

ONDA

SPA SANCTUARY



A preserved
space, in
connection and
harmony with

the Spirit of Nature

Here, we honor the wisdom of
our Chorotegan ancestors.

Treatments are tailor-made to your
physiology to restore balance and further
your wellbeing at the Onda Spa Sanctuary at
Andaz Costa Rica Resort at Peninsula Papagayo



ONDA'S SIGNATURE TREATMENTS

Caña Brava Bamboo Massage

Enjoy the fusion of the deep tissue massage with our unique and local technique using native Caña Brava (bamboo) sticks with a thermal, bamboo-scented oil.

60 | 90 minutes

Guanacaste's Heritage Body Treatment

A body treatment meant to assist with your skin's detoxification. Includes: Gallo Pinto body scrub using organic black beans and white rice, a thermal peloid (mud) body wrap and a final soft application of the plumeria flowering plant body lotion.

90 minutes

Papagayo's Rejuvenation Facial

Onda's Signature Facial. This anti-aging, regenerating facial assists in minimizing fine lines, reduce the signs of aging and visibly improves the appearance of your skin.

70 minutes



ONDA JOURNEYS

Chorotegan Jewels Package

A totally relaxing and inspiring expedition with indigenous Chorotegan ingredients. Begin with a purple corn body scrub, a volcanic hot stones massage with the sweet oranges balm, a facial massage with bull's eye seeds and fresh aloe vera, and culminate with a relaxing scalp massage with hot coconut oil.

2 hours & 30 minutes

Dance of the Moon & the Sun Package

60 minutes Swedish massage and a 20 min facial massage with Aloe Vera and Caña Brava (bamboo).

80 minutes

All About Semehmu (us) Package

A body treatment including a Champagne body scrub and a Gold body wrap to leave your skin shiny and silky. Seal the effects of these luxurious ingredients with a final soft application of the Champagne body lotion.

90 minutes



MASSAGES

Back, Neck & Shoulders Massage

Relaxing or deep pressure 30 minutes

Ancestor's Footsteps (Reflexology)

This foot massage will help you relieve stress by stimulating pressure points on the feet to bring about a restorative response in corresponding areas of the body.

40 minutes

Pura Vida Swedish Massage

This classic full-body massage uses long, kneading strokes to reduce tension and soothe sore muscles. It increases circulation and promotes total relaxation.

60 | 90 minutes

Bahía Culebra's Deep Tissue Massage

This massage technique focuses on the deeper layers of the body's muscles and tissues to help soothe chronic pain, stiffness and tension.

60 | 90 minutes

Volcanic Nyupas Hot Stones Massage

Experience a powerful, uplifting, and grounding treatment. Hot stones are incorporated into this soothing massage to relax the muscles and increase circulation.

60 | 90 minutes

Peninsula's Healing Aromatherapy Massage

Relaxing: the purest essential oils combined with gentle massage techniques to trigger relief and inspire true replenishment.

60 | 90 minutes

Energizing: a blend of invigorating essential oils and revitalizing massage techniques to stimulate the body's own self-healing powers.

60 | 90 minutes

Mother Nature's Restorative Powers Massage

Choose between three engraved volcanic stones: LOVE, INNER PEACE or GRATITUDE. Intentional thinking complemented with breathing techniques, essential oil inhalations, a Swedish or Deep Tissue massage and 30 min application of the AromaTouch technique by doTERRA make of this unique journey an unforgettable wellness experience.

