



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. Our treatments are sensibly aligned with your personal needs.

Offer the gift of healing by sharing the experience of Harmony Healing Centre 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.

BODYWORK

Swedish/Relaxation Massage

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 | \$105 • 90 min | \$145

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 | \$105 • 90 min | \$145

Surfers 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 | \$105 • 90 min | \$145

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 | \$145

BODYWORK

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 back aches, stiff neck, leg cramps, headaches, swelling and helps with insomnia. A nurturing touch for mommas to be with soft to medium pressure.

60 min | \$105 • 90 min | \$145

Couples Massage

Designed to be shared with your significant other, experience the joy of a couples massage in our special couples 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 | \$210 per couple • 90 min | \$290 per couple

Foot Reflexology

A system of massage that involves the physical act of applying pressure to points on the feet and hands. 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 organs and glands via the body's energetic pathways. Treatment begins with a sugar scrub and leads into the therapeutic session.

45 min | \$70

Focal Point Massage

Our focal point massage is great option for those with limited time. 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 | \$55

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 • 45 min | \$65

SKIN FITNESS

Each treatment includes skin consultation, lavender & chamomile mist, coconut oil application with massage, Loofah rub, masque, head massage, and rinse.

Banana Bliss; *delicious, 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.

60 min | \$160

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.

60 min | \$160

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.

60 min | \$160

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.

60 min | \$160

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.

60 min | \$160

FACIALS

Our Healing Centre facial begins with a detailed consultation and in-depth analysis to identify skin conditions. Your facial is specifically tailored to you to include cleansing, exfoliation, steam and extraction where necessary, a light massage, mask and intensive serum.

Ingredients for mask or scrub may include: avocado, honey, cucumber, coffee, cacao, oats, essential oils, coconut, macadamia & jojoba oil. We recommend you have a facial once a month to maintain healthy, radiant skin.

Choose from:

Earth

Perfect for normal to oily skin.

Air

Soothing for sensitive skin.

Water

Refreshing for sunburned skin.

Fire

Nourishing for normal to dry skin.

75 min | \$145

Honey Pat Mini-Facial

Moisturizing for all types of skin. Includes basic facial cleaning, face massage and organic mask application.

30 min | \$60

PACKAGES

For a truly relaxing and rejuvenating experience treat yourself or a loved one to a combination of our nourishing treatments.

Indulgence

Massage + Facial

120 min | \$195

Kindness

Skin fitness + Massage

120 min | \$235

Delicacy

Skin fitness + Facial

120 min | \$245

SPECIAL THERAPIES

Healing Centre Special Therapies are subject to therapist & seasonal availability. We appreciate your flexibility upon scheduling.

Rebalancing

Rebalancing is a synthesis of deep and soft tissue manipulation, joint release, breathwork, 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 | \$160

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 | \$130

Personalized Treatment Session

This session begins with a private consultation client regarding physical health and emotional well-being. A bodywork session is designed to address your needs with the spirit of inquiry physically and energetically. Services are delivered as a combination of traditional hands-on healing treatments including Thai Massage, Traditional Lakota Stone Medicine, Shiatsu, Chakra Balancing, Deep Tissue/Swedish Massage, and Facial Reflexology. The style of treatment is determined during the session and may combine aspects from several modalities in order to apply the most effective medicine for each individual.

90 min | \$200 • 120 min | \$270

Stone Ceremony

A rebirthing and dreaming ceremony used by the Lakota and Dakota Indian tribes for healing, direction, and deep transformation. These sessions are private and confidential in order to provide a personalized platform for supported journeying.

90 min | \$290 for individuals • 90 min | \$800 for small groups (up to 6)

SPECIAL THERAPIES

Stone Massage Medicine

Geothermal massage therapy delivered with hot smooth basalt stones and cooling marble as practiced by the Dakota and Lakota Indian tribes. This treatment supports healing and function of the muscular and nervous systems. Each treatment is individualized to address areas of chronic pain, stress or fatigue and uses traditional strokes and techniques to treat the body's energy system.

60 min | \$175 • 90 min | \$200

Ashiatsu Bar Therapy

Ashiatsu Bar Therapy is performed with the therapist's feet while using overhead bars to provide support and balance. Ashiatsu Bar Therapy is a combination of Thai Massage and deep compression strokes. This technique utilizes the leg strength and gravity to provide a deep/broad pressure that cannot be achieved using the hands.

60 min | \$200

1:1 Breathwork

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 | \$200

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 | \$175

SPECIAL THERAPIES

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 | \$160 • 120 min | \$210

Intuitive Reiki Massage

A full body Reiki treatment, chakra balancing and deep tissue massage. Starting face up, scanning the energies above the body using the methods of Dr. Usui, we channel the universal light energy to direct the blessings to where it is needed within your body. With this natural intelligence your therapist is guided to give to you exactly what your body needs using deep tissue techniques, relaxing strokes, pressure points and emotional release.

