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Spa Philosophy

Vida Mia is a world class destination spa perched on a high vibrational crystal mountain that was created to serve all healing modalities that begin in nature. With our innovative and organic remedies fused with the wisdom of ancient therapies and the metaphysical powers of the four elements , earth, water, air and fire, we have connected health, beauty, relaxation and healing. We focus on genuine therapeutic treatments and hands on experiences to connect, nurture, protect and heal the Mind-body health systems.

The Facilities

Vida Mia has much to offer with its stunning views from every angle of its 750 square meter structure atop a quartz mountain. The views open through the deep valley and mountain region, with volcanic views that extends to the Pacific Ocean, Nicoya Gulf and Peninsula.

Vida Mia was carefully designed with ancient Feng Shui principles balancing energies throughout the construction of the building to optimize, health, wealth, charisma, love, sex and luck.

The Gratitude Lounge is a resting place with big lush couches to enjoy resting and reading or sipping tea.

The Gratitude Lounge Café and Tea Bar presents a robust natural menu of snacks, smoothies, light lunches and of course sunset platters with Organic and Biodynamic Wines.

The Meditation Deck right below the 'Monkey tree' is a wonderful place to reflect, chant, pray, or be one with nature.

The Quiet Pool is for resting, sunbathing and enjoying the gorgeous view of the Pacific Ocean while waiting for your next healing treatment. There are poolside lounges and hanging pool chairs where food and drink can be served.





The second level holds the changing rooms, an air-conditioned fitness facility, a covered Jacuzzi, and cold-water cascade plus an outdoor covered resting den.

All treatment rooms are named for indigenous healing crystals on the upper level and have open air, or large windowed rooms to connect the guests with the natural surroundings, to bring the outside in to their treatments and to connect them to the healing elements.

BAI is the Vichy treatment room –tiered Costa Rican marble slabs with water jets to massage and clear the body energy with our crystal infused waters.

NEVE is the multipurpose treatment room with outdoor glass shower for wraps, scrubs, massages, and therapeutic oil treatments

AMARAJA is a spacious and luxurious massage room with outdoor balcony facing the Pacific Ocean where one can reminisce in the extensive view while receiving a vast array of healing treatments.

RATANA is a spacious and luxurious massage room with outdoor balcony facing the Pacific Ocean where one can reminisce in the extensive view while receiving a vast array of healing treatments.

MINA is a precious gem of a facial room, cozy and quaint with a view of the feng shui river and lush foliage

ALLIRA An expansive and inspiring Couples Suite with king size hanging Bed, private outdoor shower for two, a double Hydrotherapy and Chromotherapy bath along with sitting tea lounge. The view is ever present with the 25-foot wall size window that opens to the fresh air for a romantic getaway of connecting and healing.

AYURVEDA a room dedicated to our herbalists and medical advisors, Functional Nutritionists and Ayurvedic Doctor to diagnose, prescribe and heal imbalances.

Apothecary just below the meditation deck and just like the ancestors who created their own tinctures, The Retreat grows and cultivates medicinal herbs and makes scrubs, tinctures, oil infusions and creams for therapeutic treatments. The Apothecary is also used for educational events.

Heated Volcanic Clay Bath and Forest Bathing – deep in the forest lies a volcanic clay bath, surrounded by lush greens to heal and energize all the mind body systems.



HEALING TOUCH EXPERIENCES

Being touched by the hands of angels
has the power to heal and shift energies
to a more balanced, flowing nature.

60 MINUTES
\$145

90 MINUTES
\$180

HEAVEN ON EARTH

Being touched by angels is a special treat, and we offer a little slice of heaven in this signature Retreat massage. Delight your senses as if you were in heaven in the delicate hands of our therapist who prepares a delicious lavender scrub with sugar to soften and refresh your tired feet; while calming, protecting and opening your senses to receive a soothing relaxing massage over your whole body using strategic techniques to help release muscle tension and promote an overall body surrender. This is a fantastic treatment for jet lag, travel lag, or simply nestling in "heaven on earth".

60 MINUTES
\$145

90 MINUTES
\$180

HEART OPENING -DEEP TISSUE MASSAGE

"Opening the body, will open the heart, and from there, everything aligns". It is true that stress causes the body to grip and hold. Our "heart opening" deep tissue massage experience is similar to Swedish massage, but goes deeper, releasing chronic stress and muscle tension. We focus on the deepest layers of muscle tissue, to release blockages and increase circulation, reduces stress hormone levels and lowers heart rate while boosting mood and relaxation by triggering the release of oxytocin and serotonin.

COUPLES MASSAGE

60 MINUTES
\$285

90 MINUTES
\$355

Romantic, relaxing and very, very sweet. If you want to create a unique connection between your partner and you; choose this massage. They will love it! Give that special person an unforgettable memory together, a relaxing session of full body massage with aromatic oils in the same room, your perfect date to celebrate the union and a spectacular moment together.

60 MINUTES
\$285

90 MINUTES
\$350

FOUR HANDS MASSAGE

In this four-hand massage, two therapists work simultaneously on each part of the body, maintaining a constant rhythm and a balanced pressure. This double massage provides a unique sensory experience that helps to forget tension and provides a total sense of well-being.

Indicated for those who seek a unique and extraordinary experience.

60 MINUTES
\$140

90 MINUTES
\$180

GENTLE RELEASE - LYMPHATIC DRAINAGE MASSAGE

The lymphatic system is an invisible cellular pathway covering the entire body to protect us from harmful toxins. When toxins and impurities store in the cells they cause swelling and back up. The lymphatic system does not have its own pump to release and drain toxins from the body and therefore must be stimulated by a gentle, light-touch, non-invasive technique. Our "gentle release" brings qualified protocols to stimulate the lymphatic system and drain excess fluid from the body, stimulate toxin, remove impurities and reduce stress, pain and inflammation. This massage is very calming, and meditative, and is best when a soft and natural healing release is desired.



BAMBOO MASSAGE

60 MINUTES
\$145

Little trigger points exist in areas of our body that get “stuck”, they inhibit free movement and lock down areas of tissue and circulation that should be flowing. Our “essential” combines clearing essential oils with bamboo (trigger point) techniques, to access the little areas that inhibit movement. On the body and face, the bamboo is used to detoxify and regenerate energy. Ideal for promoting circulation, enhancing sensory nerve perception, stimulating lymphatic drainage and providing a deep sense of relaxation.

