

Wellness Menu

CONTENT



MOVEMENT & YOGA



MASSAGES



AYURVEDA MASSAGES



ENERGY HEALING



RITUALS & GATHERINGS



PACKAGES



SELF CARE RITUALS



❖ MOVEMENT & YOGA ❖

❖ Fitness Training

45 min | \$75 (\$110 for a couple)

Our professionals will develop a specific functional class considering your needs and wishes. Reveal a stronger, healthier, fitter version of yourself.

❖ Latin American Rhythms - Dance Class

60 min | \$80 (\$110 for a couple)

Get to know more about Latin American culture and have fun dancing!

This class encompasses a wide variety of styles, including influential genres such as cumbia, bachata, merengue and salsa.

❖ Gyrokinesis

60 min | \$90

This method coordinates movement, breath, and mental focus. Gyrokinesis addresses the entire body by opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional strength through rhythmic and flowing movement sequences. Practice at Casa Gandhi using a mat and chair.

❖ Vayu Aerial Yoga

60 min | \$100

Experience a floating meditation using the support of a unique swing. Prepare to relax and let go into complete surrender. We are able to explore this new-found freedom and awaken our inner child bringing a playful light energy to our hearts and bodies.

❖ Vinyasa Yoga

60 min | \$80

Move along your breath flow. A dynamic class that will give you overall self awareness and ground your energy.

❖ Complementary Yoga

Free

Join us every day at 8:30 AM for a complimentary practice in between the Lotus flowers at Casa Gandhi. Come, be with your breath and let it move your body.

+ This class is open to visitors for \$15

- ❖ All of these classes include hydrating tonic and a towel.
- ❖ For each extra person joining the same class, a 10% discount will be applied to you both.



* M A S S A G E S *

* Relaxing

60 min | \$110

A calming massage using a combination of Swedish and Californian techniques.

Gentle touch, aromatherapy and a foot bath.

* Deep Tissue

60 min | \$120

This massage targets deep layers of your muscles to release and dissolve tension, energize, stimulate and help increase oxygen flow. Improves range of motion and overall well being.

* Lymphatic Drainage

60 min | \$110

The fluid in the lymphatic system helps remove waste and toxins from the bodily tissues. This is a form of gentle massage that encourages the movement of lymph fluids around the body.

* Couples Massage

60 min | \$210 (for a couple)

A relaxing full body massage session next to your special person.

* All massages include our citrus+coconut+lavender exfoliating foot bath, aromatherapy and a hydrating tonic. Make sure to drink plenty of water and fluid after your massage to get the most benefits.

* We use organic, wild origin, sustainable, fair trade products that promise to nurture your skin, specialized for the needs of your face or body. Reusable, biodegradable and recyclable packaging.



✿ AYURVEDA MESSAGES ✿

✿ Jet-Lag Remedy - Abhyanga

60 min | \$130

An intelligent 7 posture massage sequence that aims to bring balance to your being. We use an essential oil according to your natural constitution. The calming effects can help restore the balance that is so easily upset by poor diet and lifestyle habits associated with modern living and are extremely beneficial in cases of exhaustion, fatigue and jet-lag.

✿ Ayurveda Thai

90 min | \$150

A profound floor massage that combines Abhyanga techniques with Thai yoga assisted stretches. We use an oil according to your natural constitution.

✿ Udara

30 min | \$80

Abdominal massage.

Aims to tone the abdominal muscles and helps eliminate toxins from the body. Therefore, these massages are very beneficial for people suffering from constipation. Stimulate blood flow to all your abdominal vital organs and improve your digestion.

✿ Ayurveda Wellness Consultation

90 min | \$150

Get insights about your natural constitution, tendencies towards imbalance and advice to keep the equilibrium back home. You are unique. Know yourself.

✿ The word "ayurveda" comes from the Sanskrit: ayu meaning "life," and veda, "knowledge." This life philosophy holds that there are three basic constitutions, or doshas—vata (air), pitta (fire and water), and kapha (water and earth) — that make up our physical, mental, and emotional selves. One dosha usually dominates, but ideally the three exist in harmony. That's the healthy state.

✿ Ayurvedic Massage is based on ancient Indian principles of Ayurveda and pressure points, designed to heal the body and create a balance between the doshas.



 **Guided Meditation**

50 min | \$80 (\$110 for a couple)

A journey to explore the subtle self, to calm and reset the mind.

Align your spirit and enhance all areas of your life.

 Extra-special price for couples.

 **Crystal Chakra Therapy: Energetic Alignment**

60 min | \$130

It is a preventive and curative therapy, we locate specific and powerful quartz crystals in different energy centers of the body that, together with the therapist channeling effort, removes blockages.

Restore the natural harmony of your being and align your subtle bodies (physical, emotional, psychic, energetic and spiritual).

 **Sobada Maya**

40 min | \$90

A traditional Mayan massage.

We use sacred copal to clean your energetic body followed by an abdominal massage aim to accommodate the digestive organs and release them from any tension. On an energetic level, the "cirrus" is the main energy flow for the Mayas, we locate this energy center and adjust it to optimize physical, mental and spiritual health.

 **Auric Limpia with Copal**

30 min | \$80 (\$100 a couple)

We use traditional copal smoke therapy. Energetic limpieas work to clean the subtle bodies for you to restore your mental, emotional and spiritual vitality.

