

**FINCA ROSA BLANCA**  
COFFEE PLANTATION RESORT



# **Finca Rosa Blanca**

## Coffee Plantation Resort

*Costa Rica*



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COFFEE PLANTATION RESORT



## *EL TARGUA SPA*

*Respect for the uniqueness of each individual is the foundation of our spa experience.*

*Our highly trained therapists are committed to excellence, infused with enthusiasm and take pride in delivering personalized, dedicated service. Our therapies combine both ancient and contemporary techniques in a natural manner. They are designed to bring balance and equilibrium to meet the needs of each individual.*

**SPA TREATMENTS ARE AVAILABLE FROM 11:00 AM TO 8:00 PM**





## Massage and Body Work

***We offer a variety of massage techniques in order to provide the right therapy for your needs and desires.***

### ***Traditional Swedish Massage***

***30mn \$45, 50min \$80 or 80min \$120***

The Swedish massage is an ideal treatment to release muscle and tissue tension. Our therapists combine their unique skills to personalize each treatment.



### ***Hot Stones Massage***

***50min \$95 or 80min \$140***

Experience the healing powers of the stones, traditionally recognized as a powerful tool to combine with massage techniques to balance your body.

### ***Deep Tissue Massage***

***50min \$95 or 80min \$140***

Great slow and deep muscle manipulation combined with special holistic Kinesiology work. The session incorporates gentle stretches, consistent contractions, which will effectively detoxify your tissues.

### ***Lymphatic Drainage Massage***

***50min \$95 or 80min \$140***

This gentle massage helps to drain toxins from your body and enhances the immune system. The massage incorporates very light pressure, as well as long, gentle, rhythmic strokes and soft pumping movements in the direction of the lymph nodes.





## Holistic Treatments



### **Treat your feet**

**30min \$60**

*Reflexology massage, followed by Foot Facial, deep exfoliation, and application of special Herbal and Clay mask, then your feet are encased in a warm wrap.*

### **The Aromatherapy.**

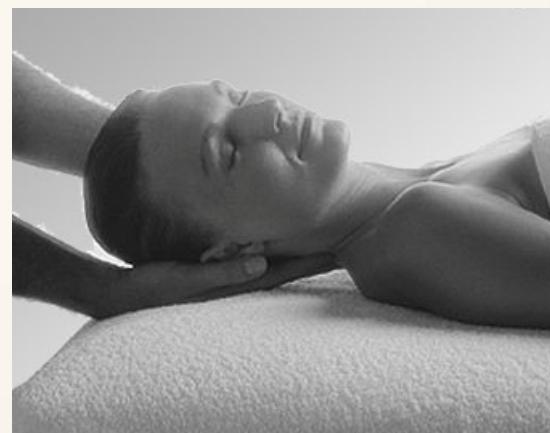
**50min \$85**

*Our Technique is a method of using massage and essential oils applied on the body. It is designed to bring balance and align the energy centers of the body and release them if blocked.*

### **Indian Head Massage**

**30 min \$60**

*A simple yet very effective therapy that provides relief from aches, pains and tension and brings relaxation to the neck, shoulders, head and face. It is especially good for the relief of headaches, stress and insomnia*





## **Body Treatments**

### **Scrubs**

**60 Min \$100**

*Body scrubs exfoliate your skin, removing dead skin cells and promoting growth of new ones. Our body scrubs include moisturizing ingredients which leave your skin smooth, healthy and glowing.*

*The process of scrubbing also stimulates circulation and the movement of lymph, helping to fight cellulite and improving skin tone.*

*A body scrub right before a massage is one of the best ways to relax and prepare your body for a massage.*

*Body scrubs includes a mini facial.*

### **Rice & Honey Scrub**

*Rice has many properties that help repair the skin and the honey is a natural antiseptic and also functions as a humectant, the end result is a soothing and healing mixture that will leave your skin clean, fresh and with a velvety appearance.*

### **Coffee & Chocolate Scrub**

*Made with premium organic coffee from our plantation, this aromatic and delicious handmade body scrub contain antioxidants that detoxifies, exfoliates , rejuvenates and revitalizes, creating a delicious experience, leaving your skin glowing with health and radiance.*

