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# *Terra Spa*

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At  
Gaia Hotel & Reserve



## Terra Spa

Gaia Hotel & Reserve's "Terra Spa" is a true refuge for mind, body and spirit. We invite you to enjoy a la carte services or any of our several spa packages. Our goal is to make the time you spend here as memorable as possible. To that end, we suggest the following Spa Guidelines:

**LOCATION:** Terra Spa is located in the Club House at the top of Gaia Mountain on the Mezzanine Level. From the Hotel entrance, transportation is provided via electric carts. Please see a Bellman or Security if a cart is not visible.

**HOURS OF OPERATION:** 9am – 7pm Daily. (If your schedule requires a different time, please feel free to request other time options.)

**RESERVATIONS:** Reservations are strongly recommended, and are required December 1 – May 1.

Appointments can be made and confirmed several ways:

From outside Costa Rica: 1-800-226-2515 (ask for Spa Reservations)

From within Costa Rica: 506-2777-9797 (ask for Spa Reservations)

Internet: [www.gaiahr.com](http://www.gaiahr.com) and e-mail to: [ConciergeService@GaiaHR.com](mailto:ConciergeService@GaiaHR.com)

**CANCELLATIONS:** We understand that schedules change. Because your spa time is reserved especially for you, we kindly ask that you give us a minimum of 12 hours cancellation notice so someone else may enjoy that time.

Appointments cancelled less than 12 hours in advance will incur a 50% cancellation fee. Appointments cancelled less than 4 hours in advance will incur a 100% cancellation fee.

**BEFORE & AFTER:** For the ideal spa experience, we suggest you arrive 15 minutes before your scheduled appointment to allow time for registration, a brief Terra Spa orientation, and a consultation with your therapist.

To help us assure that you receive maximum service, please arrive promptly so your treatment time does not have to be rushed or abbreviated. Charges may be settled with cash, credit card, gift certificate or charged to your room folio.

**WHAT TO WEAR:** Please wear comfortable clothing. You will be provided with a changing room, a locker for your personal belongings and a spa robe & slippers. Please do not bring valuables or jewelry to the spa, as they will have to be removed for all treatments. If you are more comfortable wearing a swim suit or underclothes during your treatment, please do so. Your body is fully draped during all treatments, except for the area being treated, to ensure your privacy and comfort.

**THE TERRA SPA EXPERIENCE:** The time you spend at Terra Spa should be a delight to the senses and is extremely important to us. If the temperature is not correct, if the music is too loud or too soft, if the therapists' touch is too firm or too light, please inform your therapist immediately. If you have any physical ailments, disabilities, allergies, or are pregnant, please inform us when you make your reservation so we can guide you through your treatment choices.

Should you prefer a male or female therapist, or would like to request the same therapist from a previous visit, please inform us when making your reservation so all requests can be honored when possible. We offer a menu of Beauty & Wellness a la carte, so feel free to visit for a complimentary consultation. Our team of certified therapists will help you decide which treatments will be most beneficial to you. The Terra Spa environment is one of relaxation, harmony and peace. In order to ensure a tranquil atmosphere, we request that guests refrain from using cellular phones and to please speak in a gentle voice.

Gratuities are not included in the Spa Menu prices, and are a matter of personal discretion to reflect your satisfaction.

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## Massage Therapies

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### Chocolate Indulgence Massage

A decadent fusion of our indigenous cocoa beans melted in warm oil & applied with tiny chocolate particles that exfoliate and gently cleanse your skin while you enjoy the benefits of our popular Terra Massage.

60 Minutes - \$100/90 Minutes - \$120

### Thai Massage

Also known as "Lazy Yoga," these interactive manipulations of the body use passive stretching and gentle pressure to not only adjust the skeletal structure, but also relieve muscular and joint tension. A reconnection with your body featuring effects that are uniquely relaxing as well as energizing!

90 Minutes - \$150

### Terra Massage

The classic, Swedish full-body massage relieves aching muscles, increases circulation and is the perfect start to your vacation. Your therapist works with a variety of techniques to find your specific needs and uses only natural products. 60 Minutes - \$90/90 Minutes - \$120

### Aromatherapy Massage Treatment

A blend of pure essential oils will be selected and combined with acupressure and massage techniques to suit your physical needs, such as relieving anxiety problems, physical aches, restoring general balance, with its aromatic and medicinal effects.

