



Terra Spa

At
Gaia Hotel & Reserve

Terra Spa

Gaia Hotel & Reserve's "Terra Spa" is a true refuge for mind, body and spirit. We invite you to enjoy a la carte services or any of our several spa packages. Our goal is to make the time you spend here as memorable as possible. To that end, we suggest the following Spa Guidelines:

LOCATION: Terra Spa is located in the Club House at the top of Gaia Mountain on the Mezzanine Level. From the Hotel entrance, transportation is provided via electric carts. Please see a Bellman or Security if a cart is not visible.

HOURS OF OPERATION: 9am – 8pm Daily.

RESERVATIONS: Reservations are strongly recommended, and are required December 1 – May 1. Appointments can be made and confirmed several ways:

From outside Costa Rica: 1-800-226-2515 (ask for Spa Reservations)

From within Costa Rica: 506-2777-9797 (ask for Spa Reservations)

Internet: www.gaiahr.com and e-mail to: ConciergeService@GaiaHR.com

For Hotel Guests: dial 550 for Spa Reservations

CANCELLATIONS: We understand that schedules change. Because your spa time is reserved especially for you, we kindly ask that you give us a minimum of 12 hours cancellation notice so someone else may enjoy that time.

Appointments cancelled less than 12 hours in advance will incur a 50% cancellation fee.

Appointments cancelled less than 4 hours in advance will incur a 100% cancellation fee.

BEFORE & AFTER: For the ideal spa experience, we suggest you arrive 15 minutes before your scheduled appointment to allow time for registration, a brief Terra Spa orientation, and a consultation with your therapist.

To help us assure that you receive maximum service, please arrive promptly so your treatment time does not have to be rushed or abbreviated.

Charges may be settled with cash, credit card, gift certificate or charged to your room folio.

WHAT TO WEAR: Please wear comfortable clothing. You will be provided with a changing room, a locker for your personal belongings and a spa robe & slippers. Please do not bring valuables or jewelry to the spa, as they will have to be removed for all treatments. If you are more comfortable wearing a swimsuit or underclothes during your treatment, please do so. Your body is fully draped during all treatments, except for the area being treated, to ensure your privacy and comfort.

THE TERRA SPA EXPERIENCE: The time you spend at Terra Spa should be a delight to the senses and is extremely important to us. If the temperature is not correct, if the music is too loud or too soft, if the therapists' touch is too firm or too light, please inform your therapist immediately.

If you have any physical ailments, disabilities, allergies, or are pregnant, please inform us when you make your reservation so we can guide you through your treatment choices.

Should you prefer a male or female therapist, or would like to request the same therapist from a previous visit, please inform us when making your reservation so all requests can be honored when possible.

We offer a menu of Beauty & Wellness a la carte, so feel free to visit for a complimentary consultation. Our team of certified therapists will help you decide which treatments will be most beneficial to you.

The Terra Spa environment is one of relaxation, harmony and peace. In order to ensure a tranquil atmosphere, we request that guests refrain from using cellular phones and to please speak in a gentle voice.

Gratuities are not included in the Spa Menu prices, and are a matter of personal discretion to reflect your satisfaction.

Massage Therapies

Terra Massage

The classic, Swedish full-body massage relieves aching muscles, increases circulation and is the perfect start to your vacation. Your therapist works with a variety of techniques to find your specific needs and uses only natural products.

60 Minutes - \$90/90 Minutes - \$120

Chocolate Indulgence Massage

A decadent fusion of our indigenous cocoa beans melted in warm sunflower oil & applied with organic chocolate powder that gently cleanses your skin while you enjoy the benefits of our popular Terra Massage.

60 Minutes - \$100/90 Minutes - \$130

Rainforest Hot Stone Therapy

Melt tension away when warmed Costa Rican river stones are placed strategically over your body. Combined with essential oils & personalized massage techniques including Reiki, this ancient art of thermo-therapy immediately relieves stress, & induces the holy "trio" of the art of massage: physical, mental & spiritual well-being.

60 Minutes - \$100/90 Minutes - \$130

Deep Tissue Massage

A therapeutic, invigorating massage applying firm pressure to reach the sub-layer of musculature and fascia, strongly recommended to alleviate especially tense muscles.

This intensive technique helps with chronic muscular pain and is recommended for people who exercise frequently. The deep strokes used also aid in the removal of body toxins.

60 Minutes - \$100/90 Minutes - \$130

Couples Massage

Pamper yourself and the someone that is special in your life with our luxurious Couples Massage. Drift away together and enjoy true relaxation.

