



TRAVEL

HEALTH, WELLNESS & GREEN

TRAVEL IN
COSTA RICA

ANNA RODGERS

10 UNIQUE AND SUSTAINABLE PLACES TO STAY

Costa Rica is 'the' destination on so many travellers must visit list. Not only is it one of the most beautiful countries in the world, it is now also a Mecca for the health conscious traveller. Green and environmentally conscious travel is huge in Costa Rica, yet travellers must be aware, that they are actually choosing somewhere that is practicing what they preach and not just advertising they are.

Here is a top ten list of sustainable places that are: trustworthy, serve healthy food, offer yoga and spa treatments, and also support their local community, whilst minimising their energy, waste and environmental impact.



1. HOTEL PUNTA ISLITA

Easily one of the most beautiful beach and mountain resorts in Costa Rica, Hotel Punta Islita is also one of the most supportive of the local community. Villas and rooms all have serene views of the pacific ocean, or jungle and surrounding mountains. The villas have their own private garden with spa (some have a pool), hammock and lounge chairs. Staff are excellent here as is the gourmet fusion food. There is a private beach club with hammocks hanging from wild coconut trees where they serve delicious meals. A large pool with swim up bar overlooks the ocean. Guests can play golf here too.

Rates start **US \$275** per night
hotelpuntaista.com



2. LATITUDE 10

Situated a few short steps from the stunning Santa Teresa beach, lies Latitude 10, an exclusive and elegant resort surrounded by jungle. With five luxury villas, this intimate setting allows the traveller to have complete privacy and is ideal for couples on honeymoon. Single travellers will also enjoy the peace and tranquillity as it's a perfect place for reading and relaxing. The resort can completely rented out for special events. Yoga classes and spa treatments can also be arranged.

Rates from **US \$245** per night
latitude10resort.com



3. BLUE OSA

Recently opened, The Blue Osa is a yoga retreat and training school, on the Osa Peninsula, one of Costa Rica's most beautiful spots. This French chic and Zen-influenced resort boasts a chemical free lap pool and impressive yoga studio which overlooks the manicured lawns and beachfront. Yoga is taught by Aaron, who has trained with some of the most respected yoga teachers in the world. Blue Osa holds month long teacher training courses throughout the year. Accommodation includes 3 daily meals prepared by the fabulous French chef Maree.

Rates from **US \$150** per night
blueosa.com



4. PLAYA NICUESA

Set on the Golfo Dulce, this rainforest lodge is one of the most popular locations in Costa Rica for nature lovers and families to visit. The jungle setting is spectacular and accommodations offered are 1 or 2 bedroom open air villas (with outdoor showers), and the main guest house which is ideal for families. Yoga is taught on a beautiful deck right next to the ocean. The lodge is available for private groups, perfect to hold a yoga retreat with activities such as hiking, kayaking, sustainable tours, and a visit to the nearby Osa Wildlife Sanctuary.

A truly fun and unforgettable place to stay!

Rates from **US \$160** per person
nicuesalodge.com

5. ARENAS DEL MAR

Right near Manuel Antonio National park lies Arenas Del Mar, a luxury resort. Ideal for couples, families and honeymooners, it has a private beach club, restaurants and two chemical free pools, one, a few steps from the water's edge. The suites all have their own private deck and some have a two person Jacuzzi overlooking the pacific ocean. Spa rooms look out into the rainforest and their hot stone massage is amazing.

Rates from **US \$300** per night
arenasdelmar.com



6. TABACON GRAND THERMAL SPA

A trip to Costa Rica is not complete without a visit to the famous Tabacon Hot springs. Set amongst tropical forest lies a nature wonderland, hot thermal waters flowing from the nearby active Arenal Volcano. Guests who stay at the hotel have access to the hot springs, where you can bath, dine and swim till late. Highly romantic, the honeymoon suites at the hotel include: enormous spa bath, 4-poster bed and direct view of the Volcano. Guests are spoiled with many surprises such as fruit platters, champagne, chocolates, and personal attention. Tabacon spa is one of the best in Costa Rica, offering unique treatments. Try the 'Temazcal' sweat lodge ceremony. Not for the faint hearted but those who try it claim they come out a different person. Yoga is taught daily by the hot springs.

Rates from **US \$275** per room
tabacon.com



7. FINCA ROJA BLANCA

This uniquely designed hotel, actually started 'Green Tourism' 20 years ago, as they were the first to incorporate sustainability practices so others began to follow suit. The owner is a successful artist, and shows this artistic flair throughout the hotel with bright and creative features in all aspects of the hotel. There is also an organic coffee farm where guests can take tours to learn about coffee production. You can visit the spa, and yoga retreats are held here throughout the year.

Rates start at **US \$250** per night
fincarosablanca.com



8. EL SILENCIO LODGE

For an unforgettable stay, El Silencio is truly magical. 16 private lodges set amongst valleys high up in the cloud forest, where the misty mountains and scenery reminds you of movies such as Lord Of The Rings. With three waterfalls on the property, hiking is popular with private guided walks for each guest. There is an organic greenhouse, stunning yoga deck and unforgettable spa. Each lodge has their own spring water stone Jacuzzi. Try the Volcanic Mud Massage which is removed outside under a blissful rainforest shower.

Rates from **\$ 365** per night
elsilenciolodge.com



9. FINCA DA VIDA

Finca Da Vida, which means 'Farm of Life', is an affordable holistic lifestyle retreat set on 33 lush acres high up in the mountains, which allows the guest a chance to regenerate, relax, learn, heal and, perhaps leave forever inspired and changed. After years of serious illness, Brian and Jody Calvi, healed themselves with raw food and by connecting back to the power of nature, with sun, spring water, barefoot walking and positive thinking and now, they are educating inquisitive guests with their successful methods. All suites have a deck, hammock, private bathroom, comfortable bed, organic towels, plentiful hot spring water and unforgettable views. Yoga is taught on a beautiful open air platform situated on the highest part of the property where the view can often stretch right over to the Pacific Ocean. They also offer generously discounted rates for month long stays. Spa treatments, including massage, colonics, and Reiki, are available.

Rates from **US \$55** per night which includes all you can eat organic fruits, veggies and greens.

fincadavida.com



10. BAMBOO YOGAPLAY

Dominical is one of the most popular places to visit in Costa Rica, due to its hip surfing community. It is now home to Bamboo YogaPlay, a retreat, studio, yoga school and boutique, owned by Sofiah Thom and her husband Brendan. Sofiah is touted to be the next 'Shiva Rea' due to her mesmerising yoga and dance performances and lessons. Guests stay in rooms made from shipping containers, which have air conditioning and beds have super comfortable orthopaedic mattresses. Locals and non guests can drop by and take a class in the stunning yoga studio that looks out over the river which is 5 minutes away from the beach.

Rates from **\$55.00** per night

bambooyogaplay.com



GETTING THERE
Air Canada flies twice a week
from London to San Jose
International Airport
approx cost **£727.43**

Transit in Costa Rica was with
natureair.com - the world's
first Carbon Neutral Airline.