



ONDA

SPA & WELLNESS SANCTUARY



A preserved space, in connection and harmony with *the Spirit of Nature*

Here, we honor the wisdom of our Chorotegan ancestors.

Treatments are tailor-made to your physiology to restore balance and further your wellbeing at the Onda Spa Sanctuary at Andaz Costa Rica Resort at Peninsula Papagayo



## MASSAGES

**Back, Neck & Shoulders Massage** - 30 minutes | \$110 per person

Relaxing or deep pressure.

**Ancestor's Footsteps (Reflexology)** - 40 minutes | \$130 per person

This foot massage will help you relieve stress by stimulating pressure points on the feet to bring about a restorative response in corresponding areas of the body.

**Pura Vida Swedish Massage** - 60 minutes | \$180 per person, 90 minutes | \$240 per person

This classic full-body massage uses long, kneading strokes to reduce tension and soothe sore muscles. It increases circulation and promotes total relaxation.

**Bahía Culebra's Deep Tissue Massage** - 60 minutes | \$180 per person, 90 minutes | \$240 per person

This massage technique focuses on the deeper layers of the body's muscles and tissues to help soothe chronic pain, stiffness and tension.



## MASSAGES

### Peninsula's Healing Aromatherapy Massage

**Relaxing:** the purest essential oils combined with gentle massage techniques to trigger relief and inspire true replenishment.

60 minutes | \$190 per person, 90 minutes | \$250 per person

**Energizing:** a blend of invigorating essential oils and revitalizing massage techniques to stimulate the body's own self-healing powers.

60 minutes | \$190 per person, 90 minutes | \$250 per person

### Thai Massage

Thai massage is passive yoga developed in Thailand with influences from India. It uses passive stretching with the application of pressure by the therapists using their hands, elbows, forearms and heel. It increases mobility, flexibility and modifies body tension, which favors good circulation and generates energy in body tissues.

\*\* No oil will be used during the session, please wear comfortable clothes. A Thai massage mattress placed over the floor will be used.

90 minutes | \$180 per person

## PACKAGES

### Fresh Tropical Relief

A refreshing treatment that calms, soothes and hydrates dry or sunburned skin. Includes: soursop body scrub, aloe vera & fruits (papaya, pineapple & orange juice) body wrap and a final soft application of fruit-based body lotion.

90 minutes | \$250 per person

### Reminiscence of the Pacific

A body treatment that pays tribute to the ocean as a great source of energy and life. Marine algae and muds have a lot of vitamins and amino acids, while the marine sediments have structuring and firming properties for the skin. Includes: Mineral salts and coconut scrub, a microalgae mask wrap and a final soft application of a fresh marine body lotion.

90 minutes | \$250 per person

### All About Semehmu (us)

A body treatment including a Champagne body scrub and a Gold body wrap to leave your skin shiny and silky. Seal the effects of these luxurious ingredients with a final soft application of the Champagne body lotion.

90 minutes | \$230 per person

## BODY TREATMENTS

Choose your favorite scrub & wrap

**BODY SCRUBS** 60 minutes | \$160 per person

- 1. Gallo Pinto Scrub:** creates a thin layer of nourishing oil that protects against ambient moisture, wrinkles and removes rough skin.
- 2. Mineral Salts & Coconut Scrub:** increases the synthesis of collagen (anti-aging) and hyaluronic acid (hydration).
- 3. Purple Corn Scrub:** is a powerful antioxidant that helps eliminate free radicals, slowing cell oxidation, reducing skin aging.
- 4. Champagne Scrub:** stimulates the body for the production of collagen and elastin.

**BODY WRAPS** 60 minutes | \$160 per person

- 1. Thermal Peloid (Mud) Wrap:** activate microcirculation, decongesting the skin.
- 2. Aloe Vera & Fruits Wrap:** Aloe is an emollient (relaxes) that helps soften and soothe the skin, and fruits provide a lot of vitamin C, rich in antioxidants.
- 3. Microalgae Mask Wrap:** eliminates toxins accumulated in the skin, and protects against free radicals.



## UPGRADE YOUR EXPERIENCE (add-ons)

### Sweet Time to Relax

Transform your massage into a uniquely special experience with extra time in our spa suite. Enjoy the outdoor and indoor showers, ocean view balcony, a fruity & herbal tea and a snack.

30 minutes | \$50 per person or couple

### Onda Aroma Bath

Choose from the following bathing preparations:

- a. Energizing | Passion Fruit awakens the mind.
- b. Soothing | Costa Rican Herbs deeply relax.

30 minutes | \$50 per person or couple

### Tired Legs' Relief

Helps improve blood circulation and avoid fluid retention due to physical activity or circulatory problems. Recommended for people who stand or sit for long periods of time.

20 minutes | \$40 per person





## BEAUTY SERVICES

### Onda Express Care - Hands

Includes nail shaping, quick hangnail removal, nail buffing, moisturizing and nail makeup with the lacquer of your choice.

35 minutes | \$50 per person

### Onda's Ultimate Pampering - Hands

Soothing, hydrating products with aromatic benefits, the manicure includes exfoliation, nail and cuticle conditioning, nail shaping, massage and polish of your choice.

60 minutes | \$65 per person

### Onda Express Care - Feet

Feet are groomed with a seasonal fruit scrub, the toenails are shaped, buffed, then the feet are softened, moisturized and finished with nail make-up.