90 minutes

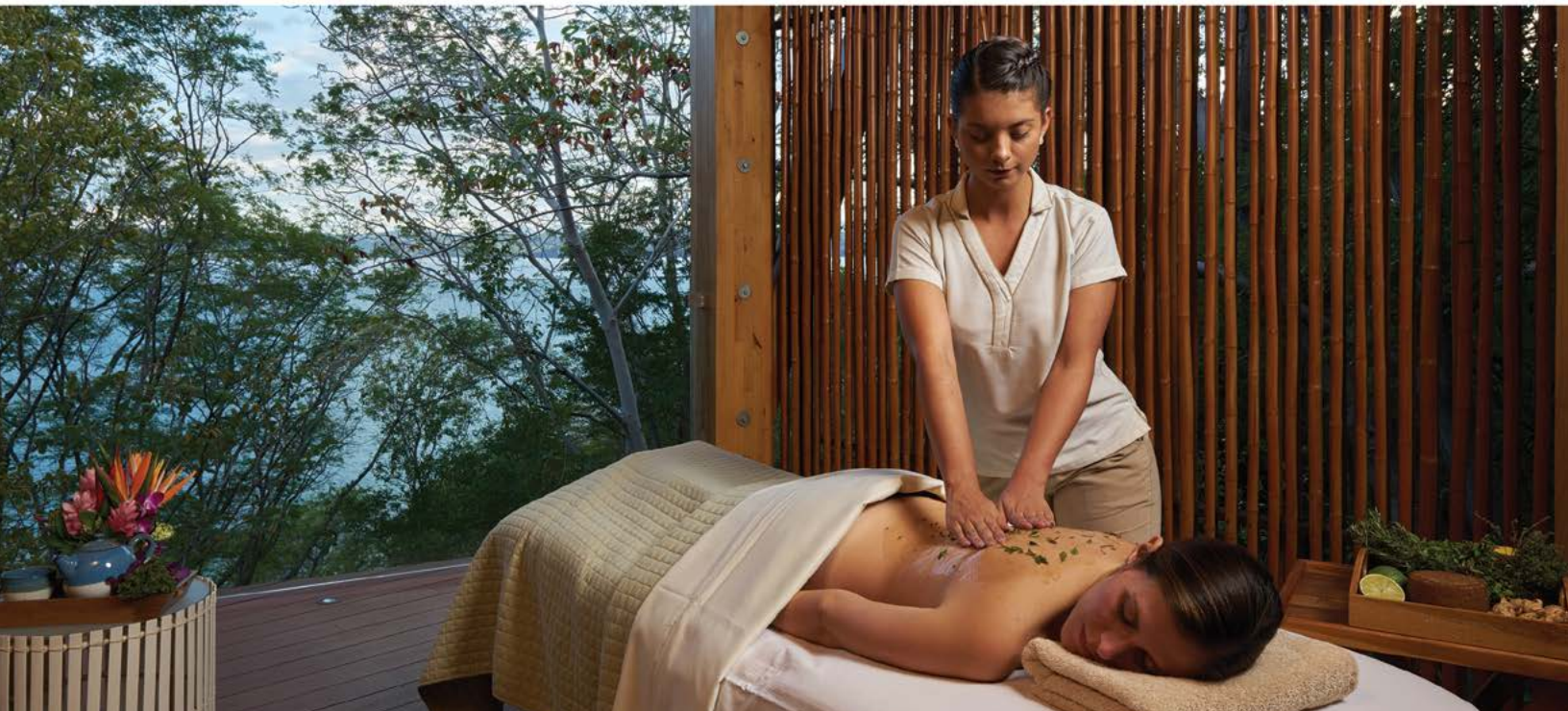
Thai Massage

Thai massage is passive yoga developed in Thailand with influences from India. It uses passive stretching with the application of pressure by the therapists using their hands, elbows and sometimes their knees. It increases mobility, flexibility and modifies body tension, which favors good circulation and generates energy in body tissues. ** No oil will be used during the session, please wear comfortable clothes. A Thai massage mattress placed over the floor will be used.

90 minutes

In-room and Andaz Beach House Massages

For more information, contact the Onda Spa Reception. Please dial 1237 or 4635 from your room.





BODY TREATMENTS

Recommended Packages

Grain of Gold Esthetic Body Treatment

Meant to address localized adiposity (cellulitis). Includes: green coffee body scrub, green coffee body wrap and a final soft application of green coffee body lotion.

90 minutes

Fresh Tropical Relief Body Treatment

A refreshing treatment that calms, soothes and hydrates dry or sunburned skin. Includes: soursop body scrub, aloe vera & fruits (papaya, pineapple & orange juice) body wrap and a final soft application of fruit-based body lotion.

90 minutes

Reminiscence of the Pacific Body Treatment

A body treatment that pays tribute to the ocean as a great source of energy and life. Marine algae and muds have a lot of vitamins and amino acids, while the marine sediments have structuring and firming properties for the skin. Includes: Mineral salts and coconut scrub, a microalgae mask wrap and a final soft application of a fresh marine body lotion.

90 minutes

Personalize your package

Choose your favorite scrub & wrap.

BODY SCRUBS | 60 minutes

1. **Gallo Pinto Scrub:** creates a thin layer of nourishing oil that protects against ambient moisture, wrinkles and removes rough skin.
2. **Green Coffee Scrub:** if used often, coffee-based products lighten the skin and are recommended to combat the appearance of localized adiposity (cellulite).
3. **Soursop Scrub:** important antioxidant that helps regenerate tissue and provides shine and softness to the skin.
4. **Mineral Salts & Coconut Scrub:** increases the synthesis of collagen (anti-aging) and hyaluronic acid (hydration).
5. **Purple Corn Scrub:** is a powerful antioxidant that helps eliminate free radicals, slowing cell oxidation, reducing skin aging
6. **Champagne Scrub:** stimulates the body for the production of collagen and elastin

BODY WRAPS | 60 minutes

1. **Thermal Peloid (Mud) Wrap:** activate microcirculation, decongesting the skin
2. **Gold Wrap:** has an immediate tightening effect and enhances the luminosity of the skin
3. **Green Coffee Wrap:** has an astringent effect (retracts) ; and antioxidants help deep cleanse the skin
4. **Aloe Vera & Fruits Wrap:** Aloe is an emollient (relaxes) that helps soften and soothe the skin, and fruits provide a lot of vitamin C, rich in antioxidants
5. **Microalgae Mask Wrap:** eliminates toxins accumulated in the skin, and protects against free radicals





FACIALS

Detoxify Cleansing Facial

This treatment will revitalize your skin, leaving it with a healthy glow while also addressing the following skin care concerns: firmness, tone and purification.

