



SPA

AT FOUR SEASONS RESORT TAMARINDO



Welcome to Spa & Wellness at Tamarindo

A SPACE FOR RENEWAL

The spirit of alchemy is the guiding force behind each massage and treatment at The Spa at Four Seasons Resort Tamarindo. The wisdom of the sea and the jungle around us infuse our eight treatment cabins, two specific for couples, tranquil relaxation areas, and spacious dressing rooms, featuring indoor and outdoor showers that blend in with the lush greenery.

Throughout your spa experience, the scent of copal will provide a sense of connection to everything around you. With its unique scent and white smoke, copal purifies the atmosphere. It is at the heart of our temazcal experience and present in several of our treatments and signature products available at our spa boutique.



Plan your Relaxation

BUILT FOR SERENITY

A peaceful corridor that connects the sea with the jungle, The Spa at Four Seasons Resort Tamarindo was designed as a serene refuge for well-being. Elements like stone and wood in addition to intentional openings to the exterior will connect you to the reserve, inviting you to slow down.

Each of our eight treatment cabins features an open-air shower, blurring the lines between indoor and outdoor spaces. Before or after your treatment, enjoy one of our many relaxation areas. Sit back in the quiet indoor space of our spa with a soothing cup of tea or feel the warm sun as you rest in the red clay zen garden, including a plunge pool and lounge chairs.

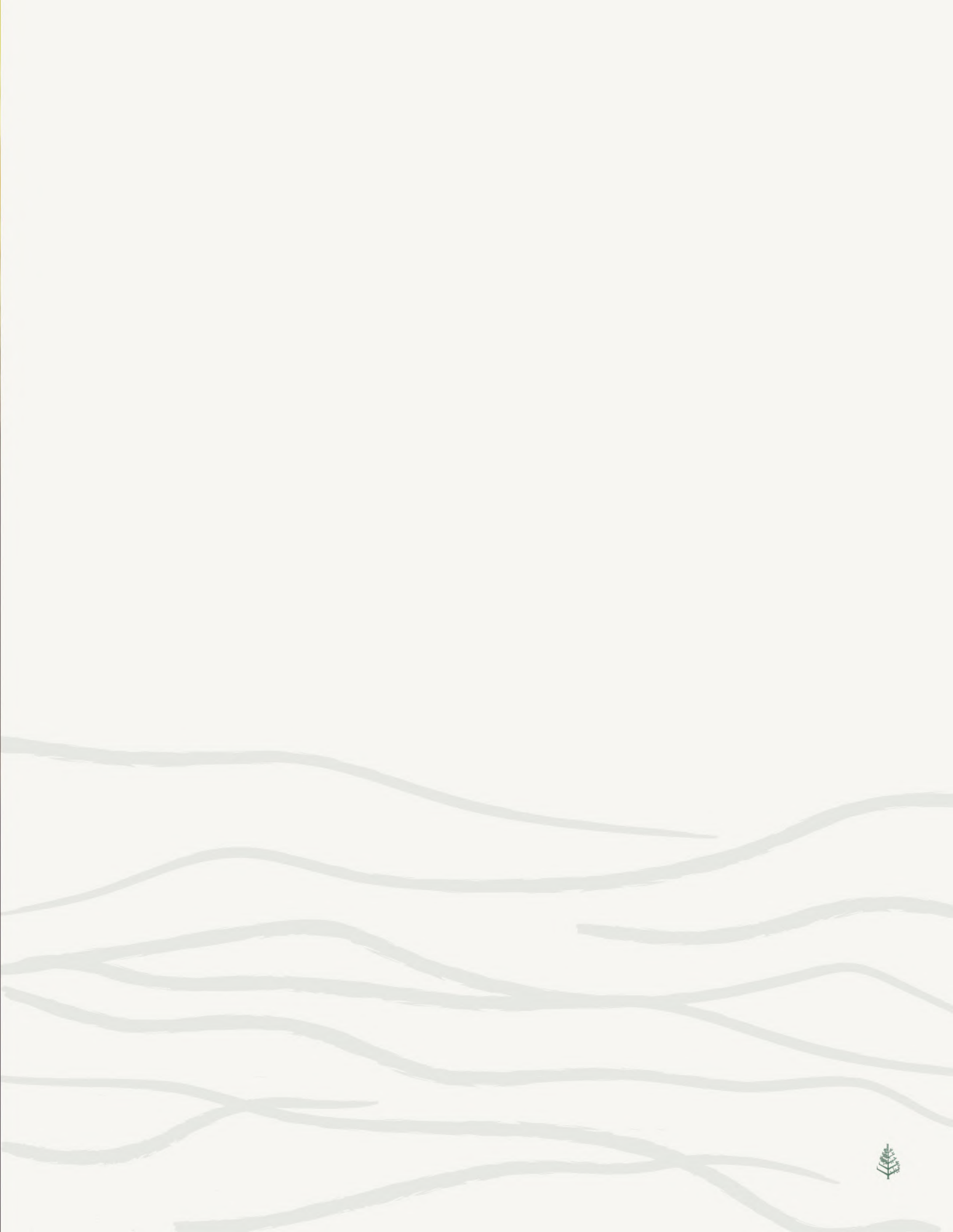
Plan your escape to this special sanctuary where treatments are rooted in rejuvenation, relaxation and transformation.



