

MASSAGE THERAPY

HOLISYNERGIE Customized massage, using a combination of different techniques such as Deep Tissue, Swedish Massage, Cranio Sacral Therapy, Reflexology. Great after physical activity or for muscle pain, tension or stress.

45 min - \$70

60 min - \$85 Couple 60 min - \$150

90 min - \$110 Couple 90 min - \$200

PURE BLISS Swedish massage uses light to medium pressure, very soothing and relaxing.

60 min - \$75 Couple 60 min - \$150

90 min - \$100 Couple 90 min - \$200

TOTAL BODY AWARENESS Our Signature massage. A holistic initial diagnosis that results in a unique combination of healing body work techniques, such as Cranio Sacral Therapy, Deep Tissue, and more.

2 hours - \$175

90 min - \$130

REFLEXOLOGY Ancient healing technic that works with the pressure points of the feet, hands and ears.

45 min - \$65

60 min - \$85 Reflexology with Aromaterapy

THAI MASAJE Increase flexibility and energy by applying passive stretching and acupressure points. 90 min - \$115

UNPLUGGED Four hand massage. Ultimate de-stress therapy. 45 min - \$150

HOLISTIC THERAPY

Our holistic therapies offer a deeper level of treatment by helping you balance and integrate body, mind and spirit.

D.E.I. HOLISTIC KINESIOLOGY 90 min - \$130

CRANIO SACRAL THERAPY 60 min - \$110

To better understand what Holistic Therapy can do for you, we offer a **FREE CONSULTATION**

BODY TREATMENT

CHOCOMOKACOCO Energy Booster body wrap with chocolate, coffee and yogurt. 60min-\$75

TROPICAL ENZYME POLISH Peeling, special for delicate skin with Fruit enzymes. 60min-\$75

SPICY GINGER RUB Ginger, organic honey wrap for immune system , uplifting. 60min-\$75

MUDDYBUDDY Mud wrap with hot stones special for detox. 60min-\$85

ALOE MINT SMOOTHIE Aloe vera wrap cooling , refresh sunburned skin. 60min-\$85

SLIMMING KELP COCOON Kelp cocoon wrap special for slimming and toning. 60min-\$85

MINT BLAST LEGS AND FEET Wrap+Massage with exfoliation with mint essential oil, for hot tierd legs and feet. 50min-\$55

FACIALS

ESSENTHYA DELUXE Organic ingredients and essential oil are chosen according to your skin type.	75min-\$75
ESSENTHYA HYDRATATION Organic aloe vera restore and hydrate your skin.	60min-\$60
ESSENTHYA MINI Includes cleanser, massage and mask.	45min-\$45

HAND AND FOOT TREATMENTS

HOLIS SPA MANICURE Manicure with hand exfoliation and massage.	45 min - \$35
HOLIS SPA PEDICURE Pedicure with exfoliation and feet and legs massage.	60 min - \$45
MANICURE FOR MEN A hand treatment specially designed for men.	30 min - \$25
PEDICURE FOR MEN Spa pedicure with an extra long foot massage to unwind and relax.	60 min - \$35
HOLIS SPA MANICURE/PEDICURE	60 min - \$65

YOGA AND PILATES CLASSES

Be Welcome to Drop In to any of our Daily Classes at **Holis Wellness Studio!**
Please check our website at spaholis.com for our most current Class Schedule.

We offer daily classes at our brand **New Studio** plus classes at **Hotel Costa Verde ocean view deck!**

Private classes 75 min duration, transportation included.

ONE ON ONE CLASSES \$75 **COUPLES CLASSES** \$50 each **GROUP CLASSES** \$18 each (minimum 4 people)

SPA COMBINATIONS

LETS PARTY Essenthya Facial Holisnergie Massage Body Treatment of your choice Holis Spa Manicure + Pedicure	3.5 horas - \$250	HEAD TO TOE BLISS Chocomokacoco Unplugged Massage Essenthya Facial Holis Spa Pedicure	3 horas - \$250
SHARE THE MAGIC 1 Couple Massage (90 min) 2 Chocomokakoko 2 Holis Spa Pedicure	3.5 horas - \$450 (each couple)	PURA VIDA Mini Facial Pure Bliss Massage Choose a Manicure or a Pedicure	2 horas - \$150
THAI HEAVEN Essenthya Mini Facial Thai Massage Holis Spa Pedicure	2.5 horas - \$210	DETOX Holisnergie Massage Muddy Buddy Body Wrap Essenthya Facial	2 horas - \$165
		REFRESH Aloe Mint Smoothie Body Wrap Essenthya Hydration Facial Holis Spa Manicure or Pedicure	2.5 horas - \$190

WE ALSO HAVE WEDDING SPECIALS!

For more information or reservations, please contact your resepcionist or concierge.