60 Minutes - \$110/90 Minutes - \$140

### Four-Hands Bliss

Let yourself drift away, while two therapists use a combination of massage techniques, working in unison from head to toe, kneading tired muscles, relieving stress and tension. True bliss when you need to pamper yourself!

60 Minutes- \$180/90 Minutes- \$220

## Rainforest Hot Stone Therapy

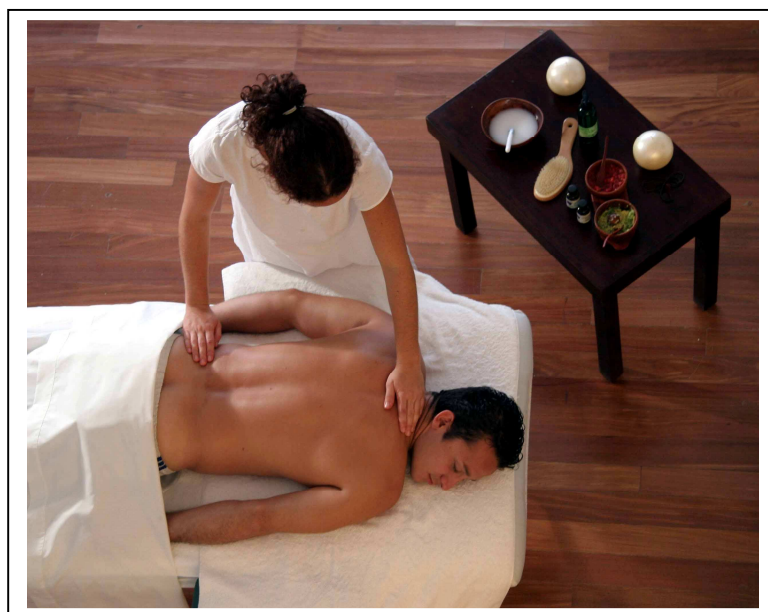
Melt tension away when warmed Costa Rican river stones are placed strategically over your body. Combined with essential oils & personalized massage techniques including Reiki, this ancient art of thermo-therapy immediately relieves stress, & induces the holy “trio” of the art of massage: physical, mental & spiritual well-being.

60 Minutes - \$120/90 Minutes - \$150

## Deep Tissue Massage

A therapeutic, invigorating massage applying firm pressure to reach the sub-layer of musculature and fascia, strongly recommended to alleviate especially tense muscles. This intensive technique helps with chronic muscular pain and injury rehabilitation, and reduces inflammation-related pain caused by arthritis and tendonitis. The deep strokes used also aid in the removal of body toxins.

60 Minutes - \$100/90 Minutes - \$130



## Reiki

This Japanese life-force energy technique seeks to balance the seven chakras. Reiki guides you to the energy centers that release negative emotions and tensions, bringing peace and spiritual balance while the various hand positions provide an alternative healing source for your body.

60 Minutes - \$70

## Shiatsu Pressure Point Massage

With its roots in Chinese philosophy, this traditional Japanese rhythmic finger-pressure massage targets various meridian points and is best for extreme muscular pain. Our therapists will incorporate different massage techniques and stretches to adjust and stimulate your entire body system.

60 Minutes - \$100

## Reflexology Treatment

A natural Chinese healing art, based on acupressure applied to reflex points on the soles of the feet. Releases tension, increases circulation and improves the entire body's physical balance. You will receive a personal reflexology chart for future references and we will conclude the treatment with a refreshing peppermint lotion foot massage. 60 Minutes - \$90/90 Minutes - \$110

## Couples Massage

Pamper yourself and the someone that is special in your life with our luxurious Terra Couples Massage. Drift away together and enjoy true relaxation.

60 Minutes - \$180/90 Minutes - \$240

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## Indulgence "On The Go"

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### Back & Neck Massage

With the application of Swedish massage, acupressure techniques to focal spots on your back and Reiki energetic balancing, you will enjoy maximum massage benefits in minimal time.