Let us arrange a personalized experience for you
+52 (357) 689 0012

Hours of operation
9:00 am to 7:00 pm





Massages

DEEP TISSUE MASSAGE*

Experience profound relief with our Deep Tissue Massage, designed to target the deeper layers of muscle and connective tissue. This therapeutic treatment focuses on releasing chronic tension and alleviating pain in specific areas. Ideal for athletes, those with physically demanding jobs, or anyone dealing with persistent muscle discomfort, our skilled therapists use slow, deliberate strokes and firm pressure to break down adhesions and promote circulation.

60 MINUTES | 90 MINUTES

VOLCAN DE FUEGO (Hot Stone Massage)

Immerse yourself in tranquility with our Hot Stone Massage, a luxurious treatment that combines the therapeutic benefits of heat with traditional massage techniques. Smooth, heated stones are placed on key points of the body and used to massage tense muscles, enhancing relaxation and providing deep muscle relief. This soothing experience is perfect for those looking to unwind, relieve stress, and rejuvenate the body and mind.

90 MINUTES | 120 MINUTES



SWEDISH MASSAGE*

Immerse yourself in relaxation with our classic Swedish Massage, a therapeutic treatment designed to soothe your muscles, enhance circulation, and promote overall well-being. This timeless massage technique uses a combination of long, gliding strokes, kneading, and rhythmic tapping to relieve tension and improve flexibility. Ideal for those new to massage or looking to ease stress and muscle tension.

60 MINUTES | 90 MINUTES

MADRE MASSAGE (Prenatal & Postnatal)*

Embrace the soothing relief of our mother-to-be Massage, a nurturing and gentle treatment tailored specifically for expectant mothers. Our skilled therapists employ safe and effective techniques designed to alleviate the common discomforts associated with pregnancy, such as back pain, swelling, and fatigue. Using supportive cushions and a specially designed table, we ensure both comfort and safety for you and your baby.

Recommended after 1st trimester

60 MINUTES

OLFATO MASSAGE (Aromatherapy)*

Elevate your senses and rejuvenate your spirit with our Aromatherapy Massage. This holistic treatment combines the soothing power of massage with the therapeutic benefits of pure essential oils. Our skilled therapists customize each session to your specific needs, using a blend of aromatherapy oils to enhance relaxation, relieve stress, and promote overall well-being.

60 MINUTES | 90 MINUTES



AROMATIC MASSAGE

Indulge in a fully customized massage experience with our Aromatic Massage, designed to adapt to your unique needs. Choose your preferred duration, massage techniques, and aromatic essence for a deeply hydrating, personalized journey to relaxation and well-being.

Available with Scrub & Hydrating Wrap

60 MINUTES | 90 MINUTES

QUIROGOLF MASSAGE

Experience deep muscle relief with our Quirogolf Massage, a powerful treatment designed to reduce tension, joint discomfort, and stiffness. Utilizing our exclusive golf ball technique, this therapeutic massage releases trigger points, soothes sore muscles, and restores balance—leaving your body feeling relaxed, renewed, and completely at ease.

60 MINUTES

*Private in-room offerings available upon request.
Please enquire with our team for more information.



