



Manicure and Pedicure

Spa Manicure (\$35) A treat for your hands and arms! We will soak and exfoliate your skin followed by massage, moisturizer, and your choice of polish. An all-natural toning and hydrating treatment for the hands.

Spa Pedicure (\$45) A Spectacular pedicure, which includes a hydrating soak, exfoliation, moisturizer and your choice of polish. Your legs and feet emerge silky smooth, refreshed and impeccably groomed. You'll feel like you're walking on air!

Clean and simple manicure (\$15)

Children Menu

Mini Pedicure (25 min \$25)

Mini Manicure (25 min \$20)

Mini Wellness Kids (30 min \$50)

Massage feet hands and head (30 min \$30)

Avocado wrap and honey for burns (30 min \$80)

*In Tulemar Resort Hotel,
we care about your
relaxation and wellbeing.*

All reservations canceled less than 24 hours prior to the scheduled treatment will have a penalty of 50% of the total cost of booked services.

For any further information please contact your concierge or Front desk staff.



Massage for Wellness

(60min \$80 / 90min \$100)

Our relaxing treatment combines the therapeutic kneading of muscles with long, flowing hand movements to relieve muscular tension, stimulate circulation, and induce deep relaxation and tranquility. Traditional techniques of Swedish massage are exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility and bestowing an overall sense of vitality and well-being.

Deep Tissue Massage

(60 min \$90 / 90 min \$110)

Slow, deep pressure and skillful hand movements target stressed muscles, unlock tension and relieve pain. Perfect to balance body and spirit!

Hot Stone Massage (90 min \$120)

Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation and metabolism. Strategically placed hot smooth stones relax muscles and allow the therapist access to deeper muscle layers thereby encouraging blood flow throughout the body. The hot stones have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.

Massage for couples (60min \$160)

A couples' massage is a wonderfully relaxing, personal experience where two people receive massages at the same time and in the same room from two different therapists. Couples massage is a special, shared experience that encourages two people to bond closer together and enjoy all the therapeutic benefits of our massage for Wellness and Swedish massage.

Wraps (50min \$85)

Avocado Wrap: The extraordinary properties of avocado help stimulate collagen that prevents skin aging, returns elasticity to the skin and alleviates the discomfort of sunburn.

Coffee, Orange and Honey: Combine Costa Rican coffee with tangy, succulent oranges and soothing honey to energize the skin and slough away dull, tired cells to reveal a beautiful, soft, younger-looking skin.

Coffee and Honey Wrap: The stimulating and revitalizing properties of coffee combined with all the benefits and nutrients of natural honey promote the well-being of your entire body and include increasing skin elasticity, experiencing incredible sensation and renewing your skin.

Scrubs (40min \$65)

Exfoliating coconut and poppy seeds:

A special treatment, which incorporates the traditional local ingredients of coconut and poppy seed to remove dead skin cells and restore silkiness to your skin.

Exfoliation of Clay and Tulemar

Sand Tulemar: Robust exfoliation with sea sand and organic clay invigorates the body and provides all the benefits of native minerals and active compounds to leave skin immaculately clean and deeply moisturized.

Facial (50min \$75)

Treat yourself to a wonderful experience with our organic facial. Nourish dry, dehydrated skin that has become dull, patchy and flakey. Gentle exfoliation removes dry skin cells, and allows our natural hydration to deliver moisture deep into the skin. Remediate damage caused by the sun and reveal soft, supple, nourished skin.

Mini Treatments (30min \$40)

Mini Facial: All the benefits of cleansing, exfoliation and moisturizing without the time! Your skin care specialist will analyze your skin and start with a gentle cleanse. Finish with a moisturizing cream and sunscreen based on your skin type.

Tired Feet Massage: How about a heavenly 30-minute foot massage while you relax with just the sounds of the blue Pacific to soothe you? Using varying techniques such as kneading, finger walking, pivoting and stroking, your massage therapist will have your feet feeling warm and light even the next day!

Back, Neck & Shoulder's Massage:

Relaxing Swedish massage to loosen tight muscles, soothe soreness and increase circulation in the neck shoulders and lower back.