



MASSAGES

60 MINUTES - \$115
90 MINUTES - \$145

SERENITY FLOW MASSAGE - *RELAXING*

A gentle, unhurried massage that melts away stress and soothes tired muscles. Feel your mind quiet and your body surrender to pure tranquility.

HARMONY RITUAL MASSAGE - *HOLISTIC*

A nurturing fusion of techniques that restores balance to body, mind, and spirit. Release emotional tension, reconnect with yourself, and leave feeling harmonized from within.

VITAL RELEASE MASSAGE - *DEEP TISSUE*

Targeted, firm pressure reaches deep into muscle layers to dissolve stubborn knots. Perfect for those seeking powerful relief and renewed vitality.

ENHANCE YOUR EXPERIENCE

\$15 PER ADD-ON

Personalize your massage with one of our signature enhancements for deeper relaxation and targeted results:

CUPPING THERAPY

An ancient technique using gentle suction to stimulate circulation, release muscle tension, and promote natural healing.

MADEROTERAPIA RITUAL

Tone, sculpt, and revitalize with the ancient art of wood therapy, using specially crafted wooden tools to stimulate circulation, smooth the skin, and release built-up tension.

HOT STONE RITUAL

Melt away stress with the soothing warmth of smooth volcanic stones, carefully heated and placed to relax muscles and restore balance.

BAMBOO FUSION

Feel the invigorating touch of warmed bamboo canes, rolled and pressed over the body to ease tension, sculpt contours, and energize the senses.

COUPLES MASSAGE

60 MINUTES - \$230
90 MINUTES - \$290

Share an unforgettable moment of connection with a side-by-side massage in our serene couple's suite. Let skilled hands melt away tension as you both drift into deep relaxation, then immerse together in a warm aromatherapy bath — a fragrant, soothing escape for just the two of you.

PHYSICAL THERAPY SERVICES

90 MINUTES - \$145

Our certified therapists provide specialized treatments designed to restore mobility, reduce pain, and support your body's natural healing process.

Services include:

- Sports Injury Rehabilitation – Targeted care to speed recovery and prevent re-injury.
- Pain Relief Therapies – Gentle, effective techniques to ease chronic or acute discomfort.
- Vertebral Manipulations – Precise adjustments to improve alignment and relieve tension.

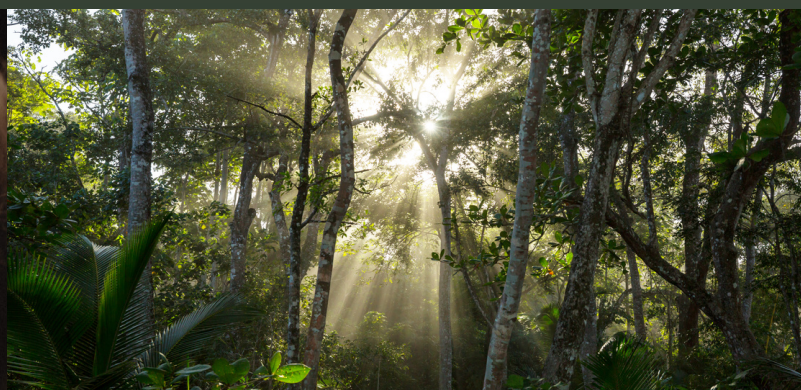
HANDS & FEET INDULGENCE

30 MINUTES - \$55

Treat your hands and feet to the care they deserve with our luxurious manicure and pedicure ritual. Includes gentle exfoliation to reveal silky-smooth skin and a soothing massage to leave you perfectly polished and deeply relaxed.

YOGA & MOVEMENT

Check our schedule for open group yoga classes or inquire about private sessions. We offer a variety of styles including Vinyasa, Hatha, and Yin to suit all levels and preferences.



For bookings: reservations@nyahotel.cr or +506 8745 4102

Tucked behind the Montezuma church, in nYa Hotel