



THE HEALING CENTRE AT
THE HARMONY HOTEL



WELCOME TO THE HARMONY HEALING CENTRE!

THE HEALING CENTRE IS DESIGNED AS A PLACE OF RESTORATION, NURTURING AND PEACE, INSPIRED BY COSTA RICA'S NATURAL BOUNTY AND BEAUTY. WE OFFER PERSONALIZED BODYWORK AND YOGA CLASSES IN A CONTEMPLATIVE, SUPPORTIVE ATMOSPHERE.

OUR TREATMENTS AND CLASSES ARE DESIGNED TO HELP YOU GET IN TOUCH WITH YOUR NATURAL RHYTHM, YOUR OWN HARMONY!
ALL OF OUR SERVICES ARE PERSONALIZED; EACH TREATMENT IS HANDMADE SPECIFICALLY FOR YOU, WITH INGREDIENTS THAT ARE GOOD FOR YOU AND THE ENVIRONMENT.

THE HEALING CENTRE'S EXPERIENCED THERAPISTS AND INSTRUCTORS ARE ACTIVELY ENGAGED IN CONTINUAL EDUCATION, MAKING OUR YOGA CLASSES A JOURNEY INTO INTELLIGENT SEQUENCING, WELL VERSED ANATOMY AND THOUGHT PROVOKING YOGIC PHILOSOPHY. ALL OF OUR TREATMENTS ARE SENSIBLY ALIGNED WITH YOUR PERSONAL NEEDS.

MINIMUM IMPACT ON THE EARTH, MAXIMUM IMPACT ON YOUR WELL-BEING



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BODYWORK

SWEDISH/RELAXATION MASSAGE

A SWEDISH MASSAGE CAN BE SLOW AND GENTLE OR VIGOROUS AND REVITALIZING, DEPENDING ON THE THERAPIST'S PERSONAL STYLE AND YOUR INTENTION. AS ONE OF THE MOST WELL-KNOWN TYPES OF BODYWORK, THE SWEDISH MASSAGE INCLUDES VARIOUS MASSAGE STROKES AND MOVEMENTS TO WARM UP THE MUSCLE TISSUE, RELEASING TENSION AND ADHESIONS. THIS TECHNIQUE PROMOTES RELAXATION BY INCREASING THE LEVEL OF OXYGEN TO BLOOD, STIMULATING CIRCULATION, AND DECREASING MUSCLE TOXINS, LEAVING A SENSE OF EASE AND FREEDOM IN THE BODY. LIGHT TO MEDIUM PRESSURE.

60 MIN / 90 MIN

DEEP TISSUE MASSAGE

DEEP TISSUE MASSAGE FOCUSES ON REALIGNING DEEPER MUSCLES AND CONNECTIVE TISSUE. IT IS HELPFUL FOR CHRONICALLY TENSE AND CONTRACTED AREAS SUCH AS NECK, SHOULDERS, LOWER BACK AND HAMSTRINGS. THIS TECHNIQUE WORKS BY BREAKING DOWN MUSCLE ADHESIONS TO RELIEVE PAIN AND RESTORE RANGE OF MOTION. OUR MASSAGE THERAPISTS USE DIRECT DEEP STRONG PRESSURE THROUGHOUT THE ENTIRE MASSAGE.

60 MIN / 90 MIN

SURFER'S MASSAGE

A HEALING CENTRE SPECIALTY, THE SURFERS MASSAGE IS A COMBINATION OF DEEP TISSUE AND SPORTS THERAPY MASSAGE. THIS IS A FULL BODY TREATMENT, HOWEVER THE THERAPIST WILL PAY MORE ATTENTION TO YOUR UPPER BODY; SHOULDERS, SHOULDER BLADES, ARMS AND NECK AREA BY USING ASSISTED STRETCHING TECHNIQUES AND

MASSAGE TO RELEASE THE TENSION CAUSED BY PADDLING AND SURFING. MEDIUM TO STRONG PRESSURE.