THAI MASSAGE

60 MINUTES
\$140

Traditional Thai massage is an ancient healing system that combines broad and targeted acupressure, stimulation and manipulation of energy lines called sen lines, and assisted yoga postures.

90 MINUTES
\$175

Thai massage is more energizing and vigorous than other classic forms of massage. Thai massage is also called Thai yoga massage, because the therapist uses his or her hands, knees, legs, and feet to move you into a series of yoga-like stretches. Many people say Thai massage is like doing yoga without any work. Muscle compression, joint mobilization, and acupressure are also used during treatment. Discover how Thai massage is relaxing and energizing for the body and energy field.



TRAVEL RECOVERY MASSAGE

60 MINUTES
\$140

The allure of travelling can be lost amid the exhaustion and stress that comes with crossing time zones. Transform jet lag to jet set bliss with our exquisite combination; head, back and shoulder massage with reiki focus in your head, recover your entire spirit and body after or before you travel.

90 MINUTES
\$175

Head massage supports the nervous system by alleviating stress; stimulates the lymphatic system, encouraging the elimination of toxins, improve concentration and relieve migraine pain, relieves chronic neck and shoulder stiffness; increases oxygen uptake in tissues and improves circulation.

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by “laying on hands” and is based on the idea that an unseen “life force energy” flows through us and is what causes us to be alive. If one’s “life force energy” is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

REIKI

60 MINUTES
\$140

Reiki is a form of alternative medicine developed in 1992 by Japanese Buddhist Mikao Usui, using a technique called palm healing or hands-on healing through which the chi, a universal energy, is transferred through the palms to the patient in order to encourage emotional and physical healing. This treatment is performed on your entire body.

AROMATHERAPY MASSAGE

60 MINUTES
\$150

Plant materials and aromatic plant oils along with other aroma compounds improve psychological and physical well-being. Using 6 different essential therapeutic oils we transfer the healing aromas of eucalyptus, lavender, rosemary, geranium, mint and sandalwood through topical application, massage, inhalation and water immersion to stimulate a desired response.

60 MINUTES
\$140

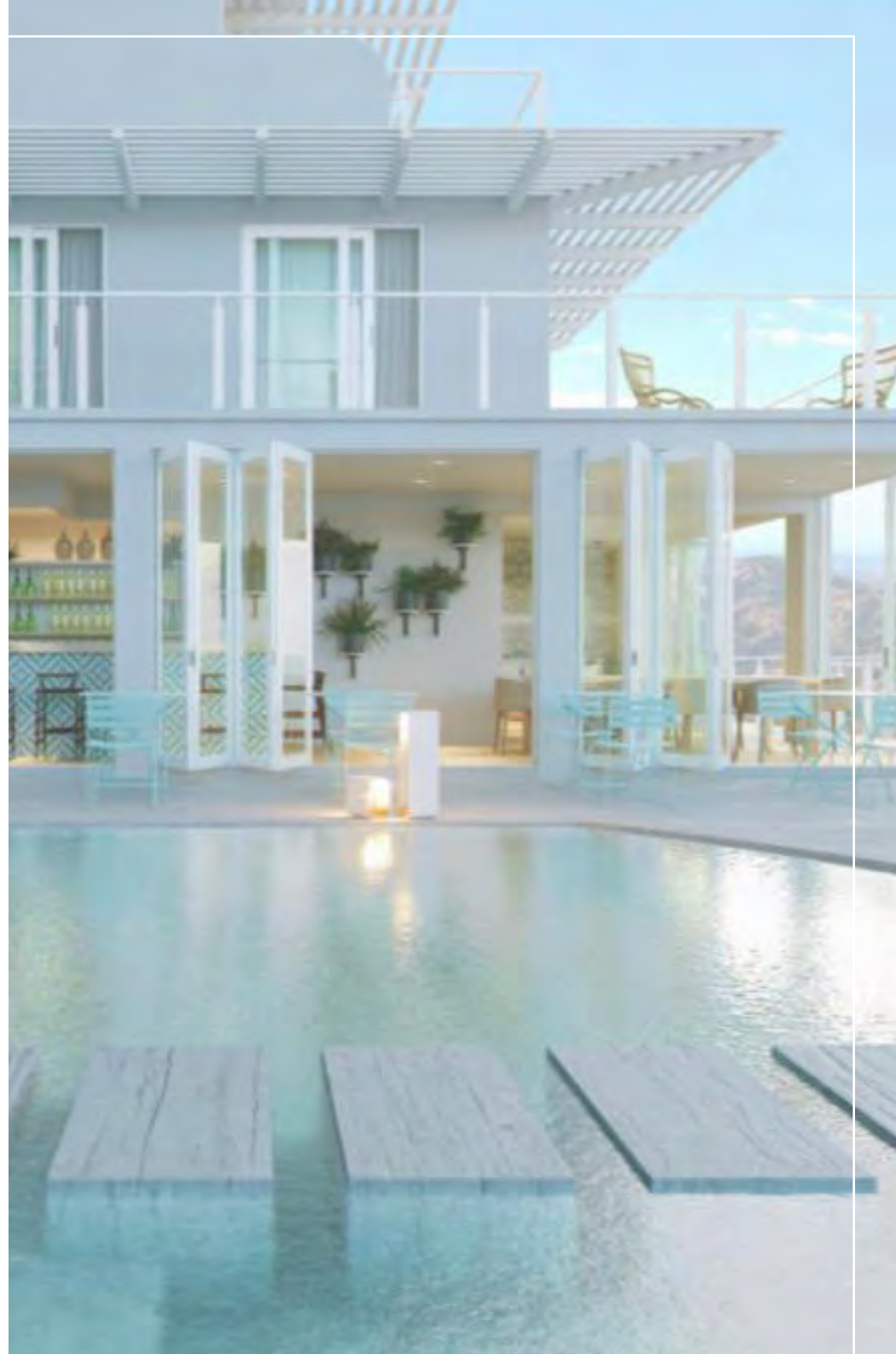
REFLEXOLOGY

The reflexology also known as zonal therapy, is an alternative medicine based on the application of pressure on the feet and hands with specific techniques of digit pressure, without the use of oil or lotion. When applying pressure on the reflex points and energetic canals we correct internal malfunction, promoting and maintaining health, and treat specific diseases.

