



WELLNESS SERVICES



Whether you come to Blue Spirit with the idea of personal transformation, acquiring new skills, simply to recharge or healing at a deeper level, allow some time to complete your retreat experience with the magic of the Wellness & Spa services. We strive to have excellent quality body-workers and therapists that truly love and shine at what they do!

Booking a Treatment

To book a service, please come to reception.

Once you have selected a treatment and a therapist, our Front Desk staff will help you book the type of treatment you wish during one of the available time slots on the therapist's schedule.

When booking a massage, please specify whether you would like a 1-hour or 1.5 hour treatment.

Remember to book early to ensure that you get your preferred time slot and treatment!

If you do wish to leave a tip for the treatment offered, you can tip the therapists in cash at the time of your treatment, or leave it in an envelope with the therapist name in the locked box at reception.

Cancellation Policy

Blue Spirit has a 24 hour cancellation / rescheduling policy. If you miss your appointment, cancel or change your appointment with less than 24 hours notice, you will be charged 100%.

This policy is in place out of respect for our therapists and our clients.

Cancellations with less than 24 hours notice are difficult to fill. By giving last minute notice or no notice at all, you prevent someone else from being able to schedule into that time slot.



Beverly

Born in the Pacific coast of Costa Rica, she has dedicated the last 12 years of her career to heal and help people relax. She is a graduate of the University of San José in Costa Rica's capital city.

Deep Tissue

This massage is focused on treating the deepest layers of the muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints). The deeper pressure applied is beneficial in releasing chronic muscle tension.

60min - \$105 + 13% tax

90min - \$155 + 13% tax

Relaxing Massage

A relaxing massage is a smooth, gentle treatment that relieves muscle tension, increases blood circulation and promotes a general sense of relaxation.

60min - \$105 + 13% tax

90min - \$155 + 13% tax



Aslynn Grace

She is a licensed massage therapist specializing in Somatic therapy and nervous system regulation. As a practitioner of healing, her mission is to restore healthy touch. She firmly believes intentional touch has the power to heal our physical and emotional wounds. Her goal is to empower the innate wisdom that already lives inside you. You hold the key to your own healing; her role is simply to create a safe space for you to listen and lean into that wisdom. She leads each session with authenticity, giving you the invitation to show up exactly as you are.

Therapeutic Massage Session

This session includes: deep tissue massage, trigger point therapy, myofascial release, active muscle release, assisted stretching and breathwork.

60min - \$105 + 13% tax

90min - \$135 + 13% tax

Intuitive Healing Session

This session includes: intuitively guided massage, energetic healing, acupressure point therapy and breathwork.

60min - \$105 + 13% tax

90min - \$135 + 13% tax



David

David is a licensed massage therapist and has been massaging professionally for over a year. He is passionate about using massage to help clients with relaxation and to feel more at home in themselves. David believes that healing can come in many forms, and that listening to our bodies and tending to our most basic needs is a good place to start. Every patient receives an integrated and attuned treatment plan that addresses their individual needs and treatment goals.

David received 700 hours of training at the Costa Rica School of Massage Therapy in Samara, Costa Rica. After graduating and receiving his license, David started his practice by working with guests at different eco lodges and hotels in Costa Rica and Panama. Since then, he has advanced his skills and developed a more intuitive approach to tending to the bodily needs of his clients. David is skilled at providing deep tissue techniques, Swedish and Craniosacral Therapy.

Craniosacral Therapy

Craniosacral therapy (CST) is a gentle hands-on technique that uses a light touch to examine membranes and movement of the fluids in and around the central nervous system.

60min - \$105 + 13% tax

90min - \$135 + 13% tax

Deep Tissue

Deep tissue massage targets chronic tension in muscles that lie far below the body's surface. Deep muscle techniques involve slow strokes, direct pressure or friction movements that go across the muscle grain.

60min - \$105 + 13% tax

90min - \$135 + 13% tax

Swedish

Swedish massage involves long, kneading strokes combined with rhythmic tapping strokes and movement of the joints. This type of massage targets the uppermost layer of muscles and aims to relieve muscle tension.