60 Minutes - \$160/90 Minutes - \$210

Osteothai

Osteothai is the integration of osteopathic principles and techniques into Thai massage, a bridge between East and West. It's a form of bodywork that combines extraordinary creative and powerful Thai massage techniques with the precise and gentle touch of osteopathy.

Osteothai is practised on the floor; the patient wears light comfortable clothing. The masseur uses not only his hands but also his feet, knees and elbows. This makes for a rich and colourful approach.

Osteothai combines :

- Traditional Thai massage's varied and powerful stretches, using long leverage techniques across muscle groups (inspired by yoga postures); and its acupressure work on energy lines and the creativity of dynamic movements of traditional Thai massage.
- Osteopathy's release of tissue tension and work on restriction of mobility

90 min- \$150

Lymphatic Drainage

90 min- \$130

Consists in a soft and repeater technique aimed to produce activation of the lymphatic system in order to improve the removal of liquid found within large molecules called lymph and facilitate removal of toxins through the urine. Lymph is responsible for transporting excess liquid, which contains waste products, to the circulatory system and blood, so the body can get rid of these wastes. Edema or retentions occurs when the lymphatic system is not able to debug these areas, when liquids and substances stagnate.

Biodynamic Craniosacral Therapy

Biodynamic Craniosacral Therapy is a gentle and subtle whole body approach to the human experience. Biodynamic Craniosacral Therapy works with our Core, the Core of Our Being.

Physically, influences the central nervous system; brain and spinal column, as well as the fluid that bathes it. This fluid is called the cerebral spinal fluid (CSF). From our skeletal system and the bones of the cranium to the ebbing and flowing of our endocrine system, this cranial modality is effective, yet gentle.

Emotionally- Biodynamic Craniosacral Therapy can affect very deep and primary patterns, while providing the client with resource and space to explore their emotional landscape. Biodynamic Craniosacral Therapy provides a deep sense of resourcing within the client. This resourcing provides a safe container for emotional issues to resolve.

Spiritually- Biodynamic Craniosacral Therapy can open doors to both our hearts and soul, profoundly changing our lives.

Biodynamic Craniosacral Therapy is a gentle yet profound non-invasive, hands-on treatment for the whole body. Performed on a massage table, the client is fully clothed and the touch is generally light and still, is not massage, reiki, chiropractic, physiotherapy, kinesiology, etc, yet it has the ability to address the body in a way that has similar results to all of these.

60 min- \$60

Thai Massage

Thai massage is a system of massage and assisted stretching developed in Thailand, and influenced by the traditional medicine systems of India and China.

Also known as “Lazy Yoga,” these interactive manipulations of the body uses passive stretching and gentle pressure, it is often performed on the floor, and the client wears comfortable clothes that allow for movement. No oils are used.

Thai massage is unique among massage therapies in combining both physical and energetic aspects, focusing on sen or energy lines throughout the body, with the aim of clearing blockages in these lines, and thus stimulating the flow of blood and lymph throughout the body. By the end, one feels both relaxed and energized, in an almost dreamlike state, and typically without pain

Harmonic Technique

Harmonic movements are the sequences of rhythmic, cyclic movements found in nature and also in man. The swinging movements of a pendulum or a spring are harmonic movements. The characteristic of these systems is that they transform – in different stages of the movements and in a cyclic manner – kinetic energy into potential energy and vice versa. The oscillating system can therefore both conserve and return energy.

Some sequences of bodily movement are harmonic and swinging; for example, the movement of the arms while walking. The pelvis effects a harmonic three-dimensional movement around three axes in space.

Every vibrating movement of one part of the body has six degrees of freedom. If it were not for the energetic and mechanical damping effects, the frequency of an oscillating system would remain constant. In biological systems, the damping effects depend on the flexibility of different tissues and liquids.

The harmonic techniques influence the circulation of fluids. In addition to having a direct effect on the movement of the lymph and blood, they also influence the “trans-synovial pump”. The movement is beneficial to the tissue repair mechanism and alleviates pain – just think what happens to a segment maintained immobile for too long. It encourages stretching of overly short tissues and fascias. Finally, the technique – with its rhythmic, oscillating movement – contributes to psycho-emotional relaxation and improved integration of the patient’s bodily layout. The latter aspect makes the technique particularly interesting for osteopathic cures of the newly born and infants.

