE

Vigorous massage with stretching, directed at the major muscle groups. This massage utilizes friction, compression and pressure point work.

60 Minutes \$145 / 90 Minutes \$175

### REFLEXOLOGY

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

45 minutes \$95

### PRE NATAL MASSAGE

A gentle massage using strokes to ease lower back pain and generally nurture the mother-to-be.

60 Minutes \$140

## Body Polish Treatments

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

### ORGANIC COFFEE

Invigorating scrub which improves the flow of micro-cellulars and has high anti-oxidant properties.

### ORGANIC SEA SALTS

Minerals and organic essential oils detoxify and relax the muscles stimulating 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, softening 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 body invigorated and supple.

50 Minute Scrub Only \$95

90 Minutes Body Scrub  
plus Swedish Massage \$165

## Body Wrap

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

With your choice of:

**NATURAL VOLCANIC SPRINGS CLAY:** Volcanic mud from the Arenal volcano with high mineral content to promote energy and general well-being.

**ORGANIC CHOCOLATE:** Nourishing light cocoa - promotes rehydration of the skin

**ORGANIC COFFEE:** Improves the flow of micro-cellulars and has high anti-oxidant properties.

**TROPICAL FRUITS:** Natural combination of fruits and organic oils leaves skin clean and hydrated.

**SILK:** Luxurious body wrap improving skin elasticity and smoothness.

**SEAWEED:** Exquisite natural wrap with detoxification properties.

50 Minutes     \$85

## Couples

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.

### HONEYMOON BLISS PACKAGE

Treatment for Two Including:

Chocolate Body Scrub, Hot Stone Massage with Chocolate Oil & Volcanic Clay Facial.

2 hours 30 minutes     \$495

### 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:

60 Minutes     \$275     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.

90 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.

90 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.

90 Minutes     \$140

## AGE DEFYING FACIAL

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

90 Minutes     \$150

## GENTLEMEN'S FACIAL

A facial treatment utilizing products and techniques especially for men's skin care. This treatment stimulates cellular renewal and restores the skin.

Shaving is recommended, but not necessary prior to a facial. SHOULD YOU CHOOSE TO SHAVE PRIOR TO YOUR FACIAL, BE SURE TO DO SO AT LEAST TWO HOURS PRIOR TO YOUR APPOINTMENT.

90 Minutes     \$135

## 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