 This Auric Limpia can ONLY be added to a package or 60 - 90 min treatment and not booked as a single treatment.

 Extra-special price for couples.



 **Roots and Reggae Music Experience**

60 min | \$120 (1-5 people)

Looking for some party vibes? We will provide the music and you put the dancing at Casa Gandhi. Vibrate with the music. Salsa Brava Vinyl DJ will create a set just for you. Forget your troubles and dance!

 This experience is very authentic. Make sure to book it upon your arrival.



✧ PACKAGES ✧

✧ Purifying Detox

210 min | \$380

Get refreshed and rewind, a great way to feel radiant again.

- + Udara Ayurvedic Abdominal Massage (30 min)
- + Auric Limpia with Copal (30 min)
- + Lymphatic Drainage (60 min)
- + 2 Fitness Training Classes (45 min each session)

✧ Romantic Ritual

210 min | \$540 (for couple)

Prepare for deep connection and fun dates together. You can enjoy this amazing package during a short stay or a weekend.

- + Auric Limpia with Copal (30 min, couple session)
- + Couples Massage (60 min)
- + Vadu Aerial Yoga Class (60 min, for two)
- + Latin American Rhythms Class (60 min, for the couple)

✧ Go Deep

270 min | \$400

If you are looking for deeper energetic alignment and a new perspective, this mystic and intense one is for you.

- + Crystal Chakra Therapy (60 min)
- + Sobada Maya (40 min)
- + Guided Meditation (50 min)
- + Ayurveda Consultation (90 min)

✧ Get Fit

405 min | \$620

Our perfect holistic deluxe recipe to get in shape. Prepare to see the changes in your body and overall well being and get insides in how to keep this radiant version of yourself going back home.

Ideal for a longer stay.

- + 3 Fitness Training Classes (45 min each session)
- + 1 Gyrokinesis Class (60 min)
- + Udara Abdominal Massage (30 min)
- + Ayurveda Thai Massage (90 min)
- + Ayurveda Consultation (90 min)



* SELF CARE RITUALS *

* **Sea Medicine**

Swim in the ocean for that oceanic-feeling. Remember to tell a staff member at Da Lime (our beach club) that you are about to go in.

* **Sensorial Jungle Experience**

Walk mindfully and present through the jungle. Open your senses for smells, images, singing birds and enjoy the sunshine. Be kind to your skin and use sunblock..

* **Digital Detox**

Leave your phone behind if you can; e-mails, calls and social media will be waiting for you back home, take a moment to connect to yourself.

* **Journaling**

Practice keeping a diary that explores thoughts and detailed feelings surrounding the events of your life. Use Journaling, as a stress management and self-exploration tool, works best when done consistently, but even occasional, sporadic journaling can be stress relieving when the practice is focused on gratitude or emotional processing.



La energía de las plantas dentro de cada botella de Daydreaming:

* Ylang Ylang

Infunde ganas de jugar, de atreverse a probar cosas nuevas, wild, sensual.

* Patchouli

Sabiduría de las plantas, recuerda a cuando llueve con sol.

* Toronja Rosada

"Let go". Borrar lo que está pasando afuera del presente. Apertura a recibir información.

* Salvia Sclarea (Femenina)

Aclara con feminidad, una metáfora de "quitar la mala hierba".
"Grounded heart".

* Palma Rosa

Open heart, no soy etérea, raíces profundas corazón abierto.

* Formulación

Ylang Ylang 2 gotas

Salvia Sclarea 6 gotas

Patchouli 4 gotas

Citronella 3 gotas

Palmarosa 3 gotas

Toronja Rosada 3 gotas

Formulación **confidencial**, no compartir con un tercero.

+ Esencias de AromaFlor. Botella de 5 ml cuesta ₡3,950 + iv.

+ Adelanto para crear las etiquetas es de \$200.



* TONIC & ELIXIR BAR *

* Divine Passion

30 drops | \$6

This aphrodisiac blend contains distilled ginger, cinnamon, rosemary and ylang-ylang.

Feel the euphoria.

* Sweet Dreams

30 drops | \$6

Our passiflora, melissa, chamomile, valeriana and lemongrass blend will relax your nervous system.

* Anti - Inflammatory

30 drops | \$6

Ayurvedic recipe that combines sacred roots; turmeric and ginger with a little bit of black pepper for better absorption.

Gentle on your stomach and with ultimate healing superpowers.

* Venus

30 drops | \$6

Female blend, celebrate your cycles with basil, tarragon, juanilama, sage and lavender.

* Im · mune

30 drops | \$10

The ultimate Jet-lag remedy, protect yourself with equinacea, thyme, ginger, rosemary, propolis and enjoy.

Tonic bottles cost

Divine Passion | Sweet Dreams | Anti- Inflammatory | Venus

+ Each dropper bottle contains 30ml = **\$12**

+ Each serving of 30 drops is equivalent to 1ml

+ Bottle has 30 servings of 30 drops (900 drops per bottle).

+ Net gain per bottle: **\$168** (before taxes)

Im·mune

+ Each dropper bottle contains 30ml = **\$17.5**

+ Each serving of 30 drops is equivalent to 1ml

+ Bottle has 30 servings of 30 drops (900 drops per bottle).

+ Net gain per bottle: **\$282.5** (before taxes)

