

Spa Menu

Finely curated selection



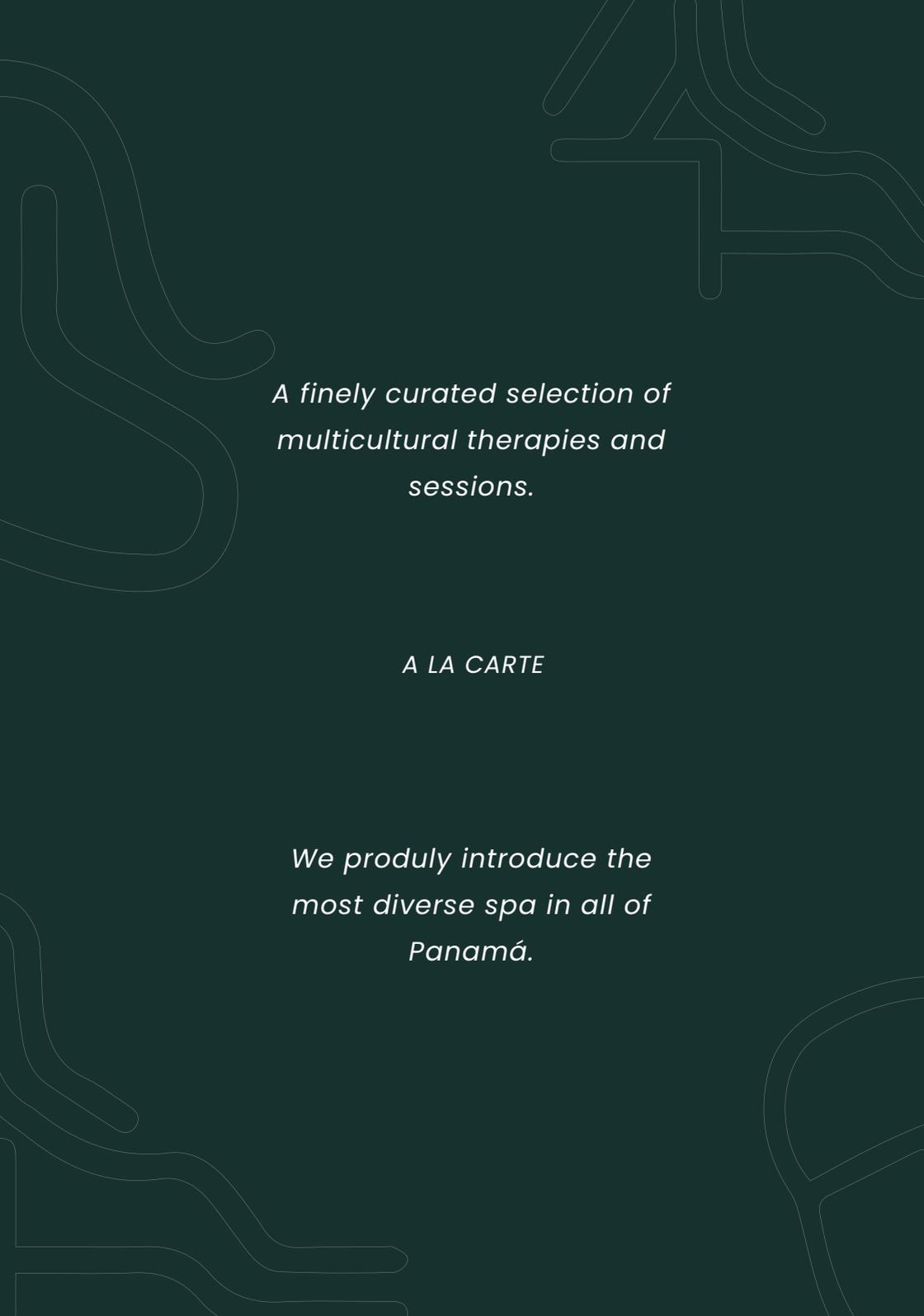
La
CORALINA
Island House
BOCAS DEL TORO

BOCAS DEL TORO

A LA CARTE



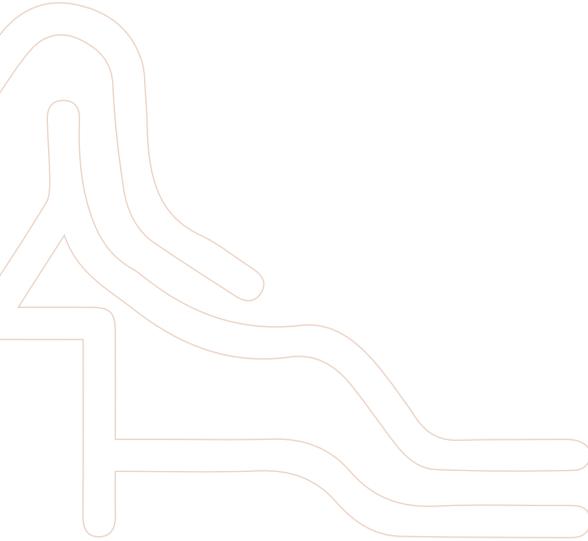
ONE STEP CLOSER TO BALANCE



*A finely curated selection of
multicultural therapies and
sessions.*

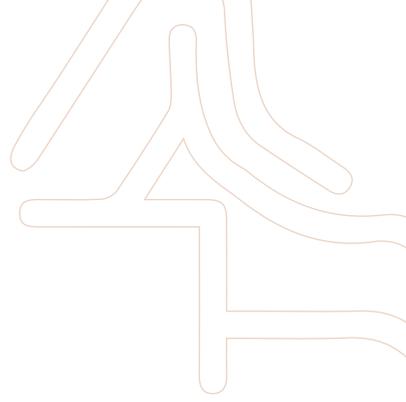
A LA CARTE

*We proudly introduce the
most diverse spa in all of
Panamá.*



THERAPEUTIC MENU

<i>Relaxing Massage</i>	1
<i>Ayurvedic Massage</i>	2
<i>Deep Tissue</i>	3
<i>Biodecoder Massage</i>	4
<i>Hot Stone Massage</i>	5
<i>AguaFlow</i>	6
<i>IceWork</i>	7
<i>Osteopathy Session</i>	8



1 *Relaxing Massage*

The therapist uses continuous movements to induce a state of serenity, connecting the mind and body to the present moment.

2 *Ayurvedic Massage*

An intensive therapeutic massage that targets musculoskeletal injuries based on its depth. This technique mobilizes the fascia, affecting the entire locomotor system.

3 *Deep Tissue*

A relaxing, revitalizing, and energizing full-body massage with an abundance of oil. It offers tremendous benefits for the mind, body, skin, and immune system.

4

Biodecoder Massage

This massage technique directly addresses physical discomfort and symptoms in the body, connecting them with associated emotions to release the ailment.

5

Hot Stone Massage