60 MIN / 90 MIN

HOT STONE MASSAGE

A HOT STONE MASSAGE IS THE USE OF SMOOTH, WATER HEATED STONES PLACED AT KEY POINTS OF THE BODY TO WARM AND RELAX TIGHT MUSCLES, ALLOWING THE THERAPIST TO WORK DEEPLY. A COMBINATION OF HOT STONE PROTOCOLS AND DEEP TISSUE MASSAGE, THIS THERAPY PROMOTES A VERY HEALING AND EFFECTIVE EXPERIENCE. THE STONES ARE USUALLY BASALT, A ROCK THAT ABSORBS AND RETAINS HEAT ALLOWING THE RECEIVER TO RELAX INTO THE WARMTH AND FEEL NURTURED.

75 MIN / 90 MIN

HARMONY RESTORATION MASSAGE

ENCOURAGING THE NATURAL DRAINAGE OF THE LYMPH SYSTEM BY MIXING REBALANCING AND MANUAL LYMPHATIC DRAINAGE TECHNIQUES, THE THERAPIST USES GENTLE PRESSURE AND RHYTHMIC CIRCULAR MOVEMENTS TO STIMULATE RELAXATION AND LYMPH FLOW. BEST RECOMMENDED ON AN EMPTY STOMACH. WE ADVISE YOU TO DRINK WATER BEFORE AND AFTER YOUR TREATMENT TO HELP ELIMINATE TOXINS FROM YOUR BODY.

90 MIN

PRENATAL MASSAGE

A HEALTHY WAY TO REDUCE STRESS AND PROMOTE OVERALL WELLNESS, PRENATAL MASSAGE RELIEVES MANY OF THE NORMAL DISCOMFORTS EXPERIENCED DURING PREGNANCY, SUCH AS BACKACHES, STIFF NECK, LEG CRAMPS, HEADACHES, SWELLING AND HELPS WITH INSOMNIA. A NURTURING TOUCH FOR MOMMAS TO BE WITH SOFT TO MEDIUM PRESSURE.

60 MIN/90 MIN

COUPLES' MASSAGE

DESIGNED TO BE SHARED WITH YOUR SIGNIFICANT OTHER, EXPERIENCE THE JOY OF A COUPLES MASSAGE IN OUR SPECIAL COUPLE'S TREATMENT ROOM. A ROMANTIC MOOD IS CREATED AS THE MASSAGE TABLES ARE SET UP SIDE BY SIDE, AROMATHERAPY FILLS THE AIR WITH A SOFT CANDLE GLOW. YOU MAY CHOOSE FROM OUR LIST OF REGULAR BODYWORK.

60 MIN / 90 MIN

FOOT REFLEXOLOGY

THIS ALTERNATIVE MEDICINE INVOLVES THE PHYSICAL ACT OF APPLYING PRESSURE TO POINTS ON THE FEET, HANDS OR EARS. THE THEORY BEHIND REFLEXOLOGY IS THAT THESE REFLEX POINTS RELATE TO SPECIFIC ORGANS AND GLANDS IN THE BODY.

STIMULATING THOSE POINTS WITH FINGER PRESSURE PROMOTES HEALTH IN THOSE ORGANS AND GLANDS VIA THE BODY'S ENERGETIC PATHWAYS.

TREATMENT BEGINS WITH A SUGAR SCRUB AND LEADS INTO THE DEEPLY RELAXING REFLEXOLOGY SESSION.

45 MIN

FOCAL POINT MASSAGE

OUR FOCAL POINT MASSAGE IS GREAT OPTION FOR THOSE IN A RUSH. IF YOU NEED TREATMENT ON A SPECIFIC AREA OF DISCOMFORT OR PAIN, CHOOSE 30 MINUTES OF THERAPY IN AREAS SUCH AS YOUR BACK, NECK, HANDS OR LEGS.

30 MIN

KIDS MASSAGE

PROFESSIONAL SOFT TOUCH FOR THE LITTLE ONES, MASSAGE IS A STRESS BUSTER FOR CHILDREN. RELAXATION AIDES IN BETTER MOODS AND HAPPIER KIDS.

