



NAYARA

BOCAS DEL TORO

Panama

The
SPA

Welcome

IMMERSE YOURSELF IN NATURE'S
SANCTUARY: RECONNECT AND REJUVENATE
AT NAYARA BOCAS DEL TORO



Nestled amidst the awe-inspiring mangroves and surrounding nature, Nayara Bocas del Toro offers a sanctuary for the soul. Surround yourself with the symphony of nature – the rustling leaves, the gentle lapping of water, and the vibrant chorus of birdsong. This is your haven to reconnect with your inner self and rediscover true wellness.

Our holistic approach to luxury prioritizes your well-being. We utilize only the purest organic products, sourced directly from our local environment, to nourish and revitalize your skin. Experience treatments designed to harmonize your mind, body, and spirit, leaving you feeling renewed and radiant.

Step into our tranquil spa experience, a haven of serenity where expert therapists guide you on a transformative journey. Inhale the calming aromas of essential oils and let the soothing sounds of nature lull you into a state of deep relaxation.

We believe in the profound power of nature – a place to reconnect, rejuvenate, and emerge revitalized.

Therapeutic

AND RELAXING MASSAGE

Head to toe Relaxing - *Full body. Minimum 60 min.*

Ancestral de-stressing technique, a must in this experience of disconnection and relaxation in the peace of nature. With slow and long frictions, focused on the sensation of the skin and superficial tissue, we relax the whole body, unloading tensions, leaving it ready to enjoy throughout your stay in our paradise.

Swedish - *Minimum 60 min.*

Classic but wonderful relaxing full body massage, using Intermediate pressure, relieves tired and sore muscles by increasing blood circulation. The technique uses long strokes, kneading and friction.

Deep Tissue - *Minimum 60 min.*

Gentle depth, characterizes this massage relaxing chronic muscular tensions, stimulating flexibility, blood flow and release of myofascial and muscular chains. The techniques applied are; slow, long and deep kneading, frictions and compressions used with elbows, fists and knuckles. Recommended for people accustomed to this type of techniques.

Massage for tired legs - *60 min.*

Completely relax your legs with a deep massage, after a long journey or a strenuous physical activity, oxygenating and stimulating rest at night. Refreshing gels and organic oils are used to stimulate the area.

Fragrances Bocas del Toro - *Minimum 60 min.*

Relaxing full body manual massage, with long movements and specific pressure points to awaken the senses, lotions, aromas and organic essential oils, characteristic of Bocas, characterize this exquisite full body massage.

Deep neck and back massage - *Minimum 60 min.*

This massage, concentrating on the areas of greatest tension, such as the neck, back and shoulders, has the relaxing effect of a full body massage, relieving the tensions of long days of activity.

Deep relaxing facial, head and neck relaxer - *60 min.*

With Jade Roller and Gua Sha we relax the facial muscles, releasing tensions in the neck and skull, with soft and firm movements accompanied with exquisite aromas relaxing the usual stress of everyday life.



BIOSFERA

honestly natural

We are pleased to join the natural cosmetics company BIOSFERA to offer our guests a highly personalized service and sophisticated products, top of the line but mainly 100% developed in an eco sustainable way in Costa Rica.

Designed for health, wellness and personal care.

Handmade using the natural benefits of a country rich in tropical fruits, herbs, sea water, hot springs, springs and botanical ingredients, generating heavenly experiences, achieving real results, all in balance with nature.

Body Scrubs

From the hand of Biosfera, we bring these wonderful proposals for body scrubs, cleansing the skin with all the virtues of the richness of these wonderful tropical products.

Champagne:

Gentle and delicate antioxidant exfoliation that oxygenates the skin providing vitality and stimulating collagen production.

Papaya and Mint:

Papaya gives luminosity, lightens and tightens, giving an anti-aging effect, Mint refreshes and stimulates being a revitalizing combo for all skin types.

Tropical Salts:

This peel remineralizes and oxygenates the skin, providing an anti-aging tightening effect. Recommended for oily skin.

Coconut and Coconut Milk:

Coconut is characterized by its moisturizing, lightening and sebum regulating and anti-acneic properties. Ideal for all skin types.

Silky Citrus:

This silky exfoliation provides brightness, luminosity, reduces skin blemishes and is anti-acneic, ideal for oily skin.

Body Wraps

From the hand of Biosfera, we bring this wonderful proposal of body wraps, with top quality organic products, nourishing, moisturizing, rejuvenating, oxygenating and tightening the skin, with all the virtues of the richness of these wonderful tropical products.

Mango:

This beautiful body wrap provides anti-aging benefits, moisturizes the skin and regenerates dead cells, restoring lost elasticity.

Orange and honey:

This combination rejuvenates, cleanses, tightens, lightens sun spots, deeply moisturizes the skin, detoxifies, relieves acne problems, ideal for all skin types.

Avocado and Green Tea:

Combination that proposes to detoxify, drain liquids and toxins, stimulating the production of collagen throughout the skin.

Yogurt with Aloe Vera:

This wrap is characterized for being anti-inflammatory, disinfectant, healing, astringent, moisturizing and many more...