60min - \$105 + 13% tax

90min - \$135 + 13% tax



Devair

Devair started training as a massage therapist in 1999 in Brazil, his home country. He has had the privilege of learning from many skilled teachers to develop his own innate abilities. Since then, one his passions has been to provide physical and emotional wellbeing for the people he attends. Some of the benefits he provides, in addition to various massage techniques, are; spiritual and physical healing, freeing tensions, balancing energies and identifying ailments.

Relaxation Massage

This massage increases the production of endorphins to enjoy a state of harmony and relaxation. With this soft movement head-to-toe massage, which combines Swedish and Thai techniques, aims to release stress and improve blood and lymphatic circulation, fomenting your physical and emotional wellbeing.

60min - \$135 + 13% tax

90min - \$155 + 13% tax

Deep Tissue Massage

If you are looking to relax your body after physical activity and diminish pain and stress, this massage is for you. It penetrates the deepest layers of muscle tissue, incorporating acupuncture movements in strategic places. This massage will help your body eliminate toxins, increase flexibility and improve your mood.

60min - \$135 + 13% tax

90min - \$155 + 13% tax

Combined Massage

This is a great massage that uses different techniques in a single session. Proving wellbeing to the person who is experiencing this massage and therapy. Circulatory movement of the body and relax the muscles from the skull to the feet. It also acts at an energetic level using Quartz Crystals that clean and transmute energy.

60min - \$135 + 13% tax

90min - \$155 + 13% tax

Manual Lymphatic Drainage

This is a massage therapy technique that consists of applying a gentle massage on different areas of the body, used to improve the circulation of the lymph and lymphatic system as a whole. It aims to improve the immune system, help lymph rectum waste substance to the bloodstream, reduces inflammation or swelling in some parts of the body and decreases cellulitis and helps detoxify the body. Of course, always followed by healthy eating habits and exercise.

60min - \$135 + 13% tax

90min - \$155 + 13% tax

Reflexology and Craniosacral Massage

Therapeutic technique based on the stimulation of points on the feet called reflex zones, which are connected to different organs and body systems. Along with relaxation, you will also improve autoimmune function, priming the body to continue to heal itself. Combining different techniques, this massage works on the head, face, neck and shoulders, activating circulation and oxygenation and elmination accumulated tension.

60min - \$135 + 13% tax

90min - \$155 + 13% tax



Elena

Elena is a Costa Rican Sound Therapist, Reiki Master, Hatha Yoga Teacher, Holistic Psychologist and Vipassana meditator sure that compassion towards oneself and towards others is the key to a better world. Her signature as a therapist is to combine all sessions with a profound empathy and listening in order to tailor each therapy specifically to the patient's wants and needs. May all beings be free and happy.

Abdominal Massage

Based on a mixture of traditional Mayan Abdominal, Thai Massage abdomen work and Reiki, the session offers a deep dive into the area where most of our major organs are located. Although this area is rarely stimulated by other types of therapy it tends to hold powerful emotions. Benefits include improved digestion, reduced bloating, helps with IBS, SIBO, IBD. For women it helps with easier periods, optimized, pelvic health, stronger post-baby recovery and a smoother menopause.

60min: \$105 + 13%tax

Reiki Healing

We are much more than physical beings. Reiki healing is based on energy transfer that reaches the mind, spirit, and body. The potential of Reiki is immense, deeply relaxing and known to help with chronic pain, boost the immune system, enhance the body's ability for self-healing and even root out deeply seated beliefs.

60min: \$105 + 13% tax

90min: \$135 + 13% tax

Self-Discovery Astrology Coaching

"Know thyself" was written in the temple of Apollo in Delphi. Over the ages humans have developed valuable tools for self-knowledge, Astrology being one of the oldest. With the recent Astrological Renaissance, new systems like Gene Keys and Human Design, two astrology-based tools that incorporate timeless wisdom like the I-Ching and the chakra system, are now at one's reach. The consultant will be receiving helpful information that will help to provide guidance in their life-path or to answer any specific questions.