30 Minutes- \$40

### Rejuvenating Lymphatic Drainage

Ideal to reduce puffiness, dark circles and fine lines. These face and neck therapies gently stimulate the circulation of the lymphatic system, ideal as a complement in the treatment of skin conditions such as acne, and reducing stress & fatigue in over-exposed skin. 20 Minutes - \$30

### Rainforest Feet Pampering

Nothing better than an amazing mint-mud wrap to restore and prepare your tired feet for another day in the jungle. While your lower legs are wrapped with a warm, aromatherapy-infused hot towel your aching soles will delight with a skillful massage using eucalyptus, rosemary and lavender essential oils, the perfect allies to restore your feet. 30 Minutes - \$30

### Tropical Back Exfoliation & Wrap

We begin by Cleansing, nourishing and massaging your back's sensitive skin with fresh Costa Rican Papaya, Pineapple, Honey, Vitamin C & essences of Orange.

Then, the wonders of our Costa Rican Green Mud works its magic, completing the detoxifying & healing process and minimizing pores as well.

20 Minutes - \$20

### Vichy Rain Shower

This incredibly sensuous & relaxing therapy reproduces a tropical rainforest downpour. Your sore muscles will certainly grate you for the 5-head warm waterfall delivered on key focal points in your entire body. Gentle stimulation and relaxation for both mind and soul.

30 Minutes - \$50



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## Body Wraps

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All of our Body Wraps begin with an exfoliating, dry body brushing to increase blood and lymph circulation and finish with the application of Terra's unique hydrating body lotion.

.All Wraps - 60 Minutes - \$90

### Terra Chocolate Therapy

Since ancient times the bean of the cacao plant has intrigued mankind. Our technicians will wrap your body with our specially-formulated chocolate wrap and your senses will be stimulated and all tensions relieved. The endorphins found in the cacao bean activate the body's natural fat elimination process...chocolate therapy combined with anti-cellulite action!

### Eternal Youth Grape Wrap

Say Good-Bye to free radicals. This luxurious wrap is based on the anti-oxidant properties of the grape. Its fine texture and subtle aroma will bring your senses alive and your skin will be completely revitalized and rejuvenated.

The best-kept secret for eternal youth!

### Lavender & Aloe Sun Repair - **Certified Organic Ingredients**

Repair, protect and pamper your skin with our certified organic Costa Rican aloe vera gel. The soothing wrap combines the healing properties of fresh aloe vera, lavender oil, vitamin C and rosemary extract. This luxurious & refreshing treatment rapidly repairs sun-exposed skin and leaves it completely hydrated, with a beautiful, healthy glow.

*We recommend to add on our Sensitive & Sunburn Skin Face Mask*

*An extra boost to decongest, soothe and hydrate the sensitive facial skin, completed with a prolonged hydration Facial Cream - \$10*

## Rainforest Clay & Algae Detox Wrap

Cleansing & invigorating, our Costa Rican rainforest clays are rich in minerals brimming with healing properties. One of our most popular therapies, the clay is combined with the slimming effects of algae. The results are remarkable, leaving your skin detoxified, purified of free radicals, smoother and totally hydrated.

Maximize your Wrap by adding a Steam Therapy at the beginning of your treatment, and/or the Vichy Rain Shower Therapy at the finish.

Add Steam Therapy - 1 ½ hours Total Time - \$120

Add Vichy Rain Shower Therapy - 1 ½ hours Total Time - \$140

Steam Therapy/Body Wrap/Vichy Rain Shower - 2 hours Total Time - \$170

Add on a fabulous L'Oreal hair mask and scalp massage to any glow or wrap - \$15

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## Body Glows

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Terra Spa's Body Glows are a combination of nutrient-rich, natural ingredients to buff & caress your body, completely removing toxins, increasing circulation & creating a natural glow.

Each Glow is concluded with the incredibly sensuous & relaxing therapy of our 5-head warm waterfall cascading over your sore muscles, bringing you to a point of ultimate relaxation. The Vichy Rain Shower delivers pressure-point massage jets over your entire body to assist the relaxation & stimulation that started with your favorite glow. Add on a fabulous L'Oreal hair mask to any glow or wrap - \$15

All Glows - 60 Minutes - \$90

### Costa Rican Ginger & Honey Glow

Our delicious blend of Costa Rican Ginger and Honey uses Cane Sugar as its base & has so many beneficial properties we cannot list them all here. You can expect a gentle exfoliation & hydration plus the benefits of analgesic, anti-oxidant, anti-migraine, and anti-inflammatory effects. This scrub increases internal heat, dispels internal chill and strengthens metabolism and circulation and serves as an overall tonic, strengthening your entire system.

