



PLAYA CATIVO LODGE
GOLFO DULCE, COSTA RICA



Spa
Therapy



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Our Intention

Keep close to nature's heart, and break clear away, once in a while, and climb a mountain or spend a week in the jungle. Wash your spirit clean.

We are body, mind and spirit, and we are inseparably part of earth. Our holistic wellness approach revolves around an appreciation, respect and awe of nature. At Playa Cativo, you can discover the potential that lives within you and uncover the healing power of the Earth.

Whether you're a seasoned naturalist or just beginning your natural wellness path, we have designed a series of treatments and activities that offer the perfect opportunity to reharmonize with nature, in the hands and care of professionals.

Business Hours

Opens Monday to Sunday
from 11:00 am to 07:00 pm

Our treatments



Traditional Therapies

Simplicity can be the key to achieve the well-being sensation that you have been looking for, that is why we are offering the traditional massages, choose the one that satisfies what your mind, senses and muscles need.



Swedish Massage

60 minutes \$125* | 90 minutes \$190*

Get rid of tension and stress with this full body massage. This technique is the most popular around the world and involves light / medium strokes to energize your body and improve overall health.



Deep Tissue Massage

60 minutes \$150* | 90 minutes \$215*

This is our full body technique with deep strokes that treats deep muscle layers and releases tight areas, letting the body to eliminate the toxins that causes stress and pain.



Back & Shoulders Massage

30 minutes \$65*

Pamper your back, neck and shoulders area to release tension and soothe your tight, sore muscles. Choose light, medium or deep pressure.



Hot Stone Massage

90 minutes \$210*

During a hot stone massage, smooth and heated stones are applied to certain areas of the body. The stones are usually made of basalt, a type of volcanic rock that retains heat and helps to relax the muscles and tissues underneath.

30 Minutes Complements

30 minutes \$60* each one

Complement your 60- or 90-minute traditional massage with one of the following 30-minute options:

- **Express Facial:** Get a basic cleansing, exfoliation and a quick absorbing mask.
- **Foot Reflexology:** Foot reflexology is an ancient technique that involves applying pressure to specific points on the soles of the feet. Those points represent different areas of the body. It improves health in general and may help to alleviate stress.
- **Hands & Feet Care:** Get a hands and feet exfoliation, followed by a mask. It may help to soften your hands and feet skin.

Seasonal Therapies

Please confirm with concierge team the availability of these healing treatments



Thai Yoga Massage

60 minutes \$125* | 90 minutes \$190*

Full body therapy that includes osteopathy techniques that promotes physical and mental relaxation through acupressure, progressive stretching, joints mobilization, assisted postures and craniosacral therapy. It works integrally by stimulating the energetic points in the body. *Bring comfortable, stretchy clothes!*



Reiki Healing

60 minutes \$120*

This therapy works at the subtle levels of body and mind. The practitioner places their hands above your body on specific points, improving the flow of your energy to support well-being. Reiki aids relaxation, assists in the body's natural healing processes and develops emotional, mental and spiritual balance.

Skin care

Delight yourself with one of our skin care treatments that uses specific products for each skin type.



Reawakening Facial

60 minutes \$120* | 90min \$160

This treatment is special for sensitive and dry skin. It cleanses, moisturizes and protects your face from irritations. Includes cleansing, exfoliation, light manual extraction (if needed), multi-masking, facial and scalp massage.



Purifying Facial

60 minutes \$120* | 90min \$160

This treatment is special for normal to oily skin. It cleanses, decongests the pores and protects the skin from pollution. Includes cleansing, exfoliation, light manual extraction (if needed), multi-masking, facial and scalp massage.



Vitality Facial

60 minutes \$120* | 90min \$160

This treatment is special for mature skin. It cleanses, rejuvenates and nourishes the skin. Includes cleansing, exfoliation, light manual extraction (if needed), multi-masking, facial and scalp massage.

30 Minutes Complements

30 minutes \$60* each one

Complement your skin care treatment with one of the following 30-minute options:

- Foot Reflexology: Foot reflexology is an ancient technique that involves applying pressure to specific points on the soles of the feet. Those points represent different areas of the body. It improves health in general and may help to alleviate stress.

- Hands & Feet Care: Get a hands and feet exfoliation, followed by a mask. It may help to soften your hands and feet skin.

Artisan Scrubs

Remove your dead cells and seal your skin with a moisturizing session (not a massage) that protects it after the exfoliation. Reconcile with your own skin and be ready to show it off!



Passion Fruit Spell

60 minutes \$120*

Passion fruit is a nutritious tropical fruit rich in antioxidants and vitamins. Passion fruit pulp and juice with sugar become in a delightful and healthy experience that will let you get a radiant and new skin.



Coffee Treat Scrub

60 minutes \$120*

Nothing better than smelling while coffee is being brewed, same smell while your skin is getting a Costa Rican organic coffee scrub.



Chocolate fudge

60 minutes \$120*

Costa Rica has been characterized as being one of the countries of the world where high quality cocoa is produced. Get an irresistible and pleasant moisturizing experience of Costa Rican Chocolate scrub.

30 Minutes Complements

30 minutes \$60* each one

Complement your skin care treatment with one of the following 30-minute options:

- Express Facial: Get a basic cleansing, exfoliation and a quick absorbing mask.
- Foot Reflexology: Foot reflexology is an ancient technique that involves applying pressure to specific points on the soles of the feet. Those points represent different areas of the body. It improves health in general and may help to alleviate stress.

Specials

Sometimes you are craving combinations or packages of your favorite treatments, that is why we created this section for you. Choose the best option and satisfy your desires!

Foot Paradise

(Soaking+Scrub+Massage)
60 minutes \$120*

Soak your feet in warm water with aromatic bath salts and fruit infusions, followed by a thorough feet exfoliation and ending with a relaxing foot and calf massage.

Legs up!

(Leg Scrub + Decongestant
Mask + Leg Massage)
60 minutes \$120*

Get rid of your dead cells by an aromatherapeutic leg exfoliation. Once your skin is free of any roughness, obtain a decongest leg mask with essential oils to relieve swollen feet and legs, ending with a venous return massage. This treatment is special after hiking.



Spa à la carte 120 minutes \$225*

Head & Shoulders in Heaven (Chest, Shoulders, Neck, Facial and Scalp Massage + Facial Cleansing) 60 minutes \$120*

This treatment combines a quick facial and cleavage cleansing, and an elaborated chest, shoulders, neck, facial and scalp massage with an excellent blend of essential oils that promotes relaxation.

Match your favorite scrub and massage. To make it more special: get an express facial. Stamp your personal touch in the best package according your needs and choices. Provecho! (Enjoy it!)

- **Body Scrub Options:**
Chocolate / Coffee Scrub
/ Passion Fruit

- **60-minute full body
massage options:** Swedish
Massage / Deep Tissue
Massage.



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