spa
Discover the mysteries of Costa Rica, a small country that holds 5 percent of the planet’s biodiversity. So rich in culture and natural resources, it could not have a better name: Rich Coast. To celebrate the many regions of this mysterious place, we have created a menu that takes you on a journey to capture the richness of the land and its people.

From the colorful and tasteful Caribbean, with fragrant aromas and vivid colors, to the Central Valley Mountains with volcanoes and a bounty of medicinal herbs, to the Pacific Ocean and its welcoming blue seawater with many benefits.

Let us be your guide to wellness of mind, body, spirit and be inspired by Costa Rica’s legendary Pura Vida way of life.
BE WELL AND DO WELL

Our spa and wellness programs are designed to let you take time for yourself while enjoying your Costa Rican vacation. We offer individual, couples and group journeys that fill your days with incredible, life-changing activities. Learn to live in tune with your spirit, nature and community.

BE WELL

PURA VIDA FOR ALL

Enjoy a taste of wellness with Pura Vida for All with a two-hour experience that includes the following elements:

- Wellness consultation: Wellness is not just a physical state but also a product of our emotions, behaviors, relationships and spiritual connections. In this session, a wellness consultant will assist you in cultivating practical ways to integrate our wellness program into tangible, positive changes in your daily life.
- Local natural remedies class: Learn about the native herbs and foods of Costa Rica that hold natural healing properties for different ailments.

Energizing activity

Select an energizing activity from our fitness class options which reflects your own tastes, while meeting your wellness goals.

Rebalancing energy

Relax and restore your body with a spa treatment from our specially trained therapists who will work to realign your chakras for optimal wellness. With balance, your body will experience physical and emotional peace.

VOLCANIC PURIFICATION RITUAL | 3 HOURS

North Region and Guanacaste

Using ingredients indigenous to Costa Rica, we have created a unique, complete body ritual based on ancient traditions of purifying the body with a blend of volcanic ashes and aloe vera to remove dead skin and increase circulation. Applitudes made exclusively for our Spa and derived from a combination of seawater from our beaches and volcanic mud from Arenal volcano help to flush out toxins naturally which relieves stress in the body. An Aromatherapy Bamboo Massage relieves muscle tension and stimulates the flow of energy, purifying and healing body and mind.

CARIBBEAN HAPPINESS | 2.5 HOURS

Caribbean Region

An exotic journey that begins with a Coco Orange body scrub, followed by a Pineapple Wrap designed to supply vitamin C, stimulate skin regeneration, detoxifying the body and preparing the skin to be sun-kissed. Finally, an aromatherapy massage uses our custom-blended oil. The results are increased energy, as well as a nourished and radiant skin.

PURA VIDA FOR ALL

Enjoy a taste of wellness with Pura Vida for All with a four-hour experience that includes the following elements:

- Lifestyle consultation: Wellness consultant will assist you in cultivating practical ways to integrate our wellness program into tangible, positive changes in your daily life.
- Local natural remedies class: Learn about the native herbs and foods of Costa Rica that hold natural healing properties for different ailments.

BALANCING HEAD-TO-TOE EXPERIENCE | 75 MIN

Creating balance from within begins with a mindful meditation followed by the extravagance of two therapists working on your body simultaneously. Experience the therapeutic benefits of our Papagayo Foot Treatment while receiving a Rise and Shine Brightening Facial. Two sets of skilled hands provide you with amazing results.

SPA WELLNESS JOURNEYS
COUPLES

ROMANCE JOURNEY | 4 HOURS
Let’s spend a little time together. Your couple’s experience begins with a relaxing sea-salt foot soak and includes a love tuning ritual followed by a 90-minute massage in our signature couple’s suite. You will then enjoy relaxing facials customized to your desired results. We conclude this perfect spa day with side-by-side pedicures.

PACIFICA COUPLE’S SUITE EXPERIENCE | 2 HOURS
Let our spa experts select the best treatment for you to be enjoyed in an indulgent suite with a private vanity, waterfall whirlpool and sauna and enhanced with romantic candlelight or views of the queuos beach. Your experience begins with a relaxing sea-salt foot soak followed by a 90-minute customized treatment and time to savour the amenities in seclusion.

COUPLE’S MASSAGE | 60 or 90 MIN
Enjoy a romantic massage with your partner on side-by-side massage tables, set within our exquisite couple’s room. Two therapists work in unison to provide an unforgettable shared experience.

