

# *The Spa in El Bosque*

The Spa in El Bosque is set back from the ocean and steps into the shaded woodland with sweeping vistas of rolling hills.

Our treatments feature native ingredients from Nicaragua, allowing you to truly experience the sounds, scents, and scenery of authentic Nicaragua.



## MASSAGES

### SIGNATURE WELLNESS

50 min - \$100 | 80 min - \$140

This classic Swedish massage promotes overall well-being with long kneading strokes. An ideal massage to relieve stress, improve circulation, soothe sore muscles, and help eliminate toxins from the body.

### ATHLETIC THERAPEUTIC MASSAGE

50 min - \$120 | 80 min - \$170

Designed to increase mobility and accelerate recovery times by combining assisted stretching and deeper massage techniques to release knots and muscular tension for the more active individual.

### MIXED MODALITY MASSAGE

80 min - \$170

A relaxed mixed modality massage designed to go deeper utilizing long kneading strokes, hot stones, and trigger point release methods to relax the body, increase blood flow, and relieve stiff joints and muscles.

### THAI YOGA MASSAGE

80 min - \$180

This sequence of acupressure and stretching is aimed at harmonizing the body allowing for increased flexibility and joint range of motion. This service is performed on a traditional Thai Yoga mat and comfortable clothing is recommended.

### FOUR HANDS MASSAGE

50 min - \$200 | 80 min - \$280

Dive deep into relaxation and bliss while two therapists work simultaneously to provide twice the pampering, twice the relief, and twice the relaxation.

### COUPLES WELLNESS MASSAGE

50 min - \$200 | 80 min - \$280

#### add 30 min cabana time & bubbly

50 min - \$300 | 80 min - \$420

For the couple that wants to share in the benefits of massage while each enjoys their own experience of relaxation. This massage is performed in a shared cabana with a therapist for each individual.

### DELUXE COUPLES MASSAGE

50 min - \$420 | 80 min - \$550

Make the most of your couples massage. Experience a luxurious couples massage and cap it off with extra minutes to lounge in our cabana with Veuve Clicquot and chocolate truffles.

*An additional 10% optional gratuity and 15% sales taxes will be added upon check out.*



## BODY TREATMENTS

### THE CAMPO COMBO SCRUB

90 min - \$230

Indulge in our Signature scrub and body mask, crafted to deliver an authentic Nicaraguan experience. This luxurious treatment combines cacao, coffee, and cashews for an authentic “*campo*” (countryside) experience that will leave you glowing for the season.

### SANTANA SIGNATURE SALT SCRUB

50 min - \$100

This relaxing and aromatic Santana Cedro salt scrub nourishes skin with nutrients and trace minerals to help detoxify and reduce fluid retention.

### HIBISCUS SUGAR SCRUB

50 min - \$100

This soothing antioxidant-rich body scrub will leave you with a smoother feeling and younger-looking complexion.

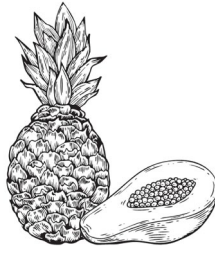
### COFFEE & COCOA SCRUB

50 min - \$100

Nourish your skin with organic coconut oil, Nicaraguan coffee, and cacao for an antioxidant-packed ultra-aromatic experience.

*\*Any 50-minute scrub can be added to a 50-minute massage.*

*An additional 10% optional gratuity and 15% sales taxes will be added upon check out.*



## FACIAL TREATMENTS

### **SIGNATURE FACIAL**

*50 min - \$100*

Botanicals and antioxidants blend for the ultimate in skin nutrition with this customized facial. Each treatment includes deep facial cleansing, exfoliation, massage, and a mask tailored to your specific skincare needs.

### **GENTLEMAN'S FACIAL**

*50 MIN - \$100*

This personalized skin care treatment is tailored for the gentleman's specific skin type including deep cleansing, exfoliation, facial massage, and a customized mask.