60 minutes

Calming Recovery Facial

A gentle peel refreshes skin without irritation while a nourishing mask helps protect and restore hydration. Your skin will be left radiant after this soothing treatment.

60 minutes

Anti-Stress Express Facial

Balancing ingredients will help stressed skin, while the Echinacea stem cell extract improves hydration. Rich nutrients will help renew elasticity and luminosity.

30 minutes



BEAUTY SERVICES

Onda Express Care - Hands

Includes nail shaping, quick hangnail removal, nail buffing, moisturizing and nail makeup with the lacquer of your choice.

40 minutes

Onda's Ultimate Pampering - Hands

Soothing, hydrating products with aromatic benefits, the manicure includes exfoliation, wrap, nail and cuticle conditioning, nail shaping, massage and polish of your choice.

80 minutes

Onda Express Care - Feet

Feet are groomed with a seasonal fruit scrub, the toenails are shaped, buffed, then the feet are softened, moisturized and finished with nail make-up.

50 minutes

Onda's Ultimate Pampering - Feet

Soothing, hydrating products with aromatic benefits, the pedicure includes exfoliation, wrap, nail and cuticle conditioning, nail shaping, massage, and polish of your choice.

90 minutes

Gel Color Addition

30 minutes

Gel Color Removal

30 minutes

Waxing

Brow - 20 minutes

Lip - 20 minutes

Chin - 20 minutes

Full Face - 40 minutes

Under Arm - 30 minutes

Back - 40 minutes

Bikini - 40 minutes

Half Leg - 30 minutes

Leg - 50 minutes





UPGRADE YOUR EXPERIENCE (add-ons)

Sweet Time to Relax

Transform your massage into a uniquely special experience with extra time in our spa suite. Enjoy the outdoor and indoor showers, ocean view balcony, a fruity & herbal tea and a snack.

30 minutes

Onda Aroma Bath

Choose from the following bathing preparations:

- a. Energizing | Passion Fruit awakens the mind.
- b. Soothing | Costa Rican Herbs deeply relax.

30 minutes

Scalp Massage with hot coconut oil OR herbal conditioner

Indulge in the warming and hydrating effect of the hot coconut oil on your scalp and the root of your hair or choose the invigorating herbal conditioner.

20 minutes

Facial Massage with Bull's Eye Seed OR Caña Brava (bamboo)

This treatment includes fast and slow techniques to improve the deepest circulation of your complexion and promote the elasticity and firmness of your skin, using fresh, organic aloe vera.

20 minutes

Anti-Aging Eye Treatment

Line lifting hydrogel mask for the eyes: anti-wrinkle, intelligent hydration, collagen boosting ingredients with skin renewal antioxidants.

20 minutes

Tired Legs' Relief

Helps improve blood circulation and avoid fluid retention due to physical activity or circulatory problems. Recommended for people who stand or sit for long periods of time.

20 minutes



ONDA SPA SANCTUARY ETIQUETTE

Indulge

Feel free to indulge in our SPA's facilities. No appointments are required.

Arrival

We recommend that you arrive at the Spa Reception at least 30 minutes prior to your scheduled appointment. Please understand that late arrivals will not receive an extension of scheduled treatments.

Age

18+

Cancellation Policy

Cancellations or no shows within 4 hours will incur in a 100% charge. Treatments between 08:00 am and 11:00 am should be cancelled the day prior. An e-mail address is required at the time of booking to confirm your treatments.

Facility hours

Fitness Center, lockers, showers, restrooms: 24/7
Plunge Pool & Steam Rooms: 8:00 am until 7:30 pm
Treatments begin at 8 am and end at 7:45 pm

Pricing

All prices are in US dollars, including all taxes and fees. Prices and treatments are subject to change without notice.

Discounts are non-combinable with other discounts, promotions or packages.

Health

Please advise us of any health conditions, allergies, injuries or treatments when making your spa reservations or during the check-in process.

Gift Cards

Information on a special gift card can be obtained by contacting the Onda Spa Concierge team.

Store

Visit the Onda Spa Reception for beauty and skin products.

Contact Information

From your room, dial 1237 or 4635
Phone +506 2690.1237 or +506 2690.4635
E-mail ondaspa@andaz.com
Website www.andazpapagayo.com





Elevate into the trees, gaze over the water and find your way to Pura Vida. The meditative experience of ONDA nourishes the body as it feeds the soul.

Above all, it is an opportunity to experience authentically and intimately the legacy of the Chorotegan ancestors reflected in this natural sanctuary. It's your moment to fall in love with Guanacaste...

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AT PENINSULA PAPAGAYO

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