***Note: Exact birth date, time and place must be provided 24 hours before the session.**

60min: \$105 + 13% tax

90min: \$135 + 13% tax



Emmanuel

Emanuel has been involved in bodywork, body movement, spirituality and creativity for more than twenty years. He was certified as a Massage Therapist in 2005, in the teaching of Hatha Yoga in 2009, in the teaching of Anusara Yoga in 2012 and in Thai Massage in 2013. He's also a multifaceted artist, surf lover and mystic.

His holistic approach helps him understand bodywork not only from a technical point of view, but also from his direct experience in his own body and intuition. In his own words: "I've been blessed with the possibility of being devoted to what I love, therefore I honor and celebrate life by embracing and sharing this gift with gratitude and love".

Relaxing Massage

This nurturing massage softens and releases physical and mental tensions and resistances. Gentle strokes and maneuvers are applied along the body through light to medium pressure, inviting the nervous system into a harmonious rest, and surrendering anxious and restless mental states to the silence and peace of the heart.

60 min \$105 + 13% tax

90 min \$135 + 13% tax

Deep Tissue Massage

This powerful bodywork removes tightness and fatigue accumulated in the deep layers of the muscles, either due to demanding physical activity, stress or a sedentary lifestyle. A variety of energetic techniques are performed through firm touch, helping the organism to recover its looseness and freshness. It is an invitation to sink into the depth of your own being.

60 min \$105 + 13% tax

90 min \$135 + 13% tax

Thai Massage

This is an ancient technique from Thailand that combines pressure points upon energetic meridian lines, passive stretching and mobility. It releases blocked energy, increases flexibility, and relaxes muscles and connective tissue, creating a renewed sense of movement and openness. It is a bridge to the true source of wellbeing that is in you.

Please wear comfortable clothing.

60 min \$105 + 13% tax

90 min \$135 + 13% tax



Georgia

Georgia realized she was a healer 5 years ago when she noticed she was attracting people with illnesses and other vulnerabilities into her life. She had already been on the path of yoga, meditation and wellness for many years. She decided to receive training in Integral Healing Yoga Therapy, a bodywork modality similar to Thai Yoga massage, so that she could use her knowledge of the body and energy to help people in a more intimate and gentle way. Since becoming certified in IHYT, she has also received Reiki initiation and integrated Sound and aromatherapy into her healing repertoire for a multilayered experience.

IHYT Thai Massage 1 hour

In this hour session you will experience Integral Healing Yoga Therapy, that incorporates Thai massage, assisted stretching, gentle muscle and fascia manipulation, trigger point and energy work.

60 min \$105 + 13% tax

IHYT and Energy Work 1.5 hours

In this 1.5 hour session you will receive the full Integral Healing Yoga Therapy sequence as well as Reiki, Aromatherapy and sound healing.

90 min \$135 + 13% tax



Gobinde

Taking her 26 years of knowledge in body work to create a tailor session for you. Combining techniques such as reflexology, shiatsu, Swedish or prenatal massage with breath and energy work, shifting stagnant energy in the body to release physical and emotional pain.

Tailored Massage

This massage is open to the specific requests of the patient. Gobinde can combine several techniques to provide the best massage suited for an individual.

90 min \$155 + 13% tax



Ricardo

Dweller of the deep forests of Monteverde, Dr. Ricardo Azofeifa is a Costa Rican Bachelor in Physical Therapy part of the Costa Rican College of Physical Therapists, code 1891, Thai Massage Therapist, Ashtanga Yoga Teacher, physical trainer, contact dancer, capoeira practitioner, cultural manager, student of Buddhist Abhidhamma and Vipassana meditator. Ricardo is an explorer of movement and the different ways it modifies the mind-matter phenomena. This exploration of moving-awareness, the only real truth one can experience, leads to an authentic internal revolution based in introspection, which leads to purification, equanimity and mindful awareness. This approach brings in deep listening as a method to integrate and empathize with the needs of the patient. With the love and amability available moment to moment, it will be a pleasure to serve you.