DO WELL

VOLUNTOURISM
A vital part of our wellness offering was inspired by our native local people and customs. With Sitio or knowledge of the Cabecar tribes, we understand that Costa Rican biodiversity and sustainability practices come long before it was in vogue. Our native people believe that we are one with Mother Nature and that well being comes from a balanced life with respect for everything and everybody.

The best way to get to know Costa Rica is to get to know Costa Ricans. Through our partnership with Creciendo Juntos, you can paint schools, buy school supplies, meet and befriend local families and give back to the community around you.

In order to honor Mother Nature, we recommend taking shorter showers, buying local, rethinking bottle water and using reusable shopping bags. Simple practices with a meaningful impact.

MASSAGES

NATURAL HEALING BAMBOO MASSAGE | 60 or 90 MIN
Our deepest and most natural massage is known for its unique healing properties. Using freshly cut bamboo, this deep pressure massage reduces stress and relieves tension in the muscles.

DIHISI HOT STONE MASSAGE | 90 MIN
Influenced by the traditions of our indigenous cultures and honoring the Pipil’s culture and their stone carvings, this massage uses the ancient art of the placement of smooth, heated river and volcanic stones for enhanced energy and a renewed sense of well-being.

PAPAGAYO FOOT THERAPY | 60 MIN
An excellent option for hikers and golfers, this therapeutic treatment begins with the cleansing and exfoliation of the feet and lower legs, using pure Costa Rican volcanic sand. You are then treated to a nourishing pressure-point foot massage using a combination of hot stones and acupressure tools for maximum benefits.

RAINFOREST AROMATHERAPY MASSAGE | 60 or 90 MIN
A massage that allows you to specifically choose from our custom blends of aromatic essential oils with fragrances that respond to your mood, body and spiritual needs.

THERAPEUTIC DEEP TISSUE MASSAGE | 60 or 90 MIN
Focusing on specific areas, our therapeutic massage uses elbow and forearm pressure for deeper pressure. A variety of techniques will help with recovery of injured and strained muscles, and improve flexibility and range of limb motion.

THAI STRETCHING | 90 MIN
This ancient form of massage, practiced for over 2,500 years, is performed on a large mat and uses a combination of stretching and Thai massage techniques to elongate the body and relieve tight muscles. For this stretching massage, which is performed without oils or lotions, guests wear their own loose clothing.
BODY TREATMENTS

GIFTS FROM THE MOUNTAIN BODY WRAP | 75 MIN
Central Valley
From the high mountains and central valley, this body wrap uses an exquisite combination of goat milk with similar pH or acidity level to human skin combined with yogurt and healing honey. A gentle exfoliation and skin nutrition provides balance to your skin. Ideal for all skin types, including sensitive and sunburned skin.

TROPICAL REPLENISHMENT PINEAPPLE WRAP | 75 MIN
Caribbean Region
Explore the Caribbean with this aromatic body wrap, made from local organic pineapple, highly concentrated with vitamin C for skin replenishment and to assist the immune system by detoxifying the body, leaving skin with a healthy glow.

DARK GOLD PELOID BODY WRAP | 75 MIN
North Region and Guanacaste
A natural thermo-therapeutic agent mask formed from a combination of seawater from our Peninsula Papagayo and mud from Arenal volcano. This is a treatment rich in antioxidants, minerals and microalgae, ideal for muscle relaxation, cutaneous regeneration and skin revitalization.

PACIFIC CLARIFYING SCRUB | 60 MIN
Guanacaste
From our local region, this treatment uses rice along with honey and ground shells that has a mild sedative effect on the nervous system. This body scrub provides softness and nutrition leaving the skin smooth, hydrated and luminous.

WHITE GOLD WITH CITRIC DROPS SCRUB | 60 MIN
Caribbean Region
An unforgettable experience for your senses and your skin, this body treatment uses delicious coconut strips scrub, coconut milk, and orange zest providing beta-carotene and vitamin C, vitamin E, perfect as a pretreatment to sun bathing.

VOLCANIC LAVA SCRUB | 60 MIN
North Zone
Unique in the world as there is none like ours; this spectacular volcanic lava exfoliation is created with pulverized lava from the foothills of Arenal volcano. The lava minerals, combined with a base of aloe vera and green tea extract will increase the energy and help the absorption of minerals and vitamins.
**FACIALS**

**FROM BIOLOGIQUE RECHERCHE**

**LIFTING FACIAL | 90 MIN**
An exfoliating and lifting treatment combined with toning and shaping techniques to sculpt the face contours. The lifting effect is immediate. Your skin is firmer, transformed and glowing.