Cocoa Lux Wellness

This harmonic balancing ritual proposes:

Exfoliation We gently exfoliate your entire body, detoxifying, softening and illuminating the skin leaving it ready to receive the first shower with warm water.

After this relaxing shower, your skin will feel like a fine silk impregnated with the aroma of cocoa.

Wrap, After returning to the stretcher, we brush your body from feet to neck, with a soft moisturizing Cocoa Mask, to give way to the wrap, covering it for 20 minutes with fabrics that favor vasodilation, absorbing every virtue that provides this exquisite Chocolate Therapy.

Moisturizing relaxing massage Gently and slowly, for 60 minutes, we finish bringing your body to a deep state of calm and relaxation with a head to toe massage, restoring harmony and sealing your experience with the unique view from the top of our exclusive Tree house Spa.

Without being able to stop enjoying the taste of our local chocolate, we culminate this ritual with delicious chocolates from the hand of our master chocolatier and two glasses of cava.

SkinCare

Facial treatment that includes double cleansing, exfoliation, organic mask according to the needs of each skin, anti-aging serum, massage with moisturizer and sunscreen.

The skin is toned, strengthened and regenerated, it breathes deeply and stimulates the production of collagen, smoothing expression lines. Tropical organic products made with the highest standards of quality and purity. 60 min.

Herbal Facial Cream:

- Rich in vitamin A
- Reduces expression lines
- Reduces spots and redness
- Promotes collagen production
- Regenerative
- Moisturizing
- Improves skin elasticity
- All skin types

Clay and Cucumber Facial Lotion:

- Hypoallergenic lotion Detoxifying
- Anti-phlogistic
- Ideal for irritated and inflamed skin caused by acne
- Antibacterial
- Healing
- Regulates the PH
- Provides luminosity
- Tightening effect
- Controls dilated pores

Rosehip Mask:

- Antioxidant mask
- Reduces expression lines and blemishes
- Regenerates and evens skin tone
- Moisturizes and reduces redness
- All skin types

Avocado Mask:

- Antioxidant mask
- Improves elasticity
- Rejuvenating
- Deeply moisturizing
- Dry skin

Quartz facial scrub:

- Accelerates skin desquamation
- Improves cellular oxygenation
- Gently rounded particles make it suitable for facial exfoliation
- All skin types

Sunscreen Spf45:

- Gentle formula to protect the skin from UVA and UVB rays
- Enriched with cranberry stem cell extract
- Prevents sunburn
- Soothing
- Regenerates and reverses skin photoaging

St. John's Flower Serum:

- Moisturizer
- Revitalizing
- Antiseptic,
- Antioxidant
- Soothing
- Healing ideal for skin with acne marks.
- All skin types

Red Fruit Thermal Serum:

- Reduces expression lines and blemishes
- Regenerative
- Anti-inflammatory
- Healing
- Stimulates elastin and BI collagen
- All skin types

Rose Thermal Serum:

- Enriched with aloe vera, oat and green tea extract
- Regenerative
- Healing
- Anti-inflammatory
- Stimulates elastin and collagen
- Oily or combination skin



Spa Plus

We cannot miss the details, nor forget about the beauty of our hands and feet in this renewal experience:

Manicure:

40 min

- Nail polish remover
- Nail cutting
- Nail Filing
- Cuticle removal
- Cuticle moisturizing
- Hand Exfoliation
- Hand Massage
- Basic Nail Polish

Pedicure:

60 min

- Exfoliation
- Nail trimming
- Cuticle trimming
- Cuticle moisturizing
- Callus removal
- Mask Massage
- Basic nail polish



The SPA

PRICE LIST

Massage Therapys	60 min.	90 min.
Deep Tissue	\$150	\$190
Swedish	\$140	\$180
Head to toe relaxing	\$140	\$180
Bocas del Toro fragrances	\$140	\$180
Tired Legs	\$140	\$180
Neck and back relaxant	\$140	\$180
Relaxing facial, head and neck	\$140	\$180

Spa Plus

Pedicure	45min. \$80
Manicure	45min. \$60

* Impuestos no incluidos

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PRICE LIST

Full body peels plus moisturizer	Tiempo	Precio
Champagne	60 min.	\$145
Papaya and Mint	60 min.	\$145
Tropical Salts	60 min.	\$145
Coconut and Coconut Milk	60 min.	\$145
Silky Citrus	60 min.	\$145

Body wrap plus full body exfoliation

Mango	90 min.	\$180
Orange and Honey	90 min.	\$180
Avocado and Green Tea	90 min.	\$180
Yogurt whit Aloe Vera	90 min.	\$180

Cocoa Lux Wellness	2:30hrs.	\$300
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Cocoa Full Body Exfoliation
Cocoa Full Body Wrap
Relaxing Full Body moisturizing

Complete Facial Cleansing	60 min.	\$135
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* Add 7% tax

Each treatment listed in this menu is customizable based on your preferences and requirements, provided there are no allergies to any components used in the treatments and adhered to the therapist's specified time needed to perform each treatment.



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