### Coffee & Sugar Cane Glow

Watch your skin come alive with this exotic, exfoliating blend of Costa Rican coffee, cane sugar and cinnamon. Coffee has a diuretic and stimulating effect on the body that combines with the calming, anti-rheumatic and immune-boosting effects of Cinnamon. The natural skin-conditioning & hydrating effect of Cane Sugar & Coffee will leave your skin soft, moisturized, purified and slightly tanned.

### Dead Sea Salt Glow

This body glow is a sheer ocean of energy, with detoxifying and exfoliating properties. Our base of Dead Sea salt is used, which contains 74 different healing minerals, and is imported from an area where the climate conditions create a pure, crystalline, healing salt. The wrap time allows salt to be stored in the upper callous layer of the skin and binds water, maintaining the natural, protective film of the skin so it does not dry out.

Your choice of Sweet Almond or Tropical Citrus Aromatherapy

### Pacific Coconut Glow

Our pure Costa Rican Cane Sugar enzymes gently dissolve dull, surface skin cells as the granules exfoliate and buff your body to perfection. Next, you are immersed in milk and oil from locally-grown Coconuts, rich in vitamins and nutrients that provide astonishing healing and moisturizing results. Finally, after an invigorating shower, an application of Coconut Body Butter seals in this ultra-hydrating treatment, leaving skin soft and luxurious.

## Buddha Glow

Originally a Balinese treatment applied to prospective brides before their wedding day, this unique mixture of exotic ingredients provides benefits including analgesic, anti-inflammatory and improved immune responses.

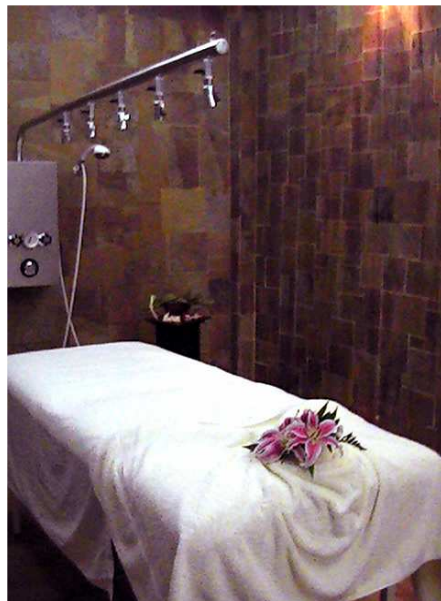
Utilizing cloves, cinnamon, cilantro and ginger with a Cane Sugar base, your skin is gently exfoliated, cleansed and nurtured. This special therapy creates a thermal reaction that increases blood circulation and leaves the skin glowing with a slight, natural tan.

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## Hydrotherapy

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Vichy Rain Shower This incredibly sensuous & relaxing therapy reproduces a tropical rainforest downpour. But it's not a dream, the 5-head warm waterfall is actually cascading over your sore muscles, bringing them to a point of ultimate relaxation. The Vichy Rain Shower treatment delivers pressure-point massage jets over your entire body to assist in the relaxation and stimulation of the body, and ultimately, the mind & soul. This Hydrotherapy treatment can be taken alone, or used in conjunction with a massage, wrap or exfoliation glow of your choice for a deeply relaxing and therapeutic encounter. 30 Minutes - \$50



## Sauna Therapy & Private Mud Room

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"One is most beautiful two hours after the Sauna" ... an old Finnish adage

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When taking a sauna, skin temperature rises to 40°C (104°F) and internal body temperature rises to about 38°C (100.4°F). Exposure to the high heat creates an artificial "fever" state. This "fever" is part of the body's natural healing process and stimulates the immune system, resulting in increased production of disease-fighting white blood cells, antibodies and interferon, an anti-viral protein with cancer-fighting capability.

After your Sauna, maximize your treatment in your private, adjoining Mud Room, complete with relaxation bed and shower, as you try an application of our Costa Rican Rainforest Body Mud. Our exclusive body clay is recommended for all skin types and its high levels of magnesium, zinc and copper leave your skin feeling silky-soft.

40 Minutes - \$45 (including mud pack)

## Aromatherapy Steam Bath & Private Mud Room

For thousands of years people of all cultures have indulged in the soothing warmth of aromatic steam baths, taking advantage of its powerful therapeutic effects. Steam inhalation is an effective treatment in respiratory conditions and is highly recommended for treatment of the common cold, sinusitis, bronchitis, allergies & asthma. It is also the perfect pre-workout add-on, helping to warm the muscles & prevents injuries. Following a workout, steam reduces the lactic acids in your muscles that cause soreness.