Also known as geothermal massage, this therapy combines traditional therapeutic massage with stones on the body at different temperatures to facilitate the flow of vital energy, and alleviate both physical and emotional disorders.

6

AguaFlow

Combines elements of relaxing massage, floatation and movement in the water, immersed in nature, with water at an ideal temperature, using innovative techniques that allows you to indulge in an incomparable experience of relaxation and well-being.



7 *IceWork*

A technique based on exposure to controlled low temperatures in a bathtub with ice combined with specific breathing methods to allow a pleasant sensation in a safe environment.

8 *Osteopathy Session*

Focuses on improving mobility, relieving pain, and restoring normal body functions by addressing musculoskeletal issues.

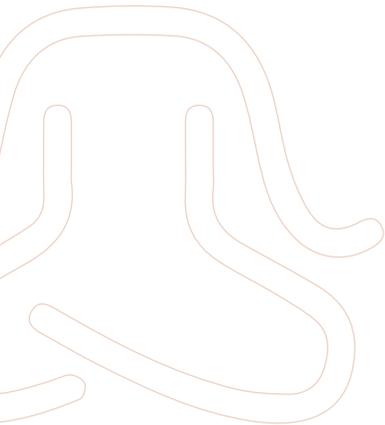
BODY AESTHETIC MENU

Brazilian Lymphatic Drainage Massage

Liposculpture Session

Body Exfoliation and Hydration

Manicure & Pedicure



1
2
3
4



Brazilian Lymphatic Drainage Massage 1

An intense massage with hands and bamboo sticks that stimulates elimination of lymphatic fluid, aiding in body shaping, and toxin removal.

Liposculpture Session 2

Combines cavitation, radiofrequency treatment, massage therapy, and lymphatic drainage to reshape the body and eliminate localized fat.

Body Exfoliation and Hydration 3

Cleanses, oxygenates, and hydrates the skin with natural products, removing dead cells and stimulating the nervous and circulatory systems.