Thai Massage
75 minutes: \$120

Thai Massage + Harmonic Therapy
90 minutes: \$150

Leg & Feet Pampering

An amazing treatment for your legs and feet featuring Swedish and lymphatic drainage massage techniques, alleviating stress and accumulated toxins in your body. Your feet will receive an exquisite massage and finally a refreshing green clay mask with mint will give the final touch for your legs and feet to face another day of adventure. Ideal after a long hike and for people with edema.

60 Minutes - \$75

Indulgence "On The Go"

Back & Neck Massage

With the application of Swedish massage, acupressure techniques to focal spots on your back and Reiki energetic balancing, you will enjoy maximum massage benefits in minimal time.

30 Minutes - \$50

Mini-Reflexology

A taste of this natural Chinese healing art, based on acupressure applied to reflex points on the soles of the feet. Releases tension, increases circulation and improves the entire body's physical balance.

40 Minutes - \$50

Mini Facial

The best blend of organic ingredients including aloe, jojoba oil, rosehip extract, and clay. This therapy will leave your skin clean, fresh and radiant in the shortest time.

Does not include extractions.

30 Minutes - \$40

Hair Hydrating Mask

A mixture of rosemary, lavender, cedar and ylang ylang make a blessing for your hair, giving the hydration that it needs to look healthy even when you're in a different weather from the usual.

Includes a delicious scalp massage.

30 Minutes - \$ 20

Body Wraps

Our Body Wraps are a composition of organic ingredients, which ensure the most relaxing of experiences. Wrap yourself in our exotic blends and disconnect from the world. All wraps include a Mini Facial.

All Wraps - 60 Minutes - \$90

Terra Chocolate Therapy

Since ancient times the bean of the cacao plant has intrigued mankind. Our technicians will wrap your body with our specially formulated chocolate wrap and your senses will be stimulated and all tensions relieved. The endorphins found in the cacao bean activate the body's natural fat elimination process...chocolate therapy combined with anti-cellulite action!

Body & Face Sun Repair

Repair, protect and pamper your skin with this soothing natural wrap and cucumber face mask combining the healing properties of fresh aloe vera, lavender oil, vitamin C and rosemary extract to cool down and refresh sun-exposed skin, leaving it deeply hydrated. We recommended this wrap after a long session under the sun to avoid redness and pain or as a moisturizing and cooling body mask to enhance your tan while keeping a fresh, healthy skin.

Rainforest Clay & Algae Detox Wrap

Cleansing & invigorating, our Costa Rican rainforest clays are rich in minerals brimming with healing properties. One of our most popular therapies, the clay is combined with the slimming effects of algae. The results are remarkable, leaving your skin detoxified, purified of free radicals, smoother and totally hydrated.

Maximize your Wrap by adding a Steam Therapy at the beginning of your treatment, and/or the Vichy Rain Shower Therapy at the end.

Add Steam Therapy ~ 1 1/2 hours Total Time - \$130

Add Vichy Rain Shower Therapy ~ 1 1/2 hours Total Time - \$130

Steam Therapy/Body Wrap/Vichy Rain Shower - 2 hours Total Time - \$160

Body Scrubs

Our Body scrubs are a composition of natural ingredients rich in therapeutic properties that cleanse and remove toxins from your body, increasing blood circulation, removing dead cells and leaving your skin with a natural glow.

All scrubs include applying a moisturizer lotion at the end of treatment.

All Scrubs - 60 Minutes - \$90

Costa Rican Ginger & Honey Scrub

Our delicious blend of Costa Rican Ginger and Honey uses Cane Sugar as its base & has so many beneficial properties we cannot list them all here. You can expect a gentle exfoliation & hydration plus the benefits of analgesic, anti-oxidant, anti-migraine, and anti-inflammatory effects. This scrub increases internal heat, dispels internal chill and strengthens metabolism and circulation and serves as an overall tonic, strengthening your entire system.

Coffee & Sugar Cane Scrub

Watch your skin come alive with this exotic, exfoliating blend of Costa Rican coffee, cane sugar and cinnamon. Coffee has a diuretic and stimulating effect on the body that combines with the calming, anti-rheumatic and immune-boosting effects of Cinnamon. The natural skin conditioning & hydrating effect of Cane Sugar & Coffee will leave your skin soft, moisturized, purified and slightly tanned.

Green Tea Scrub

Green tea is known as one of the most powerful antioxidants. It is a perfect ally to fight aging and help with circulation, and its capacity is ideal astringent to cleanse the skin, leaving a feeling of freshness and softness irresistible.

Maximize your Scrub by adding a Steam Therapy at the beginning of your treatment, and/or the Vichy Rain Shower Therapy at the finish.