CUPPING MASSAGE

60 MINUTES
\$140

Cupping Massage increases blood flow and oxygen circulation for myofascial release. By using the cups to lift and pull the skin from the facial walls, it increases a lymphatic flow and muscle tension release. Cupping is also used for detoxifying the tissue and muscle memory that may be holding inflammation. Our therapist combines the suctions with a gentle touch to create a beneficial and relaxing treatment.





FARM TO SPA RITUALS

Our "Farm to Spa" organic and delicious edible therapies are designed with the philosophy that all food is medicine. Our products are handcrafted fresh from the garden in our kitchen to bring you an exclusive experience that will nurture, relax, detox, enhance your beauty and incorporate natural healing into your life.



ORGANIC FRESH FACIALS

The Retreat Spa facials are simply delightful skin food directly infusing plant power into the cells to give you nourishment and create a fresh and healthy glow.

TROPICAL FRUIT SMOOTHIE

60 MINUTES
\$150

A refreshing and clearing beauty treatment made with fresh tropical fruits. Beginning with a delicious oat and banana smoothie cleanser to moisturize and tighten the skin, bananas are nature's Botox and can slow signs of aging. Followed by our fresh pineapple toner and papaya and chia enzyme mask to exfoliate dead skin cells. And finally a goat milk yogurt and honey mask to moisturize and seal the nourishment into the skin. Our delicious garden fresh aloe plant moisturizer is then applied. With each layer of delicious skin food, the therapist moves the lymphatic system massaging and relaxing all parts of the face, neck and décolleté as well as exfoliating and gently massaging your hands with trigger point release for facial muscles.

RADIANT SUNSHINE

60 MINUTES
\$150

Give your skin a radiant glow with this next generation of superfood microdermabrasion. Beginning with a fresh avocado, lemon and oatmeal scrub to exfoliate, cleanse and soothe the skin, followed by a cucumber toner, and then a tomato and chia seed mask to eliminate dead skin cells, we finish with a moringa and green tea mask to beautify and rejuvenate the skin. Moringa has the anti-aging qualities of Zeatin and green tea is loaded with antioxidants to help fight the signs of aging. Our delicious garden-fresh aloe plant moisturizer is then applied. Our Superfood Glow is naturally decongesting and anti-inflammatory. Your skin will have a smooth, calm and re-balanced look, while encouraging a consistent and clear complexion. With each superfood layer, the therapist moves the lymphatic system massaging and relaxing all parts of the face, neck and décolleté as well as exfoliating and gently massaging your hands with trigger point release for facial muscles.



EDIBLE BODY MAGIC

We believe if you can't eat it, it doesn't belong on your body. 60-70% of all body treatments are absorbed immediately in the tissue. The healing qualities of our fresh ingredients quickly penetrate the cells and makes magical changes that are instantly visible. Our hand-crafted formulas are 100% natural.

THE MINI MIRACLE-COFFEE SCRUB

60 MINUTES
\$145

Costa Rican coffee scrub penetrates the skin and dilates the cells to reduce the appearance of cellulite. It's our "mini miracle" treatment that provides an antioxidant effect, stimulates and tones the skin. Our coffee scrub increases circulation and remove dead skin impurities, then gentle circulation of our delicious coffee scrub exfoliates and infuses the skin with its smoothing properties. After a rinsing in the shower, we apply a cinnamon tea tonic to improve the reduction of fat and thermogenic and finally apply a light moisturizing with gentle and relaxing movements.

THE GLOW COCONUT SCRUB

60 MINUTES
\$145

The benefits of Coconuts are astounding every part of the coconut is harvested to create this unique scrub. "The glow" increase circulation and remove dead skin impurities, then gentle circulation of our delicious coconut scrub will eliminate dry, flaky skin, soothe mild eczema, stimulate circulation to reduce cellulite and stretch marks, and reveal smooth, glowing skin. After rinsing in the shower, we apply a ginger tea tonic to improve the reduction of fat and thermogenic and finally apply a light moisturizing with gentle and relaxing movements.

60 MINUTES
\$150

GARDEN FRESH-HERBAL SCRUB

Fresh from our garden, this combination of Costa Rican lemon grass and fresh herbs is amazing for your skin. "Garden fresh" increase circulation and remove dead skin impurities, then gentle circulation of our therapeutic scrub will brighten your skin, detoxify and stimulate good vibes for mental clarity and focus. After rinsing in the shower, we apply a rosemary tea tonic to improve the reduction of fat and thermogenic and finally apply a light moisturizing with gentle and relaxing movements.

THIN MINT - CHOCOLATE MINT SCRUB

60 MINUTES
\$150

Romantic and delicious, that's how you will feel after slathering yourself with this sweet and invigorating scrub. "Thin Mint" increase circulation and remove dead skin impurities, then gentle circulation of our decadent recipe that will leave your skin soft and smelling sweet. Chocolate has amazing detoxifying benefits that will refine pores, energize cells, improve circulation for cellulite reduction. After rinsing in the shower, we apply a mint tea tonic to improve the reduction of fat and thermogenic and finally apply a light moisturizing with gentle and relaxing movements.





DETOX AND ENERGY BALANCING RITUALS

Healing begins when the body releases
that which does not serve it and fills it
with all things that bring light.

INFRARED SAUNA FULL BODY HEAT THERAPY

25 MINUTES
\$70

A very restful and peaceful release for ultimate detox, weight loss, and circulation.

40 MINUTES
\$105

This therapy consists of applying heat evenly to the entire body (except the head) with the use of an infrared sauna. Excellent complement after Abhyanga or any other oil massage to detoxify your body and help the medicated oils further penetrate into all your tissues. During the infrared heat therapy, the therapist Uses a cold compress for your eyes and brows, and then gently releases the tension with a subtle cranial massage and pressure point release

FAR INFRARED AND CHROMOTHERAPY TREATMENT

25 MINUTES
\$70

Color therapy is an alternative **therapy** that uses colors and their frequencies to heal physical and emotional problems. Chromotherapy has been used by healers for thousands of years in all ancient traditions. Color therapy also works on various energy points to help balance your body via the full spectrum of visible light, each color addressing a distinct need.

