

Packages

Chocolate Tides

At the end of this treatment your skin will look radiant. A facial with chocolate mask, a chocolate wrap and, as a final touch, 30 minutes massage with chocolate oil - creates a delicious state of relaxation. 2 hours.

Swiss Moon

After exfoliating and wrapping your entire body with a Swiss mix of oats, milk and honey you will be treated to a facial and a luxurious 30 minute body massage leaving your skin luminously smooth. 2 hours.

Costa Rican Golden Sunset

One will never forget a sunset in Costa Rica and its warmth. Your masseuse will exfoliate your entire body with sugar and cinnamon, a delicious cleansing process, combined with a hot stones massage that will leave you with a glorious sunset feeling 2 hours.

Additional Services

Daily Special

One of our extraordinary massages combined with aromatherapy and exotic tropical treatments.

Four Hands Massage

Two masseuses simultaneously working your muscles on both sides of your body, head, hands and feet will leave you never satisfied with only one pair of hands again. The perfect synchronization of hands which never leave your body will bring you to a whole new level of relaxation. Must be experienced to be believed!

Manicure Spa

This complete manicure begins with a warm hand bath, scrub, nails and cuticle care, plus hand massage. Choose from our many nail polish colors to complete your manicure.

Pedicure Spa

This complete pedicure begins with a warm foot bath, scrub, nails and cuticle care, plus massage. Choose from our line of fine nail finishes to leave your feet lovely for the beach or pool.

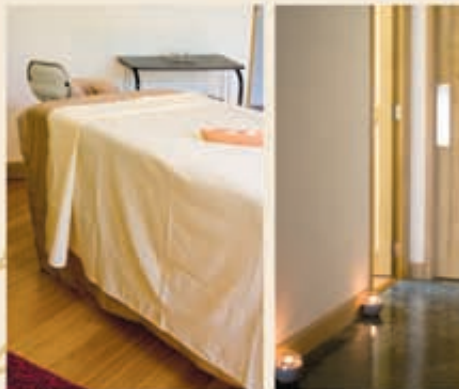
Also available regular manicures and pedicures (without hands or feet massage and exfoliating treatment).

Please ask about the Las Brisas Spa depilation services.

Arenas Del Mar Beach & Nature Resort

Tel. (506) 2777-2777
www.ArenasDelMar.com

Manuel Antonio, Costa Rica.



Las Brisas Spa

Immerse yourself in luxury and enjoy our sumptuous treatments and relaxing massages while being lulled by the sounds of the sea and the breezes flowing through Las Brisas Spa.

Arenas Del Mar Beach & Nature Resort

www.ArenasDelMar.com



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Massages

Swedish Massage

The most widely known form of massage, Swedish massage works the muscles using a combination of effleurage (pressured stroking), friction, vibration, kneading and tapping to increase blood flow and improve general well being. 60 minutes or 90 minutes

Deep Tissue Massage

A combination of Swedish massage and pressure points, deep tissue massage works muscles at deeper levels to loosen muscle tissues and release muscular tension. 60 minutes or 90 minutes

Lymphatic Drainage

A specialized massage that improves lymphatic circulation and helps eliminate bodily toxins; lymphatic drainage is recommended for those with a tendency to retain fluids. If pregnant, lymphatic drainage should only be administered in the second and third trimesters of pregnancy. 60 minutes.

Brisas Massage

This house massage is a mix of relaxation, reflexology and therapeutic techniques that work to take you into a marvelous state of relaxation. 90 minutes.

Basaltic Hot Stone Massage

This is a combination of a relaxing massage with the precise placement of heated volcanic stones on the body; basaltic hot stone massage allows the heat to utterly penetrate the muscles, releasing muscular tension and transporting you to a state of profound relaxation. 60 minutes or 90 minutes.

Nemo Massage

This gentle massage is recommended for children or in addition to your favorite treatment. 30 minutes.



Facials

Basic Cleansing Facial

This essential cleansing facial will clean and tone your complexion using traditional techniques. This treatment ends with a light facial massage and a nutritive moisturizing mask. 60 minutes.

Caviar Facial

With its deeply moisturizing and lifting qualities, the unique properties found in caviar are highly recommended for those with sun-exposed and sensitive skin. After traditional facial cleansing, caviar will work to nourish and hydrate your skin, leaving it healthy, radiant and smooth. A perfect treatment to rejuvenate during your sun-filled, tropical vacation. 60 minutes.

Collagen Veil Facial

The collagen veil facial is a super moisturizing treatment recommended for those with dry, delicate or sun fatigued skin. This excellent regenerative treatment option helps to recover damaged or tired skin and to diminish expression lines leaving you with a natural glow. 60 minutes.

Mini Facial

An excellent choice in addition to your favorite massage, this mini facial includes deep cleaning and reconditioning of the skin. It is also an excellent choice for children. 30 minutes.

Wraps & Scrubs

Healing Aloe Wrap

Aloe Vera has healing and nutritive properties that are particularly soothing after exposure to the sun. This delightful wrapping relieves and soothes sun exposed skin and hydrates and oxygenates your skin. 60 minutes.

Detoxifying Algae & Mud Wrap

The therapeutic properties of mud help alleviate rheumatism and stimulate blood flow, while algae improve lymphatic circulation. Together mud and algae energize your metabolism, help detoxify your system, and create a state of extraordinary well being. 90 minutes.

Chocolate Wrap

This delicious treatment begins with an aromatic chocolate scrub followed by a smooth chocolate wrap that stimulates the production of endorphins, known as happiness cells. You emerge from your treatment with soft and radiant skin. 60 minutes.

Dead Sea Salt & Green Tea Scrub

Dead sea salt and green tea lotion help to detoxify the body, exfoliate dead cells and reduce cellulite and the orange peel effect improving the skins overall appearance. 90 minutes.

Coconut Scrub Polish

The coconut scrub polish gently exfoliates dead cells with a combination of natural grated coconut and oils that nourish the skin with vitamins and nutrients, leaving it smooth and velvety. 90 minutes.

Citrus Salt Scrub

Revitalize with this deep cleansing of your entire body. You will feel refreshed and revitalized and leave with the delicious scent of tropical citrus on your skin. 60 minutes.

Ylang Ylang Sugar Scrub

The fast cleaning properties of sugar with the delicious aroma of Ylang-Ylang, the exotic frangipani flower, will leave your skin rejuvenated. 30 minutes.

