



LAS BRISAS WELLNESS CENTER

TREATMENTS & MESSAGES MENU





'TAKE REST; A FIELD THAT HAS RESTED GIVES A BOUNTIFUL CROP.'

- OVID, ROMAN POET -



LAS BRISAS EXPERIENCE

TRANQUILITY OCEAN VIEW LOUNGE

Retreat to a comfy lounge while you sip on our delicious chilled water. This tranquil pre and post-treatment ritual offers you the perfect opportunity to simply kick back with a good read in complete stillness and serenity.

CHOOSING TREATMENTS

Our therapist team is happy to offer advice to ensure you choose treatments specifically suited to your special needs. Treatments may be combined to make unique wellness experiences. Gift Certificates are available for all treatments.

OPENING TIMES

Las Brisas Wellness Center is open every day from 12 pm to 8 pm. Please dial extension 4 from your room's phone to book an appointment; if we cannot take your call as we are busy giving treatments please dial 5 for Reception, they will book it for you.



MASSAGE THERAPY

LAS BRISAS SIGNATURE MASSAGE

Las Brisas signature massage is a customized massage with light to medium pressure, stretching, tailored aromatherapy and foot massage that creates a personalized relaxation experience in combination with botanical blends to improve distress.

<i>50 min</i>	<i>\$85</i>
<i>80 min</i>	<i>\$120</i>
<i>110 min</i>	<i>\$150</i>

AROMARELAX

Customize this restoring and soothing massage with a choice of aromatherapy blends. This light to medium pressure massage is perfect to enhance circulation, melt away stress and revive your senses. A healing therapy for the mind and body.

<i>30 min</i>	<i>\$50</i>
<i>50 min</i>	<i>\$80</i>
<i>80 min</i>	<i>\$115</i>
<i>110 min</i>	<i>\$145</i>



BRISAS HOT ROCKIN'

A deeper level of peace and tranquility with the heat emitted from the smooth river stones penetrating deeply into your muscles melting away tension and stress. The stone placement on the body in combination with hand and stone massage will transport you into bliss and bring the deep sense of balance you desire.

70 min *\$110*
90min *\$130*

AUTHENTIC AROMATHERAPY TREATMENT

Enjoy an all-natural, sense-seducing escape from the everyday world. Nourish the skin, eliminate toxins and strengthen the immune system while establishing equilibrium of mind, body and spirit. This fragrant, back and feet treatment using pure botanical essences is the ultimate healthy pleasure. Just breathe.

30 min *\$50*



DEEP TISSUE

If you feel the need for an especially deep massage, put yourself in our expert therapists' hands for an intensive massage experience focused on releasing deep muscle layers. This is the ultimate muscle meltdown.

<i>30 min</i>	<i>\$60</i>
<i>50 min</i>	<i>\$95</i>
<i>80 min</i>	<i>\$140</i>
<i>110 min</i>	<i>\$180</i>

LYMPHATIC TREATMENT

Extremely light, sequenced strokes stimulate the movement of lymphatic fluid, thereby cleansing the body. Excellent for reducing pain, fluid retention, chronic inflammation, sinus conditions, headaches and sprains.

<i>80 min</i>	<i>\$120</i>
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TWO BY TWO LAS BRISAS MASSAGE

Share the Las Brisas Experience with someone special with a side-by-side massage. This session is perfect for couples, friends or family members who want treatments together as two therapists use two side-by-side tables.

50 min *\$160*

80 min *\$220*

110 min *\$270*

(Prices are per couple)

CHILLAX NEMO SESSION

A customized relaxing session designed for child to unwind and be "still." Aromatherapy washcloths, cool cucumbers, hand and foot treatments will leave them relaxed and ready for a good night's sleep. Suitable for kids between 5 and 10 years old.

30 min *\$40*



FOOT AND LEG REJUVENATION

Exploring the natural wonders of Costa Rica can be quite exhausting. This focused foot and leg massage may enhance blood flow to your muscles, reduce inflammation around the joints, and relax your entire lower body. Enjoy relief from muscle soreness and fatigue.

40 min *\$60*

BACK, NECK AND SHOULDERS

Rid yourself of the tension in your back, shoulders, and neck. This focused massage releases tension and restores comfort to this typically tense area. (Please note that this is not a full-body massage).

40 min *\$60*



THAI MASSAGE

Thai massage, sometimes called "yoga massage," originated in Buddhist monasteries as preventive health care for the monks. Using slow, gentle rocking movements, the therapist applies compression with thumbs, palms, elbows, knees and feet to stretch soft tissues and harmonize vital energies. This graceful therapy, which is given on a futon, leaves you relaxed, energized and more flexible. Please wear loose, comfortable clothing.

80 min *\$120*

REFLEXOLOGY

This ancient therapy works on reflex points each representing different parts of the body and organs. Stimulating these points restores the natural flow of energy and improves the functions of the organs, generating even from the very first session a state of relaxation and pain reduction.

