

*The Power  
of the Spirit*

# ANCIENT HEALING RITUALS FROM AROUND THE WORLD

THE SACRED PLACE

A sacred place hidden in the tropical rainforest where guests come to wind down, learn about their bodies, and delve into themselves to discover insights and live a better life.

**La Coralina Island Spa** embodies not only the local culture but also the ancient traditions and forgotten wisdom of the region.

# MASSAGES

## **THERAPEUTIC MASSAGE WITH OSTEOPATHIC AND DYNAMIC NEUROMUSCULAR STABILIZATION APPROACH**

The Therapeutic Massage is applied in people who bring severe muscle or post-traumatic contractures, focusing on predetermined areas to decontract the region of the body or the whole body as requested by the person.

## **DEEP TISSUE MASSAGE**

Deep tissue massage is a massage technique that's mainly used to treat musculoskeletal issues, such as strains and sports injuries. It involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues, also called fascia. This helps to break up scar tissue that forms following an injury and reduce tension in muscle and tissue.

## **RELAXING MASSAGE**

Relaxation massage uses smooth and long strokes. The primary purpose is to help you relax, calm your nervous system, relieve stress, and promote a sense of wellbeing. A relaxation massage has substantial health benefits, improving blood circulation and stimulating the body's lymphatic system, which carries away waste products, helps with insomnia, promotes clarity of mind and emotional balance.

## **LYMPHATIC DRAINAGE MASSAGE**

Lymphatic Drainage Massage is a form of gentle massage that encourages the movement of lymph fluids around the body. The fluid in the lymphatic system helps remove waste and toxins from the bodily tissues. This massage can benefit people with lymphedema, fibromyalgia, and other conditions.

## **ACUPRESSURE MASSAGE**

Acupressure is a massage therapy technique based on the theories of TCM (Traditional Chinese Medicine that uses finger pressure to mobilize chi – or life force energy – at specific spots on the body called acupressure points. These acupressure points are physical locations where chi can be accessed to release blocked or congested energy centers in the body, promoting unobstructed chi flow for health and wellbeing.

## **THAI MASSAGE**

Thai massage works the entire body that combines compression, acupressure and passive stretching. It relieves physical and emotional tension. Highly recommended if you feel you need to boost your energy levels, stimulate circulation, and improve range of motion.

# TREATMENTS

## ACUPUNCTURE

Acupuncture involves the insertion of very thin needles through your skin at strategic points on your body. A key component of traditional Chinese medicine, acupuncture is most used to treat pain. Increasingly, it is being used for overall wellness, including stress management. Traditional Chinese medicine explains acupuncture as a technique for balancing the flow of energy or life force – known as chi – believed to flow through pathways (meridians) in your body. By inserting needles into specific points along these meridians, acupuncture practitioners believe that your energy flow will re-balance.

## REFLEXOLOGY

In reflexology, pressure is applied to specific reflex points on the foot. These points correspond to organs and areas of the body. The treatment induces a healing response, even alleviating some ailments. Beyond the feel-good effects of the treatment, the practice and purpose go deeper than the skin and muscles. Kneading the soft fleshy ball of the foot, pulling on the toes, tracing around the heel, and pushing deep into the arch are just a few of the movements you'll experience during a treatment. This pressure-point massage restores the flow of energy throughout the body. Reflexology can help to clear any channels of blocked energy. This ultimately improves overall health and balance.

## REIKI

The word "Reiki" means "mysterious atmosphere, miraculous sign". It comes from the Japanese word "rei", meaning universal, and "ki", meaning life energy. Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch to improve overall health and wellbeing. The Reiki practitioner uses its hands to deliver energy to your body, improving the flow and balance of your energy to support healing.

## REIKI – CRYSTALS – REFLEXOLOGY COMBINATION

This treatment combines Reiki and Reflexology with an addition of Crystal healing.

## EXFOLIATION AND BODY HYDRATION

Through natural products we clean, oxygenate, and moisturize the entire skin of the body, eliminating dead cells and at the same time the treatment stimulates the nervous and circulatory system. We use natural products as sugar, yogurt, lemon, coffee. Depending on the area of the body and adapted to skin sensibility.