40 MINUTES
\$105

Indicated for help enhance circulation, skin tone, modulates sleep, ease pain, arthritic issues, protect against oxidative stress, relax, tighten, ignite weight loss and body detoxification.

COLOR- BALNEOTHERAPY (HYDROTHERAPY BATH)

25 MINUTES
\$75

Vida full spectrum purification

Bathe in luxury and light with the full spectrum of color therapy and water therapy.

Balneotherapy also called the water cure, involves the use of water for pain relief and stress treatment, rehabilitation, depression, circulation, immune boosting, detoxifying and cleansing.



VICHY SHOWER MASSAGE

40 MINUTES
\$110

Our Vichy shower is a holistic hydrotherapy that has seven adjustable shower jets to caress your body under an invigorating waterfall. The therapist adjusts the pattern, placement and temperature of the jets to achieve a massage treatment with water and at the same time performs with her hands a deep massage for the entire body.

When all 7 jets are lit, there are about 50 liters of water flowing over your body, producing in many people the sensation of floating in the water. The effect of so much water movement on your skin is to increase blood circulation, hydrate the skin and relieve the nervous system, allowing your body to balance and relax your muscles.

TURKISH HAMMAN BUBBLE RITUAL

40 MINUTES
\$150

This is a unique and amazing ritual where we prepare the body by cleansing and exfoliating with a special olive oil soap from Turkey and scrub using a special glove called KESE. Then the therapist massages the body with a special foam treatment to relax and moisturize and finally wrap with magical bubbles that penetrate for purification. The entire treatment is done in our special Vichy Shower room where the jets massage and relax the muscles for a perfect and balanced treatment.

BEMER

25 MINUTES
\$55

40 MINUTES
\$85

The Bemer mat uses a pulsed electromagnetic field as a vehicle to deliver a specific pulsed therapy that increases circulation in small blood vessels, benefiting regenerative skills and even mental agility, relieves pain and is a preventive treatment that improves health vitality and energy in general. Simply lie down and relax as the system begins to move your blood rapidly through the small capillaries of your body, healing, detoxifying and placing you into a calm meditative state. This is excellent for eliminating jet lag, increasing circulation, and mobilizing all areas of the body.

IONIC DETOX TREATMENT

60 MINUTES
\$115

To improve the quality of life, one must work to eliminate any negative energies and toxins from one's life. On a day to day basis, we are exposed to, consume and generate toxins regularly that can produce innumerable pathogens in the body. Ionic detoxification is a foot bath therapy which allows the release of these toxic elements through the feet. This therapy is located in the branch of anti-aging medicine and has been used for decades to pull or vacuum out negative toxins that inhibit life's greatest joy- health. The therapist begins with a refreshing foot scrub before relaxing for 30 minutes as your feet release pathogens- and detox. After the treatment, your feet are cleared and finished with a relaxing foot massage.

VIBRA PRO DETOX TREATMENT

90 MINUTES
\$195

This is the best combination of training and a relaxing detox. The whole-body vibration training consists of standing on a platform that vibrates in a designed way to stimulate your hormonal, cardiovascular, lymphatic, and nervous systems simultaneously. 10 minutes is equivalent to a 1- hour workout as it stimulates all the muscle fibers and helps to eliminate toxins in the tissue.

As part of the benefits it decreases the workout time, increases strength beyond resistance training, positive hormonal effect, weight loss, increased bone density and muscle mass and much more. With steam therapy promptly after your vibration, and a green tea detox infusion, we enhance the detoxification and then follow up with a 60 minute detoxifying lymphatic drainage massage. This is a wonderful option for those who enjoy feeling physically revitalized!



MINERAL INFUSION

SEAWEED WRAP TREATMENT

75 MINUTES
\$155

Algae therapy consists of an envelope of marine algae that provides the body with mineral sales and highly concentrated trace elements, allowing the states of malnutrition and food imbalances of the whole class, to provide the proteins and friends that revitalize our body, the effective treatment against fatigue states, demineralization states, chronic rheumatism, functional constipation, weight overweight and premature aging. Seaweed has a high calcium and iron content, absorbs all kinds of components, especially vitamins, A, B, C, E, F and K, as well as proteins and a large amount of minerals. The treatment begins with aromatherapy and dry brushing to open the senses, followed by an herbal tonic rub, then smothered in an algae solution wrap for 30 minutes. After showering, the therapist provides a moisturizing massage to infuse the body for long lasting effects.

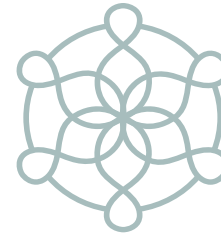
WATSU THERAPY

60 MINUTES
\$140

This Massage is based on Zen Shiatsu movements and performed in a swimsuit in a warm therapeutic pool. The technique is performed one on one combining pressure applied by the fingers to specific points and exercises to stretch the meridians, Watsu promotes a deep, meditative, sense of relaxation, to inspire the natural regeneration of body and mind

The therapist trained in the technique accompanies your breathing, creating a space where you can safely explore unusual states of consciousness. stimulating your parasympathetic nervous system (PNS) which calms the body and mind, maintains and restores energy levels, stimulates digestion, lowers blood pressure, boosts the immune system and releases endorphins needed to combat sadness, stress and depression





CRYSTAL HEALING THERAPIES

Our crystal therapies promote physical, emotional and spiritual healing by positively interacting with your body's energy field. Each crystal therapy has its own healing properties to bring about balance and ignite desires.

CRYSTAL HEALING FACIAL EXPERIENCE

BALANCING GEM

60 MINUTES
\$190

Inspired by their healing properties, many crystals hold an energetic healing vibration which can relax, soothe, uplift and rejuvenate the cellular tissue above and below the surface of the skin. This 60-minute facial treatment begins with inflammation reducing Jade eye covers, a *crystal quartz* exfoliation, followed with a *rose quartz clay masque* and a crystal infused rose mist plus a rejuvenating lymphatic facial massage using gem sculpting tools to refine lines and balance the skin tone.