After your Steam Bath, maximize your treatment in your private, adjoining Mud Room, complete with relaxation bed & shower, as you try an application of our Costa Rican Rainforest Body Mud.

Our exclusive body clay is recommended for all skin types & its high levels of magnesium, zinc & copper leave your skin feeling silky-soft. The well-known properties of our healing clay come from the rainforests of the Central Valley Mountain Range, over 1,700 meters above sea level.

30 Minutes - \$45 (including mud pack)

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## Facials

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Our luxurious facials include an evaluation, skin care consultation, nutritional advice & complimentary foot massage. We combine the latest technology in aesthetics and products to give you real, long lasting results. For your convenience we offer a series of follow-up products to maximize the benefits of your facial at home.

### Time Expert

Our exclusive anti-wrinkle treatment is specifically created to help combat the signs of aging and sun-damaged skin. Time Expert's triple action neutralizes dermo-contractions & fills in expression lines while wrinkles virtually disappear. Its secret is based on high concentrations of Micro-Dermoxine and Soybean Seed Extract. A completely luxurious, regenerating facial treatment, Time Expert restores your skin's youthful appearance after just one session.

90 minutes - \$120/Package of 7 Sessions - \$600

### Advanced Lift Contour Magic

A light formula based on vegetable protein with an instant "lifting" effect that smoothes, tautens and reshapes your face and neck. Instantly rejuvenates your skin with visible results from the first session. Best suited for mature, dehydrated and stressed skin suffering from loss of tonicity and lacking firmness. - 60 minutes - \$120/Package of 7 Sessions - \$650

### **Sea Breeze Hydration**

This refreshing treatment is specially designed with marine algae and vegetable ingredients that help the skin recover its ability to hydrate, repair & protect. It lessens the signs of ageing typical of dehydrated skin and is perfect for Manuel Antonio's tropical climate leaving a feeling of freshness and softness.

60 minutes - \$90/Package of 7 Sessions - \$500

### **Pure Tropicana Skin**

Local, natural products are used to control excess oil and shine. This specialized balancing and purifying program based on amammelis extract, sesame seed, and valeriana, provides oily skin with a matte, pure and uniform appearance with a pore minimizing effect.

60 minutes - \$90/Package of 7 Sessions - \$500

### **Le Gentleman Facial**

The most advanced, re-energizing & detoxifying professional treatment specially designed for men's skin problems. Ingredients such as birch sap, trace elements, vitamin C, & olive leaf extract will provide all the care and nutrition your face needs. Also reduces shaving irritation, minimizes pore appearance & works to fight dryness, the appearance of wrinkles & signs of premature skin ageing.

60 minutes - \$90/Package of 7 Sessions - \$500

### **Special add on to your facials**

#### **Multi Action Skin Concentrate**

Hydrates, protects and reaffirms your face. The perfect add-on to any of your facials - \$15

#### **Sensitive Skin Concentrate**

Especially recommended for the special needs of sensitive skin calming and nurturing, leaving it with a protective layer that smoothes and clears the appearance of your skin - \$15

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## Terra Organic Facials - Hand Made in Costa Rica

Paraben & Petroleum derivatives free

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### Arco Iris Facial

Only the best ingredients found in our country are carefully blended to give you the best organic experience possible.

Focused on naturally improving the condition of the skin and enhancing its appearance, all facials include gentle **Papaya Facial Renewing Polish**, acupressure facial massage, a deep cleansing **Lemon Meringue**, intensive **Natural Cleansing Mask** and **Mango Dream Moisturizing Cream**

As the mask takes effect, experience a relaxing and therapeutic Foot Massage utilizing Reflexology and Swedish Techniques.

60 minutes - \$60

A selection will be made depending on skin type between:

Rainforest Mud Mask or Citrus Sea Mask
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### Hot & Cold Stones Organic Facial

Experience an immediate release of facial tension and improved skin tone through the rhythmic use of hot & cold Costa Rican River Stones. Adding to the bliss, this facial includes an aromatherapy hot stone massage of your arms & legs while the organic mask penetrates your skin. More than just an amazing facial, a true Costa Rican treat! 1 ½ hours - \$120



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## The Salon at Terra Spa

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Please Note that all Salon Treatments are by Appointment Only. Advance Reservations Are Required.