12 YEARS OLD OR UNDER.

30 MIN / 45 MIN



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SKIN FITNESS TREATMENTS

BANANA BLISS; YUMMY, WARM & NURTURING

REPLENISH YOUR SKIN WITH BANANA'S ESSENTIAL OILS AND MOISTURIZING FATS. THIS RICH, DELECTABLE BANANA BOOST IS PACKED WITH NOURISHING PROPERTIES THAT WILL CONDITION AND REV UP YOUR SKIN, LEAVING IT GLOWING.

TREATMENT: LAVENDER & CHAMOMILE MIST, LOOFAH RUB, COCONUT OIL APPLICATION, BANANA MASQUE, WARM BANANA LEAF WRAP, HEAD MASSAGE, RINSE.

60MIN

SUN-KISSED SPECIAL; REVITALIZING, REJUVENATING, REFRESHING

SOOTHE YOUR SKIN WITH THE REGENERATING PROPERTIES OF CUCUMBER & ALOE.

THE FORMULA IS DESIGNED TO COOL AND RESCUE HEATED, SUNBURNED AND SENSITIVE BODY CONDITIONS BY CALMING AND REGENERATING THE SKIN.

DRAWING ON THE CHINESE PHILOSOPHY OF ELEMENTAL BODY TYPES, THIS TREATMENT IS BENEFICIAL TO INDIVIDUALS WITH TOO MUCH HEAT OR FIRE IN THEIR CONSTITUTION.

TREATMENT: SKIN CONSULTATION, LAVENDER & CHAMOMILE MIST, ALOE/CUCUMBER MASQUE, COOL BANANA LEAF WRAP TO ALLOW THE FORMULA TO SOAK IN, HEAD MASSAGE, RINSE.

60MIN

PAPAYA DELIGHT; EXFOLIATING AND SWEET

NOSARA'S TOP EXFOLIATING DUST-BUSTING TREATMENT. PAPAYA'S ENZYMES WORK TO SLOUGH OFF DEAD SKIN CELLS, WIPING AWAY THE WEAR AND TEAR OF DAILY TRAVEL.

TREATMENT: LAVENDER & CHAMOMILE MIST,

LIGHT COCONUT OIL APPLICATION, PAPAYA/HONEY MASQUE, WARM BANANA LEAF WRAP, HEAD MASSAGE, RINSE.

60MIN

CHOCOLATE SEDUCTION; ANTI OXIDIZING, DECADENT SKIN SOFTENER

THE LUSCIOUS TEXTURE AND HEADY AROMA OF OUR CACAO SKIN MASQUE WILL SEDUCE YOUR SENSES, AND LEAVE YOUR SKIN HIGHLY SMOOTH AND RENEWED. THE MASQUE IS RICH IN ANTI-OXIDANTS, NUTRIENTS, VITAMINS, AND MINERALS. YOU WILL DELIGHT IN THIS DEEPLY EMULSIFYING, SKIN-BUFFING TREAT.

TREATMENT: LAVENDER & CHAMOMILE MIST, LOOFAH RUB, COCONUT OIL APPLICATION, CACAO MASQUE, HEAD MASSAGE, RINSE.

60MIN

CAFFEINE CONSPIRACY; EXFOLIATING, CIRCULATIVE, CELLULITE WARRIOR

BOOST THE BODY'S ANTIOXIDANT ARMY. INVIGORATING, EMULSIFYING, DETOXIFYING... THE WONDROUS UNION OF CAFÉ & CACAO WILL THRILL YOUR BODY TO SATED PERFECTION. THIS TREATMENT IS NOT SUITABLE FOR THOSE WITH SENSITIVE SKIN.

TREATMENT: SKIN CONSULTATION, LAVENDER & CHAMOMILE MIST, COCONUT OIL APPLICATION WITH MASSAGE, LOOFAH RUB, CAFÉ & CACAO MASQUE, HEAD MASSAGE, RINSE.

