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Healing *lifestyles & spas*

Featuring: Harmony Hotel Spa & Nature Custom Retreats



Eco Tours

By Debra Bokur

Harmony Hotel Spa & Nature Custom Retreats

Nosara, Costa Rica

This sustainably operated property embraces its slogan, "In Tune with Nature," with tree planting programs, tours highlighting sustainable practices, canopy tours through the Costa Rican forest, and turtle nesting excursions to Ostional National Wildlife Refuge to observe and learn about the nesting habits of indigenous Olive Ridley Sea Turtles. Round out your nature adventures with treatments at the on-site Healing Centre, with a full range of spa therapies. Yoga is offered three times a day in the outdoor room next to the Centre's pond, along with meditation sessions. The tropical gardens of the resort are the setting for guest rooms, bungalows, and suites. Meals are primarily vegetarian, featuring local organic fruits, vegetables, and seafood. Design your own retreat to include surf instruction, river kayaking, nature walks, fishing, and area tours. Bicycles are available free of charge.

(011) 506-682-4114, www.harmonynosara.com

There's nothing like a little active communing with the earth to help put your own world into perspective. Embarking on an eco tour can teach you about the staggering diversity of the natural world, help you develop a personal connection with the planet, and stretch your spirit in the process. Think of the massage at the end of the day as a well-earned dessert.

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