



FOUR ELEMENTS SPA

OCEAN BREEZE

60 MINUTES • \$60 USD

A holistic stress relief massage that treats the body rather than looking at specific muscles. This is a relaxing soft tissue massage with a firm pressure that covers your full body with soft and relaxing movements—a special treatment to release pressure on your neck.

RAINFOREST DELIGHT

60 MINUTES • \$75 USD

A muscle-release massage before or after a physical challenge promotes blood flow and creates more dynamic and elastic muscles that are ready for the activity. The benefit of muscle release massage post-exercise is to recover by flushing out all the excess hydrogen ions—a perfect massage for those who completed the hike to Corcovado National Park.

JUNGLE BLISS

40 MINUTES • \$45 USD

A neck, back, and shoulder massage to ease away the stresses and strains caused by daily life. Muscle tensions in the back, neck, and shoulder areas will be eased, with the massage not only leaving you feeling exceptionally good but relaxed and invigorated too.

**Add our CBD oil for extra relaxation.*

EXTRAS

FLORA EXPERIENCE

50 MINUTES • \$70 USD

Using only organic skincare products, this refreshing and customized facial will give you a refreshed look—the perfect facial after a day under the sun and in the heat.

PACHAMAMA TOUCH

50 MINUTES • \$90 USD

A relaxing massage from the hips and legs right to the tips of your toes. An energizing treatment finished with peppermint soothes, leaving you feeling like you are walking on air.

SOUL AND BODY

30 MINUTES • \$40 USD

Reflexology, also known as zone therapy, is an alternative medical practice involving the application of pressure to specific points on the feet, ears, and hands to stimulate certain organs and body systems. Reducing pain, stress, and anxiety are just a few of the multiple benefits of reflexology.

Any of the treatments can be performed with CBD Oil for an additional charge of \$10 USD.