40 minutes | \$80 per person

### Onda's Ultimate Pampering - Feet

Soothing, hydrating products with aromatic benefits, the pedicure includes exfoliation, nail and cuticle conditioning, nail shaping, massage, and polish of your choice.

75 minutes | \$90 per person

### Gel Color Addition

30 minutes | \$29 per person

### Gel Color Removal

30 minutes | \$29 per person

### Waxing

Under Arm - 30 minutes | \$50 per person

Back - 40 minutes | \$90 per person

Bikini - 40 minutes | \$70 per person

Half Leg - 30 minutes | \$70 per person

Leg - 50 minutes | \$100 per person





## WELLNESS PROGRAMS

### RE-CENTER

Reconnect with yourself, find inner peace, and take those first steps toward a more fulfilling life with our Re-center program. Practice awareness, calm your mind and emotions, and achieve well-being.

#### Inclusions:

- 1- Private meditation class
- Unlimited scheduled yoga sessions
- 1- Sound Healing session
- 1- 60-minute spa treatment at ONDA
- 20% Spa discount for additional treatments
- Health-focused welcome amenity
- Wellness expert guidance

Price: \$310 per person



## WELLNESS PROGRAMS

### ENERGIZE

This fully customizable program allows you to boost your energy levels through a series of comprehensive physical and mental experiences. Start a routine for a healthier life, or take your established physical routine to the next level, our experts will guide you allowing you to get back home feeling revitalized.

#### Inclusions:

- Personal trainer consultation
- Unlimited scheduled fitness classes
- 1- private stretching session
- 1- 60-minute Thai or sports massage at ONDA
- 20% Spa discount for additional treatments
- Fitness-focused welcome amenity
- Unlimited healthy smoothies
- Wellness expert guidance

Price: \$445 per person



## WELLNESS EXPERIENCES

### Breath in : Breath out

Through this kind of PRANAYAMAS (breathing exercises) you can recharge your energy centers, releasing all what doesn't vibrate with our own essence in order to achieve mental and emotional balance.

Find our scheduled classes details in our Calendar of Activities, or ask for a private class.

### Here and Now Meditation

In this guided session, you will learn different meditation and breathing techniques, where you will connect with your essence and your emotions. Allowing you to reduce stress levels, create a deep state of relaxation and connect with the "Here and Now".

Find our scheduled classes details in our Calendar of Activities, or ask for a private class.

### BARRE Class

This low-impact, high-intensity class is inspired by elements of ballet, yoga and Pilates. You will build muscle endurance on major muscle groups including arms, legs, glutes and core. This full-body workout not only will strengthen you but will allow you to build flexibility improving balance, increasing range of motion and promoting better posture.

Find our scheduled classes details in our Calendar of Activities, or ask for a private class.



## WELLNESS EXPERIENCES

### Yoga

This ancient discipline benefits your body, mind and spirit. Choose from:

- Hatha Yoga
- Vinyasa Yoga
- Partner Yoga
- Restorative Yoga

Find our scheduled classes details in our Calendar of Activities, or ask for a private class.

### Reiki

This ancient Japanese technique allows your body to relax, eliminate stress and heal through the energy of your own body. A comprehensive treatment that benefits your body, emotions, mind and spirit achieving high life force energy, allowing you to feel happy and healthy, improving general well-being.

60 minutes | \$120 per person

### Sound Healing

Find your balance through music with this healing technique. Used by many cultures, sound healing stabilizes your brainwave frequency down-shifting from a waking consciousness to a relaxed consciousness or even to a meditative state, allowing your body to heal. Sound not only helps with inducing relaxation, but also has a way of moving through areas of blockage as it has the ability to positively affect our whole being.

60 minutes | \$120 per person

## ONDA SPA SANCTUARY ETIQUETTE

### Indulge

Feel free to indulge in our SPA's facilities. No appointments are required.

### Arrival

We recommend that you arrive at the Spa Reception at least 30 minutes prior to your scheduled appointment. Please understand that late arrivals will not receive an extension of scheduled treatments.

### Age

18+

### Cancellation Policy

Cancellations or no shows within 4 hours will incur in a 100% charge. Treatments between 08:00 am and 11:00 am should be cancelled the day prior. An e-mail address is required at the time of booking to confirm your treatments.

### Pricing

All prices are in US dollars, including all taxes and fees. Prices and treatments are subject to change without notice. Discounts are non-combinable with other discounts, promotions or packages.

### Facility hours

Open from 8:30 am until 5:00 pm  
Treatments begin at 9:00 am and end at 4:45 pm  
Fitness Center & Functional Workout Deck - 24hrs

### Health

Please advise us of any health conditions, allergies, injuries or treatments when making your spa reservations or during the check-in process.

### Gift Cards

Information on a special gift card can be obtained by contacting the Onda Spa Concierge team.

### Contact Information

From your room, dial 4631  
Phone +506 2690.4631  
E-mail [ondaspa@andaz.com](mailto:ondaspa@andaz.com)  
Website [www.andazpapagayo.com](http://www.andazpapagayo.com)



Elevate into the trees, gaze over the water and find your way to Pura Vida. The meditative experience of ONDA nourishes the body as it feeds the soul.

Above all, it is an opportunity to experience authentically and intimately the legacy of the Chorotegan ancestors reflected in this natural sanctuary. It's your moment to fall in love with Guanacaste...



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