Body Treatments

REVITALIZING BODY TREATMENT

Indulge in our luxurious Revitalizing Body Treatment, designed to exfoliate, hydrate, and rejuvenate your skin. This full-body treatment combines the benefits of natural exfoliants and nourishing oils to leave your skin feeling soft, smooth, and radiant.

60 MINUTES

EL COPALLI

Experience the ancient healing properties of copal with our Signature Copal Body Treatment. This luxurious spa service combines deep exfoliation, detoxification, and intense hydration using premium copal-based products. Revered for its purifying and restorative benefits, copal is derived from the resin of trees native to our private reserve and has been used for centuries in traditional rituals. Perfect for those seeking a unique and transformative body treatment, this service leaves your skin glowing and your senses deeply relaxed.

90 MINUTES

SUNSET BODY WRAP

Soothe and rejuvenate your sun-exposed skin with our After-Sun Body Wrap Treatment. This calming and restorative treatment is specifically designed to relieve the effects of sun exposure, providing deep hydration, cooling, and nourishment to your skin. Perfect for anyone needing to recover from a day in the sun, this treatment will leave your skin feeling refreshed, hydrated, and revitalized.

60 MINUTES

RADIANT GLOW BODY SCRUB

Experience the ultimate in skin renewal with our Radiant Glow Body Scrub. Using your choice of sugar or salt-based exfoliants, this treatment gently buffs away dead skin cells, revealing smooth, radiant skin underneath. Infused with natural oils, this luxurious scrub not only exfoliates but also deeply hydrates, leaving your skin soft, supple, and glowing.

45 MINUTES

CITRUS RITUAL

Immerse yourself in the ultimate citrus-infused experience with our Citrus Ritual, a powerful antioxidant treatment for both face and body. Infused with pure Vitamin C, this luxurious ritual helps combat hyperpigmentation, protect against free radicals, and deeply hydrate the skin. More than just a treatment, this revitalizing journey restores your skin's radiance while uplifting your mood—leaving you feeling refreshed, renewed, and glowing from head to toe.

120 MINUTES



Facials

RELAX & CLEANSE

Indulge in a refreshing and rejuvenating experience with our Relax and Cleanse Facial, designed to deeply cleanse, soothe, and revitalize your skin. Perfect for those seeking a thorough facial treatment that leaves the skin feeling refreshed and glowing, this service combines gentle exfoliation, deep cleansing, and relaxing massage techniques. Immerse yourself in a serene spa environment and let our skilled estheticians take care of your skin's needs.

60 MINUTES

PREP & GLOW

Experience the ultimate in skin rejuvenation with our Hydrafacial, a state-of-the-art treatment designed to cleanse, exfoliate, extract, and hydrate your skin. This non-invasive, multi-step procedure uses patented Vortex-Fusion technology to deliver instant and long-lasting results with no downtime. Ideal for all skin types, the Hydrafacial addresses various skin concerns such as fine lines, wrinkles, elasticity, firmness, even tone, vibrancy, skin texture, and congestion.

50 MINUTES | 80 MINUTES

TAMARINDO SIGNATURE FACIAL

Indulge in the ultimate luxury with our Tamarindo Signature Facial, a bespoke treatment designed to rejuvenate, hydrate, and revitalize your skin using natural and organic ingredients inspired by the tropical paradise of Tamarindo. This exclusive facial combines advanced skincare techniques with the healing properties of botanicals to deliver a radiant and refreshed complexion. Perfect for all skin types, the Tamarindo Signature Facial provides a deeply relaxing and transformative experience.

90 MINUTES

GENTLEMEN'S FACIAL

Tailored specifically for the unique needs of men's skin, our Gentlemen's Facial offers a thorough, revitalizing treatment that addresses common concerns such as razor burn, skin sensitivity, and environmental damage. This facial combines deep cleansing, exfoliation, and hydration with relaxing massage techniques to promote healthy, well-groomed skin. Experience the ultimate in men's skincare in a comfortable and relaxing spa environment.

60 MINUTES | 90 MINUTES

CITRUS ESSENCE

Revitalize sun-damaged skin and restore its natural glow with our Citrus Essence Facial—an antioxidant- rich treatment infused with collagen-boosting Vitamin C. This rejuvenating experience helps minimize signs of premature aging while enhancing firmness, suppleness, and luminosity, leaving your complexion visibly radiant and refreshed.