Decontracting Massage

Decontracting massage helps to liberate substances called endorphins, a type of hormone that act as natural anti-depressant for the organism and that help regulate pain and generate positive feelings of wellbeing. If you wish, a hot compress will be available to increase blood flow and facilitate the depth of the massage. This type of massage is used to relax the muscles and alleviate tensions produced by stress, lack of rest or a bad posture. It is perfect to activate blood circulation and stimulate the lymphatic system. If considered necessary, a percussion gun, electrotherapy, Cupping Therapy or Dry Needling can be used, with prior agreement on the proposed treatment.

60 min \$115 + 13% tax

90 min \$155 + 13% tax

Thai-Yoga Massage

Thai-Yoga Massage is an ancient healing technique. This deep body therapy helps restore vital energy and balance physical, mental and emotional bodies helping us gain flexibility and reach a deep relaxation. It is based on passive stretching with pressure on the muscles, energy lines and vitality points on the body. It is very effective for a gradual opening of the body bringing energy into all the body tissues. Thai Massage improves posture and results in general wellbeing, it is an expression of pure benevolent love, metta-bhavana, an integral therapy and a meditation for the therapist and the patient.

60 min \$115 + 13% tax

90 min \$155 + 13% tax

Back, Neck and Shoulder Massage

A complete massage focused on the back, neck and shoulders, places where stress tends to accumulate. It is a massage of moderate pressure with passive mobility over the articulations. The balance obtained in this area gets transmitted to the rest of the body and is transformed into a pleasant feeling of lightness. If considered necessary, a percussion gun, electrotherapy, Cupping Therapy or Dry Needling can be used, with prior agreement on the proposed treatment.

60 min \$115 + 13% tax

90 min \$155 + 13% tax

Relaxing Massage

The main objective of the relaxing massage is to alleviate tension and to obtain a mental state of deep relaxation, giving priority to soft oscillatory movement. It is specially advisable for people subjected to tense situations, stress, anxiety, slight depression or issues with muscle and circulation.

60 min \$115 + 13% tax

90 min \$155 + 13% tax

Therapeutic Massage

This session consists in manipulation of soft tissues and has the objective to help relieve pain in different parts of the body caused by different factors like traumas, bad posture and stress. If you wish, a hot compress will be available to increase blood flow and facilitate the depth of the massage. The benefits are to distend and relax the muscles, eliminate adhesions, generate tissue flexibility, improve circulation and eliminate organic exudates. Therapeutic massage acts on the nervous system and promotes psychological well being. If considered necessary, a percussion gun, electrotherapy, Cupping Therapy or Dry Needling can be used, with prior agreement on the proposed treatment.

60 min \$115 + 13% tax

90 min \$155 + 13% tax

Dry Needling , Decontracting Massage and Neuromuscular Rehabilitation

Dry needling is an innovative technique exclusive to Physiotherapy professionals that uses needles similar to acupuncture to eliminate muscle pain (myofascial pain), trigger points, contractures and other musculoskeletal ailments. It is defined as a semi-invasive technique because the needles penetrate the skin in search of the trigger point -causing myofascial pain- to press it, deactivate it, end the pain and inflammation. It is the most effective and profound technique for these types of ailments. Modifying the perpetuating factors will allow a structural change in the pattern that generated the Myofascial Syndrome.

60 min \$115 + 13% tax

90 min \$155 + 13% tax

Electropuncture and Decontracting Massage

Electropuncture or percutaneous electrical stimulation is a technique that combines the effects of dry needling with the effects of electrotherapy. It allows the administration of a low-frequency electric current directly in the deep ones, in order to stimulate the large afferent fibers (sensitive fibers) in the locations close to the pathology that originates the pain in order to reduce or eliminate it. It is considered that The efficacy of electropuncture is related to the neuromodulation mechanisms at different levels of the neuraxis, and it has several points of action both at the central and peripheral nervous system levels. Through the electropuncture treatment we achieve a decrease in pain, being able to improve strength, normalize tone at the muscular level, normalize a range of movement at the joint level, improve motor and proprioceptive control and recover skin sensitivity, among others. Request the brochure for more information.

