ASCLEPIOS

WELLNESS & HEALING RETREAT

Allow our exquisite spa treatments to whisk you away to a world relaxation. At Asclepios Wellness & Healing Retreat we would like to invite to actively participate in your wellbeing. In a world where tension and stress occupy an ever growing place in our existence, our mission is to awaken you to the peace and joy of living. For this reason we want you to enjoy our treatments in which we rescue the ancient wisdom and health techniques that have helped strengthen the human being throughout the ages, not only with regard to the physical body, but more importantly, bringing health to the being which vibrates with feelings; the emotional, mental and spiritual being which lives in a process of continuous change and transformation. We work with a team of highly skilled spa therapists and another team of selected holistic practitioners from all over the world. We have put together a great understanding and passion for physical, emotional and spiritual health resulting in great wellbeing.

In the following pages you will find a description of our treatments. All treatments are available from Monday to Sunday from 8:00 am to 7:00 pm. Our last Spa booking everyday is at 6:00 pm for any one-hour treatment. If you are late for your appointment you must sign an agreement whereby you accept to take only the time remaining of your service. Depending on the duration of your treatment, a late arrival could be considered a noshow.

ASCLEPIOS
WELLNESS & HEALING RETREAT

# Manual Techniques

## Asclepios Massage

Experience our Signature Massage to bring you back to a renewed and lighter state. Asclepios massage regulates the flow of vital energy throughout your entire body and stimulates the body's natural regenerating process. This massage contains different passive movements that help to relax the muscles and uses the most exquisite details that make Asclepios massage a unique and different experience. This massage includes moderate pressure techniques. **Rates: 50 min US$80 / 80 min US$130**

## Swedish Massage

This is a tension releasing massage consisting of long strokes, kneading and friction techniques on the more superficial layers of the muscles. Swedish massage is recommended for people that like soft to moderate pressure. An overall relaxation is the main objective in this massage, not only at body level but also at a mental level. **Rates: 50 min US$80 / 80 min US$120**

## Deep Tissue Massage

Deep tissue massage is a technique that concentrates in the deep layers of muscle tissue. It is focalized in releasing chronic muscle tension of the body through soft movements and deep pressure in contracture areas, following and crossing muscle fibers, tendons and fascia. This massage helps to release toxins that are accumulated in muscles and promotes an adequate blood circulation and oxygenation. This massage is recommended to those persons that like strong pressure, it is special for sportsmen and persons who present considerable contractures. **Rates: 50 min US$85 / 80 min US$140**

## Lymphatic Massage

Because lymph fluid moves slowly without aid of its own pump, inactivity can seriously restrict its flow. Muscular contraction through exercise and deep breathing is the primary means by which our lymph circulates, but lymphatic massage and drainage provide another helpful option. As lymphatic system circulates fats, proteins and immune cells and removes bacteria, viruses and cholesterol as well, a regular lymph massage
(particularly around the abdomen, axillary nodes, and breast) can be great preventive health maintenance. **Rate: 80 min US$125**

ASCLEPIOS
WELLNESS & HEALING RETREAT

## Healing Stone Massage

The Chinese dynasty "Shang", Romans and Native American used to utilize different types of stones at different temperatures with therapeutic purposes. Healing stone massage uses hot basaltic lava stones; these stones contain a high level of iron. This allows the stone to keep the heat for more time. The heat and magnetic power of the stone

combined with the massage, fights the pain, relax the body and expand the blood vessels and lymphatic system. It also revitalizes and oxygenates the skin. Some stones are located in different parts of the body (chakras) and others are moved by the therapist doing a massage. The use of the stones adds a thermal and pressure effect. **Rate: 90 min**

**US$130**

## Back, Neck & Shoulder Massage

A complete massage focused in back, neck and shoulders, zones where stress is more evident. Pressure is moderate, with passive movements of different joints. The vascular dilatation, muscular and nerve balance achieved in this area is transmitted to the rest of the body and transforms tension and stiffness in the neck, shoulders and back into a pleasant lightweight sensation. **Rate: 35 min US$60**

## Shiatsu

Shiatsu is a Japanese "finger pressure massage" that is based on the holistic system of traditional Chinese medicine, where illness is thought to result from imbalances in the natural flow of energy, or qi through the body. **Rate: 60 min US$95**

