



WELLBEING SPA
nankū
REGENERATING EXPERIENCES, ANCESTRAL HEALING





NANKU EXPERIENCES





Ancestral Healing

Inspired by the Chorotega ancestors, the Blue Zone, and thalassotherapy, our Wellbeing Center taps into centuries-old healing traditions, harnessing the secrets of Nicoya's wellness arts to offer holistic healing. At Nanku Spa, we've designed a unique synergy to share the diverse relaxation methods cultivated in this paradise. Our selection of exfoliants, moisturizers, medicinal muds, seaweed, sound therapy, and vibrational treatments help soothe the body and mind, transporting every guest to a space of empowerment, healing, and vitality with every breath.

Nanku Wellbeing Center uses organic products and local natural ingredient blends to provide unique and authentic experiences. Each ritual is personalized to elevate your connection with an ideal state of balance, enhancing the transformation process.



RITUALS



Each ritual is designed to restore the balance of your body, mind and soul, giving you a unique experience of deep relaxation.





Nicoya

2 hours | \$295

Crafted for your enjoyment with intentionally selected ingredients and techniques to balance your body and mind. This deeply hydrating and revitalizing treatment prepares your body for a unique relaxation experience in our therapeutic salt and herb bath, followed by a seaweed wrap. Let go of tension while connecting with your senses, and enjoy a sound bath. After showering, hydrate and relax with a jade stone massage that enhances your energy.

Nandayure

2 hours | \$280

For deep relaxation of the mind, body, and soul, this intoxicating experience begins with a red corn body exfoliation, followed by an aromatherapy massage and a hydrating herbal foot wrap. Finish with a glass of sparkling wine and a delightful dessert.



Nanda & Nicoa

2 hours
\$540 per couple

This sacred ritual leaves you with a sense of relaxation and wellbeing, combining Blue Zone products with the romantic story of Nanda and Nicoa. Begin with an organic chocolate body exfoliation, followed by a soothing massage, and conclude the experience in our aromatic salt bath, enjoying a glass of sparkling wine and a chocolatey dessert.