## JIN SHIN JYUTSU

A Japanese healing modality that is based on 26 energy centers that run throughout the body. The healing art uses the light touch of the hands to bring harmony, balance, and relaxation to the body. It is very similar to acupuncture but with the use of the hands instead of needles.

## **BREATHWORK**

Breathwork is a somatic practice with music to help release stress, tension, calms the mind and can produce a euphoric feeling. It is a two-part pranayama from the David Elliot tradition. The active breathing is 20-25 minutes long with a restorative 10-15-minute meditation. The treatment can be done in your suite, in a Spa treatment room or on the yoga deck.

# SPECIAL TREATMENTS AND ACTIVITIES

## ABHYANGA YOGA AYURVEDIC MASSAGE

- Myofascial release
- Mobilization of soft tissues such as muscles, tendons, and body fluids
- Deep pressure at specific points with herbal oils
- Biomechanical opening and stretches

All this merged with Abhyanga, is a unique form of massage, which originates in Ayurvedic medicine, using oils, herbs and aromas that turn your practice into a space of Health. It is a dynamic work, full of strength, beauty and suggestion that invites introspection, to meet with ourselves, in a climate of harmony and gratitude. It has enormous benefits for the mind, body, skin, and immune system. Releases tension, relieves pain and reduces stress, improves circulatory, lymphatic, and neurological functioning. Relaxes and softens the tissues, promotes postural alignment, cleansing, purification and toning of all body systems.

## PODIATRY – CHIROPODY – NAIL ART

The Chiropody is a foot treatment to correct possible alterations in the feet, such as nail problems calluses, and other anomalies. The main objective of chiropody is to avoid pain in the feet and to keep small injuries from aggravating to the point of causing serious problems. Our professional service includes a proper nail trimming and the delamination of hard tissue such as calluses or helomas and a foot moisturization.  
*general chiropody treatment*

*treatment ingrown toenails  
chiropody treatment nail fungus  
regular manicure  
gel polish manicure  
regular pedicure  
gel polish pedicure  
chiropody treatment and gel polish manicure  
chiropody treatment and regular manicure  
sculpted acrylic nail system with gel enamel  
acrylic filler with gel enamel  
acrylic filler*

## EYELASH AND EYEBROW SERVICES

*eyebrow lamination  
eyebrow lamination and lifting/shape  
eyelash extensions  
eyelash extensions and tinting service  
eyebrow & upper lip tweezing and trimming;  
tinting service*

## WAXING SERVICES

*brow & lip wax  
brow, lip and armpits wax  
armpits wax  
half leg wax  
full leg wax  
bikini wax  
Brazilian wax*

## SUCTION PUMP MASSAGE

Suction Pump massage (SPM) helps to treat cellulite both in small and large body areas. Vacuum massage has a beneficial effect on lymph flow, releases the body of waste products and strengthens the connective tissues. It is the target of the formation of lymphatic channels to remove waste products from the body so that new nutrients and oxygen reach the cells quickly. Benefits of formation of lymphatic channels: releases tissues from

contamination (necessary for cellulite treatment); removes fluid from tissues (such as facial and body swelling cases); treats tissues (accelerates tissue regenerating). The vacuum massage procedure helps to soften any "new", already shriveled and stiffened scar tissues. Vacuum massage may be helpful in belly shaping and stretching of the inner surface of the thighs by stimulating the deepest layers of tissues, thereby activating the formation of elastin and collagen. The vacuum massage with a low or high negative pressure provides such treatment processes:

**Lymphatic Drainage** – is used in cellulite treatment for excretion and removal of excess fluid

**Relaxation** – good relaxing for neck and shoulder musculature

**Forming Skin** – stretch marks treatment, thighs and upper arms shaping, as well as the buttocks and abdomen.

**Circulation/Regeneration**

– elimination of fat deposits (increase in cell metabolism), cell activation, skin-strengthening, especially in the face and neck

**Enhancement of Phagocytosis** – activation of phagocytes; these are the cells that destroy fat deposits, foreign bodies and unwanted tissues.