## Thai Massage

Ancient bodywork practices from Thailand are enhanced with massage and yoga-like stretches to increase muscle relaxation and flexibility, all of which is performed without oils or undressing. **Rate: 60 min US$100**

ASCLEPIOS
WELLNESS & HEALING RETREAT

# Spa & Hydrotherapy Treatments

## Natural Facial

Complete treatment that includes cleansing, exfoliation, extractions and a light massage of the face, shoulders and chest area. We apply a special hydrating facial mask, which is complemented with a steam application and high frequency. Your face not only will look healthy, it also will be radiant. **Rate: 60 min US$95**

## Body Scrub

When the top layer of dead skin cells is sloughed off by a dry brush, scrub, salt, clay, sugar or seed rub, the underlying layer reveals a fresher, more radiant complexion. We give two kinds of exfoliations during the treatments: a manual exfoliation with the product of your choice and the other is done with a body brush and cleansing gel. All of our recipes are made with 100% natural ingredients. **Rate: 45 min US$65**

## Body Wrap

Choose one of our wrap recipes: moisturizing (chocolate), orclay. Let the product penetrate your pores by the heat application producing an evident change in your skin. This treatment begins with a body exfoliation, which optimizes the effect of the wrap and ends with a light facial and a moisturizing massage. **Rate: 40 min US$90**

**This treatment can be complemented with a Vichy Shower. **Rate: 60 min US$125**

ASCLEPIOS
WELLNESS & HEALING RETREAT

## Scottish Shower

A high pressure-hose provide a warm/cold and concentrated hydrotherapy massage while one remains standing. Improves circulation fortifying the vascular system and is a source of revitalization. **Rate: 12 min US$40** Watsu

Aquatic bodywork involving stretching and Shiatsu (pressure-point techniques) while floating in warm water. The water temperature of 97° F is ideal for experiencing a sensation of deep relaxation. Gentle stretching increases flexibility and strengthens muscles. **Rate: 50 min US$95**

## Vichy Shower

As part of a process involving wraps and scrubs, a Vichy shower uses multiple elevated showerheads spraying massaging jets of water. It improves relaxation of muscles and nerves. **Rate: 20 min US$45**

## Floatation Therapy

Floating is another form of hydrotherapy and is the only one in Costa Rica, it takes place in an enclosed pool, without light, in body temperature water made buoyant by the addition of sea and Epsom salts. This therapy intimately connects your body and mind and induces an extremely deep state of mental and physical relaxation, helping to eliminate stress and tension. **Rate: 50 min US$75**

## Hammam

This is the classic steam bath in a real Arabic Hammam. This treatment cleans the respiratory ways and is used to heal the classic affections of the respiratory system; releases the epidermis from impurities and dead cells and also improves blood and lymphatic circulation. This treatment is recommended to be used before a body exfoliation and/or body wrap treatments ending with a massage. **Rate: 45 min US$35**

### *Sauna*

Dry heat room where temperature is maintained at 80ºF degrees. The dry bath improves arterial pressure, reduces rheumatism and joint pains as well as muscular contractions; it also helps the basal metabolism and eliminates toxins; it is very relaxing. **Rate: 1hr 30 min US$20**

# *Ancient Therapeutic Treatments*

### *Naturopathy*

The Naturopath will have many different treatments to offer but all are based on the concept that the body will heal itself if given the right stimulus. It is a holistic system of healing that includes water, air, sunshine, herbs, vitamins, massage, and counseling, as well as diet and nutrition. Patients are treated as a whole person rather than just by their symptoms. **Rate: 50 min US$80**

### *Acupuncture*

Just as the Western medical doctor monitors the blood flowing through blood vessels and the messages traveling via the nervous system, the acupuncturist assesses the flow and distribution of our "vital energy" (a vital force that animates the body) within its pathways, known as "meridians and channels". Acupuncture is a traditional Asian therapy, which consists in the insertion of thin needles through the skin at specific points on the body to control pain and other symptoms. It can be very effective in musculoskeletal complaints, as well as balancing organ systems according to
Traditional Chinese Medicine. **Rate: 50 min US$100**

