



THE RETREAT

COSTA RICA | WELLNESS RESORT & SPA

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Overview

The Retreat Costa Rica is a Wellness Resort and Spa, intimately perched on a 60 acre Quartz Mountain on the balcony of the Pacific Ocean, above the seasonal clouds. The Retreat features:

*-18 unique, elegant rooms · Two Farm-to-Table Restaurants · World-class Healing Center and Spa
· Yoga and Meditation Temple · Fitness Studio · Community Reading Room
· Outdoor Covered Pavillion · Curated Boutique · Open Kitchen · Meeting Room Complimentary wifi · Organic coffee plantation · Permaculture Gardens and Features ·
Two salt water pools · Jungle and river paths · Recreational activities · Sustainable practices ·
Private airport transportation · High Vibration
Crystal Lobby · Organic Tea and Wine Bar · Garden Cocktail Bar · Organic Vegetable and Herbs Garden
· Yoga and Meditation Deck · River Swings*

Spa

VIDA MIA HEALING CENTER AND SPA is a 8000-square foot World Class Spa adjacent to the main house of the Retreat, perched on its own unique angle of our Quartz Mountain. Each of the spacious treatment rooms connects you to nature with vast views all around. Vida Mia is a luxurious, multi-level Healing Center that is a perfect complement to The Retreat Experience.

7 Spacious Treatment Rooms · Couples Treatment room with private lounge, Balneotherapy Tub and outdoor shower · Outdoor Forest Bathing · Outdoor Jacuzzi · Vichy Room · Cold Plunge Cascade · Co-ed Steam Room · Quiet Pool · Men's and Women's Changing Rooms · Outdoor Resting Den · Lounge and Café · Organic Tea and Wine Bar · Crystal Boutique · Reflexology Pathway · Meditation Deck and Temple · Outdoor Yoga Deck · Ayurveda Treatment Room · Holistic Medical Consultation Office · Hanging Pool Swings

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Location

Just a forty-minute drive from the San Jose International Airport in Costa Rica, The Retreat is located right outside the town of Atenas, Alajuela, a central valley region considered to have "One of the Best Climates in the World" by the National Geographic Society.

Accommodations

Our Deluxe (6), Premium (6), Luxury Loft (6) rooms are simply and elegantly designed to calm the mind and relax the senses. Each unique room is named for the plants and superfoods grown on the property. There are no phones or televisions in the rooms so as not to disturb the peaceful, natural surroundings and sounds of the birds.

Outdoor Patio and Deck (most) · King and Queen Size Beds plus · Hollywood twin options · Air Conditioning (most) · WiFi · 400 Thread · Count Sheets · Organic Cotton Bath robes and Slippers · Luxury · Organic Hypo-Allergenic Bedding · Organic Hair and Body Care Products · Hair Dryer and Magnifying Mirror · Security Safe Box

Food Philosophy

Our menus are based on an anti-inflammatory diet and foods. We strive for 100% organic and fresh, with most of our produce grown on the property. We are plant-based, but also serve local, sustainably raised fish, fowl, beef, and lamb. We are grain free, dairy free (with occasional goat yogurt and cheese), use no refined sweeteners, and source locally and sustainably. We try to customize each menu through our guests' needs. Vegan and vegetarian options are available at any meal. Each menu is "Chef's Choice" based on what is fresh, inspiring, and thoughtful. We have an open kitchen policy, so our guests may see what they are eating, how it is prepared, and feel confident knowing that what they are eating is simple and good. We believe in education, and therefore have many cooking classes weekly.