



LOST  
*Tiquana*  
RESORT & SPA



# Golden Gecko Spa

Situated on 5 lushly landscaped acres next to a river, The Golden Gecko Spa invites all hotel guests to enjoy the trails by the river, the large saunas with waterfall and pool, and the gymnasium.

Spa treatments for singles or couples are available in private thatched bungalows with fireplace. They are secluded next to a river so clients can completely relax to the sounds of the river and birds.



## Spa Menu

### Massages

GG Signature Massage                      60 min - \$80                      90 min - \$110

The perfect massage experience inspired by the swedish full body massage that stimulates blood circulation and soothes tense muscles.

Aromatherapy Massage                      60 min - \$90                      90 min - \$120

Uses scented essential oils of the highest quality for a deep, soothing massage.

Deep Tissue Massage                      60 min - \$90                      90 min - \$120

To relax and help release tension on a more profound level, this massage focuses on problem areas to help promote recovery, improve flexibility and leave you in a state of deep relaxation.



### *Costa Rican Hot Stone Massage*

*60 min - \$90    90 min - \$120*

Lava stones are picked from rich rivers are heated and covered with luxurious natural oils to carry warmth deep into the muscles, tissues and joints. These stones, valued for their healing properties, glide on your skin to soothe and stimulate, giving you a relaxing and unique experience.

### *Yonka's Candle Massage*

*60 min - \$90*

This sensual, relaxing and replenishing new body treatment is a complete head to toe massage that allows you to drift into a state of total relaxation for one blissful hour amidst the subtle perfume of essential oil of Bulgarian Rose. Once lit, the ROSE Massage Oil Candle creates a subtle halo of light to create a sensual and calming atmosphere, as the aromatic oils melt to produce a wonderfully fragrant aroma that fills the air with scent of the Valley of Roses of the Balkan Mountains. The warmed pure essential oils and plant butters are then trickled over your body in a precious ointment, warm and smooth and massaged to create a truly unique and amazing pampering experience of luxury and wellbeing.

### *Hiker's Delight Massage*

*60 min-\$80*

After long hikes in the jungle, this treatment focuses on your feet and legs. Using a combination of the volcanic clay scrub and deep tissue massage with reflexology, your legs and feet will not only be cleansed and exfoliated, but also rejuvenated and relaxed.

### *Foot treatment reflexology*

*30 min-\$40*

Reflexology therapy treatment is based on the principle that there are reflex areas on the feet that correspond to all body parts, glands and organs. Reflexology employs a unique method which uses the thumb and fingers to apply pressure to these reflex points.

### *Back Massage*

*30 min- \$ 45*

A wonderful antidote for stress and muscle tension.

## Luxurious Body Wraps

50 min \$75

Body wraps are treatments designed to tighten your skin, eliminate toxins, help with temporary weight loss or soothe tired muscles.

**Arenal Volcanic Clay:** Say goodbye to excess water, impurities and dull pores - a layer of therapeutic mud or clay is lightly massaged into your skin before wrapping begins, to cleanse, detoxify and firm you head to toe.

**COFFEE:** A full wrap envelopment based on toasted coffee. With an intense aroma of recently toasted coffee this treatment has a slimming and draining effect and helps to redefine the body's contours.

**CHOCOLATE:** The ultimate treat for chocoholics, chocolate is known for its anti-ageing, toning and softening qualities.

**SILK:** Envelop your skin with precious 'silk' and enjoy a luxurious massage, like a second skin, this exquisite body wrap deeply hydrates your skin and provides it with a satin appearance and a silky touch.

**SEAWEED:** A combination of seawater, seaweed and/or algae is used to refresh, hydrate and firm your body.

**GOLD:** Enveloped in glamour and sophistication, experience this sublime therapy based on the energizing power of golden-algae. Combined with an exquisite massage, this total body envelopment revitalises the skin and leaves a subtle and gorgeous golden veil shimmer on the body.



## Body Polishes

50 min \$60

Our special blend of essential oils and sea salt or pure cane sugar, rich in trace minerals and alpha hydroxy acid will nourish and exfoliate the skin. The polishes are applied in massage strokes helping to detoxify and stimulate the circulatory system. After rinsing your skin will be velvety soft and feeling like new.

Choose from: coffee bean soufflé, Sugar reef, Sea Salt Mango lily or coconut.

## Costa Rican Facials

Volcanic clay with hot facial massage.

30 min \$45

## Hand & Foot Care

Manicure 45 min \$30

Pedicure 60 min \$55



## Yonka Facials

The golden Gecko is proud to be the only spa in Costa Rica using Yonka's exclusive products from Paris for facials. Yonka's unsurpassed quality is used by superstars such as Angelina Jolie, Jennifer Lopez, Beyonce and Madonna. Every product is "au-naturel", made from plant and fruit extracts from all over the world, blended with aromatic formulas from lavender, cypress, rosemary, thyme and geranium essential oils in order to balance, soothe, revive, and rejuvenate your skin complexion.