### **Ginger & Green Tea Scrub**

*This refreshing body scrub exfoliates and cleanses the skin, leaving you feeling invigorated and revitalized. It accelerates blood circulation and leaves your skin refreshed and soft.*





## **Wraps**

**60 Min \$100**

*Body wraps draw toxins from the body and help tone skin by removing excess fluid from the body. The treatment entails wrapping your torso, arms and legs using organic ingredients. This treatment promotes sweating and enables extra fluid trapped in the small spaces between tissues to be expelled. Body wraps activate the lymphatic system thereby promoting detoxification and boosting metabolism. Benefits of body wraps include skin firming, cellulite reduction and softer skin.*

*Body wraps include a mini facial*

### **Avocado Body Wrap**

*Particularly beneficial for dry or mature skin or people suffering from eczema, psoriasis, sun or climate damaged skin. Avocado is an oily fruit rich in Vitamins and deeply penetrating natural oils which are more readily absorbed by the skin than other oils.*

### **Volcanic Mud Wrap**

*Mud wraps are known for increasing circulation and removing toxins from the skin, thereby tightening and firming skin texture. Muscle relaxation and pain relief are additional benefits that have been associated with the mud body wrap.*

### **Guava Wrap**

*It is an exotic and fruity experience; its exquisite aroma awakens our senses. The properties of guava provide vitamin C, strengthen your immune system, combat the visible effects of ageing and restore the skin leaving you with youthful appearance.*





## Paradise Facials

### **Luxury Mini facial-**

**30min \$50**

*The perfect facial to quickly relax and rejuvenate! This facial includes cleansing, toning, exfoliation, mask and a moisture application leaving your skin feeling clean and fresh.*

### **Hydrating Facial**

**50min \$90**

*Hydration is the foundation of healthy skin, regardless of skin type. To prevent premature aging and to keep your skin radiant and glowing, hydration is the key.*

### **Collagen Facial**

**60min \$110**

*Slow down the effects of time with innovative products. Focus is placed on fine lines and the loss of elasticity. Our regenerating techniques and products are the ultimate in protecting aging and mature skin.*

### **Luxury Full Facial**

**75min \$110**

*This Super Cleansing Facial includes twenty minutes of Indian Head massage that comforts and re-balances the energy flow to produce a feeling of peace and tranquility, and perfect to complement this wonderful facial. A soothing mask is applied to end the experience, leaving you glowing and completely relaxed.*





## Spa Packages

### **Head To Toe**

**60min \$115**

*Our exquisite body scrub created with natural ingredients such as cinnamon, honey and olive oil is ideal for removing dead skin cells and impurities and will improve your blood circulation and skin tone leaving your skin feeling silky-smooth and revitalized. This package includes a luxury mini facial and a hot oil hair treatment.*

### **Rain Forest**

**75min \$120**

*Rejuvenate your skin and your spirit!!! Enjoy a hot Stone massage, followed by our exotic organic Citrus Herbal Body Scrub*

### **Pura Vida Coffee Detox**

**90min \$170**

*This treatment has been created to help detoxify your body and mind. First you will receive our lymphatic drainage massage and then you will be pampered and soothed in a whole body mask of organic coffee, almond milk and chocolate scrub. Finish your marvelous experience with our luxury mini facial.*





## **Upon Request**

### **Private yoga sessions**

#### **Gift certificates**

**•We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.**

#### **•Payment Policy**

**For non-guests we require a deposit of 50% of treatment prior to reservation date by credit card (VISA, or MC, Amex) is requested. In case of cancellation the amount will not be refundable.**

**For Hotel Guests the amount of each spa treatment can be charged to the room or canceled by credit card (VISA, or MC, Amex). All treatments can be canceled up to 4hrs in advance and thereafter a charge of 50% of treatment will be charged.**

#### **•Cancellation Policy or No Show**

**We cannot make refunds or offer credit for missed reservations; including personal health problems or reasons making it impossible for the guest to arrive on time or at all. However if the hotel has to cancel the spa session for any reason, a full refund will be provided by the bank on your credit card. We do not provide cash refunds.**

**•Please advise us of any health conditions, allergies, or injuries that could affect your session when making your spa reservation.**

