



SPA VIDA
AT HILTON PAPAGAYO RESORT



Life here is a celebration. You can feel it in the sunshine; you can hear it in the waves. Immerse yourself in this experience. Let the stored heat of volcanic stones sooth your body while herbal aromas ease your mind. Melt away as skilled hands play a soothing song on your skin. Soak in the healing nutrients of jungle fruit. All the sensations you've been longing for are here by the shore. This is life in Papagayo. This is Spa Vida.



MASSAGE

Vida Signature Massage/60 min

Our most popular selection, this treatment will remind you why you came to Papagayo. Using classic techniques and moderate pressure, this relaxing and highly pleasurable massage soothes body, mind and soul.

..... \$100

Tropical Aroma Massage/60 min

This massage treatment combines the wonderful benefits of natural oil essences with our professional technique to bring healing to your muscles. It concentrates on your back, neck and shoulders, leaving you relaxed and calm.

..... \$110

Ancestral Massage/90 min

Volcano, jungle, ocean—surrender yourself to the ancestral forces of Papagayo. Primal heat from warm volcanic stones penetrates deep into the muscles as verdant aromas surround and soothe you. Long, fluid strokes, like the rhythm of the sea, relax and connect you to this elemental place.

..... \$135

Shaman Massage/75 min

An intense yet comforting massage, this treatment is a combination of soulful, therapist-managed stretching and specialized pressure techniques that relieves muscle and joint tension.

..... \$130

Shiatsu Massage/75 min

Spa tradition at its best, this oriental massage technique evokes a peaceful awareness of mind and body. Consisting of soft stretches and stimulant points of pressure, the Shiatsu Massage will allow you to obtain a feeling of ease and harmony. An unforgettable experience.

..... \$135

Quatro Playas Massage/50 min

This massage pampers you with two professional therapists using four hands in syncopated rhythm to provide unparalleled ecstasy. A Costa Rican specialty.

..... \$190

Herbal Depths Massage/60 min

Explore the depths of mental relaxation with this aromatic massage. Choose from a selection of local herbal oil blends that intensify the energy of the strokes and bring you into harmony with Papagayo's natural landscape.

..... \$120

A Touch Of Vida Massage/30 min

Exact in its precision, this soothing tissue massage focuses on specific muscle groups of the back, neck and shoulders to promote circulation and relieve pressure points. An exquisite tropical delight.

..... \$65

Reflexology Massage/30 min

This ancient technique uses pressure points on your feet to re-balance while cleansing toxins from the body.

..... \$60

Papagayo Couple's Massages

Customize the couple's experience by choosing your preferred technique and one of the following intimate locations: *
.....\$190

Outdoor Cabana

Choose to have your couple's massage in one of our outdoor cabanas overlooking the placid Pacific Ocean of Papagayo Bay. Listen to the sound of the water as the light sea breeze calms your every sense while our therapists treat the two of you to a wonderful experience.

Oceanfront Bungalow Room

Located inside the spa, this room faces the Bay and provides breathtaking views and scenery. Relax with your friend or special someone as we custom-tailor your massage to your every need. The perfect ending to a day in the sun.

Couple's Treatment Room

Located inside the spa, this spacious room is specifically made for couples and can accommodate both massages and body treatments. Enjoy your experience together in the surroundings of tranquility.

Costa Rican Hot Oil Scalp & Hair Massage/30 min

A pure indulgence that your senses will love... We apply a slow drizzle of exotic oil and massage it into the scalp and neck restoring follicle balance and leaving the hair shiny and healthy.
.....\$60

*The couple's treatment excludes the 4 Playas Massage.



BODY

Banana Leaf Wrap/50 min

An application of local volcanic mud primes the body and mind for a miraculous transformation. Then, cocooned in banana leaves, your skin soaks in the remineralizing and nourishing benefits of this purely organic therapy. Emerge like the tropical mariposa —soft, silky, beautiful.

.....\$115

Aloe Vera Aromatic Healing Wrap/50 min

Using a combination of local aloe vera extracts and chamomile flower, this deeply healing treatment restores the skin. Your body is gently wrapped as cooled stones are placed on top, and a relaxing scalp massage is performed. A light natural milk moisturizer follows, leaving the skin healed and renewed.

.....\$115

Golden Citrus Body Polish/50 min

Invigorating citrus-based exfoliants are applied with rhythmic motions from our highly trained therapists. Your entire body is re-hydrated with a creamy moisturizer leaving it with a healthy glow. Finish with a unique gold-speckled body polish.