### Hair Artistry

Hair up-dos, cuts and specialty styling may vary according to service. Consultations with our Stylist are complimentary.

### Ladies Hair Cut

Long - \$55/Medium - \$45/Short - \$35

Gentleman's Hair Cut - \$45

### More Salon Services...

**Coloring**, including extraction, de-coloring, touch-ups, roots and highlights/lowlights. Prices vary, please inquire.

### Make-Up Artistry

Available upon request and subject to availability

Choose between either the **Complete** or **Essential Makeover**: (Prices vary according to services, please inquire.)

**Complete Makeover** includes: Hair Colouring, Cut, Style & Makeup

**Essential Makeover** includes: Hair Cut, Style & Makeup

## Depilation

Our professional depilation treatment features a soothing, luxurious, post- depilation body milk

Brow Wax and Brow Shaping - \$15	Full Leg Wax (thigh, knee, lower leg) - \$60
Lip or Chin Wax - \$10	Under Arm Wax - \$20
Basic Bikini Wax - \$25	Arm Wax - \$25
Full Legs & Bikini Wax - \$75	Back Wax - \$50
Half Leg Wax (from the knee down - \$30	Neck Wax - \$10

## Hair Growth Inhibitor

Add on special treatment that inhibits the hair growth.

Hair growth must be a minimum of one quarter inch to effectively perform services.

Individual price adjustments will be made according to amount of hair removal. \$10/Vial



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## Nails Retreat Services

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Put your hands in ours with our deluxe nail retreats or enjoy any of our multiple options to nourish and take care of your nails and hand's skin.

We feature only the best in nail lacquers, O.P.I.®

- **Manicure Essential** A complete quick nail cleanup, change of color or natural nail buff with a luxurious touch. Essential for both men and women.  
30 Minutes - \$20
- **Classic Manicure** Enjoy a hydrating massage, accompanied by your choice of aroma therapeutic creams of mango, raspberry, coconut etc.  
45 Minutes - \$35
- **Specialized Manicure** Receive a classic manicure plus our technicians will apply the best nail treatment to suits your nails needs, to choose from nail envy, original, matte, soft & thin, dry & brittle, sensitive & peeling. A Rejuvenating Serum Mask will restore and complete this treatment.  
60 Minutes - \$40
- **Deluxe Manicure** Includes a delicious restorative exfoliation with ultra fine Sugar Crystals, Olive Oil and Hydrating Emollients followed by an aromatic orange and sunflower soak to prepare your hands for a rejuvenating serum treatment, mask and finishing butter. Completed with a finishing butter hands massage, this is the complete bliss!  
75 minutes \$50

**Essential Feet Restoration** This quick intervention includes a tea tree soak, nail file & polish as well as special PH balancing agent and finish with OPI's emollient oil to restore life to your feet.

30 Minutes - \$30

**Holistic Stones Pedicure** An original combination of the best nail products, reflexology techniques, and an aroma therapeutic mint & cold stones massage.

45 Minutes - \$50.

**Organic Pedicure** Effervescent organic Chocolate Mint soak, Costa Rican coffee scrub, and aroma therapeutic mud mask, are just some of the amazing ingredients we combined together for your enjoyment on this truly Costa Rican experience

45 Minutes - \$40

**Classy Deluxe Pedicure** This luxurious Pedicure is the complete bliss for your feet, includes a grapefruit & tea tree soak, skin softener of green leaf & grapefruit extract, clay mask with cooling menthol, a skin smoother with avocado lipid complex, and foot massage with a blend of sage, fennel & rose extracts.

75 Minutes - \$60

#### **Fantasy**

Acrylic Gel Set - \$65

Gel Fill - \$35

Repairs - \$3

Nail Art - \$2 per nail

#### **Ocean Essentials**

Nail Lacquer Change on Toes - \$10

Nail Lacquer Change on hands - \$7

### **Hand & Foot Renewal Program**

This innovative, professionally-designed program is intended to reduce cracks, wrinkles and dark spots on your hands and feet. Containing milk protein, retinol, grape seed oil and algae ingredients, this is a "facial" for your hands & feet, including an exfoliating scrub, thermal dynamic mask and tone-balancing emulsion & cream.