Islita

2 hours
\$320 per person

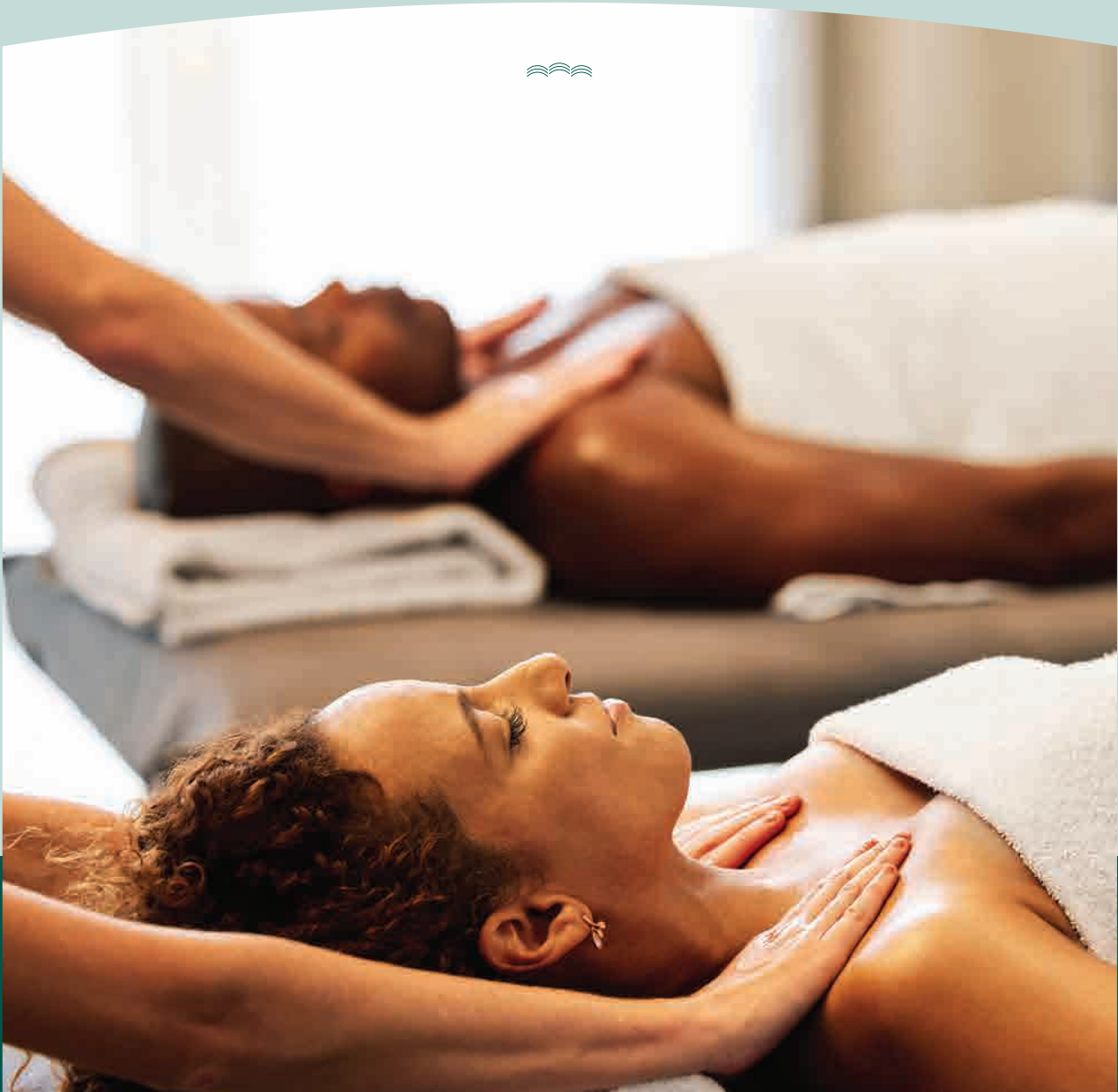
Start with a relaxing foot wash made with sea salt, chamomile, and lavender, followed by a revitalizing massage. Enjoy the benefits of our organic mini facial while stimulating your senses with a sound bath, bringing your body and energy into balance. Conclude this romantic moment in our wellbeing tub with a glass of wine, a cheese and charcuterie board.

Nanku

90 min
\$225

Designed to promote inner healing and wellness. Release physical, emotional, mental, and spiritual blockages through meditation and sound therapy, while stimulating the senses with essential oils that balance your energy flow. Complete this moment of disconnection and reconnection with an infused drink.







FACIALS

Our personalized facials use a range of products based on essential oils and plant extracts to detoxify the skin and provide vital nourishment to its deepest layers. This treatment is as relaxing as it is beautifying, leaving your skin with a feeling of freshness and revitalization.



Mini Facial

30 min | \$70

Basic cleansing without extraction.

Organic Facial

60 min | \$125

Deep cleansing with extraction.

Blue Facial

75 min | \$140

Deep cleansing, hydrating,
and sound bath.

Choose from

- Purifying – For oily skin
- Hydrating – For sensitive or dry skin
- Rejuvenating – For mature skin





CORPORAL TREATMENTS

Immerse yourself in total wellbeing with micronutrients, vitamins, and high-grade minerals for better health, body contouring, and overall wellbeing. Our natural exfoliants and body wraps, crafted with the finest ingredients from nature, help you achieve glowing, healthy skin.



Body Exfoliation

30 min | \$90 / 60 min | \$128

Delight your body and senses with our body exfoliation. After this deep cleansing ritual, your skin will feel soft and ready to absorb the incredible benefits of intensive hydration.

Choose from:

- **Energizing** – Volcanic lava and lemongrass
- **Revitalizing** – Chocolate
- **Rejuvenating** – Medicinal seaweed
- **Hydrating** – Coconut and sea salts



Body Mask

60 min | \$128

Revitalize your skin with a blend of fruits, clays and local extracts. This mask promotes firmer skin and a radiant appearance.

