

It's health care, not just vacations.

The stress level of subjects living in large cities increases day after day. This implies the need to find the proper solutions to today's hectic lifestyle.

Costa Rica, home of natural paradises, has created a perfect combination between these environments and adequate infrastructures, for health & fitness enthusiasts.

Treat yourself to a grand-prize vacation in paradisiacal sites, where food, activities, and beauty treatments aim at making your stay a relaxing and enjoyable experience and, at the same time, improving your lifestyle. All of these elements will help you get rid of stress, muscle pains, fatigue, headaches, and slow down the aging process to make you feel good about yourself.

Spa, Northern Plains



Spa, Central Valley



Spa, Northern Plains