60MIN

FACIALS

EARTH

PERFECT FOR NORMAL TO OILY SKIN. INCLUDES DEEP FACIAL CLEANING, EXTRACTIONS, FACE MASSAGE AND ORGANIC MASK APPLICATION.

75MIN

AIR

SOOTHING FOR SENSITIVE SKIN. INCLUDES DEEP FACIAL CLEANING, EXTRACTIONS, FACE MASSAGE AND ORGANIC MASK APPLICATION.

75MIN

WATER

REFRESHING FOR SUNBURNED SKIN. INCLUDES DEEP FACIAL CLEANING, EXTRACTIONS, FACE MASSAGE AND ORGANIC MASK APPLICATION.

75MIN

FIRE

NOURISHING FOR NORMAL TO DRY SKIN. INCLUDES DEEP FACIAL CLEANING, EXTRACTIONS, FACE MASSAGE AND ORGANIC MASK APPLICATION.

75MIN

HONEY PAT

MOISTURIZING FOR ALL TYPES OF SKIN. INCLUDES BASIC FACIAL CLEANING, FACE MASSAGE AND ORGANIC MASK APPLICATION.

30 MIN



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HEALING CENTRE SPECIALS

REBALANCING

REBALANCING IS A SYNTHESIS OF DEEP AND SOFT TISSUE MANIPULATION, JOINT RELEASE, BREATH WORK, AND BODY READING.

BODY AWARENESS WORK BRINGS YOU BACK INTO HARMONY WITH YOURSELF.

THE THERAPIST VIEWS THE HUMAN BODY AS MUCH MORE THAN ITS PHYSICAL COMPONENT, RECOGNIZING THAT THE EMOTIONAL, ENERGETIC AND SPIRITUAL ASPECTS ARE IMPORTANT TO OUR TOTALITY.

90 MIN / 120 MIN

SOMA THAI INTEGRATED BODYWORK

SOMA THAI OFFERS A SOMATIC APPROACH WHICH RECOGNIZES THAT OLD HOLDING PATTERNS PROVIDE A GATEWAY TO UNRAVEL AND HEAL LAYERS OF BODY, MIND AND SPIRIT. IN A TECHNICAL AND MYSTICAL INTEGRATION OF THE TRADITIONAL THAI MASSAGE, DYNAMIC ANATOMY, MARTIAL ARTS, SPIRITUAL ENERGY AND SOUND VIBRATION IRENI GUIDES YOU TO A EXPERIENTIAL PROCESS OF AWARENESS AND TRANSFORMATION.

90 MIN / 120 MIN

KOBIDO

JAPANESE FACIAL MASSAGE IS BASED ON CONCEPTS OF ORIENTAL MEDICINE.

COMBINING FOUR DIFFERENT TECHNIQUES TO IMPROVE YOUR COMPLEXION, REMOVE TOXINS FROM THE FACE AND PREVENT WRINKLES AND AGE SPOTS. KOBIDO IMPROVES ONE'S OVERALL HEALTH STIMULATING BLOOD AND LYMPHATIC CIRCULATION AND CONSEQUENTLY IMPROVING THE QUALITY OF YOUR SKIN. IT LIBERATES YOUR FACE OF MUSCULAR TENSION RADIATING A RELAXING EFFECT THROUGHOUT THE BODY.

75 MIN

INTEGRATIVE BODYWORK

YOUR BODY HAS A STORY TO TELL.

DURING AN INTEGRATIVE BODYWORK SESSION, ASHLEY GUIDES YOU TO UNWIND THE THREADS OF YOUR STORY THAT LIMIT YOU FROM EXPERIENCING A LIFE OF FREEDOM AND JOY WITH THE COMBINATION OF THAI MASSAGE, PRESSURE POINT RELEASE, CRANIOSACRAL THERAPY, STRUCTURAL INTEGRATION, BREATHWORK, NEUROSYSTEM REBALANCING AND INTUITIVE ENERGY WORK.