THE ROYAL FACIAL

60 MINUTES
\$190

A Silver and Gold facial to uncover the treasures of your skin, dousing it in the elements of Kings and Queens. Preparing the skin with a *Selenite scrub* for purity and power we then apply Ionic *Silver White Kayolin* clay masque infused with *Helichrysum* for a gentle and effective removal of toxins and impurities and then lavish the face in a nurturing and enriching gold masque infused with *myrrh* to smooth and strengthen the elasticity in the skin.



CRYSTAL HEALING BODY EXPERIENCES

CRYSTAL QUEEN OF CALMNESS

60 MINUTES
\$205

Reveal the Queen of silky-smooth skin by gently exfoliating crushed *amethyst* and ultra hydrating coconut oil to lavish the body in this royal treatment known for its revitalizing energy. *Amethyst* crystals improve skin tone and texture and help to preserve and restore a youthful luminous appearance. This 60 minute scrub treatment also offers a vichy crystal water infused massage followed by a deeply hydrating glowing *rose quartz* Body oil infused with *Moroccan Rose* and *Night blooming Jasmine* for your whole body.

LIFE FORCE ENERGY HEALING

60 MINUTES
\$200

Ignite your life force energy, heal hardships or heart ache with this crystal ritual scrub and body healing. *Amber* is almost unsurpassed as a stone of healing. *Amber* has the ability to absorb negative energy that may be causing pain/illness and transmute it into positive energy that can heal the affected area. By exfoliating the negative energies with the crushed amber, followed by a Vichy crystal water infused massage and then lathered by an *Aquamarine -Release blend ointment with Ylang ylang*, which is a calming crystal that soothes the soul and brings about stress relief and the ability to release anger and rise above it all to a higher, healthier, and happier place of understanding.

A LUCKY LIFE

60 MINUTES
\$190

Empower your inner zest for life! *Green Aventurine* is known as a stone of opportunity and good fortune, this crystal is thought to be the luckiest of them all. It's said to be a powerful force of attraction for prosperity, wealth, and growth. It will help you to embrace change and increase your confidence. The 60-minute aventurine body scrub will remove obstacles and increase your creativity, motivation, and enhance your ability to be an effective leader in any given situation. After a Vichy Crystal Water infused massage, a misting of *Black Tourmaline* and a *Myrrh Abundance oil blend* for enhancing magnetic energy and to create the law of attraction through thoughts by electrical stimulation of the somatids and cells to supercharge prosperity and abundance.

SELF LOVE

60 MINUTES
\$185

Garnet has long been celebrated by the Metaphysical community for its intense ability to promote emotional healing. Applying a body scrub of *Amber* and *Garnet* combined together to increase its potency, the negative emotional scars of the past disappear allowing unbelievable focus to pursue one's dreams. This combination of healing crystals greatly increases one's ability to manifest desires. The treatment is then followed by a Vichy crystal water infused massage and then lathered by a *Garnet –Dreamy oil blend with blue tansy and bergamot* to restore energy and increase self love and help to connect with your true passion in and for life and make all your dreams come true.

PINK GODDESS EMPOWERMENT

60 MINUTES
\$195

Reconnect with your own shine, by basking in the power of *Pink aventurine* as it brings out truth and joy and increases positivity, self confidence and helps you find your true inner power. Applying an alluring mauve body scrub of *Pink Aventurine* can light a creative fire and release feelings of entanglement and entrapment to find your inner breath and peace. The treatment is then followed by a Vichy crystal water infused massage and then lathered by a *Citrine* oil and Sacred Sandalwood to magnify your purpose, clear your mind and resonate deep within your soul to compel you in pursuit of your dreams.



TRANSFORMATION AND ACCEPTANCE

60 MINUTES
\$190

Move gracefully through life transitions with the power of crystal energy. *Selenite* is a stone of transition and connecting you to your higher self. A *selenite scrub* infused with *transformation essential oil* blend will lead to recovery of the past and guide you to a divine life purpose. The treatment is then followed by a Vichy crystal water infused massage and then lathered in a *Rose Quartz and Acceptance Oil Blend of Rosewood, Geranium and Frankincense* to connect you with your inner inspiration and arouse your aura to bring a great sense of self love, peace and personal contentment.

DIGITAL DETOX

75 MINUTES
\$180

Shungite is said to absorb negative energy and EMF waves. It can purify the energy of a space and bring light back into your aura. This 2 billion year old creation has only been found in the Karelia region of Russia. It's almost pure carbon and contains Fullerenes. These Fullerenes are setting the scientific community on fire with their ability to purify water, act as an incredibly powerful antioxidant. This 75 minute treatment is meant to reverse some of the adverse effects of tech devices. Starting with a 20 minute *Shungite* hydrotherapy bath to absorb free radicals from the radiation that is emitted from our phones computers and tablets. The *Shungite* makes the free radicals inert, making them easier to eliminate from the body. Because the entire treatment is meant to be a digital detox, the therapist uses a black *shungite* and *Peppermint powder scrub* to target parts of the body that are specifically strained from constant device use, like the neck, chest, shoulder, hands, and forearms. The treatment finishes with a *frankincense* and *Ylang Ylang Body Oil* rub to release EMF disturbances.

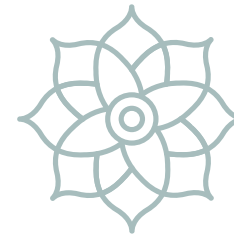
CRYSTAL HEALING FOR COUPLES

A SENSUAL LOVE JOURNEY FOR COUPLES

120 MINUTES
\$490

A ritual created to strengthen a couple's heart connection, 120-minute journey begins with a side by side *amethyst scrub*, to revitalize the energetic connection between two bodies, followed by an intimate outdoor crystal infused shower to clear old energies and make room for a heart connection. A *moonstone dust* and Sensation oil hydrotherapy bath to ignite love, eroticism, stimulate the kundalini energies and carnal desires, adding color therapy to ignite all the chakras that bind a couple. The bodies are then lathered in a *Rose Quartz and Orange essence body oil* which corresponds to the Heart Chakra, the energy center of Unconditional Love. Lovers are placed on a floating bed, with chakra stones to align their connection with stimulating music designed to bring tantric energies. After a 20 min private and restful sound meditation, the therapist returns with a ceremonial chocolate tincture that stimulates oxytocin, the "love hormone".