90 min | \$165

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 | \$110 • 90 min | \$165

YOGA

Enter our spacious open-air yoga studio and feel yourself go ahhhh. Relax your gaze upon layers of deep green jungle as the sounds of geckos and birds punctuate the silence. Look out onto the incredible natural surroundings. No walls. No mirrors. The space itself is soothing, and so are our classes. We believe in a gentle practice and encourage balance from the inside out. We support a healthy balanced lifestyle. With a roster of incredible instructors and a variety of classes offered seven days a week, we love working with yogis at every level. Adjacent to our yoga studio is an intimate screened shala; a space of silence and meditation, located near a lily-filled pond where our animal friends get water in the dry season. We offer an all levels Harmony Yoga first thing in the morning as well as challenging Intermediate Vinyasa, and Restorative classes all year round. Please check in with the front desk or reception at the Healing Centre to find out about our daily classes. Namaste!

HEALING CENTRE DAILY YOGA PASSES

Kindly note that the Yoga Class Pass is for classes valued at \$15 or less, and some restrictions may apply. Please show your pass at the reception desk before each class.

5 class pass | \$60 *Valid for 1 year*

10 class pass | \$120 *Valid for 1 year*

CLASS DESCRIPTIONS

All Levels: Every Body

Level 1: Some Previous Yoga Experience is Recommended

Level 2-3: Intermediate to Advanced Yoga Practice

Upon arrival to class, please let your teacher know about any physical conditions and/or injuries that may need special attention.

Harmony Yoga

Start the morning right. This class, taught by a different teacher each day, offers a unique opportunity for students to explore various approaches to Hatha Yoga. Our teachers offer Hatha flow, Anusara, classic Iyengar, vinyasa, and eclectic yoga. Come every morning to experience the diversity of styles of our teaching staff. All levels.

Intermediate Vinyasa Flow

An intentional flow class aimed to create and preserve wellness of the body and mind. In this class you will work on alignment, balance and muscle control. This class is fun, playful and includes inversions and arm balances. One year yoga experience is strongly recommended. Level 2-3.

Restorative Yoga

A practice that soothes and seduces your nervous system into an organic receptivity as well as pleasurable release. This process opens space for multidimensional healing and peace of mind. Props are used to support your body in this subtle and profound practice. Touch quiet, the natural sound of your spiritual heart. All levels.

Aerial Yoga

Aerial yoga provides a fun and challenging class that allows you to stretch and strengthen without overstressing your joints or compressing your vertebrae. Using a specialized hammock, you invert and hang suspended in the air. The hammock supports your hips for forward bends and backbends. It acts as your seat for a number of variations on core strengthening exercises. Best of all, the hammock wraps you in your own little cocoon for a swaying savasana suspended above the ground. Please check our Aerial Yoga instructions at the reception for further information and health restrictions. Level 1-2.

CommUNITY Yoga en Español /Yoga para la comunidad

For the love of practice! This class, taught in Spanish by local Costa Rican teachers, offers a unique opportunity for students to explore various styles of Hatha Yoga. Complimentary. All levels.

PRIVATE YOGA SESSIONS

Offering a variety of options for your every need! Deepen your practice with useful guidance and tools. Sign up for a private session that fits your schedule.

Private Yoga Class

All eyes on you! A 75 minute Private yoga lesson also offer students the ability to focus on personal interests, concerns or goals. With the intention to make you feel loved, not judged, we take a look at your alignment and holding patterns so we can address imbalance in the body, breath and mind. Intricate and individualized alignment cues and hands-on adjustments facilitate deeper understanding of the posture and where to direct the flow of energy. Learn how to modify or advance your practice so you will feel comfortable in any class.

1-3 persons | \$90 • 4-6 persons | \$150 • 7-10 persons | \$180

1:1 Yoga Therapy

Let's look together, through the lens of compassion, at your relationship with yourself. This session includes analysis of an existing practice, review any injuries, ideas for future practices and the introduction of techniques that may serve you. Breathwork, assisted stretching and/or hands-on therapeutic massage will be integrated in the session. The intention is to come to a deeper understanding of how to care for yourself physically, mentally, emotionally and spiritually through inquiry, practice and listening.

90 min | \$200

HARMONY RESTORATION PROGRAM

The Harmony Restoration Week offers a customized retreat experience during your stay. Tailored to your personal needs and intentions, the program is co-designed by you and our Healing Centre Health Concierge to include healing bodywork, individualized yoga and meditation practice, and meaningful personal exploration. We invite you to explore and collaborate with our team of talented healers to bring the body and mind to a state of relaxation, harmony and well being.

3 Day Restoration Program

- 2 sessions with our Health Concierge
- Unlimited daily yoga classes
- 3 Healing Centre massage or aesthetic services
- 1 private yoga therapy session

\$1330 per person + lodging.

We recommend a four night stay. Please note a \$500 non-refundable deposit is required to begin planning the restoration program.

5 Day Restoration Program

- 3 sessions with our Health Concierge
- Nutritional guidance
- Unlimited daily yoga classes
- Daily Healing Centre massage or aesthetic services
- 2 private yoga therapy sessions

\$2305 per person + lodging.

This option requires a 6 night stay and advance booking of 2 weeks. Please note a \$500 non-refundable deposit is required to begin planning the restoration program