45 min *\$65*



BODY & FACE TREATMENTS

ENERGIZING COFFEE SCRUB

An exfoliating body therapy that polishes skin while reducing cellulite and enhancing circulation. This treatment can be customized to relieve stress or energize. Good for all skin conditions, except sensitive or sensitized skin.

50 min *\$85*

DETOXIFYING ALGAE & CLAY WRAP

The therapeutic properties of clay help to alleviate rheumatism and stimulate blood flow, while algae improve lymphatic circulation. Together clay and algae energize your metabolism, help detoxify your system, and create a state of extraordinary wellbeing. A personalized mini facial is included.

50 min *\$85*



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 and face.

50 min *\$85*

ORGANIC MINI-FACIAL

A highly effective mini facial that utilizes organic products to reveal renewed radiant skin. Suitable for all skin types.

40 min *\$50*



RED FRUITS BODY SCRUB

This deeply hydrating exfoliation, high in antioxidants, combines delicious, vitamin-rich strawberries, blackberries and poppy seeds. The fruity scrub stimulates collagen fibers, acting to firm up the skin. Recommended for any age.

50 min

\$85

CHOCOLATE ORANGE BODY WRAP

The ultimate treat for chocoholics, this heavenly scented body wrap sees cocoa-rich formulas applied to your skin. Chocolate is known for its anti-ageing, toning and softening qualities. Includes an organic mini facial.

50 min

\$85



DAY WELLNESS PACKAGES

DETOX AND SLIMMING

Detoxify and kick-start your body, restoring the balance and allowing yourself to feel completely revitalized.

- 30 min Green Tea Body Scrub
- 50 min Algae Clay Wrap
- 80 min Lymphatic Massage
- Green juice

\$240

MANLY

Give him a chance to take a break and escape in the ultimate wellness experience.

- 50 min Deep Tissue Massage
- 30 min Coffee Body Scrub
- Choose either a 1hr Surf Class or 1hr Workout Session
- Protein smoothie

\$170



ROMANTIC GETAWAY PACKAGE

The Romantic Getaway Package is for any couple enjoying an intimate stay at Arenas del Mar. This generous package is thoughtfully designed to make the very most of your time together!

- 80 min Couples Massage
- 50 min Yoga Class
- Choose either a Night Walk Tour, Sunset Walking or Bird Watching
- Two Glasses of Wine

\$380

FAMILY ESCAPE PACKAGE

Enjoy the precious moments of tranquillity and experience pure relaxation with your family. The package includes 5 mini sessions of 30 min, each of which can be enjoyed by different family members.

- Back Massage
- Mini Organic Facial
- Leg Massage
- Head and Shoulder Massage
- Foot Massage

2h 30 min \$270



ENERGY WORK & HEALING

EMOTIONAL FREEDOM TECHNIQUE

The Emotional Freedom Technique or EFT is a powerful tool that unites acupuncture (without needles) psychology and thinking. The purpose of this approach is to remove the unconscious blockages that create a permanent state of stress in the body: releasing real obstacles to experience inner peace, harmony and healing. If you are interested in this treatment please arrive 10 mins prior to your appointment.

Mini Session; complimentary before any of your treatment

MINDFUL BREATHING

Every treatment is enhanced by helping your scattered mind focus and relax. A great way of doing this is to focus on a single object that is always with you: the movement of the breath in the body. This short breathing session is a brilliant introduction to mindfulness and a way to receive your therapy in a more relaxed manner. If you are interested in this treatment please arrive 10 mins prior to your appointment.

Mini Session; complimentary before any of your treatment



REIKI

Rei - Universal Energy + Ki - Vital Energy

Reiki is a form of natural healing through the imposition of hands, in which the reikist helps restore the harmony and free flow of vital energy.