### *Reiki*

Reiki is a system of Enlightenment and a Hands on Healing Art developed in the early 1900's by Mikao Usui in Japan. It is an art that is passed from Master to student. The word Reiki comes from two Japanese words - Rei and Ki, meaning Universal Life Force Energy. The

term "Reiki" is used to describe both the energy and the Usui system of using it. This therapy is excellent for those who have trouble honoring their own needs. **Rate: 60 min US$90**

ASCLEPIOS
WELLNESS & HEALING RETREAT

## Podoreflexology

In Occident, podoreflexology is based on Dr. William Fitzgerald's teachings in Zone Therapy (1917) and the notion that each body part is represented on the feet and that pressing on specific areas on the feet can have therapeutic effects in other parts of the body. This art gives invaluable information on the health and function of many organs and body systems. At the same time it heavenly for tired feet. **Rate: 40 min US$75**

## Floral Remedies

Developed in Britain by a doctor named Edward Bach, Back Flower Remedies are said to work on an 'energetic level', healing different states of mind through the essence of flowers. Initially, Bach produced 38 different essences that work on specific emotional conditions such as depression, anxiety, guilt and envy. Now you can also discover the Costa Rican healing essences. Our consultation guides you through issues that are most important at this time, and include remedies made individually to help you overcome these issues. **Rate: 60 min US$100**

ASCLEPIOS
WELLNESS & HEALING RETREAT

# Movement Techniques

## Stretching

With the passing of the years, people lose the flexibility and elasticity of the tissues, but the constant stretching assures an adequate flexibility, which is a way of prevention against fractures and injuries in general. This class is dedicated to the practice and learning of different stretches and it is realized in a safe and effective way. The learned stretches can be used previously to a physical activity or just practice them as a single exercise. **Rates: 60 min US$15 (group) / US$30 ea (couples) / US$35 (one on one)**

## Yoga

Yoga is much more than postural alignment (asanas) and breathing. Yoga is an ancient indian spiritual practice that helps the individual unify his body, mind, and spirit. **Rates: 1 hr 30 min US$20 (group) / US$30 ea (couples) / US$45 (one on one)**

## Tibetan Rites

Bodhi Tibetan Yoga uses a balanced holistic combination of stretching, intense aerobic breathing techniques, and ancient secret energy techniques. The 5 Tibetan postures represent a great way to keep your body in shape when you have limited time for a physical workout or limited space for a complete yoga routine. We use the 5 Tibetans as a warm up for our morning yoga or body workout. **Rates: 60 min US$15 (group) / US$25 ea (couples) / US$35 (one on one)**

ASCLEPIOS
WELLNESS & HEALING RETREAT

## Personal Training

Sessions with our personal trainer, who designs a specific plan of physical condition according to the characteristics, capacity and proper needs of each person. The trainer also reviews and takes note of the sufferings and injuries from each person with the purpose to surely create an exercise plan that is not only effective but also safe for its health. **Rate: 60 min US$45**

## Pilates

Pilates is like a cross between yoga, stretching and calisthenics. It enhances body alignment and balance, strengthens the abs, back and stabilizer muscles and stretches, strengthens and relaxes your body. With systematic practice of specific exercises coupled with focused breathing patterns, Pilates has proven itself invaluable also as an important adjunct to professional sports training and physical rehabilitation of all kinds. **Rates: 60 min US$15 (group) / US$30 ea (couples) / US$40 (one on one)**

## Aqua Fit

An exercise class that is realized in the pool using the resistance and floatation that water offers. This session is directed by the personal trainer/therapist. During this class we work muscular resistance, balance and coordination. **Rates: 60 min US$15 (group) / US$25 ea (couples) /**
**US$35 (one on one)**

ASCLEPIOS
WELLNESS & HEALING RETREAT

# Coaching

## Nutrition Coaching

Good nutrition or poor nutrition has a great impact in our health. Many of us are overfed yet malnourished. For others diet is actively feeding a disease process. By unraveling the myths surrounding food and gaining simple practical and individualized advice on eating, you can take control and make your dietary patterns work for you instead of against you. **Rate: 50 min US$80**

## Life Enhancement Coaching

Qualified counselors give you the time and space to explore your inner world. Whether you need to reflect on certain issues, life direction, relationships or desires, or need assistance to help find out which of these is making you less happy. This session can be invaluable. **Rate: 1 hr 30 min US$180**