**SENSITIVE SKIN CARE | 60 MIN**
This facial will respect the delicate physiological balance of sensitive and reactive skin suffering from redness. Excellent treatment to have after medical interventions such as dermabrasion, laser, chemical peels. A facial that will hydrate, protect, renew your skin and will leave it glowing with beauty.

**VIP O2 | 60 MIN**
This luxurious oxygenating and balancing ritual features a perfect combination of micro-exfoliation, oxygenation and bio-energy massages. A wonderful moment of well-being and relaxation that oxygenates the epidermis, relaxes your features and leaves you glowing with health. Excellent for big city goers, smokers and frequent flyers.

**CUSTOM BIOLOGIQUE RECHERCHE FACIAL | 60 or 90 MIN**
Specially trained therapists analyze each individual’s skin. Tailored, state-of-the-art skin cocktails are then formulated for a completely personalized facial that achieves the most effective and immediate results.

**SECOND SKIN TREATMENT ENHANCEMENT | 15 MIN**
Add on to another facial.
Second Skin is a regenerating electro spun mask used as a genuine alternative to fillers. This intense age defying treatment will visibly lift and correct signs of aging. Skin patches, are strategically applied to targeted areas, these patches uses revolutionary technology, similar to 3D printing, utilizing electric force to weave a fiber patch comprising 80% hyaluronic acid.

**FROM EMERGING**

**GIFTS OF NATURE FIRMING FACIAL | 90 MIN**
Actively firm, lift and address the visible signs of aging. This treatment combines active ingredients such as probiotics, enzymes and natural fruit acids to deeply cleanse, reduce dead skin cells leaving skin younger looking, toned, soothed and glowing.

**RISE AND SHINE BRIGHTENING FACIAL | 60 MIN**
This facial begins with an aromatic pacific coast sensorial journey. Our latest advances deliver results using natural fruit acids, derived from bilberry, sugar cane and sugar maple, help rapidly exfoliate dead skin cells for immediate improvement in skin clarity and softness. Organic grape stem cells, kombucha, spirulina, seaweed and tea extracts combat the visible signs of aging skin.

**GENTLEMEN’S HYDRATING BOOSTER | 60 MIN**
Our Gentlemen’s facial consists of a two-part exfoliation system to remove dead skin cells and instantly improve tone and texture, while minimizing the appearance of fine lines and wrinkles. A calming mask of water lily, aloe, and nourishing tea extracts helps to alleviate redness and skin sensitivity.
MANI AND PEDI

VOLCANIC HEALING ULTRA-LUXURY
MANICURE 75 MIN | PEDICURE 90 MIN
This mineral infused treatment includes detailed finesse of the nails and cuticles, followed by a volcanic ash and aloe vera scrub to remove dead skin and increase circulation. A peloid, made exclusively for our spa from a combination of seawater from our beaches and volcanic mud from Arenal volcano, will help to reduce water retention, encouraging the body to naturally flush toxins and replenish the skin with minerals. A Volcanic Hot Stone Massage will complete this relaxing experience.

CARIBBEAN COLORS
MANICURE 45 MIN | PEDICURE 60 MIN
This exotic journey through our beloved Caribbean begins with a fragrant coconut and orange exfoliation, followed by a pineapple wrap, designed to provide vitamin C and stimulate skin regeneration. Nail shaping and polish is followed by an aromatherapy massage using a citrus mixture of nourishing cream.

ALCHEMY HAIR TREATMENT
Please arrive 10 minutes early to personalize your Phia Alchemy Experience by completing the Phia Energy Profile. This profile will recommend the energy bouquet that is best positioned to align with your energy and deliver the greatest benefit from the bioenergetic properties of plant, flower and herb essences.

OTHER SERVICES
Wedding: Up-do and Make-up
Make-up
Shampoo and Blow-dry
Hair Style and Curling
Men’s Hair Cut
Beard Trim

SPRAY TANNING
A luxurious golden glow for your skin, perfect for any occasion.

HAIR COLOR
A bold statement that will make a lasting impression.

HIGHLIGHTS
Add depth and dimension to your hair, enhancing its natural beauty.

OTHER SERVICES
Wedding: Up-do and Make-up
Make-up
Shampoo and Blow-dry
Hair Style and Curling
Men’s Hair Cut
Beard Trim

BRAIDS
A simple yet elegant style that is perfect for any occasion.