Manicure & Pedicure 4

Nails and feet care and embellishment.



FACIAL AESTHETIC MENU

- 1 *Hair Removal*
- 2 *Illumination & Facial Oxygenation*
- 3 *Face Lifting*
- 4 *Hydrafacial*
- 5 *Signature Hydrofacial*
- 6 *Deluxe Hydrofacial*
- 7 *Glow Hydrofacial*



1 *Hair Removal*

Hair Removal from specific areas on the skin.

2 *Illumination & Facial Oxygenation*

Relaxing facial massage applying the best cleansing, hydration, and exfoliation techniques, creating a pleasant and revitalizing experience.

3 *Face Lifting*

Deep cleansing with radio frequency to stimulate collagen and elastin production, while activating cell regeneration.

4

Hydrafacial

Latest three-in-one technology: starting with hydrodermabrasion, followed by serum + oxygen. The treatment finishes with a cryo facial, a collagen activating massage.

5

Signature Hydrofacial

Deep cleansing, exfoliation and hydration of the skin with specific serum with Antioxidants, peptides and hyaluronic acid.



6

Deluxe Hydrofacial

Customized booster treatment with cryotherapy and LED light to address individual skin types.

FACIAL AESTHETIC MENU

7

Glow Hydrofacial

Restore radiance to skin with a nourishing serum designed to tighten and hydrate skin and smooth fine lines. Ideal for special events, weddings and parties where you need your skin to radiate.

Hydrofacial Selection



SPORTS MENU

Rolfing Therapy

1

Physiotherapy

2

Sport Massage

3

Surfers Therapy

4

Neural Therapy

5



1

Rolfing Therapy

A dynamic deep tissue manipulation therapy that helps improve the body through reshaping the body's connective tissues relieving pain and tension.

2

Physiotherapy

A technique based on the movement of different body tissues in order to create an analgesic reaction.

3

Sport Massage

Helps prevent injuries, reduces muscle inflammation, and improves physical performance. The technician applies intense and deep movement techniques to stimulate blood and lymphatic circulation, providing greater flexibility, aids in pain relief, and reduces muscular stress.

Surfers Therapy

4

Combination of deep tissue massage and other manual therapy techniques on specific painful or overloaded areas for surfing (taking into account each surfer in particular). It also includes corrective exercises that can be applied pre and post surf to facilitate a more fluid movement, and correct postures during the surf session.

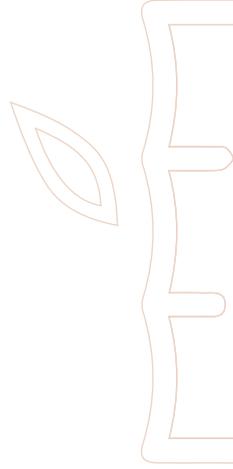
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Neural Therapy

Anesthetizing the areas of pain, allowing the symptoms to be alleviated, and working on the injured area.

**Therapy assisted by our medical staff.*





ORIENTAL MENU

<i>Acupressure</i>	1
<i>Acupuncture</i>	2
<i>Shan</i>	3
<i>Cupping</i>	4
<i>Shiatsu</i>	5
<i>Thai Massage</i>	6
<i>Thai Reflexology</i>	7
<i>Tuina Massage</i>	8

1

Acupressure

Finger pressure is used to mobilize chi, or life force energy, at specific points on the body to release blocked energy centers in the body, promoting the unimpeded flow of chi for health and well-being.

2

Acupuncture

Thin needles are placed in strategic points of the body to alleviate ailments to allow for general well-being.

Auriculotherapy: the points of the external auricle are stimulated, providing benefits aimed at relaxation, stress release, neuralgia, weight loss, calming headaches and anxiety.

**Treatment based on the fundamentals of Chinese medicine.*

3

Shan

The therapist works with the meridians of the body, massaging slowly in a circular way, reaching a deep relaxation, applying gentle movements that mobilize the body's fluids.

ORIENTAL MENU

Cupping 4

The cupping technique has multiple and diverse benefits: it releases contractures, activates the body's energy, detoxifies, relieves pain, promotes lymphatic drainage, relaxes muscles in athletes, reduces cellulite and aids in myofascial release.

Shiatsu 5

Unblocks all the endocrine and energetic systems of the body. Japanese technique ideal for all body types.

6

Thai Massage

It works the whole body by combining compression, acupressure and passive stretching. Relieves physical and emotional tension. It is a more dynamic massage that improves blood and lymphatic circulation, fluidity and body comfort.

