



## **SPA MENU**

# *The Harmony of Renewal*

Immersed in the tropical cloud forest, El Silencio Spa blends crisp mountain air and the crystalline sound of flowing water.

Fresh and organic natural ingredients are the hallmark of El Silencio's Spa & Wellness programs and signature treatments.

Enjoy the pure benefits of nature's gifts as you dispel ordinary stress for extraordinary relaxation.

## MASSAGE

An ancient wellness treatment, massage therapy increases circulation, mobility & relaxation.

Thai		90 min	\$140
Lymphatic Drainage		90 min	\$140
Wave of Four Hands		60 min	\$160
Tandem (for two people)	60 min	\$160	90 min \$250
Foot & Hand	30 min	\$50	60 min \$85

## MASSAGE

Poas Healing Stone	60 min	\$95	90 min	\$140
Rainforest Aromatherapy	60 min	\$90	90 min	\$130
Deep Tissue	60 min	\$95	90 min	\$135
Costa Rican Mud Miracle	60 min	\$90	90 min	\$130
Aprés Adventure Soother	60 min	\$90	90 min	\$130

## BODY POLISH

Gentle exfoliants improve circulation.

Excellent as a pre-treatment for massages and wraps.

El Silencio Coffee & Orange Bliss	30 min	\$60	60 min	\$90
Pineapple & Papaya	30 min	\$60	60 min	\$90
Brown Sugar, Coconut & Vanilla	30 min	\$60	60 min	\$90
Exquisite Orange & Honey	30 min	\$60	60 min	\$90

## BODY WRAPS

Envelop yourself in the purest natural ingredients to detoxify,  
nourish & contour.

Exotic Tropical Fruit	75 min	\$100
Volcanic Mud Dream	75 min	\$100
Organic Coffee Awakening	75 min	\$100

## FACIALS

Reward yourself with the glow of healthy, pampered skin.

*30 minute facials include a post-mask facial massage.*

*60 minute facials include a pre and post-mask facial massage and steam treatment to open pores and facilitate deep cleansing.*

Dry complexions...

Banana	30 min	\$60	60 min	\$100
Honey	30 min	\$60	60 min	\$100
Avocado	30 min	\$60	60 min	\$100

Oily complexions...

Papaya	30 min	\$60	60 min	\$100
Volcanic Clay & Honey	30 min	\$60	60 min	\$100
Honey & Lime	30 min	\$60	60 min	\$100

Sensitive complexions...

Carrot	30 min	\$60	60 min	\$100
Cucumber	30 min	\$60	60 min	\$100
Aloe	30 min	\$60	60 min	\$100

## CONICAL ROOM PROGRAMS

Our mystical Conic Room's peculiar shape has been designed to channel the positive energy that permeates through the surrounding pristine forest to further enhance our signature treatments' efficacy.

The Conical Room is in high demand.  
We strongly recommend booking it far in advance.

El Silencio Purifying Revival Massage (for one person)	90 min	\$155
Hot & Cool Stone Massage (for one person)	90 min	\$150

## EL SILENCIO SPECIALS

Bundled treatments provide the best value for complete wellness.

### Meditation Duet

Tandem treatment. Especially designed to be performed in full synchrony with nature's harmonic energy.

(for two people)

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

110 min    \$300

### Coffee Ritual

Full-body revitalization artfully combines relaxation and stimulation.

(for one person)

- Poas Healing Stone Massage
- El Silencio Coffee & Orange Bliss Body Polish

90 min    \$130

### Volcanic Bliss

Enjoy the essential benefits of the mineral-rich clay extracted from Costa Rica's volcanic ranges.

(for one person)

- Volcanic Clay Mini-facial
- Volcanic Mud Massage
- Avocado Hair Treatment

120 min    \$185

## IMPORTANT INFORMATION

- Open daily from 11:00am to 7:00 pm.
- Last appointment must be scheduled for 6:00 pm
- To make reservations, please contact your Eco Concierge at extension #202.
- Arrive 15 minutes prior to your scheduled appointment.
- Please disclose any medical issues, injuries, and conditions that may affect treatment.
- Notify your therapist immediately if you experience any discomfort.

### CANCELLATION POLICY:

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 to your final check-out bill.