### Le Grande Classique 75 min. \$100

Yon-Ka Signature holistic and customized treatment for a unique experience. Deep pore cleansing, restoring and relaxing facial.

#### WHEN?

- Dull complexion, tired and drab skin.
- All skin types, all ages.

#### THE YON-KA PLUS

- Mild deep cleansing in 5 phases
- 2 exfoliation, 2 sprays, 2 masks, blackhead extraction
- Relaxing massage

## Alpha Vital

Resurfacing treatment. The alternative dermatological peeling

#### WHEN?

- Post acne, scars
- Seasonal change
- Fine line and wrinkles

### Optimizer 80 min \$ 110

Lifting and firming facial. Expertized anti-aging facial.

#### WHEN?

- Lack of firmness
- 33-55 years

#### THE YON-KA PLUS

- Targeted firming techniques
- Relaxing massage
- Exclusive professional mask

60 min \$90

#### THE YON-KA PLUS

- Exclusive professional peeling

## Simulatine

60 min \$ 100

Smoothing/restructuring anti-wrinkle facial.  
Expertized anti-aging facial.

### WHEN?

- Superficial or deep wrinkles (35-55 years)

### THE YON-KA PLUS

- Targeted anti-wrinkle techniques
- Relaxing massage
- Exclusive professional mask

## Costa Rican facials

30 min \$ 45

Volcanic clay with hot stones facial massage, stimulates and increases circulation, tightens sagging skin, refines enlarged pores, exfoliates by lifting dead skin cells and cleanses the skin like no other facial. Volcanic clay is good for all skin types.

## Hydralessence

60 min \$ 100

High performance hydrating facials. Three responses: Superficial dehydration, deep dehydration, after sun repair.

### WHEN?

- All dehydrated skins

### THE YON-KA PLUS

- Exclusive professional hydrating soft peel
- Steam
- 2 masks including the double hydrating mask-exclusive professional formula.
- Blackhead extraction

## Extra - vitality mineral mousse Mask for men

60 min \$ 90

A treatment based on the skin care benefits offered by stones, crystals, and minerals. Considered as timeless symbols of life and beauty; precious stones have been highly prized for centuries for their beneficial properties.

Their energizing and restorative powers lie in the core of this new anti-age mask. Regenerate, revitalize, and restore your skin's youthfulness with this luxurious mask.





### *Rainforest Rejuvenation*

Exfoliation \*\*Body Wrap\*\* Clay Facial\*\* Full Back Massage 2hrs \$170

### *Jungle Whisperings*

Clay facial \*\*body wrap\*\* signature massage

1hour 45 minutes \$150

### *Pura Vida Natural*

Facial massage \*\*Body exfoliation\*\* Aromatherapy massage

1 hour 45 minutes \$140

### *Volcanic Energy*

Hot Stone Facial Massage \*\*reflexology\*\* Hot Stone Massage

1 hours \$145

### *Facial Refresher*

Our signature Facial with a head, shoulder and foot massage

1 hour 30 minutes \$150

### *Riverside Romance*

Leg & foot exfoliation \*\*foot reflexology Hot stone massage\*\*

Hot stone or clay mask

2 hours \$150

## Couple 's Experiences

### Romantic get away

60 Minutes Room Couple Massage  
Arenal Volcano Romantic Dinner at the room  
Price per couple \$240

### Just Relax!!!!

60 Minutes Room Couple Massage  
House Bottle of Wine and The Blue Hibiscus  
Cheese Plate  
Price per couple \$ 190

### Kids Menu

Children will love the Special treatments we  
have for them in our spa.  
An experience that will be a fun memory of  
Costa Rica.

**GG KIDS CHOCOLATE MASSAGE** 40min- \$45

Ever wonder what Charlie felt at the Factory? Well here's your  
chance. Get covered from head to toe in the best kind of chocolate that even Mr.  
Wonka would like to try it. Not only will you feel happy, and energized after this  
massage but this is one delight you really can eat!

**MINI FACIAL DE CHOCOLATE / HEAD MASSAGE**

30 min - \$45

How delicious is chocolate, how tasty it may be, to have it on your face; you really must see. Feel it so smooth,  
yummy and sweet; why this really is some kind of treat! Absorbent facial with the delicious smell of chocolate,  
leaving the skin extremely soft.

**FOOT STRAWBERRY MASSAGE**

30 min - \$45

A fun and relaxing massage with the pleasant smell of strawberry; ending with washing of feet with a  
strawberry scrub.

**PRINCESS NAILS (MANI/ PEDI)**

40 min- \$45

Choose from our bright and fantasy colored nail polish, complemented by a soft massage of hands and feet

### Jungle, Volcano & Love

60 Minutes Room Couple Massage  
Special Romantic Dinner at at The  
Blue Hibiscus Restaurant  
Price per couple \$210







"Another day in **paradise**"