### **FRONT & BACK FACIAL**

*80 min - \$150*

This 5-star service includes a 30-minute head, neck, and back massage as well as extractions, aromatic compresses, and a volcanic clay mask to purify and de-stress the back.

The service is completed with a facial personalized for your skincare needs.



## PHYSIOTHERAPY

Discover a world of wellness with our Resident Physiotherapist. The session includes personalized examination, therapeutic massage tailored to your needs, a customized recovery program, and private access to the rejuvenating contrast therapy pools.

*INCLUDES:*

*CONSULTATION & DIAGNOSTIC EXAMINATION*

*CUSTOMIZED EXERCISE RECOVERY PROGRAM*

*CUSTOM-TAILORED THERAPEUTIC MASSAGE*

*USE OF PLUNGE POOLS*

*80 min - \$140*

*An additional 10% optional gratuity and 15% sales taxes will be added upon check out.*



## HOLISTIC SERVICES

Holistic Services include Shiatsu, Massage, Reflexology, Cupping, Acupuncture, Reiki and Physiotherapy, and are available upon request with advance notice.

**MASSAGE WITH REIKI**  
80 MIN - \$140

**ACUPUNCTURE WITH  
REFLEXOLOGY**  
80 MIN - \$140

**MASSAGE WITH  
ACUPUNCTURE**  
80 MIN - \$140

**SHIATSU MASSAGE**  
50 MIN - \$120  
80 MIN - \$170

**ACUPUNCTURE**  
50 MIN - \$100

**MASSAGE WITH  
CUPPING**  
80 MIN - \$140

**MASSAGE WITH  
REFLEXOLOGY**  
80 MIN - \$140

## HOLISTIC PACKAGES

**PACKAGE 1 | 100 MIN    \$190**  
*COFFEE & CACAO BODY SCRUB    20 min*  
*ACUPUNCTURE    20 min*  
*REFLEXOLOGY    20 min*  
*MOXIBUSTION    10 min*  
*MASSAGE    30 min*

**PACKAGE 1 | 80 MIN    \$140**  
*ACUPUNCTURE    20 min*  
*REFLEXOLOGY    10 min*  
*MASSAGE    30 min*  
*CUPPING    20 min*

**PACKAGE 3 | 80 MIN    \$140**  
*ACUPUNCTURE    20 min*  
*HOT STONES    20 min*  
*REFLEXOLOGY    20 min*

*An additional 10% optional gratuity and 15% sales taxes will be added upon check out.*



## EXPERIENCES

**THE HEAD TO TOE**  
\$295

This all body experience includes a 50-minute Wellness Massage, Signature Facial, Manicure, and Pedicure. Beauty and bliss from the crown of your head to the tips of your toes.

**THE SANTANA  
SIGNATURE EXPERIENCE**  
\$375

Experience our Santana Cedro Signature blend of cedarwood and lavender. Includes a 50-minute Wellness Massage, Santana Cedro Salt Scrub, Signature Facial, and Signature Mani-Pedi.

**THE NICA CAMPO  
RITUAL**  
\$420

The ultimate way to experience The Spa in El Bosque begins with our Campo Combo scrub and body mask, followed by our signature facial, and ending with a manicure and pedicure.

**BRISA DEL BOSQUE**  
80 min - \$180

An aromatic experience that helps boost immune function and circulation, while reducing stress and inflammation. The service consists of a 50-minute Wellness Massage and a layering of 9 essential oils applied to the spine and feet.



## MANICURE & PEDICURE

**SIGNATURE MANI PEDI**  
120 min - \$110  
Mani - \$40 | Pedi - \$70

Enjoy the essentials of a standard manicure and pedicure while we shape, condition, and moisturize completed with your polish of choice or a buff and shine.

**FOUR-HAND MANI PEDI**  
60 min - \$130

Complete your experience in half the time as two therapists work simultaneously to provide the ultimate manicure and pedicure experience.

### GEL MANICURES

Gel Removal \$15  
Gel Mani \$55  
Gel Pedi \$85

Gel Mani Pedi \$140  
Four-hand gel Mani Pedi - \$160

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