

# *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.

## QUICK MENU

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# MASSAGES

## SIGNATURE WELLNESS

50 min - C\$4,029 / US\$110 | 80 min - C\$5,640 / US\$154  
50 min + 30 min Lymphatic Drainage - C\$6,226 / US\$170

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.

## LYMPHATIC DRAINAGE MASSAGE

50 min - C\$4,761 / US\$130

A gentle technique intended to stimulate the lymphatic system to help eliminate toxins, reduce swelling and promote overall optimal health.

## ATHLETIC THERAPEUTIC MASSAGE

50 min - C\$4,834 / US\$132 | 80 min - C\$6,849 / US\$187

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 - C\$6,849 / US\$187

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 - C\$7,252 / US\$198

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 - C\$8,057 / US\$220 | 80 min - C\$11,280 / US\$308

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 - C\$8,057 / US\$220 | 80 min - C\$11,280 / US\$308

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. Price varies depending on type of massage.

## DELUXE COUPLES MASSAGE

50 min - C\$12,086 / US\$330 | 80 min - C\$16,920 / US\$462

Make the most of your couples massage. Experience a luxurious couples massage and cap it off with 30-minutes cabana time & bubbly.

## THE ULTIMATE COUPLES MASSAGE

50 min - C\$16,920 / US\$462 | 80 min - C\$22,158 / US\$605

Make the most of your couples massage. Experience a luxurious couples massage and cap it off with 30-minutes to lounge in our cabana with Veuve Clicquot and chocolate truffles.



## BODY TREATMENTS

### THE CAMPO COMBO SCRUB

90 min - C\$9,266 / US\$253

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 - C\$4,029 / US\$110

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 - C\$4,029 / US\$110

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

### COFFEE & COCOA SCRUB

50 min - C\$4,029 / US\$110

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.*

*\*ADD 30-MINUTE LYMPHATIC DRAINAGE TO ANY BODY SCRUB OR FACIAL TREATMENT - C\$2,197 / US\$60*



## FACIAL TREATMENTS

### SIGNATURE FACIAL

50 min - C\$4,395 / US\$120

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 - C\$4,395 / US\$120

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

### HOLISTIC FACIAL

50 MIN - C\$4,761 / US\$130

This personalized skin care treatment includes Facial Acupuncture, Reflexology & Mini Facial.

### FRONT & BACK FACIAL

80 min - C\$6,592 / US\$180

This 5-star service includes a 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.

*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, Physiotherapy, Breathwork and are available upon request with advance notice.

**MASSAGE WITH REIKI**  
80 MIN - C\$5,640 / US\$154

**ACUPUNCTURE WITH  
REFLEXOLOGY**  
80 MIN - C\$5,640 / US\$154

**MASSAGE WITH  
ACUPUNCTURE**  
80 MIN - C\$5,640 / US\$154

**SHIATSU MASSAGE**  
50 MIN - C\$4,834 / US\$132  
80 MIN - C\$6,849 / US\$187

**ACUPUNCTURE**  
50 MIN - C\$4,029 / US\$110

**MASSAGE WITH  
CUPPING**  
80 MIN - C\$5,640 / US\$154

**MASSAGE WITH  
REFLEXOLOGY**  
80 MIN - C\$5,640 / US\$154

*\*ALL HOLISTIC SERVICES BASED ON AVAILABILITY*



## HOLISTIC PACKAGES

**PACKAGE 1 | 100 MIN** C\$7,874 / US\$215  
COFFEE & CACAO BODY SCRUB  
ACUPUNCTURE  
REFLEXOLOGY  
MOXIBUSTION  
MASSAGE

**PACKAGE 2 | 80 MIN** C\$5,640 / US\$154  
ACUPUNCTURE  
REFLEXOLOGY  
MASSAGE  
CUPPING

**PACKAGE 3 | 80 MIN** C\$5,640 / US\$154  
ACUPUNCTURE  
HOT STONES  
REFLEXOLOGY

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



## 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.

80 min - C\$6,592 / US\$180

*\*SERVICE BASED ON AVAILABILITY*



## FASCIA THERAPY

This specialized bodywork technique releases energetic blockages within the connective tissues. It focuses on emotional and energetic release and nervous system reset. This therapy is especially beneficial for clients experiencing chronic pain.

*TIMING MAY VARY DEPENDING ON THE AMOUNT OF RELEASE AND NECESSARY BREAKS:*

60 min - C\$6,592 / US\$180

*\*SERVICE BASED ON AVAILABILITY*



## PRIVATE FAMILY & COUPLE BREATHWORK SESSIONS

This session offers a more intimate experience. It takes place in a private setting, allowing more time to set a clear intention. Conducting somatic work with those closest to us stimulates deeper connections and collective healing. These sessions include personalized, hands-on assistance to support your journey.

120 min - C\$7,325 / US\$200 up to 4 people

C\$732 / US\$20 per person after the initial 4

*\*SERVICE BASED ON AVAILABILITY*

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



## EXPERIENCES

### SIGNATURE WELLNESS MASSAGE & MINI FACIAL

80 min - C\$6,043 / US\$165

Treat yourself to a classic Swedish massage that will melt away tension and soothe sore muscles with long, kneading strokes. This is followed by a refreshing mini facial to rejuvenate your skin with a blend of botanicals and antioxidants. Prices varies on type of 50 minute massage.

### BRISA DEL BOSQUE

80 min - C\$7,325 / US\$200

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.

### THE HEAD TO TOE

C\$12,452 / US\$340

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

C\$16,115 / US\$440

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

C\$17,213 / US\$470

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.

### FACIAL FIRM UP SERIES

C\$22,707 / US\$620

Five consecutive days of Facial Acupuncture with an additional add-on each day. Add-ons include Mini facial, Moxibustion, Lymphatic Drainage, Gua Sha Face Sculpting and Collagen Eye & Face Mask.



## MANICURE & PEDICURE

### SIGNATURE MANI PEDI

120 min - C\$4,432 / US\$121

Mani - C\$1,611 / US\$44 | Pedi - C\$2,820 / US\$77

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 - C\$5,494 / US\$150

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

### GEL MANICURES

Gel Removal C\$623 / US\$17

Gel Mani C\$2,197 / US\$60

Gel Pedi C\$3,443 / US\$94

Gel Mani Pedi C\$5,640 / US\$154

Four-hand gel Mani Pedi - C\$6,519 / US\$178

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