60 min \$115 + 13% tax

90 min \$155 + 13% tax

Electrical Muscle Stimulation and Decontracting Massage

Electrical muscle stimulation (EMS) or electrostimulation uses electrical impulses to activate the contraction of a muscle, in order to increase its volume and modify its activity and metabolism.

- EMS benefits include:
- Decreasing pain
- Promote tissue healing.
- Maintain and recover muscle activity
- It causes greater muscle activation and contraction of the fibers. In these cases they are sent to recruit fibers that would be impossible to reach with voluntary contractions.

Being a type of exercise that does not produce great fatigue, it makes the user have greater endurance during the session. There is an improvement in strength and endurance.

- Improves capillarization
- It offers an elevation of blood circulation, as well as lymphatic irrigation.
- Eliminates toxic substances from the body.
- Collaborate in the recovery after a training session

60 min \$115 + 13% tax

90 min \$155 + 13% tax

Cupping Therapy

Cupping is a type of natural treatment that serves to improve blood circulation in a region of the body. For this, the suction cups create a vacuum effect that sucks the skin, increasing the diameter of the blood vessels in the region. A suction cup will be placed on the surface of the skin to create a vacuum effect, this absorbs the skin and the fat layer of the muscle, even in some occasions it can even move the layers of muscle and separate them from each other. Cupping therapy is a technique used to reduce pain, muscle discomfort and to increase range of motion. Causing an increase in blood and lymphatic circulation, therefore, it increases oxygenation, release of myofascial tissue, relaxation of muscle stiffness and elimination of toxins. In addition to strengthening the blood vessels, it increases the production of synovial fluid within the joints.

60 min \$115 + 13% tax

90 min \$155 + 13% tax

Physical Therapy

Physical therapy is a discipline of health science that offers a therapeutic and rehabilitation treatment to diagnose, prevent and treat symptoms of multiple ailments of both acute and chronic nature. It uses therapeutic exercises, physical agents, for example percussion gun, electrotherapy, hot compress Cupping Therapy or Dry Needling and manual techniques like stretching, traccion and massage therapy.

60 min \$115 + 13% tax

90 min \$155 + 13% tax



Suma

Originally from Germany, Suma has been immersed in holistic treatments for over twenty years, and is trained in the following body-work modalities: Rebalancing / Deep tissue Massage, Holistic Massage and Craniosacral Balancing. Suma holds a degree in Naturopathy, and has graduated from 3 year training in Somatic Experiencing (a somatic approach to the resolution and healing of trauma). In her sessions, Suma tunes into the self-healing rhythms of the client's body as well as the rejuvenating forces of inner silence.

Holistic Massage

Is a body body work approach that is specifically tailored to each client and according to the momentary needs, the treatment considers one's physical, emotional and spiritual wellbeing. Using a blend of dynamic mobilizations, subtle energy work and gentle holds your body can release tension and the nervous system can come back to balance. You will feel nourished in your mind, heart and body.

60min \$105 + 13% tax

90min \$155 + 13% tax

Somatic Experiencing

This is based on the understanding that symptoms of trauma are the result of a dysregulation in the nervous system. Sessions are normally done face to face, but involve a minimal amount of talking about your traumatic experience and then gently release the physical sensations, feelings, thoughts and images related to your traumatic memories.

60min \$105 + 13% tax

Detox Massage with Organic Salt-Lemon Body Scrub

This whole body treatment consists of deeply relaxing, long massage strokes and the application of an Organic Salt-Lemon Body Scrub.

While the massage will increase the overall flow of circulation, the Organic Salt-Lemon Body Scrub extracts toxins from the body, reduces inflammation and also eliminates dead skin cells, leaving your skin regenerated, toned and glowing.

* Note: If you have very sensitive, sunburnt or irritated skin, there is the alternative of an Organic Sugar-Lavender Mint Body Scrub (without the detoxifying benefits).