Add Steam Therapy ~ 1 1/2 hours Total Time - \$130

Add Vichy Rain Shower Therapy ~ 1 1/2 hours Total Time - \$130

Steam Therapy/Body Glow/Vichy Rain Shower - 2 hours Total Time - \$160

Hydrotherapy

Vichy Rain Shower

This incredibly sensuous & relaxing therapy reproduces a tropical rainforest downpour. But it's not a dream; the 5-head warm waterfall is actually cascading over your sore muscles, bringing them to a point of ultimate relaxation. The Vichy Rain Shower treatment delivers pressure-point massage jets over your entire body to assist in the relaxation and stimulation of the body, and ultimately, the mind & soul. This Hydrotherapy treatment can be taken alone, or used in conjunction with a massage, wrap or exfoliation glow of your choice for a deeply relaxing and therapeutic encounter.

30 Minutes - \$50

Sauna Therapy

"One is most beautiful two hours after the Sauna" ... an old Finnish adage

When taking a sauna, skin temperature rises to 40°C (104°F) and internal body temperature rises to about 38°C (100.4°F). Exposure to the high heat creates an artificial "fever" state. This "fever" is part of the body's natural healing process and stimulates the immune system, resulting in increased production of disease-fighting white blood cells, antibodies and interferon, an anti-viral protein with cancer-fighting capability.

Maximize the benefits of your treatment with the application of our mixture of mud and honey on your entire body. Recommended for all skin types. Due to its high content of magnesium, zinc and copper, the mud always leaves your skin soft and clean. 40 Minutes - \$60 (including mud)

Aromatherapy Steam Bath

For thousands of years people of all cultures have indulged in the soothing warmth of aromatic steam baths, taking advantage of its powerful therapeutic effects. Steam inhalation is an effective treatment in respiratory conditions and is highly recommended for treatment of the common cold, sinus problems, bronchitis, allergies & asthma.

It is also the perfect pre-workout add-on, helping to warm the muscles & prevents injuries. Following a workout, steam reduces the lactic acids in your muscles that cause soreness.

Maximize the effects of your treatment apply our mixture of mud and honey in all your body, the minerals of the mud are going to penetrate better in your skin through the vasodilatory effects of the steam.

You can choose from the following essential oils:

- Tea Tree:** stimulates the immune system.
- Cinnamon:** Stimulates circulation and digestion, soothes the muscles.
- Cedar:** is effective against bronchitis, cough and flu.
- Citronella:** Liven and refreshing, detoxifying.
- Eucalyptus:** is effective against flu and sinusitis.
- Geranium:** Balances hormonal problems of menstruation and menopause.
- Frankincense Incense:** It is effective against bronchitis and asthma.
- Lavender:** It is effective against headaches and insomnia, towards meditation.
- Lemon:** Stimulates the lymphatic system, energizing.
- Peppermint:** Refreshing, is effective against headache.
- Orange:** Antidepressant, detoxifying, balancing the digestive system.
- Patchouli:** diuretic, antidepressant, aphrodisiac.
- Palmarosa:** Refreshing, is effective against sinusitis and bronchitis
- Rosemary:** Antiseptic, is effective against asthma, bronchitis and cough.
- Thyme:** Regulates the immune system, aphrodisiac.
- Ylang-Ylang:** Aphrodisiac, against anxiety
- Lemon grass:** detoxifies, is anti-inflammatory, sedative.

40 Minutes - \$ 60 (including mud and essence)

Facials

Our signature facials include evaluation, extractions, use of high tech machines and a delicious complimentary foot massage.

Arco Iris Facial

The best Costa Rican ingredients carefully picked and mixed to give you the best organic experience possible. Focused on naturally improving the condition and appearance of your skin, all organic facials includes deep cleansing with coffee and vanilla scrub, a volcanic clay mask with lemon and finally a facial massage with an exquisite blend of aloe, lavender, vitamin E, jojoba and rosehip.

60 minutes - \$60

Anti-Aging Facial

A light formula based on vegetable protein with an instant "lifting" effect that smoothes, tautens and reshapes your face and neck. Instantly rejuvenates your skin with visible results from the first session. Best suited for mature, dehydrated and stressed skin suffering from loss of tonicity and lacking firmness

60 minutes - \$90

Purifying Facial

This therapy is designed to control excess oil in the skin, reducing the brightness. This specialized treatment for purification and balance gives to oily skin a matte appearance, pure and uniform with reduced appearance of pores.