CHILDREN’S HAIR CUTS
A styling experience tailored for little ones.

HAIR NUTRITION MASTERS
A nourishing treatment that promotes healthy, vibrant hair.

HIGHLIGHTS
Enhance the natural color of your hair, adding depth and dimension.

Hair Color
KIDS AND TEENS

KIDS
MANI AND PEDICURE | 60 MIN
Be photo-ready with a kids’ manicure and pedicure that includes an invigorating hand and foot massage with polish application.

HAIR CUTS, BRAIDS AND MORE
Inquire about our hair services and treatments for the little ones.

WISDOM AND GROWTH
Spend some time together, as one parent and a child come to enjoy a customized experience for two! Our Spa receptionists will be happy to create a unique spa journey!

STILL MIND
We offer kids yoga classes, skid to continue a routine or to start one, that will help them to a healthy growth physically and mentally.

TEENS
MANI AND PEDICURE | 75 MIN
A VIP treatment for the teen hands! The magic volcanic sand exfoliates and moisturizes skin and the vitamin-C rich fruit cream, helps resonate hands. Moisturize and protect sun damage followed by a choice of nail polish from the hottest colors guarantee they will really pop. Manicurists will also offer tips on how to take care of hands at home to keep them looking hot.

REFRESHING TEEN FACIAL | 60 MIN
Get beach ready with a teen facial that leaves your beautiful face glowing and protected to enjoy your Pura Vida time!

HAIR CUTS, BRAIDS AND MORE
Inquire about our hair services and treatments to help you look ready for selfies!

GROWING FAST, MOVING FASTER
Enjoy the fitness classes designated for teens.

*Use of Spa facilities not included unless accompanied by an adult receiving a Spa treatment. A parent or guardian is required present throughout the treatment for children under the age of 16 to receive a facial treatment and or children under the age of 18 for massage or body treatments.

FITNESS

The Fitness Center at Four Seasons Resort Costa Rica is accessible 24 hours a day and offers an array of daily fitness classes, as well as personal training sessions suitable to all fitness levels. Personal Training Session–Private Classes.

SPA ETIQUETTE

Services and prices are subject to change.

HEALTH PROBLEMS AND COMFORT LEVEL
Please notify our receptionists before booking treatments if you are pregnant, have allergies, high blood pressure, any physical ailments or disabilities. This will prepare our staff in advance to provide the best possible spa treatment or therapy for you. When receiving your treatment, the technician will address your needs based on your personal assessment.

ATTIRE
We do not uphold any dress code and the locker rooms are a clothing optional environment. It is recommended that body treatments or massages are enjoyed without clothing although underwear may be worn if preferred. We will provide robes and slippers for your convenience.

GUEST TIMELINESS
We ask that you arrive 30 minutes prior to your scheduled appointment time. Arriving late may interfere with your treatment, making it not as effective or therapeutic for you.

CANCELLATION POLICY
Please notify the Spa four hours prior to your appointment time if you need to cancel or reschedule. If we do not receive a call, you will be charged 100% full payment for services not cancelled in the time allotted.

We look forward to welcoming you to the spa. Please contact us directly with any questions or to book an appointment.

spa.reservations.csr@fourseasons.com | +506 2696 0130

The Fitness Center at Four Seasons Resort Costa Rica is accessible 24 hours a day and offers an array of daily fitness classes, as well as personal training sessions suitable to all fitness levels. Personal Training Session–Private Classes.

ATTIRE
We do not uphold any dress code and the locker rooms are a clothing optional environment. It is recommended that body treatments or massages are enjoyed without clothing although underwear may be worn if preferred. We will provide robes and slippers for your convenience.

GUEST TIMELINESS
We ask that you arrive 30 minutes prior to your scheduled appointment time. Arriving late may interfere with your treatment, making it not as effective or therapeutic for you.

CANCELLATION POLICY
Please notify the Spa four hours prior to your appointment time if you need to cancel or reschedule. If we do not receive a call, you will be charged 100% full payment for services not cancelled in the time allotted.

We look forward to welcoming you to the spa. Please contact us directly with any questions or to book an appointment.

spa.reservations.csr@fourseasons.com | +506 2696 0130
26 km al Norte del Dor, Centre Liberia, Peninsula Papagayo
5000 Carrillo, Guanacaste +506 2696 0130