60min \$105 + 13% tax

90min \$155 + 13% tax

Rebalancing Deep Tissue Massage

Works with a synthesis of deep and soft connective tissue manipulation, joint release, energy and breath work. Through Suma's slow, skillful and deep strokes, tensions and adhesions in the muscle and fascia are released and joints can let go of their rigid movement patterns. Together with the gentle invitation to bring a deeper breath and non-judgemental curiosity to the targeted areas in the body, limiting emotional and mental attitudes can come into your awareness, and what previously has been experienced as stuck, can start to open and move again.

60 min \$105 + 13% tax

90 min \$155 + 13% tax

Cranio Sacral Balancing

Involves light holding of the skull, pelvis and sacrum in barely detectable movements. When the therapist places her hands on you, she is using them to listen to you in much the same way that a counselor might listen to your words. Your body responds to this sensitive touch by beginning to listen to itself. A feeling that you have been heard in the truest sense of the word is a common experience during and after a Craniosacral session, and allows one to settle into a greater calm. Whether you have acute or long-standing physical problems like headaches or bad backs, or wish to let go of fear and emotional tension held in the body, this non-invasive subtle bodywork supports your body's innate ability to balance and restore itself, as well as replenishing underlying energies.

60 min \$105 + 13% tax

Counseling Sessions

During our time together you find the space to explore any issue that you would like to have a deeper look at. With compassionate listening, somatic trauma techniques (Somatic experiencing) and parts work, we will create an embodied sense of safety that allows your nervous system and psyche to gently unpack, unravel and unburden the negative self-beliefs and unprocessed pain related to your issue.

You will relax deeper into your authentic benign and reconnect with its profound sensitivity, joy and love.

60min \$105 + 13% tax



Valerie

She has been practicing Thai massage since 2004, along with teaching yoga since 2002. She had the great fortune of being trained by Margie Meshew in South Florida. Her intention whenever she's working with clients, whether it's teaching yoga, or giving massages, is to help create a feeling of spaciousness in their bodies, hearts, and minds. The definition of Thai massage is "a physical application of loving kindness".

Thai Massage

It is practiced on a thick comfortable mat on the floor. The client wears loose fitting clothing so the practitioner can give gentle facilitated stretches. It starts with reflexology on the feet and then incorporates acupressure along meridians, or "sen lines" of the legs, arms, and spine, all throughout providing stretches to lengthen and loosen stiff joints and muscles. It is especially helpful for tight hips and the lower back and is proven to increase blood circulation.

60min \$105 + 13% tax

90min \$135 + 13% tax



Yuliana

Since college, she was always clear about what she wanted to study at the University, she loved the Physical Therapy career. She saw that with this career she could help people improve their lifestyle. Over the years she realized that this objective could be achieved through massages.

That's when she dedicated herself to be a massage therapist. She loves her work because she feels and sees how she's able to help people who arrive tired, stressed or because of a circumstance are having a bad day. Seeing them come out of therapy with an incredible smile and being told that they feel as if they were floating, that their pain has improved and they feel better seems something incredibly beautiful and fulfills her heart with happiness. Being able to contribute to something so positive with every person she did therapy with makes her really happy and grateful.

Deep Tissue Massage

This therapy focuses on realigning deeper muscles and connective tissue by breaking down muscle adhesions. It is beneficial in relieving pain and restoring range of motion.

60 min \$105 + 13% tax

90 min \$135 + 13% tax

Relaxing Massage

This technique promotes relaxation by increasing the level of oxygen in blood, balancing the nervous system, stimulating circulation and decreasing muscle toxins.

60 min \$105 + 13% tax

90 min \$135 + 13% tax

Lymphatic Drainage

Cleanse from within with this excellent detoxification. Gentle strokes encourage the lymphatic system to eliminate metabolic waste, and toxins.

60 min \$105 + 13% tax

90 min \$135 + 13% tax

Ayurvedic Massage

This cleansing full body coconut oil massage helps eliminate toxins, stress and tension while improving your overall well being.

* Note: warm oil will be used on this massage and a greater amount of oil too

60 min \$105 + 13% tax

90 min \$135 + 13% tax