60 minutes - \$90

The Salon

Hair Services

Iron & Blower

Short Hair \$15-20
Medium Hair \$20-30
Long Hair \$25-40
Extra Long Hair \$30-45

Color

Short Hair \$60
Medium Hair \$70
Long Hair \$90

High Light

Short Hair \$50
Medium Hair \$65
Long Hair \$75
Extra Long Hair \$100

Hydration Treatments

Short Hair \$35
Medium Hair \$40
Long Hair \$45

Low Light

Short Hair \$50
Medium Hair \$65
Long Hair \$75
Extra Long Hair \$100

Hair Cut

Women \$50
Gentlemen \$30

Other

Hair Style Wedding \$200
Hair Style \$115
Complete Make up \$115

Roots

General Hair \$50

Balayage

Short Hair \$150
Medium Hair \$170
Long Hair \$180
Extra Long Hair \$200

Nails Retreat Services

Put your hands in ours with our deluxe nail retreats or enjoy any of our multiple options to nourish and take care of your nails and hand's skin.

We feature only the best in nail lacquers, O•P•I®

Deluxe Manicure

Includes a delicious restorative exfoliation with ultra fine Sugar Crystals, Olive Oil and Hydrating Emollients followed by an aromatic orange and sunflower soak to prepare your hands for a rejuvenating serum treatment, mask and finishing butter.

Completed with a finishing butter hands massage, this is the complete bliss!

60 minutes \$40

Classy Deluxe Pedicure

This is a full blessing pedicure for your feet. It includes a warm bath with purifying botanical extracts, followed by a softening of calluses treatment containing green tea and avocado, plus an exfoliation with sugar crystals to remove dry and rough skin. The uniqueness of this treatment makes it ultra moisturizing mask with extracts of cucumber and pineapple, followed by a delicious foot massage. Finally the application of a treatment to soften, it is an invisible glove to protect the skin of your feet.

60 Minutes - \$60

Deluxe Manicure & Classy Deluxe Pedicure

Enjoy both treatments - 90 Minutes - \$85

Feel good, look better, you deserved it!

Ocean Essentials

Nail Lacquer Change on Toes \$12

Nail Lacquer Change on Hands \$9

Waxing

Our professional depilation treatment features soothing, luxurious, post-depilation body milk.

Brow Wax and Brow Shaping - \$15

(15 minutes)

Lip or Chin Wax - \$8

(15 minutes)

Basic Bikini Wax - \$20

(30 minutes)

Half Leg Wax (from the knee down) - \$25

(20 minutes)

Full Leg Wax (thigh, knee, lower leg) - \$50

(40 minutes)

Under Arm Wax - \$15

(20 minutes)

Arm Wax - \$20

(30 minutes)

Back Wax - \$45

(40 minutes)

Neck Wax - \$10

(10 minutes)

Yoga & Meditation

Yoga classes are available, please call Terra Spa at extension 550 or consult your personal concierge.

We will provide yoga mats.

Gymnasium & Fitness Center

Terra Spa's Gym & Fitness Center is equipped with the best cardiovascular equipment and weights available. The Gym is located in the lower level of the resort, near the Hotel entrance

Gym hours: 6:00 am - 9:00 pm

Personal Training available upon request - \$65/Hour

Gymnasium

Apollo 5 Multi-Purpose Work Stations which focus on Chest, Incline & Shoulder Press, Seated Mid-Row, Lat Pull-down, Triceps Push-down, Pectoral Contractor, Leg Extension, Seated Leg Curl, Seated Leg Press, Seated Calf Raise, Standing Arm Curl, Upright Row, Low Row, Standing Inner & Outer Thigh, Deltoid Raise, Lateral Crossover, Triceps Extension, Pectoral Crossover & Back Kick.

Featured also are Smith Weight Machines, with Incline, Decline & Flat Benches, Bar Bells & Dumb Bells.

The Cardio Fitness Center, featuring Stationary Bikes, Treadmills and 2 Cybex Machines with Combined Elliptical Stepladders and Cross-Country Multi-Purpose Units.

“TERRA”

The Roman Earth Goddess, known also as a Fertility Goddess. Her temple on the Esquiline Hill dated from about 268 BC. She was honored in the Fordicidia and Sementivae Festivals, both of which celebrated fertility and Good crops

“GAIA”

The Greek Earth Goddess, daughter of Chaos, mother and wife of Uranus (the Sky) and Pontus (the Sea). Among her offspring include the Cyclopes, the Hundred-Handed Ones, the Titans and five sea deities. GAIA was worshipped as the primal goddess, the mother and nourisher of all things