

RENEWAL FOR BODY AND MIND

BEARTH

RENAISSANCE SPA

BEAUTY SALON

CARE AND STYLE

TROPICAL MANICURE AND PEDICURE A complete treatment with exfoliation, hydration and massage to leave your hands and feet soft, fresh and renewed.

GEL REMOVAL Removal of gel polish without damaging nails, preparing hands or feet for a new style or color.

ADD GEL POLISH Application of gel polish for longer-lasting durability and a flawless finish.

HAIR STYLING Professional styling for a fresh and sophisticated look, perfect for any special occasion.

WASH AND BLOW DRY Enjoy a full wash and dry service, with customized options based on your hair type.

FLAT IRON Styling with a flat iron for a polished and sleek finish. We recommend arriving with clean, dry hair.

BASIC NATURAL MAKEUP Subtle makeup to enhance your natural beauty, perfect for events and special occasions.

WELLNESS THERAPIES

BODY, MIND AND SOUL CONNECTION

PRIVATE YOGA CLASSES Personalized yoga sessions to improve flexibility, reduce stress and increase energy. Available in Hatha, Vinyasa, or Yin Yoga styles.

CACAO CEREMONY AND SOUND BATH An ancestral healing ritual with cacao and sound therapy, designed to balance emotions and connect with your inner being.

MEDITATION AND PRANAYAMA Breathing and meditation techniques to improve mental clarity, reduce anxiety and increase vital energy.

MASSAGES

RENEWAL THROUGH TOUCH

RENAISSANCE A soothing massage combining Swedish techniques with personalized movements tailored to your needs, helping you achieve deep relaxation and restore your vital energy. Perfect for relaxing and reducing accumulated stress.

AROMATIC Enjoy a unique aromatherapy experience with essential oils that calm the mind and revitalize the body. Ideal for those seeking emotional and physical balance, with calming and restorative effects on the nervous system.

HOT STONES This treatment uses hot basalt stones placed on strategic points of the body to improve circulation and release blocked energy. Ideal for those looking for deep relaxation and lasting relief.

DEEP TISSUE An intensive therapy that targets deeper muscle layers to relieve chronic tension, improve mobility and enhance overall well-being.

PRENATAL A gentle and careful massage specially designed for expectant mothers, relieving tension and discomforts commonly experienced during pregnancy. Uses specific techniques to ease the strain on the back, shoulders and legs and improve overall well-being.

FOOT REFLEXOLOGY Foot massage based on the stimulation of specific points that correspond to different parts of the body. Helps release energy blockages, improve circulation and promote overall balance.

BACK, NECK AND SHOULDERS A short yet effective treatment to relieve accumulated tension in the body's most stressed areas. Ideal for those who spend long hours sitting or in poor posture.

HAND AND FOOT MESSAGE Experience deep relaxation for your hands and feet, two areas where stress and fatigue accumulate. A rejuvenating massage that revitalizes and relaxes.

SCALP HYDRATION This treatment uses argan oil to restore the health and vitality of your hair, leaving it soft, manageable and shiny.

SOUND THERAPIES

BALANCE AND HARMONY THROUGH VIBRATION

MULTI-INSTRUMENTAL SOUND JOURNEY A unique sensory experience where different instruments vibrate at specific frequencies, promoting deep relaxation and healing. Ideal for reducing stress, balancing energy and calming the mind.

HARMONY This therapy combines a massage on the head, hands and feet with gentle sound waves that induce a deep meditative state. The sound acts as a vehicle to release tensions and balance emotions.

WELLNESS RITUAL A holistic treatment combining foot reflexology with healing sounds, creating a perfect environment to restore internal balance and release energy blockages.

REVITALIZING A relaxing massage for the back, neck and shoulders, complemented by deep vibration therapy. Ideal for those seeking to recover energy, reduce muscle pain and release tension.

TIBETAN BOWL SOUND THERAPY Experience the powerful vibration of Tibetan bowls, known for their ability to restore emotional and spiritual balance. A deeply healing experience for both body and mind.

BODY TREATMENTS

RESTORATION AND VITALITY FOR YOUR SKIN

EXOTIC WRAP A volcanic clay wrap rich in minerals and antioxidants that helps detoxify the skin and restore its vitality. This treatment rejuvenates the skin, leaving it softer, more radiant and renewed.

AFTER SUN WRAP Deep hydration with aloe vera gel, perfect for calming and regenerating skin after sun exposure. This treatment refreshes, hydrates and restores skin softness.

AROMATIC EXFOLIATION A gentle exfoliation with essential oils and lavender flowers that removes dead skin cells and stimulates cellular regeneration. Your skin will feel soft, smooth and naturally radiant.

TROPICAL EXFOLIATION An exfoliating treatment using tropical ingredients to refresh, revitalize and give new life to your skin. Ideal for those seeking softer, healthier and glowing skin.

COFFEE DETOXIFYING TREATMENT Exfoliation and wrap using Costa Rican coffee that not only removes dead skin cells but also tones the skin and improves circulation. This treatment revitalizes the skin, leaving it soft and glowing.

SPA PACKAGES

COMPREHENSIVE RELAXATION EXPERIENCES

RESTORATIVE A perfect combination to rejuvenate body and mind hot stone massage, illuminating facial and foot reflexology. This package offers a complete relaxation and restoration experience.

RENEW A body exfoliation with essential oils followed by an aromatic massage. Ideal for restoring energy and vitality.

BALANCE This journey begins with a wellness massage focusing on the back, neck and shoulders, followed by a Costa Rican coffee exfoliation and wrap and ends with a refreshing mini facial.

COUPLES EXPERIENCE An exclusive couple's ritual including lavender exfoliation, Renaissance massage, hydrating facial, hot tub, and a glass of sparkling wine. Perfect to share with someone special.

FACIALS

BEAUTY AND RADIANCE

BALANCE A facial designed to restore the balance of the skin, beginning with a deep cleansing followed by gentle exfoliation and the application of products that regenerate and balance the skin.

HYDRATING Perfect for dry or dehydrated skin. Uses antioxidant oils and moisturizing creams to restore hydration and radiance to your face.

ILLUMINATING Ideal for those looking for an instant, natural glow.

FOR GENTLEMEN A purifying treatment specially designed for male skin, balancing its moisture levels and leaving it fresh.

MINI FACIAL A quick facial to revitalize your face in just a few minutes. Perfect for a fast refresh before an event or special occasion.

Immerse yourself in a wellness sanctuary at Bearth Spa, where serenity and natural treatments come together to restore the balance of body and mind. This space is designed to offer you a unique retreat, with relaxation terraces surrounded by nature, massage bungalows overlooking the mangroves and steam baths that invite you to release the day's stress. Each experience is carefully designed to renew you and help you reconnect with your well-being and inner peace.

BEARTH

RENAISSANCE SPA

HOURS

8:30 am - 7:00 pm

RESERVATIONS

We recommend booking in advance to ensure availability

ARRIVAL

Please arrive 15-30 minutes before your appointment to enjoy our facilities before to your treatment.

CANCELLATIONS

Must be made at least 8 hours in advance to avoid charges.

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