AYURVEDA MENU

Ayurveda in Sanskrit means “Life Knowledge”

Over 6,000 years ago, Ayurveda practices were developed as one of the world's most sophisticated and powerful Mind-body health systems.

Ayurveda is based on the wisdom and principles of the Sages of India and is designed to help people stay vibrant and healthy while realizing their full human potential.

With the belief that the mind and body are connected, and nothing has more power to heal the body than the mind, Ayurveda focuses on intrinsic connection of both, using mindful practices, diet, and herbal compounds and remedies to prevent and treat any dis-ease.

Ayurveda focuses on preventative medicine and incorporates many ancient traditional medical practices within its system. The benefits of Ayurveda are a balanced life and freedom from disease. Ayurveda also redeems beautiful and glowing skin, improved concentration, stress free living, revitalized energy, relaxation and Anti-aging benefits.

In Ayurveda, the treatments are comprised of 5 elements:

- **Element Earth** (Mud Therapy) - Prithvichikitsa
- **Element Water** (Hydro therapy)-Jalachikitsa
- **Element Air** (Air therapy)-Vayuchikitsa
- **Element Vacuum** (Detoxification therapy) - AkashChikitsa
- **Element Fire** (Heliotherapy) - Agni Chikitsa

Every human is unique and each one represents an individual genetic code that takes part in forming our mental and physical Characteristics. In Ayurveda, there are biological principles or constitutions called Doshas:

- **Vata**-air-water
- **Pitta**- fire-water
- **Kapha**- water-earth

The three doshas are derived from the five elements, also known as mind-body types. Each dosha expresses our unique proportion or blends of physical, mental and emotional characteristics. An Ayurvedic health program provides a dynamic state of mind, body and environment balance.

**"THE OBJECTIVE OF THE SCIENCE OF LIFE IS
ESTABLISHING EQUILIBRIUM OF THE BODY
ELEMENTS"**

CHARAKA SAMHITA



AYURVEDIC MENU

DISCOVER YOUR AYURVEDIC CONSTITUTION

**90 MINUTES
\$190**

According to Ayurveda, the best path to regaining health is to learn about one's individual Ayurveda constitution. This is known as Prakruti.

An individual consultation with a Vaidya (Sanskrit word meaning "physician") with their knowledge of human nature is a proper healing tool when seeking effective physical or emotional healing treatments.

Once one understands their unique Prakruti, our Ayurveda therapists, will prescribe diet, proper exercise, herbs and specific habits and behavioral modifications that should be implemented to induce the doshas (Vata-Pitta-Kapha) to go back to balance.

****Ayurvedic practices are best done consecutively and consistency to begin the healing practice. We offer discounted packages of 15% off for 5 or more treatments purchased in advance for optimal healing potential*



AYURVEDIC HERBAL OIL MASSAGE

ABHYANGA

A deeply relaxing and rejuvenating massage with traditional Ayurvedic herbal oils to promote detoxification, improve circulation, calm the nervous system, nourish the skin, and support immunity. Abhyanga is performed by one or two therapists working in a synchronized manner, leaving you in a total state of bliss.

**2 HAND
MASSAGE
60 MIN. \$200**

**4 HAND
MASSAGE
90 MIN. \$335**

ABHYANGA PLUS

Combining a 40minute Heat therapy with Abhyanga or any other oil massage, helps to detoxify your body and help the medicated oils further penetrate into all your tissues. Therapist will apply cold compress to eyes and brow and perform subtle cranial release toward the end of treatment to enhance detoxification and release of stress.

**40 MIN. \$105
ADDITIONAL**

AYURVEDIC HERBAL SCRUB

UDVARTANA

This therapy stimulates the renewal of your skin and the rejuvenation of your entire body by gently scrubbing with powdered, aromatic Ayurvedic herbs like fennel, cocoa, curcuma, rosemary. Preparation begins in the steam room before entering the therapy and finishes with a complete body moisturizing application of herbal aromatic oil.

This treatment helps to cool the body down, while drawing out toxins and moisturizing your skin.

**60 MINUTES
\$175**



AYURVEDIC HERBAL MUD THERAPY

PRITHVI CHIKITSA

60 MINUTES
\$185

Mud is one of the five elements of nature having immense impact on the body in health as well as disease. Delight with our special mud ritual which has a remarkable effect to invigorate and vitalize the body. Our mud is procured for detoxification, boosting of the lymphatic system and metabolism, body contouring, temporary inch-loss, skin tightening, and skin softening. It is applied over the entire body and then the body is wrapped in a plastic with a heat blanket to help with absorption of the minerals, followed by a hydrotherapy vichy shower.

AYURVEDIC BLISS THERAPY

SHIRODHARA

60 MINUTES
\$245

Enjoy the gentle and continuous flow of warm herbal oil over the third eye region of the forehead. This ancient blissful therapy is designed to pacify the subtle aspects of all the doshas, nourishes the nervous system, promoting relaxation, tranquility and calm the mind for clarity and peace. Each session begins with a warm oil massage of the head, neck and shoulders to invite the body to deepen into relaxation.

When done in a series, it can help with certain neurological and mental imbalances as well. Because of the profound effects it has upon the consciousness, it has often been called "Bliss Therapy."

INFRARED SAUNA FULL BODY HEAT THERAPY

BASHPA SWEDANA

25 MINUTES
\$70

A very restful and peaceful release for ultimate detox, weight loss, and circulation.

40 MINUTES
\$105

This therapy consists of applying heat evenly to the entire body (except the head) with the use of an infrared sauna. Excellent complement after Abhyanga or any other oil massage to detoxify your body and help the medicated oils further penetrate into all your tissues. During the infrared heat therapy, the therapist Uses a cold compress for your eyes and brows, and then gently releases the tension with a subtle cranial massage and pressure point release.