60 MIN / 90 MIN / 120 MIN

BREAKTHROUGH BREATHWORK

BREAKTHROUGH BREATHWORK IS AN EXPERIENCE OF SUPPORT IN FINDING GREATER CLARITY, PRESENCE AND EASE. BREATHING TECHNIQUES, GUIDED CONTEMPLATIONS, EMBODIMENT PRACTICES AND BODYWORK SERVE AS CATALYSTS TO RELEASE AND REPATTERN NERVOUS SYSTEM RESPONSES. EACH SESSION IS DESIGNED TO SUPPORT THE BREATHER TO DISLodge OLD BELIEFS AND PATTERNS THAT CREATE LIMIT OR SUFFERING. WHEN EXPERIENCING FREEDOM IN THE BREATH AND BODY, NEW INSIGHTS AND CHOICES CAN BE MUCH MORE EASILY ACCESSED IN FUTURE MOMENTS.

90 MIN / 120 MIN

AYURVEDIC MASSAGE

DERIVED FROM AN ANCIENT 5,000 YEAR OLD INDIAN TRADITION, THESE TREATMENTS ARE DESIGNED TO LOOSEN TOXINS IN THE BODY AND RELEASE EXCESSES.

DEEPLY CLEANSING AND PURIFYING OF MIND AND BODY, THE FOCUS IS TO RESTORE BALANCE AND RE-ESTABLISH CALM AND HARMONY.

CHOOSE FROM A VARIETY OF TREATMENTS WITH OUR AYURVEDIC SPECIALIST.

90 MIN

THAI MASSAGE

THAI MASSAGE IS A STYLE OF THERAPEUTIC BODYWORK INFLUENCED BY INDIA, CHINA AND SOUTHEAST ASIAN CULTURES. THAI MASSAGE IS A COMBINATION OF ACUPRESSURE, MUSCLE COMPRESSION, JOINT MOBILIZATION AND ASSISTED STRETCHING. BENEFITS INCLUDE STRESS REDUCTION, IMPROVED CIRCULATION, ENERGY, FLEXIBILITY AND RANGE OF MOTION.

90 MIN / 120 MIN

METTA MASSAGE

A COMBINATION OF ENERGY SENSING, BREATH ANALYSIS AND FULL BODY MASSAGE USING METTA - UNCONDITIONAL LOVE AND KINDNESS. RELAXING CONTRACTED MUSCLES, IMPROVING BLOOD AND LYMPHATIC CIRCULATION ALLOWING YOU TO VISIT YOUR PARASYMPATHETIC NERVOUS SYSTEM OF REST AND DIGEST. EXPERIENCING MENTAL CLARITY AS YOU WITNESS THE TRUTHS OF SELF.

90 MIN

FULL SPECTRUM FITNESS

A PERSONAL TRAINING SESSION THAT ADDRESSES THE FULLNESS OF YOUR LIFE. TOUCHING BASE ON LIFESTYLE AND OCCUPATIONAL NEEDS, STRESS LEVELS, NUTRITION, SLEEP, RELATIONSHIPS, SELF LOVE AND SPIRIT. WHEN WE MOVE OUR BODY WE ALSO MOVE OUR EMOTIONS, SHIFT OUR ENERGY, PRODUCE HAPPY HORMONES AFFECTING OUR WHOLE LIFE AS WE VIBRATE HIGH! GO HOME WITH A TAILORED PROGRAM CREATING STEP BY STEP SUCCESS, BALANCE AND WELLBEING.

*GROUP AND PAIR TRAINING AVAILABLE.

60 MIN / 90 MIN

***SOME HEALING CENTRE SPECIAL THERAPIES ARE SUBJECT TO SEASONAL AVAILABILITY.**



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HEALING CENTRE GIFT CERTIFICATE

OFFER THE GIFT OF HEALING BY SHARING THE EXPERIENCE OF HHC WITH A GIFT CERTIFICATE. WE OFFER A VARIETY OF OPTIONS TO NOURISH ALL BODY TYPES.

FOR MORE INFORMATION INQUIRE WITH OUR RECEPTIONISTS OR EMAIL HEALINGCENTRE@HARMONYNOSARA.COM.

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