



Esencia
— SPA —



Massage Therapy

Massage therapy entails the controlled manipulation of soft connective and muscle tissue to help circulation, facilitate toxin elimination, relieve "knots", and prompt a state of relaxed well-being.

Tandem treatments are to be enjoyed in pairs and are performed simultaneously by two therapists.



Swedish Massage

El Silencio Purifying Revival

Esencia Spa's signature experience. Uses a unique blend of aromatic oils and organic curative herbs. Paired with Thai stretching techniques.

Minutes	Price
90	\$140

Rainforest Aromatherapy

Restorative and uplifting. A combination of Aromatherapy oils and a full body massage helps you reach mental clarity and physical relaxation.

May be performed as a tandem treatment:

90	\$130
60	\$90
90	\$270
60	\$190

Deep Tissue

The therapist uses elbows and forearms to exert targeted acupressure on sensitive "trigger points". Eases away problematic muscle contractures and prompts good posture.

May be performed as a tandem treatment:

90	\$135
60	\$95
90	\$280
60	\$200

Hot Stone

Extraordinarily relaxing. The body is first treated to a light massage. Heated stones are then gently placed over key muscles to allow warmth to flow in soothing waves.

May be performed as a tandem treatment:

90	\$140
60	\$95
90	\$290
60	\$200

Adventure Soother

For active spirits. Blends sport-massage techniques and bio heat to prevent lactic acid buildup and cramps.

90	\$130
60	\$90

Costa Rica Mud Miracle

Nourishing and revitalizing. Uses mineral-rich mud and clay from Costa Rica's volcanoes.

90	\$130
60	\$90

Other Massage Specialties

	Minutes	Price
Thai Combines passive yoga techniques, controlled stretches, and acupressure. With simultaneous deep-breathing exercises.	90	\$140
Reflexology Pressure points in the hands and feet are sequentially stimulated to elicit a thorough and long-lasting sense of well-being.	60 30	\$85 \$50

The Conical Room

Our Conical Room's peculiar shape channels the positive energy that permeates through the surrounding forest to further enhance a treatment's efficacy. The Conical Room is in high demand; we strongly recommend booking your treatment in advance.

El Silencio Purifying Revival

Esencia Spa's signature experience. A relaxing Swedish massage uses a unique blend of aromatic oils and organic curative herbs.

Paired with Thai stretching techniques.

May be performed as a tandem treatment: \$320

90 \$155

Mixed Temperature Stone Soother

Relaxing and invigorating. A light Swedish Massage is followed by placing heated and chilled stones in alternating sequence. The combination of soothing warmth and controlled muscle contractions is uniquely effective in eliciting a lasting state of well-being.

May be performed as a tandem treatment: \$310

90 \$150



Body Exfoliations

A granular base is combined with skin-specific natural ingredients to gently scrub away dead cells using rhythmic circular motions. Impurities are removed and circulation is enhanced to reveal a soft natural radiance.

Choose your favorite ingredients

- El Silencio Coffee & Orange Bliss
- Pineapple & Papaya
- Brown Sugar, Coconut & Vanilla
- Exquisite Orange & Honey

Minutes

60

30

Price

\$90

\$60

Body Wraps

The entire body is covered in a thin layer of a natural product and then cocooned in a thermal blanket. As the soft heat opens up the pores, nourishing and hydrating elements are absorbed deeply for truly noticeable skin benefits.

Choose your favorite ingredients

- Citrus and Light Tropical Fruit
- Soothing Volcanic Mud
- Heartwarming Chocolate
- Invigorating Organic Coffee

75 minutes \$100

75

\$100

Facials

Enjoy the glow of healthy, pampered skin. We feature the ideal natural blends for different complexions. Please have your therapist evaluate your skin type prior to treatment.

60

30

\$100

\$60

For Dry Complexions

- Rose
- Honey
- Avocado

For Oily Complexions

- Papaya
- Volcanic Clay & Honey
- Honey & Oatmeal

For Sensitive Complexions

- Strawberry & Oatmeal
- Cucumber
- Aloe

Esencia Specials

Bundled treatments provide the best value for complete pampered wellness. Indulge and enjoy!

	Minutes	Price
Meditation Duet (two people)	110	\$300

This tandem treatment attunes two spirits to nature's harmonic energy.

Includes:

- Organic Herbal Massage
- Brown Sugar, Coconut & Vanilla Body Exfoliation
- Glass of sparkling wine
- Organic wild blackberries

Coffee Ritual	90	\$130
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Artfully combines full-body relaxation and stimulation.

Includes:

- Hot Stone Massage
- El Silencio Coffee & Orange Bliss Body Exfoliation

Volcanic Bliss	90	\$130
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Enjoy the essential benefits of the mineral-rich clay extracted from Costa Rica's volcanic ranges.

Includes:

- Volcanic Mud Massage
- Avocado Hair Treatment

Important Information

Open daily from 11:00am to 7:00pm.
The last appointment is scheduled for 6:00pm.
For appointments, contact your Eco Concierge at extension #202.
Please arrive 15 minutes prior to your scheduled appointment.
Disclose any issues, injuries, or conditions that may affect treatment.
If you experience any discomfort, notify your therapist immediately.

Cancellations

If you must cancel your appointment, please do so at least 5 hours prior to your scheduled session. Cancellations made less than 5 hours prior to treatment will be billed 50% of the full rate. The charge will be automatically added during check-out.

A Symphony of
NATURAL WELLNESS



El Silencio
— LODGE & SPA —
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