LOCALIZED HEAT THERAPY FOR PAIN RELIEF

NADI SWEDANA

60 MINUTES
\$155

This type of heat treatment focuses on specific areas of the body to reduce pain and rigidity. This is a perfect therapy for those suffering from acute or chronic pain anywhere in the body. Our therapist will apply healing oils liberally in the areas of discomfort in a soft circular motion to increase circulation, and then place you into the Infrared Sauna treatment dome for a 40 minute sweat. Using a cold compress for your eyes and brows, the therapist will then gently release the tension with a subtle cranial massage and pressure point release.

AYURVEDIC HOT STONE MASSAGE

SHILA ABHYANGA

60 MINUTES
\$155

90 MINUTES
\$190

Ayurvedic Swedana therapy is used to promote healing and longevity by releasing tension and connecting the flow of prana (vital energy) throughout the body. It stimulates the circulatory system, helps to release toxins, induces deep relaxation, relieves pain and muscle spasms. Sessions involve a deep massage with the use of Ayurvedic herbal oils and the application of basalt stones of different sizes in key points on your body.

ENERGY POINT THERAPY AND MASSAGE

MARMA

60 MINUTES
\$150

This therapy is a specialized form of Ayurvedic Acupressure which incorporates massage with herbal oils and the application of heat with herbal pastes to specific points based on individual needs. This treatment energizes organs and tissues, removes energy blocks throughout the body, relieves pain, promotes circulation and decreases stress. It stimulates vital marma points to energize organs and tissues, while promoting overall blood circulation. It will make you feel relaxed yet energized and vibrant at the end of each session. Complementary to this treatment we include gems and crystals to equilibrate your entire body.

AYURVEDIC THERAPY TO RESTORE STRENGTH AND VIGOR

SWEDANA

60 MINUTES
\$160

A combination Abhyanga (Ayurvedic Massage) and Pinda Sweda (vigorous massage with medicinal herbal bundles) to restore strength, tone, and vigor- especially recommended for nervous system disorders, generalized weakness, loss of strength, and muscle tone. It improves blood circulation strengthens digestion and restores vigor to all your bodily tissues, is beneficial in degenerative conditions and can help the body rebuild muscular tissues, to promote vitality and longevity.

THE AYURVEDIC TRIFECTA

145 MINUTES
\$230

The ultimate trifecta is a combination of all treatments defined as healing, detoxifying, balancing and protecting, based on heat, water and oil. The Detoxification process begins through a sweat therapy of far infrared healing heat, allowing the body to surrender and open to receive the purification of hydrotherapy where the muscles relax and relieve tension before the herbal oil healing massage that will rejuvenate and invigorate. This is best done in a series of treatments for optimal results.

75 MINUTES
\$150

SHANKARA AYURVEDA LUXURY CLEANSING BALANCING FACIAL

Luxury treatment that has immediate effects of facial rejuvenation, this exclusive cosmetic line created with 100% organic products, free from alcohol, parabens and other chemicals, has an ayurvedic formula that balances each skin type, is rich in antioxidant actives to revitalize and protect your face. Upon evaluation of your skin type and dosha, we follow a personalized protocol treatment of 4 customized products that will renew your skin and your senses.

KANSA WAND CHAKRA THERAPY

Kansa wand therapy is an Ayurvedic healing technique to align the chakras, soothe the nervous system, heal, relieve tension and pain. Using ancient Indian oils, the Kansa wand is made of a very special copper "the healing metal" for healing the balance and alignment of the energy system is applied on the face and neck to rejuvenate the skin, reduce stress and provide a gentle facial lifting therapy. This is a very relaxing treatment and induces a meditative state.

ADD ON TO YOUR FACIAL: 20 MINUTES / \$40

BACK NECK AND SHOULDERS, HANDS AND FEET:
60 MINUTES / \$140

THE WHOLE BODY EXPERIENCE: 90 MINUTES / \$175





AESTHETIC MENU

Vida Mia incorporates modern aesthetic equipment with our all-natural products to infuse and deepen the healing properties and beautifying experience

ANTI-AGING FACIAL

60 MINUTES
\$160

Regain firmness, smooth lines and improve skin tone with our anti-aging treatment, an Ideal choice to rejuvenate dull and lifeless skin. After a deep facial cleansing with our farm to spa facial products for your skin type, we apply the aesthetic micro currents to penetrate the nourishment into the dermis, to help protect and restore the skin on a cellular level.

SMOOTHING COLLAGEN THERAPY

60 MINUTES
\$170

A Stimulating facial therapy to increase the production of collagen and intensely hydrates the skin to reduce fine lines and wrinkles. By using nature's power of vitamin C during the treatment we focus on giving your face the ideal components for optimal nourishment. With a combination of citrus, avocado and honey to infuse the cells, we then complement with the aesthetic micro currents to increase the production of collagen that gives structure to your skin causing the reduction of wrinkles.

HYDRO-FACIAL

60 MINUTES
\$165

The Vida hydration treatment, will achieve a greater proportion of water in the skin and increased collagen formation, elasticity and reticular fibers through different techniques to begin a true process of rejuvenation. The hydration and facial cleansing releases the skin of environmental pollutants and impurities that keep your skin opaque, we use natural healing products that provide the necessary nutrients to create a natural glow. We apply an ozone therapy along with the micro currents that will achieve the water retention that your skin so desires.



SKIN TIGHTENING REMEDY FACIAL

60 MINUTES
\$165

The remedy for flaccid or loose skin is not easily targeted with just diet or exercise. Our skin tightening facial cleans, nourishes and protects with 'farm to spa' ingredients for your skin type and then stimulates with high frequency to release impurities and toxins in the layers of skin along with tightening through galvanic micro currents. Finishing with a relaxing lymphatic drainage massage to flush the face of excess fluids and toxins, targeting the cheeks, under the eyes and the neck where loose skin seems to gather. This treatment will leave the skin tight and glowing.

BRIGHTENING FACIAL

60 MINUTES
\$165

This treatment is designed to reduce facial discoloration and facial spots that are difficult to eliminate. During the treatment we remove the superficial layer of the epidermis through microdermabrasion helping to destroy the pigmented cells and also help the cells to renew, we use a corrective anti-stain exfoliation to speed up the depigmentation process of the skin, the results are visible after one session, and with each additional session, there will be marked improvements.

