



Vida
Mountain

Vida Mountain
RESORT & SPA



"Life enjoys even more after an
amazing and relaxing massage"

Spa Services



+506 8707-3744



www.vidamountain.com



[vida.mountain.costarica](https://www.instagram.com/vida.mountain.costarica)



**Vida
Mountain**

Vida Mountain
RESORT & SPA

Vida Spa Healing & Beauty

Regenerate your body, mind and soul. Experience our calm space and the healing hands of a professional therapist, accompanied by aromatherapy, herbal water, tea, candles and relaxing music.

Massage

Vida Deluxe Signature Massage \$100-80 min

An exquisite fusion of Deep Tissue Massage and Swedish Massage. This treatment is complemented with a delicate scalp massage and revitalizing facial mask.

Hot Stone Massage \$85-50min // \$120-70min

This ancient healing massage uses elements of nature to relieve tension and provide a deeper level of relaxation. Warmed natural stones are placed strategically on all chakra points and massaged all over the body to help relieve pressure and melt away stress.

Swedish Massage \$75-50min // \$110-70min

A perfect treat after yoga and a day of nature. This classic relaxing massage combines gentle circular movements and strokes that increase blood circulation and help to reduce the tension.

Deep Tissue Massage \$75-50min // \$110-80min

Slow and firm pressure is applied to areas that need extra attention. This therapeutic massage is not recommended for first time spa clients.

Lymphatic Massage \$75-50min // \$110-80min

Gentle rhythmic pressure and soft finger strokes stimulate circulation and open small blood vessels and lymph nodes. This technique helps to mobilize body fluids to promote the elimination of waste substances and toxins in the body. Two to three sessions recommended for best results.

Back, Shoulder & Neck Massage \$75-50min

Your tension will fade away under the moderate pressure and circular movements of this massage, improving circulation and your general well-being.

Reflexology \$75-50min

This oriental pressure technique concentrates on specific points of the soles of your feet to re-establish the body's flow of energy and release toxins.

Prices Do Not Include Taxes



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Vida Spa Face & Body

Massage

Vida Delux Facial \$80-50min // \$110-80min

Created to revitalize skin, smooth lines, and restore radiance and smoothness.
Includes a cleansing, exfoliation, mask and facial massage.

Body Polish \$95-60min

The therapists hands teamed with an exfoliating formula packed with antioxidants and skin-soothing properties helps stimulate blood flow and heal dry skin, promoting increased circulation and the movement of energy throughout the body. Rinse off in our Spa shower then enjoy a 30 minute massage

Moisturizing Body Wrap \$95-60min

Nurture your skin from head to toe with one of two deeply moisturizing options. The therapist will apply product from the neck down and wrap all areas in plastic. Enjoy a blissful scalp massage and moisturizing facial while your body reaps the benefits of this treatment.

After Sun Aloe \$95-60min

A sun lovers best friend. Soak in the healing and restorative properties of fresh picked Aloe Vera. Combined with cooling peppermint essential oil, your skin will feel refreshed as your mind drifts. Choose to add Aloe Vera to your facial as well, to soothe and moisturize your skin.

Coconut Apple \$95-60min

For a bright and youthful skin complexion, dried coconut is used to exfoliate your whole body while the green apple antioxidants and rich vitamin content nurture, protect and revitalize your skin. Choose to add green apple to your facial as well to even skin tone and fight fine lines.

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**Vida
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RESORT & SPA

**Vida Spa
Hands & Feet**

Massage

Vida Manicure \$50-45min

Begins with an essential oil scrub to nourish and hydrate, followed by nail and cuticle grooming. Enjoy a hand+arm massage to seal in moisture and finish with a polish or natural buffing.

Vida Pedicure \$65-60min

Begins with an exfoliation while you relax during an aromatic soak, followed by nail and cuticle grooming. Be pampered with a leg + foot massage and finish with a polish or natural buffing.

Classic Mani-Pedi \$90-80min

This hand and foot treatment includes exfoliation, cuticle treatment, nail filing and shaping, ending with a polish of your choice or natural buffing.

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RESORT & SPA

**Vida Spa
Vida +**

Massage

**Upgrade your chosen Spa service for
some extra pampering**

Tired Feet \$40-30min

This is an ideal treatment after a day of intense activity. Gentle stretches and massage will help relax your muscles and drain excess fluids also a natural cucumber and olive oil mask will soften and moisturize.

Mini Facial \$40-25min

Includes a cleansing, exfoliation, mask and a delicate facial massage.

Scalp Massage \$25-25min

A relaxing massage using acupressure that focuses on the scalp, face and neck.

VIDA PACKS

**Lover in India
\$220-2hr45min**

Exclusive massage in the Tea Room + couples hydromassage bath+ two 50 minute massage + strawberries, chocolate and a bottle of champagne.

**Rejuvenate
\$140-1hr45min**

50 min Swedish massage
+ Deluxe facial

**After Sun
\$155-1hr50min**

50 minutes Swedish Massage with lavender
+ body wrap paired reflexology and scalp massage

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