



# JAWA JUÜ SPA

“The house of the healer”

Pacuare Lodge

---



JAWA JUŮ SPA .....	3
SPA SERVICES .....	5
SKIN CARE .....	8
BODY TREATMENTS .....	11
AKÍGA.....	17
MASSAGE THERAPY.....	19
BÖĚNA COLLECTION .....	21
ORGANIC FACIALS.....	23
KIDS AND TEENS .....	25
TREATMENT ADDITIONALS .....	27
Hours of Operation .....	29
ETIQUETTE   GIFT CERTIFICATES AND HOME CARE.....	30
JAWA JUŮ MENU .....	31



JAWA JUÜ SPA

# JAWA JUÜ SPA

*"The house of the healer"*

Jawa Juü Spa is a unique body, mind and soul experience, harnessing the rainforest's natural vitality to create a healing environment unlike any other. The Pacuare Valley is home to the ancestors of the Cabecar tribe that inhabit in the middle of the rainforest around 3 000 thousand years.

Jawa Juü name is derived from a Cabecar term meaning the house of the healer, has become a part of our spa philosophy. Our spa treatments integrate the wisdom of ancient cultures, spirituality and healing. We seek to preserve like an oasis of renewal and restoration.



## PHILOSOPHY

The Spa Jawa Ju is born out of the understanding and passion for wellness, define as a way of life that focuses on physical, emotional and mental wellbeing.

Wellness with integrity and honesty, providing inspiration for lifestyle change.

Guided by our ancestor heritage and influenced by local Cabecar cultural, the Spa has created distinctive concepts with a unique sense of the special and holy thanks to the place that we are ubicates.

## TREATMENTS

Our highly trained therapists are committed to excellence, infused with enthusiasm and take pride in delivering personalized service. Our therapies combine ancient techniques with natural and organic products. They are designed to bring balance and equilibrium to meet the needs of our guests.

## PRODUCTS

The product range incorporates natural essences, body oil, body scrub, body wrap, body lotion and facial products. All contain natural ingredients and are paraben free.

Effective in their treatment, they provide an ideal extension of our spa experience.





# SPA SERVICES

## RITUALS

Jawa Juü specific treatments. Each Ritual begins with a soothing foot bath ceremony and is designed to restore a natural state of equilibrium.

Take time to find yourself.



## Romance Rose Ritual – 100 min (for two people)

A regenerative Volcanic Mud combine with Rose water, soothing and tonic effect... for your body massage and Rose mask for the face is pure vital clay, improves superficial microcirculation and the supply of oxygen to skin cells with extracts of roses and Plants. Completes your treatment to uplift the spirit, relax the mind and body. A pampering indulgence specially for couples. (For two persons)

Perfect for:

- Detoxification
- Nourishing Skin
- Lymphatic System Stimulate
- Overall Health
- Emotional Well-Being

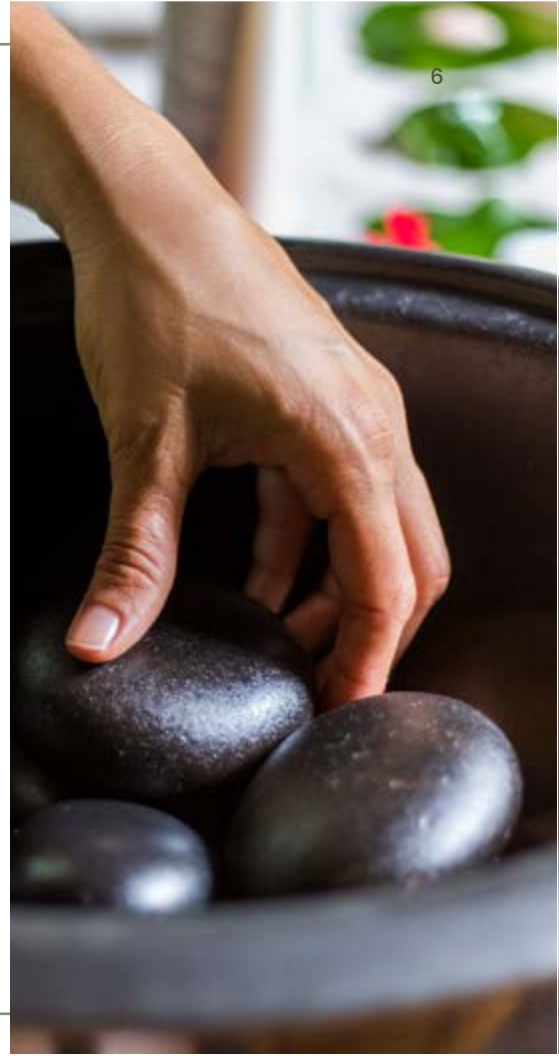
## The River Spa Ritual – 60 min

Enjoy spa ritual at our riverside a unique spot where the Pacuare jungle meets the rushing waters.