MINERAL INFUSED ACNÉ

60 MINUTES
\$165

Our Acne treatment will help to eliminate the bacteria that causes acne, by getting rid of excess oil on the skin and purifying with high frequency micro currents and high potency oxygen (ozone therapy). The infusion of 11 essential minerals will help to balance and restore the proper PH and prohibits future breakouts.

MICRODERMABRASION FACIAL

60 MINUTES
\$170

Microdermabrasion is also a cell renewal treatment that removes the superficial layers of the skin, using micro-diamond tips that make a "polishing" of your skin, renewing it immediately, it is ideal for wrinkles, skin spots, skin aging and renewal of collagen on the skin. The aesthetician strokes the skin with a wand thoroughly removing all dead skin cells that will leave your skin looking radiant and fresh!

KOBIDO FACIAL

60 MINUTES
\$165

A firming and tightening treatment to stimulate the muscles in your face that need "exercise" to stay firm and supple. This treatment is focused on giving your skin that muscle tone you need by stimulating the sleepy facial muscles and activating circulation with a stimulating Japanese facial massage called "Kobido" and adding the necessary nutrients for your skin to generate cells and support the structure inside. Imagine taking your face to the gym for a passive workout and gaining all the benefits of a hard workout. Your skin will look rejuvenated and healthy.

MICRO-NEEDLING DERMA PEN FACIAL

60 MINUTES
\$170

This treatment is stimulating and extremely effective as each of the thousands of small puncture wounds induces the release of growth factors that initiate the process of wound healing. These factors stimulate the release of collagen and elastin in the skin which is the goal of any skin rejuvenation treatment. The new collagen and elastin improves the quality and texture of the skin, making it feel smoother and firmer, helping to correct and blur wrinkles, facial blemishes, surgical scars and fine lines, as well as the marks left by acne.

It is a safe treatment and you will love the results!



YOGA AND FITNESS MENU

The connection between body and mind is so powerful that moving the body in gentle ways will calm the mind and conversely the mind can heal the body.

AYURVEDA YOGA

PRIVATE
\$100

Yoga for your 'dosha' type is the ultimate way to move your body for proper balance and alignment. In Ayurveda, India's traditional medical system, each one of us has an inborn constitution, or prakriti, that shapes our bodies, minds, and predilections. "Dosha" in Sanskrit literally means "that which becomes imbalanced." This reflects the Ayurvedic belief that people of different constitutions, left to their own devices, often make lifestyle decisions and choose yoga practices that tend to put them further out of balance. Ayurveda Yoga works with your dosha to place the body back into balance.

Kapha is stable and strong

Pitta is passionate and highly intelligent.

Vata is in constant motion, creative and high-energy.

PERSONAL FITNESS

1 SESSION
60 MINUTES
\$85

10 SESSIONS
60 MINUTES
\$720

Vida Mia offers a physical fitness personal training service in our spectacular gym with panoramic views of the crystal mountain equipped with everything needed for cardio training, aerobics, anaerobic, strength and physical endurance.

Before performing any physical activity, we undertake a Fitness Profile, that is, an anthropometric study that evaluates the percentage of fat and body mass as well as the distribution of fat in each part of your body. Training with the same trainer during your stay will help to ensure that your goals are met while you are here. With your training session, you will also have access to all the amenities of the spa and all the necessary attention to make your stay in the spa a unique and exclusive experience.

Included in your One-on-one training sessions with our highly experienced coach is an initial Fitness profile, consultation, personalized fitness plan, and postural assessment.

PRIVATE YOGA AND BODY ALIGNMENT

PRIVATE
\$100

Focus on your personal goals and breathe freely in a private session with our yoga instructor. Working one on one with an instructor can be very rewarding and expansive, learning to move through poses and breathing with ease. Whether you are a beginner or simply want to go deeper into your practice, this time is all yours. It can be a very therapeutic session of moving beyond boundaries and finding a deeper connection with yourself. Each of our instructors brings their personal expertise and healing touch to the session. It is a true bonding experience that offers trust and the ability to surrender into a deep sense of calm. Body structure and alignment are very important when finding balance in life, and these sessions will prove to help immensely with all aspects of life. With personal yoga, you will find the proper techniques to avoid injury when taking yoga home with you



SPA POLICIES AND GENERAL INFORMATION

Open daily: 10 am to 8 pm

Reservations

To guarantee your treatment schedule request, please make your reservation well in advance. If you are not a hotel guest, a major credit card is required to guarantee your scheduled time.

Cancellation Policy

Treatment times are reserved especially for you. We kindly request that any cancellations or changes to your treatment time be made at least four hours in advance for single appointments and 72 hours in advance for three or more appointments. A credit card is required to hold your reservation. If you do not cancel by the required time or miss your appointment, your credit card will be charged in full.

Quiet Atmosphere

To maintain the healing vibration of the spa, we ask you silence your cell phones and electronic devices upon arrival.

Arrival

Please arrive at least 15 minutes prior to your scheduled appointment so you can decompress and make full use of the spa facilities. Regretfully, untimely arrivals may be subject to reduced treatment time to remain on schedule for subsequent guests.

Valuables

For your convenience, lockers are available to store your personal belongings. We cannot be responsible for lost or stolen items.

Gratuity

Our staff works with true passion to help you achieve your highest vibration. While gratuity is optional and at your discretion, it is kindly appreciated and accepted.





For Your Safety

Guests with medical conditions are advised to consult their doctors prior to booking any spa services. Kindly inform your spa technician of any existing medical conditions by completing a Guest Check-In form prior to receiving your treatments. Vida Mia reserves the right to discontinue service for any reason to ensure the safety of all parties.

Minimum Age Requirements

Spa services can be enjoyed by men and women with a minimum age of 16 years in case of receiving any kind of treatments from our menu parents must fill out the authoritative parental consent sheet.

Spa Etiquette

Smoking is strictly prohibited in all areas of the spa. Any inappropriate behavior of an aggressive, violent or sexual nature, will give reason to evict client from our spa facilities.



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All spa treatments prices do not include Costa Rican taxes and gratuity.