60 MINUTES

3D COLLAGEN SHOCK

Harness the power of three types of collagen with our 3D Collagen Shock Facial, an advanced anti-aging treatment designed to restore elasticity, smooth fine lines, and deliver an immediate lifting effect. Perfect for mature or devitalized skin, this luxurious facial nourishes deeply while sculpting and redefining facial contours for a visibly youthful complexion.

60 MINUTES | 90 MINUTES

SKIN COMFORT

Designed for delicate, sensitive, or environmentally stressed skin, our Skin Comfort Facial combines soothing botanical ingredients with expert massage techniques to restore balance and hydration. This deeply calming treatment replenishes moisture, promotes a serene complexion, and enhances the skin's natural resilience—ideal for those seeking gentle yet effective rejuvenation.

60 MINUTES

G3P PERFECTION

Reveal a brighter, smoother complexion with our G3P Perfection Facial, a triple-action exfoliating treatment featuring alpha-hydroxy acids. Designed to refine skin texture, target mild photo-aging, and boost hydration, this express facial leaves your skin feeling instantly softer, more radiant, and impeccably refreshed.

30 MINUTES

DIAMOND ENERGY

Infuse your skin with the most cutting-edge ingredients in our Diamond Energy Facial, a five-star anti-aging treatment designed to restore vitality, redefine facial contours, and unveil firmer, more supple skin. This powerful experience delivers visible rejuvenation, enhancing radiance while minimizing the signs of aging for a luminous, youthful glow.

60 MINUTES



Beauty Salon

CLASSIC MANICURE

Pamper your hands with our Classic Manicure, designed to leave your nails looking immaculate and your hands feeling rejuvenated. This service includes meticulous nail care, cuticle treatment, and a beautiful polish application, perfect for maintaining well-groomed hands or preparing for a special occasion. Enjoy a relaxing and refreshing experience in our serene salon environment.

60 MINUTES

CLASSIC PEDICURE

Treat your feet to our Classic Pedicure, a comprehensive and indulgent foot care service designed to leave your feet feeling refreshed and looking beautiful. Perfect for maintaining healthy feet or preparing for a special occasion, this service includes meticulous nail care, exfoliation, and a soothing massage. Relax in our serene salon environment and enjoy the ultimate foot pampering experience.

60 MINUTES

EXPRESS MANICURE

Perfect for those with a busy schedule, our Express Manicure offers a quick yet thorough nail care session that leaves your hands looking polished and refreshed in no time. Ideal for regular maintenance or a quick touch-up before an event, this service focuses on essential nail care and a beautiful polish application, all in a streamlined process.

45 MINUTES

EXPRESS PEDICURE

For those on the go, our Express Pedicure offers a quick yet thorough foot care session that leaves your feet looking and feeling refreshed. Perfect for regular maintenance or a quick touch-up before a special event, this service focuses on essential nail care and a neat polish application, all in an efficient and streamlined process.

45 MINUTES

GENTLEMEN'S HAIRCUT

Experience precision and style with our Gentlemen's Haircut, designed to cater to the modern man's grooming needs. Whether you prefer a classic look or a contemporary style, our skilled barbers will ensure you leave the salon looking sharp and confident. Enjoy a relaxing atmosphere where attention to detail and personalized service come together to provide an exceptional haircut experience.



WASH & STYLE*

Indulge in a luxurious hair experience with our Wash and Blow service, designed to leave your hair feeling refreshed, styled, and radiant. This service includes a thorough cleansing of your hair and scalp, followed by a professional blow-dry to achieve your desired look. Whether you want sleek and straight, voluminous curls, or a bouncy wave, our skilled stylists will tailor the finish to your preferences.

GLAM AND STYLE*

Perfect for special events, a night out, or simply when you want to treat yourself, this comprehensive package ensures you look and feel your best from head to toe. Our skilled professionals will pamper you with a luxurious hair treatment followed by a flawless makeup application, leaving you polished and radiant.

SOCIAL MAKEUP*

Transform your look with our Professional Makeup Application service, ideal for any occasion. Whether you're preparing for a special event, a night out, or just want to indulge in a little self-pampering, our makeup artists will create a look that enhances your natural beauty and reflects your personal style. Using top-quality products and techniques, we ensure a flawless finish that lasts.