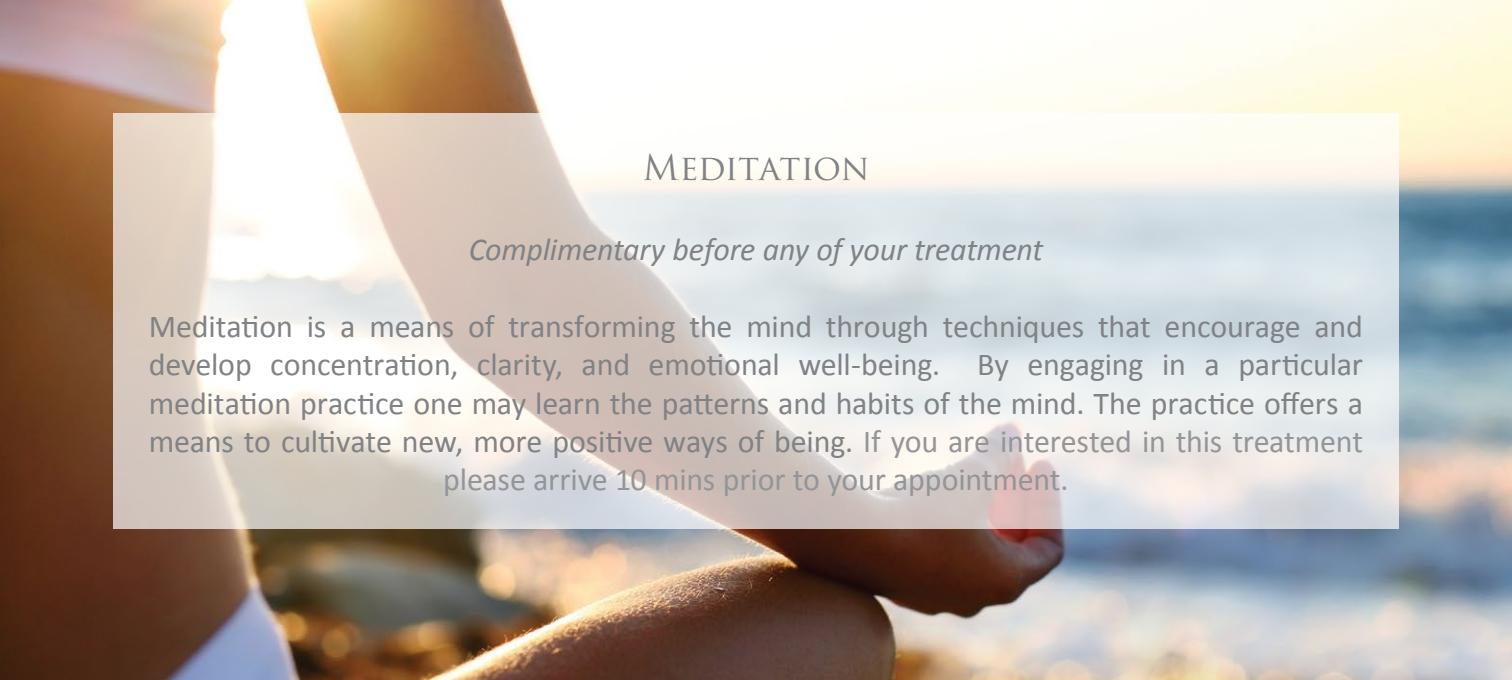
This process helps to restore the entire energy anatomy and the whole mind-body and soul, facilitating a state of deep peace, balance and well-being.

50 min

\$60

Reiki can be used to:

- Release repressed emotions
- Increase the energy level, providing physical and mental vitality
- Provide a state of relaxation by reducing or eliminating anxiety
- Help eliminate daily stress from real life
- Help cleanse the body and mind of all kinds of toxins
- Facilitate sleep and decrease depression



MEDITATION

Complimentary before any of your treatment

Meditation is a means of transforming the mind through techniques that encourage and develop concentration, clarity, and emotional well-being. By engaging in a particular meditation practice one may learn the patterns and habits of the mind. The practice offers a means to cultivate new, more positive ways of being. If you are interested in this treatment please arrive 10 mins prior to your appointment.

YOGA

Hatha Yoga is the most widely practiced form of yoga in the world. Hatha Yoga uses postures (asana) and conscious breathing (Pranayama) in combination with mental focus to develop awareness, strength, flexibility, and relaxation. Practice your asanas al fresco while surrounded by sunshine, the Pacific Ocean and the sweet sounds of nature in the idyllic environs of Playitas Beach. No previous experience necessary. Mats, towel and water provided.

*Complimentary for Arenas Del Mar guests
\$15 for non-hotel guests*

FUNCTIONAL EXERCISES

Are you ready to head to the shore to work on your beach body? Apart from the amazing view and the mood boost, your muscles will love being conditioned and challenged without any equipment. You will improve cardiovascular endurance, build strength and you can cool off in the Pacific Ocean when you are done. Ask our Wellness staff for the class schedule.

Complimentary for Arenas Del Mar guests

LAS BRISAS ETIQUETTE

WHEN TO ARRIVE?

To enhance your wellness experience, we encourage you to arrive 10 minutes prior to your treatment. This will allow time for you to complete a consultation form, choose your favorite complimentary energy work mini session and get changed into one of our robes. Giving yourself time prior to your treatment will help to optimize the overall effect of your visit and completely re-balance your mind, body and spirit.

WHAT HAPPENS IF I AM LATE?

Arriving late will simply limit the length of your treatment and therefore lessen your time spent with us. Treatments will always finish as scheduled in order to not delay and inconvenience the next client.

CANCELLATION POLICY

Cancellation or rescheduling of your appointment is free of charge if made 24 hours in advance. If you fail to show for your appointment without notice, the total cost of your treatment will be charged to your room.



CAYUGA[®]
COLLECTION
SUSTAINABLE LUXURY HOTELS AND LODGES

Arenas Del Mar
BEACHFRONT & RAINFOREST RESORT
MANUEL ANTONIO, COSTA RICA

