

Our prices do not include the 13% sales tax.





# MËLE WELLNESS

Foot Therapy

Foot massage improves circulation, stimulates muscles and organs, reduces tension, along with easing pain. Be ready to have your feet rubbed, pressed on, and squeezed to alleviate ailments while feeling totally relaxed. Enjoy the benefits throughout your whole body with this integral foot treatment.

### THE GUATUSA

Begin this soothing **treatment for tired feet** with a seasalt foot soak, tea tree, and lavender essential oils, a lemongrass coconut foot scrub followed by a relaxing foot massage.

45 minutes - \$85

\*Before you book afoot therapy session, make sure you do not have any cuts or blisters on your feet or ankles!

Head, Neck, and Shoulders

### THE TIGER HERON

Give your scalp, neck and shoulders the break they deserve! This focused massage experience releases tension and restores comfort to this typically tense area from your head to your upperback.

40 minutes-\$65

Massage Therapies & Body Work

We will tailor your desired massage to your specific needs. Our integral body massages incorporate a diverse range of techniques such as **gentle Swedish strokes**, **trigger points**, **Thai stretches**, **soothing aromatherapy**, **and energy balancing**. These therapeutic approaches not only enhance circulation and alleviate muscle tension but also create a state of pure bliss and profound relaxation.

You have the option to select from light, medium, or deep pressure, according to your preferences.

60 minutes: \$115 / 90 minutes: \$145 / 120 minutes: \$185

Deep Tissue Massage Through targeted pressure and slow strokes, our **deep tissue massage** effectively releases chronic muscle tension, promoting improved blood circulation and reducing inflammation.

75 minutes: \$145 / 90 minutes: \$170

These treatments center around the exfoliation of dead skin cells, allowing your skin to effectively absorb the nourishing nutrients present in our nutrient-packed body wraps. By unclogging pores and providing your skin with essential care, you will experience a noticeable improvement in its texture, leaving it feeling smoother and softer than before.

### Scrubs

### COCO LOCO

Renew and polish your skin with a delicious combination of freshly Shredded coconut mixed with pink Himalayan salt and lemongrass Essential oils, **60 minutes – \$130** 

### **COFFEE LOVER**

Maintain youthful and smooth skin with the exfoliating benefits of our Costa Rican coffee. This exceptional exfoliation not only invigorates your skin but also provides antimicrobial and anti-aging properties, ensuring your skin stays revitalized and radiant. **60 minutes - \$130** 

## Wraps

### THE HONEY CATERPILLAR

Specially designed for mature skin, our papaya, aloe, and honey wrap is a treasure trove of antioxidants, vitamin E, and vitamin C, working together to revitalize your skin. This enriching treatment effectively cleanses pores, diminishes wrinkles, and harnesses the power of honey's probiotics, nutrients, and enzymes to replenish and retain essential moisture, leaving your skin looking rejuvenated and refreshed.

60 minutes - \$130

### THE CACAO MORPHO

Experience a gentle cocoon of bliss while indulging in the nurturing and nourishing benefits of organic chocolate and aloe vera! This delightful combination boasts abundant antioxidants, shielding your skin from damage and premature aging, while also aiding in its repair. Enriched with vitamins A, C, E, and Zinc, the potent anti-inflammatory properties of cacao work wonders in enhancing your skin's complexion, leaving it radiant and revitalized. **60 minutes - \$130** 

## Facial

### THE CARACARA

Indulge in a pampering session with this exclusive treat for your skin. Experience the joy of having your pores opened, cleansed, and clarified through a gentle exfoliation process, followed by the application of a soothing aloe vera and cocoa mask. While the mask works its magic, treat yourself to a relaxing light neck and shoulder treatment, adding to your blissful experience. Finally, conclude the session with a nourishing facial massage, leaving your skin feeling renewed and moisturized. **60 minutes – \$95** 

