

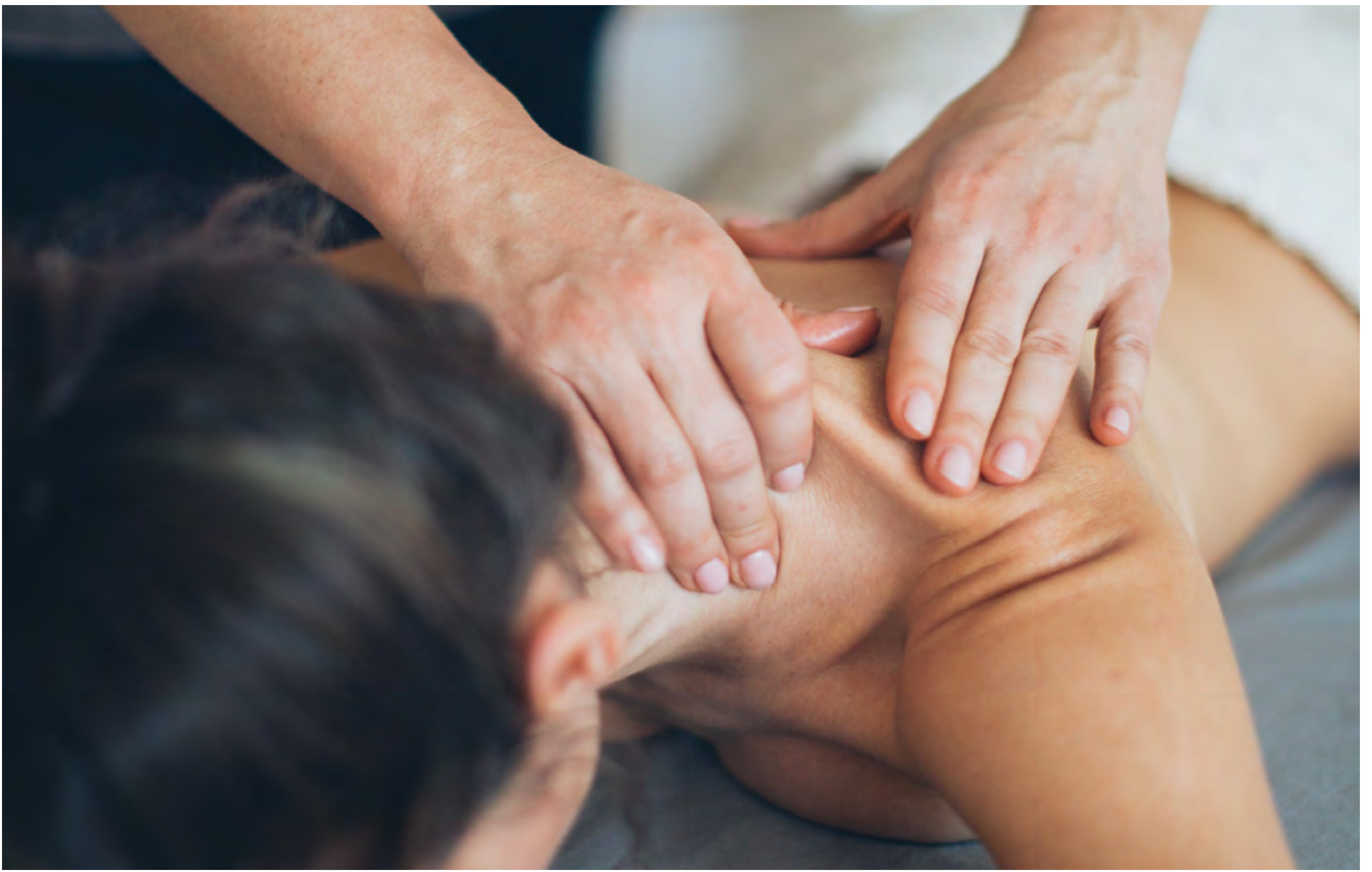
ARENAL MANOA

SPA



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## MASSAGES

### **Back and Neck \$40 (30 minutes)**

A massage in which the pressure is applied on the neck and back.

### **Swedish \$55 / \$75 (40 min / 1hr)**

A relaxing muscular massage in which the pressure goes towards the heart, in the same direction as the blood flow.

### **Deep Tissue \$85 (50 minutes)**

A deep massage in which pressure is quickly applied on connective tissues. The therapist massages elbows, forearms, and palms to relax the muscles.

### **Aromatherapy \$85 (1 hour)**

Aceites esenciales que una vez aplicados provocan una reacción de relajación y claridad mental.



### **Reflexology \$45 (30 minutes)**

A massage that consists in applying pressure on specific points on the feet to treat organs or body systems connected to those pressure points.

### **Hot Stones \$85 (60 minutes)**

Meditation therapy using stones at different temperatures.

### **Beautiful Legs \$45 (40 minutes)**

Relax and fill your legs with oxygen with this massage that takes advantage of the benefits of concentrated mud.

### **Bamboo Massage \$85 (60 minutes)**

A muscular relaxation technique that uses bamboo to treat problems of the circulatory system.



## FACIALS

### **Essencial Cleansing \$45 (45 minutes)**

Ideal to remove impurities and toxins, resulting in a radiant looking skin.

### **Mini Facial \$30 (25 minutes)**

Exfoliation, cleansing and face mask depending on the type of skin. Ideal for people with a normal type of skin.

### **Exfoliation \$65 (45 minutes)**

Deep body cleansing to prevent aging, remove dead skin cells and other impurities.



## ESPECIALES

- Manicure \$35
- Pedicure \$50
- Manicure and Pedicure \$70

### **Body Wraps \$65 (45 minutes)**

Body wraps are ideal to boost energy and help with the absorption of minerals and vitamins.

### **Arenal Massage \$100 (75 minutes)**

Swedish massage and mini facial.

### **Natural Balance \$110 (90 minutes)**

Swedish massage and papaya wrap.

### **Natural Harmony \$110 (90 minutes)**

Swedish massage and coffee exfoliation.

### **Manoa Package \$160 (1:45 hrs.)**

Hot stones, mud wrap and a mini facial.



**Tropical Package \$140 (1:45 hrs.)**

Swedish massage, fruit exfoliation or wrap and a mini facial.

**COUPLES PACKAGES**

**Romance \$280 (1:50 hrs.)**

Hot stones, fruit exfoliation or wrap and a mini facial.

**Sweet Company \$230 (1:30 hrs.)**

Swedish massage, chocolate wrap and chocolate mask.

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