HAIRSTYLE*

Elevate your look with a bespoke hairstyle designed to suit your occasion and personal style. Our expert stylists create beautifully tailored looks, from effortless elegance to sophisticated glamour.

Price varies based on hair length and style.

*Private in-room offerings available upon request. Please enquire with our team for more information.







TEMAZCAL



Tradition & Transformation

Step into a sanctuary of ancient wisdom and modern luxury, where the timeless tradition of the Temāzcalli awaits

Derived from the Nahuatl word for "house of heat," this immersive experience channels the essence of pre-hispanic rituals to provide an immediate sense of mental clarity, emotional healing, and profound relaxation. We invite all guests of The Spa to partake in this unparalleled journey through cultural history towards transformation. Embrace the opportunity to rejuvenate mind, body, and spirit as you immerse yourself in the transformative power of the Temāzcal.

Your path to renewal begins here, where tradition meets innovation, and every moment is dedicated to reconnecting with your sense of self.



NON PRIVATE & PRIVATE CEREMONIES AVAILABLE

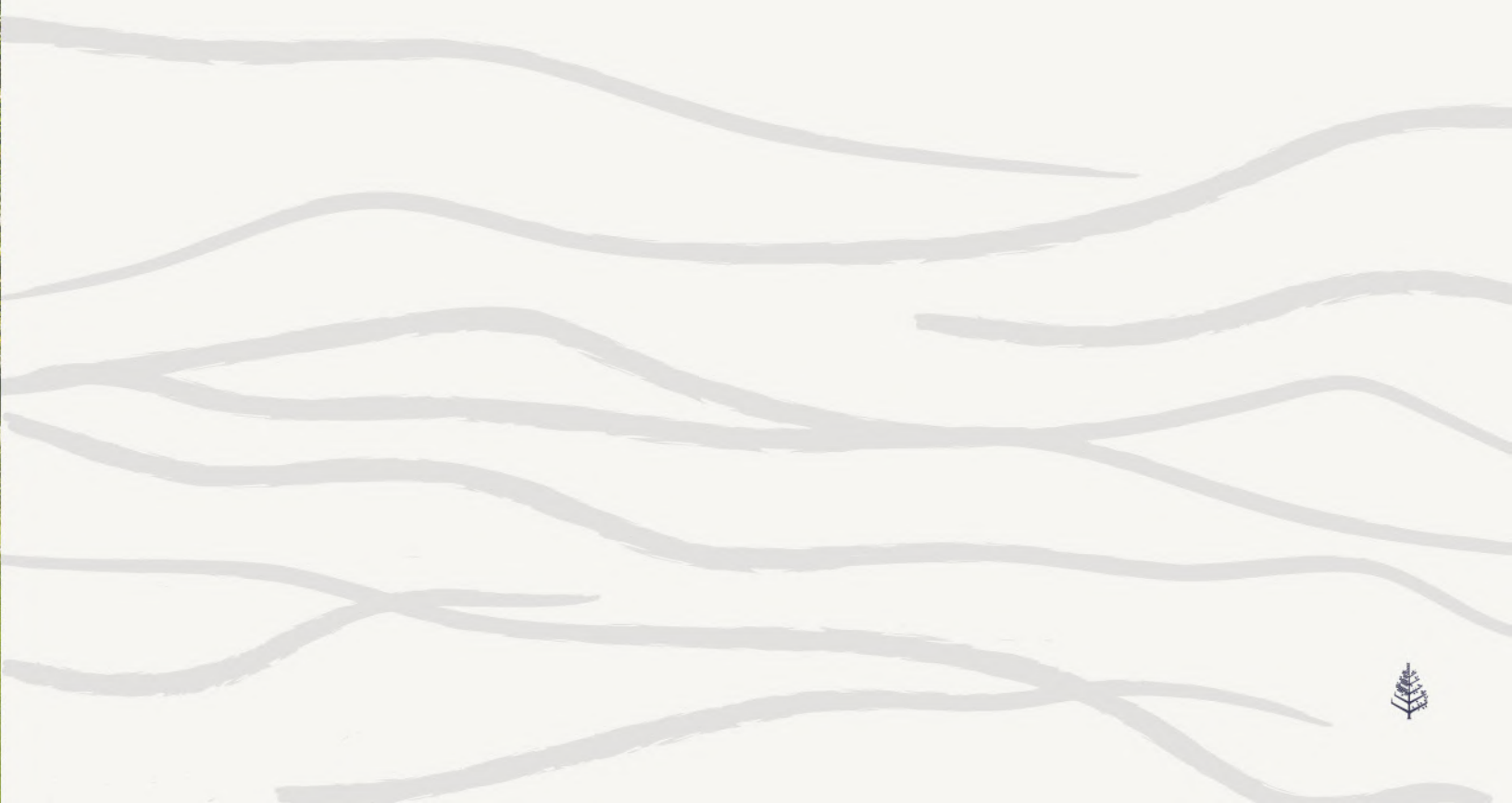
Ask about additional ceremonies with the shamans.