.....\$115

FACE

Vida Signature Facial/75 min

Like the Papagayo winds, this facial breathes new life into the skin. Starting with an in-depth consultation, this treatment combines cleansing, toning and exfoliation with a signature facial massage that nourishes, firms and regenerates your complexion letting pure radiance emerge.

.....\$135

Deep Sea Facial/75 min

A subtle, power-packed combination of marine extracts and nutrients leaves the skin deeply cleansed. Our unique vitamin C-infused masque is applied, leaving your face nourished, youthful and radiant.

.....\$135



NAILS

Classic Mani/30 min

Sit back and relax as this classic refreshes and revitalizes cuticles and nails. We use a local aloe vera known for its moisturizing abilities and finish off with a cucumber hand massage and coat of nail enamel.

..... \$40*

Classic Pedi/60 min

Your feet are soaked, gently exfoliated and restored prior to perfectly shaping nails and cuticles. Then relax with a local aloe vera and cucumber moisturizing foot massage and finish with an application of nail enamel.

..... \$60*

Vida Signature Manicure/60 min

Pure tropical paradise, this Costa Rican specialty includes a local coconut-water soak, coconut sugar cane exfoliation and nail and cuticle treatment. An organic tropical honey masque leaves hands smooth and moisturized. Top it off with a hand massage and nail enamel.

..... \$60*

Vida Signature Pedicure/75 min

A true Costa Rican delight... treat your feet to an aromatic coconut-water bath followed by our coconut sugar cane exfoliation and nail treatment. Finish with a tropical honey foot masque, luxurious calf and foot massage, and an application of enamel.

..... \$75*

Gentlemen's Volcanic Pedicure/50 min

Take our classic pedicure and kick it up with an exhilarating wrap of local volcanic mud.

..... \$60

*Extra \$10 for french style enamel.



RITUALS

For the Bride

Spa Vida will help make your perfect day a flawless one by offering a complimentary consultation with your stylist prior to your wedding day. A perfect bridal up-do and makeup application is customized to your desires while a French Manicure & Pedicure completes the process.

Papagayo Ritual Treatment Packages

For those seeking a more in-depth experience, our Ritual Treatment Packages offer an array of treatment combinations that are sure to have you smiling. Choose from the following Spa Vida packages or create your own ritual by choosing any three services. A 10% discount will be applied to each service taken as part of a ritual.

Vida Ritual/2.5 hours

Vida Massage
Banana Leaf Wrap
Reflexology Massage
.....\$230

Tropical Escape Ritual/3.5 hours

Signature Vida Facial
Choice of Vida Signature Mani or Pedi
Costa Rican Hot Oil Scalp & Hair Massage
.....\$240

Oasis Ritual/3.5 hours

Herbal Depths Massage
Golden Citrus Body Polish
Deep Sea Facial
.....\$315



SALON SERVICES

Standard Services

Women's Haircut & Style..... \$60
Men's Haircut..... \$30
Shampoo/Conditioner Treatment & Style \$50
Makeup Application.....\$35
French Polish\$25
Polish Change\$15

Waxing

Leg Waxing \$50
Half Leg Waxing \$30
Under Arm Waxing..... \$30
Bikini Waxing \$30
Brow Waxing.....\$15

SPA VIDA INFORMATION

- The spa is open daily 8:00 am – 8:00 pm
- Guests must be at least 18 years of age to enter the spa facility
- Please check-in at least 15 – 30 minutes prior to your scheduled appointment. This will allow ample time to relax and enjoy our saunas and whirlpools before your treatment. If you are late for your appointment, we unfortunately cannot extend the time of your treatment(s)
- Upon check-in, you will be provided a robe and slippers
- Please cancel or reschedule appointments at least 4 hours in advance. You will otherwise be charged the full rate for your service(s)
- Please leave valuables in your guest room safe; once at the spa, you will be assigned a personal locker for your belongings
- Please let us know if you are pregnant or have particular health concerns
- In keeping with the quiet and calm of the spa atmosphere, we ask that you leave mobile phones in your room, or at least turn them off while inside the spa. Spa Vida is a tranquil setting, so please be considerate of all guests
- While gratuities are not mandatory, they are appreciated. We recommend a gratuity of 10 – 15% if you are happy with your service



Celebrate your life.





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AT HILTON PAPAGAYO RESORT

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