### **VACUUM FACIAL SPM**

The treatment for glowing skin (includes cleansing, vacuum face, neck and décolleté massage, followed by a face mask)

- Stimulates fibroblasts (cells that produce collagen), which firms the skin
- Reduces fine lines and wrinkles
- Reduces non-medical swelling and puffiness
- Improves skin texture by reducing dead skin
- Treats acne by unclogging and tightening up pores

**Ultrasound Treatment** – Infiltrating active substances into the dermis.

Your therapist will choose concentrate depending of the skin needs. We apply high-quality, cosmetic products from High Care ® Cosmetics

**Reset Fluid** – Intensive concentrate to treat vascular disorders

**Active Detox** – Intensive concentrate for extremely stressed skin

**Perfect Lift** – Intensive concentrate to smooth and firm the skin

**Cell Performer** – Intensive concentrate for tired, oxygen-deprived skin

**Natural Nourish** – Intensive concentrate to treat dry and demanding skin

### **PERSONALIZED AROMATIC FACIAL**

A facial treatment personalized to the type of skin and individual needs of each face that are combined with the best techniques. Purifying, soothing, moisturizing or anti-aging. Includes a deep cleansing, exfoliation, extractions (typically optional), a massage, a soothing mask, and a moisturizer with sunblock.

The combination of the best products and application techniques guarantee revitalizing treatments.

# GYM SERVICES

## **GO PERSONAL**

More than just show you the path, our certified and skilled personal trainer will walk with you every step of the way in your wellbeing journey. Get more value from your investment, finding the safest, most enjoyable way to reach your goals. We have a full range of personal training services for you to select from including Pilates, Yoga, back training, functional surf training, functional golf training, DNS (dynamic-neurofunctional-stabilization) and more.

## **CIRCUIT TRAINING**

Circuit training is a style of workout where you cycle through several exercises targeting different muscle groups with minimal rest in between. The result is a workout that taxes your muscular strength and endurance and your cardiorespiratory system. You'll work in small groups of max. 10 people assisted and guided by our certified trainer.

## **HEALTH-POSTURE- MOVEMENT ANALYSIS; PLUS CUSTOMIZED TRAINING PLAN**

The Health-Posture-Movement Analysis will provide us the information to understand your overall condition. We check your posture, alignment, balance, coordination, and strength to determine the right plan for you. In the first session we do the analysis, followed by a session few days later to work on your training plan.

## **BODY EVALUATION AND MOVEMENT CORRECTIONS BY FMS – DNS**

Evaluation and corrections of the quality of movement that can be applied in sedentary people or high-performance athletes.

## **PHYSIOTHERAPY**

Our Physiotherapist helps people of all ages move from conditions of impairment to restored movement and function.

# MEMBERSHIPS

## SILVER MEMBER

- Free Access to Fitness Center
- Training Plan designed and assisted by our certified trainers
- Changing room with lockers and towels
- 10% discount in Spa & Beauty treatments

## GOLD MEMBER

- Free access to Fitness Center
- Training Plan designed and assisted by our certified trainers
- Two Personal Training Sessions or Body Evaluation with training plan
- Changing room with lockers and towels
- Free access to Sauna, Pool and Relax deck
- 10% discount in Spa & Beauty treatments

## PLATINUM MEMBER

- Free access to Fitness Center
- Training Plan designed and assisted by our certified trainers
- Two Personal Training Sessions or Body Evaluation with training plan
- Two Relaxing or two Deep Tissue massages or two deep Manicure and Pedicure
- Changing room with lockers and towels
- Free access to Sauna, Pool and Relax deck
- 10% discount in Spa & Beauty treatments

## DAILY PASS

- Free access to gym
- Free access to Sauna, Spa Pool and Relax deck
- Changing rooms with lockers, towels.

## POOL ACCESS – RESTAURANT POOL

## YOGA DECK

- Classes
- Yoga Nidra
- Yin Yoga
- Vinyasa Yoga Flow
- Meditation
- Pilates
- Zumba
- Salsa
- Thai Chi
- Qi Gong
- Group Fitness Classes

## TRAIL JUNGLE WALK

Our nature guide will take you to a 5km jungle trail walk, providing interesting information about the flora and fauna.