7

Thai Reflexology

Reflexology combined with the use of a small instrument to perform a deeper acupressure.

8

Tuina Massage

Comprehensive treatment that helps the musculoskeletal system to detoxify, balance and nourish the body by applying Chinese medicine techniques.





EMOTIONAL MENU

<i>Reiki</i>	1
<i>Shamanic Massage</i>	2
<i>Sound Bath</i>	3
<i>Bioemotional Decoding</i>	4
<i>Breathwork</i>	5
<i>Gemmotherapy</i>	6

1

Reiki

Not only individual energy is balanced but also the connection with the atmosphere of social and universal being.

2

Shamanic Massage

Through acupressure, the therapist dissolves hidden ailments, allowing the body to tell the story that the mind does not want to tell. Recognition of the pains hidden by the over-adaptation of daily life.

3

Sound Bath

Ten therapeutic tuning forks harmonize and tune the energy of the human body. The participant enters a deep meditation and is able to let go and flow in the present moment.



4 *Bioemotional Decoding*

Specific work on a biological or physical symptom. The program is focused at the unconscious level that causes a repetitive cycle or an emotional block in our lives to exist. This therapy allows us to reprogram it.

5 *Breathwork*

Breathing therapy awakens us to the innate nature of our life by unlocking emotions that stagnate us. It uses air as a therapeutic element to go beyond the limits of the present moment.

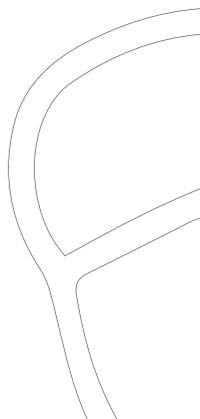
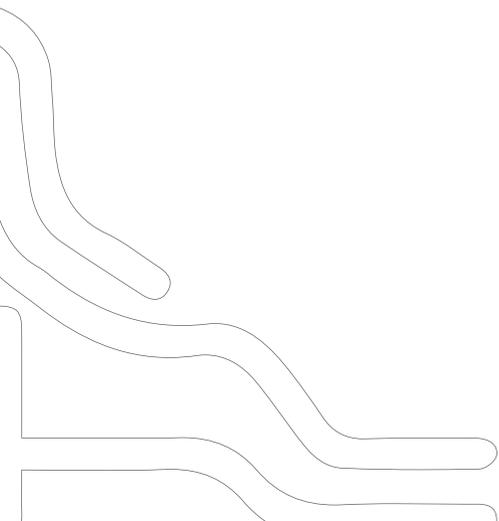
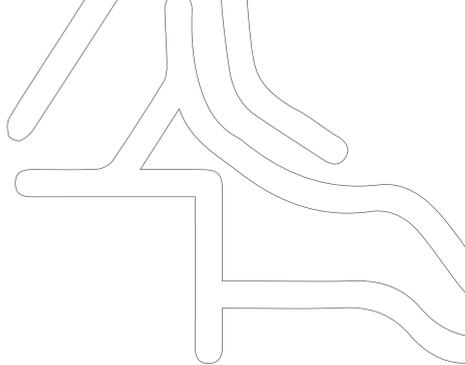
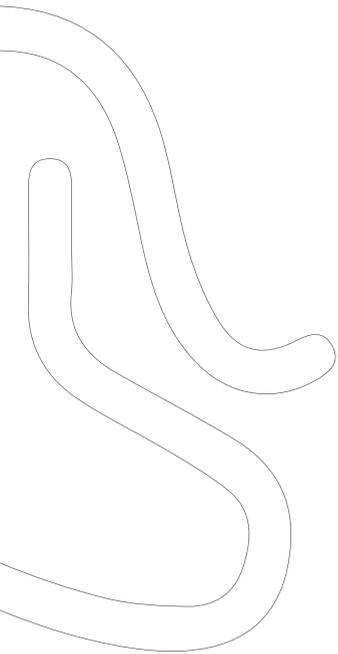
Gemmotherapy

6

Gems contain astonishing secrets of our mother earth, and their transmuting effects can be channeled into our body.



The usual time for therapies ranges from 45 minutes to 2 hours. However, the working time will depend on the empathy and bond between the therapist, the therapy, and the patient. For this reason times are not specifically listed nor guaranteed.



Spa Menu

Relaxing time



BOCAS DEL TORO

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