Contact us for more information
+52 (357) 689 0012





WELLNESS



Holistic Wellness & Fitness

The connection one has to to their surroundings is essential to our overall well-being. At Four Seasons Resort Tamarindo, the reserve envelops us with a sense of wonder, curiosity, and peace, inspiring a holistic wellness journey for guests that incorporates the power of nature into every experience.



24-HOUR FITNESS CENTER

Designed by celebrity trainer Harley Pasternak, our Fitness Centre is conveniently located on the mezzanine level of La Mansión, our main building. Maintain or elevate your fitness routine throughout your stay in paradise with state-of-the-art equipment, including Pilates reformers and Peloton bikes. Enjoy a comprehensive and luxurious fitness experience with a range of specialized classes and top-notch amenities.

Join us at our Fitness Centre at La Mansión and experience the ultimate blend of luxury and fitness. Enjoy a refreshing and revitalizing workout that caters to all your fitness needs while surrounded by the beauty and tranquility of our resort.

CLASSES

We offer a variety of pre-scheduled complementary classes throughout the week for our guests. Join us for activities that cater to all fitness levels and preferences, ensuring a well-rounded and enjoyable experience.

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|------------------|---------|
| YOGA | HIIT |
| REFORMER PILATES | PELOTON |
| MAT PILATES | TRX |

Hours of operation
24 HOURS A DAY

OUTDOOR WELLNESS CLASSES

If you prefer to be surrounded by nature, enjoy a personalized routine that suits your fitness needs and join one of our outdoor group classes including Yoga, Bootcamp, HIIT & Pilates. If you prefer to slow down, create spiritual clarity as you embark on a guided meditation session with our resident wellness ambassador.

NON-PRIVATE & PRIVATE FITNESS CLASSES AVAILABLE



Spa Policies

ARRIVAL TIME

Please allow sufficient time before your treatment to complete a Spa Consultation Form. We recommend arriving up to 1 hour prior to the start time of your treatment so that you can arrive, relax, and enjoy the spa facilities prior to your treatment. Please note that late arrivals will result in a reduction of treatment time.

CANCELLATION POLICY

We ask for a 12 hours' notice to cancel or change an existing reservation. For group reservations, we ask for a 48 hours' notice. Changes to reservations are subject to availability. Changes or cancellation made within the allotted time will be subject to fees.

AGE POLICY

Children 14 years of age or older may receive a massage or facial and are permitted to use the Spa facilities with proper consent and adult supervision. Any children under the age of 14 may not access the Spa or Fitness facilities without adult supervision. For additional clarification, please contact our Spa team at extension 2503/2504 or via Four Seasons Chat.

SCHEDULING APPOINTMENT

To schedule an appointment or to learn more about our services, please contact the Spa team at extension 2503/2504 or via Four Seasons Chat. We recommend booking in advance to ensure your preferred time and service is available.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and relaxation. We ask that the use of electronics is limited and kept on silent mode.

VALUABLES

Please leave your valuables in the safety box of your Resort room or suite. The Spa and/or Resort are not responsible for any lost or forgotten belongings.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

SPA FACILITIES

All guests of the resort have access to relax and enjoy our spa facilities free of charge. We offer separate Men's and Women's facilities with fully stocked amenities, outdoor showers, steam rooms, saunas, and multiple relaxation areas.



If there's something additional in which we can help you with, please let us know:

+52 (357) 689 0012



BOOK YOUR APPOINTMENT

The Four Seasons App & Email
[fourseasons.com/tamarindo/chat](mailto:spa.tamarindo@fourseasons.com)

Email us at:
spa.tamarindo@fourseasons.com

Call us at Ext. 2501

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