\$ 40 one application (either hands or feet) - allow 40 minutes

\$ 190 complete program (either hands or feet) - 5 applications

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## Terra Spa Signature Packages

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### Body Contour Treatment

Forget about cellulite and smile! Our certified therapists begin this incredible treatment with a lymphatic drainage therapy, followed by a papaya & macadamia wax exfoliation process. Your body is then wrapped in a luxurious gel that contains Kephslim®, rich in molecules that actually eliminate fat accumulations. Tautens, smoothes and moisturizes. Finally, a special Lipo-control spray is applied to your skin to seal the action of this innovative process.

2 Hours - \$180

### Anti-Aging Special

Start this journey in the Steam Room where you will drift away in an aromatherapy steam bath, with aromas custom-blended to address your specific needs. Next, step into your private treatment room and enjoy the antioxidant benefits of our Eternal Youth Grape Wrap; while in your nutrient-rich cocoon, you will delight in a "Time Expert" Anti-Aging facial.

3 Hours - \$220

### Body & Face Lift Contour Control

A Steam Bath Treatment will prepare your skin to receive the maximum benefits of the Body Contour Wrap and lymphatic drainage while you experience the ultimate "lifting" effect from our advanced Lift Contour

Magic facial

3 Hours - \$250

## Honeymoon Delight

Our Couples' favorite to flow into a honeymoon by preparing your skin with our aromatic Buddha Glow combined with a Terra Organic Facial, these therapies will prepare your bodies to receive a Chocolate Indulgence Massage- enjoy together this romantic delight that gives the perfect end with your choice of the House Red or White Wine and a Special Cheese Platter that you can enjoy in the privacy of your room or enjoying the view in our cozy

Ambar Lounge

3 ½ Hours - \$500 Couple

## ..More Exotic Combinations

### Aphrodite Retreat

30 Minutes Steam Therapy  
Deluxe Grape Wrap  
Sea Breeze Hydration Facial  
Shiatzu Massage  
Classic Mani-Pedi  
4 Hours - \$ 350

### Eros Retreat

30 Minutes Steam Therapy  
Gentlemen's Facial  
Pacific Coconut Glow  
Shiatzu Massage  
Classic Mani-Pedi  
4 Hours - \$ 350

### Terra Tuning

30 Minutes Sauna  
Therapy  
Organic Facial  
Reiki Chakra Balancing  
Thai Massage  
4 Hours - \$285

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## Yoga & Meditation

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Join us in the Yoga Studio for group classes or book a private one-on-one session with one of our Instructors. We will be practicing **Hatha Yoga**, including breathing exercises (pranayama), mantra chanting, meditation and asanas (poses).

Other techniques available upon request are: Power Yoga - Restorative Yoga - Mat Pilates

Core Training - \$45 Per Person or \$60 Per Couple - (Classes are approximately 1 hour duration.)

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## Gymnasium & Fitness Center

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Terra Spa's Gym & Fitness Center is equipped with the best cardiovascular equipment and weights available. The Gym is located in the lower level of the resort, near the hotel entrance.

Gym hours: 6:00 am - 9:00 pm

Personal Training available upon request - \$65/Hour

### Gymnasium

Apollo 5 Multi-Purpose Work Stations which focus on Chest, Incline & Shoulder Press, Seated Mid-Row, Lat Pull-down, Triceps Push-down, Pectoral Contractor, Leg Extension, Seated Leg Curl, Seated Leg Press, Seated Calf Raise, Standing Arm Curl, Upright Row, Low Row, Standing Inner & Outer Thigh, Deltoid Raise, Lateral Crossover, Triceps Extension, Pectoral Crossover & Back Kick.

Smith Weight Machines, with Incline, Decline & Flat Benches, Bar Bells & Dumb Bells.

The Cardio Fitness Center, featuring Stationary Bikes, Treadmills and a Cybex Machine with Combined Elliptical Stepladders and Cross-Country Multi-Purpose Units.

**“TERRA” or Terra Mater** – The Roman Earth Goddess, known also as a Fertility Goddess. Her temple on the Esquiline Hill dated from about 268 BC. She was honored in the Fordicidia and Sementivae Festivals, both of which celebrated fertility and good crops.

**“GAIA”** – The Greek Earth Goddess, daughter of Chaos, mother and wife of Uranus (the Sky) and Pontus (the Sea). Among her offspring include the Cyclopes, the Hundred-Handed Ones, the Titans and five sea deities.

**GAIA** was worshipped as the primal goddess, the mother and nourisher of all things.