Choose from:

- **Relaxing** – Lavender flowers
- **Revitalizing** – Chocolate
- **Rejuvenating** – Medicinal seaweed



THALASSOTHERAPY



A therapeutic method that uses marine elements to improve health and wellbeing.



Marine Peloid

75 min | \$202

Enjoy a relaxing massage with antioxidant-rich marine mud obtained from peloid, infused with waters rich in salts and minerals, while detoxifying your face with an algae mask. Ideal for those looking to nourish and experience a full-body healing treatment.

Detox Seaweed

90 min | \$230

Our seaweed-based service includes exfoliation, wrap, and hydration. The benefits of seaweed for the skin come from nutrients like spirulina, rich in antioxidants, vitamins, minerals, omega fatty acids, folic acid, and trace elements. This experience will leave your skin renewed and relaxed.





SENSORY AWAKENING TREATMENTS

Stimulate the senses to enhance sensory processing, motor development, and emotional regulation.



Shirodhara

45 min | \$150

This treatment involves a continuous flow of warm herbal oil poured from a pendulum onto the forehead, opening Ajna (the third eye), providing mental clarity. This Ayurvedic ritual is complemented by a sound bath to stimulate all your senses.

Healing Sound

45 min | \$90 / \$150 (per couple)

Effectively release physical, emotional, mental, and spiritual blockages. Bowls and other healing instruments are placed on different body meridians and energy points.

Aromatherapy

75 min | \$180

Restore emotions and mood. We activate your senses through the application of different essential oils on the energy vortexes (Chakras). We help you achieve physical, mental, and spiritual wellbeing.





ENERGETIC TREATMENTS

A unique rejuvenating massage with hot stones and cold jade creating a balance of energy and tranquility.



Stone and Jade Therapy

75 min | \$180

Combination of hot stones and cold jade for a muscle relaxation, creating a balance of energy and tranquility.

Shiatsu

75 min | \$189

A therapeutic technique with roots in traditional Chinese medicine. This therapy activates the brain's modulatory function, significantly increasing energy.

Reflexology

45 min | \$105

Stimulating these points promotes health and general wellbeing.



TRADITIONAL TREATMENTS



Relax and relieve
tension with
therapeutic
massages that
restore the body's
balance.





Deep Tissue

60 min | \$150

90 min | \$190

Designed to target chronic muscle tension and pain, reaching the deeper layers of muscles and fascia.

Swedish

60 min | \$140

90 min | \$180

A great option for those seeking relaxation and stress relief. This combination of gentle strokes and moderate pressure promotes overall wellbeing.



FLOWER OF PLUMERIA SALON

Hands and feet cared for with treatments
that combine beauty and relaxation.





Spa Manicure

60 min | \$85

The treatment that starts with an exfoliation and relaxing massage, leaving your hands hydrated and pampered. Professionally trimmed and polished nails in your chosen color.

Spa Pedicure

60 min | \$105

Begins with a warm herbal infusion, followed by a delightful exfoliation of your feet. Next, enjoy a revitalizing massage with balm, incorporating acupuncture and reflexology points. Professional cleaning and a delicate, smooth finish.





ABOUT THE SPA

Spa Hours

10:00 a.m. – 7:00 p.m. daily

You're invited to come to our Wellbeing Center 30 minutes before your appointment to fill out a health evaluation form and relax in our indoor or outdoor facilities before your treatments.

Arriving late may interfere with your treatment, making it not as effective or therapeutic for you.

CANCELLATION POLICY

If you need to cancel or reschedule your appointment, please do so 24 hours in advance. Otherwise, 50% of the treatment will be charged to your account.

MEDICAL NEEDS

Please inform us of any special or medical need that may require additional care. Some treatments are not recommended if you are pregnant or have a medical condition. If you are unsure, please ask.

AGE POLICY

Guests aged 12–16 may enjoy the spa and gymnasium with adult supervision.





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