Integration with nature is at the heart of this ritual, where the lush tropical forest and river offers more than breathtaking scenery. The views and the rhythmic sounds of the jungle and river stimulate the senses. The techniques to use assisted stretching in between aromatherapy sessions with blended aromatic essential oils and selected for their therapeutic properties. Help to prolong the positive effects on health and relaxation.

Perfect for:

- Sore Muscles
- Yoga Lovers
- Overall Health
- Emotional Well-Being





## Rosemary Wellness Ritual – 75 min

Feel the relief of the cooling effect of our Rosemary Body Mask and banana leaf wrap. Followed by pressure points concentrating on the head. Include an Aloe and Bamboo Mini Facial. This restorative treatment aims to ease stresses.

- Fresh leaves are used in this ritual.

Perfect for:

- Overall Health
- Emotional Well-Being

## Blissful Coconut & Honey Ritual – 90 min

Take deep breaths!

Listen to the resonating sound of Tibetan chimes as your therapist begins with a scalp treatment. A fine stream of local exotic coconut oil is poured over pressure point between the eyebrows, this stimulates neuro-chemicals such as serotonin, which promotes happiness and a calm state of mind. Your feet will be massaged with warm organic honey bee with reflex acupressure point work on sensitive points that co-relate to other areas of the body, promoting overall well-being. A cooling gel applied to your legs leaves you feeling light and refreshed.

Perfect for:

- Overall Health
- Emotional Well-Being
- Increased Blood Flow
- Detoxify



# SKIN CARE

## ADVANCED PACUARE FACIALS COLLECTION

Experience dramatic results with our customized facials using the highest quality organic products HydroPeptide. Each facial includes cleansing, exfoliation, skin analysis, extractions, masque, hydration and massage.





## Moisturizer Facial – 75 min

Relax! is the experience our comforting and hydrating facial treatment. Refreshes all skin types renewing its elasticity, ideal for stressed and tired skin. Effective and gentle, this facial is customized to your individual needs and specific skin condition

## Anti-Age Facial – 75 min

Anti-age facial is a holistic skin care concept combining a variety of anti-ageing factors. It starts to work where the chronological skin aging begins. Gives a youthful aspect when illuminating, relaxing lines of expression, firming and moisturizing the skin. Ideal for enjoy the luxury facial of the spa

## Deep Facial– 75 min

Deep cleaning that is adapts to the characteristics of the client's skin. The experience starts with deep cleansing and is followed by the It continues with a lymphatic drainage and acupressure massage to firm and reduce puffiness. Application of mask to decongest, brighten and hydrate the skin. Leaving the skin fresh and glowing.







# BODY TREATMENTS

## **BODY EXFOLIATION | 45 minutes**

The exfoliation is a vital treatment. It cleans and hydrates the skin, ridding it of dead cells, as it stimulates blood circulation and regenerates the cellular system.

\*Add 45 minutes Swedish massage or 45 minutes Body Wrap.

## Calming Lavender Exfoliation

Breathe deep the intoxicating aromas of bright and balancing lavender. Relax completely as nourishing lavender combine with rosemary's healing properties in this full body exfoliation. Take pleasure in a luxurious antioxidant body hydration application leaving your skin smooth and silky.

## Invigorated Coffee Exfoliation

A warm, Vichy shower envelops your entire body to gently relax, yet stimulate circulation. Finely ground coffee beans blended with Indian sarsaparilla, honey and tobacco are applied to detoxify, then slough off dull, dry skin. Ultra Rich Shea Butter Body Crème seals in moisture leaving the skin smooth, soft and glowing.







## Refreshing Coffee exfoliation!

After a vigorous day or hiking. Unveil silky smooth skin and refresh your senses. The coffee is rich antioxidant and make you feel invigorated.

Your treatment is finished with a gentle massage with body cream and orange essences infuse. Leaving your body renew.

## Detoxifying Green Tea Exfoliation

Enriched with green tea and ginger, this gentle exfoliation transforms to a fluffy lather, which slowly dissolves. Your treatment is finished with a gentle massage. Your skin will emerge visibly brightened and smooth to the touch.





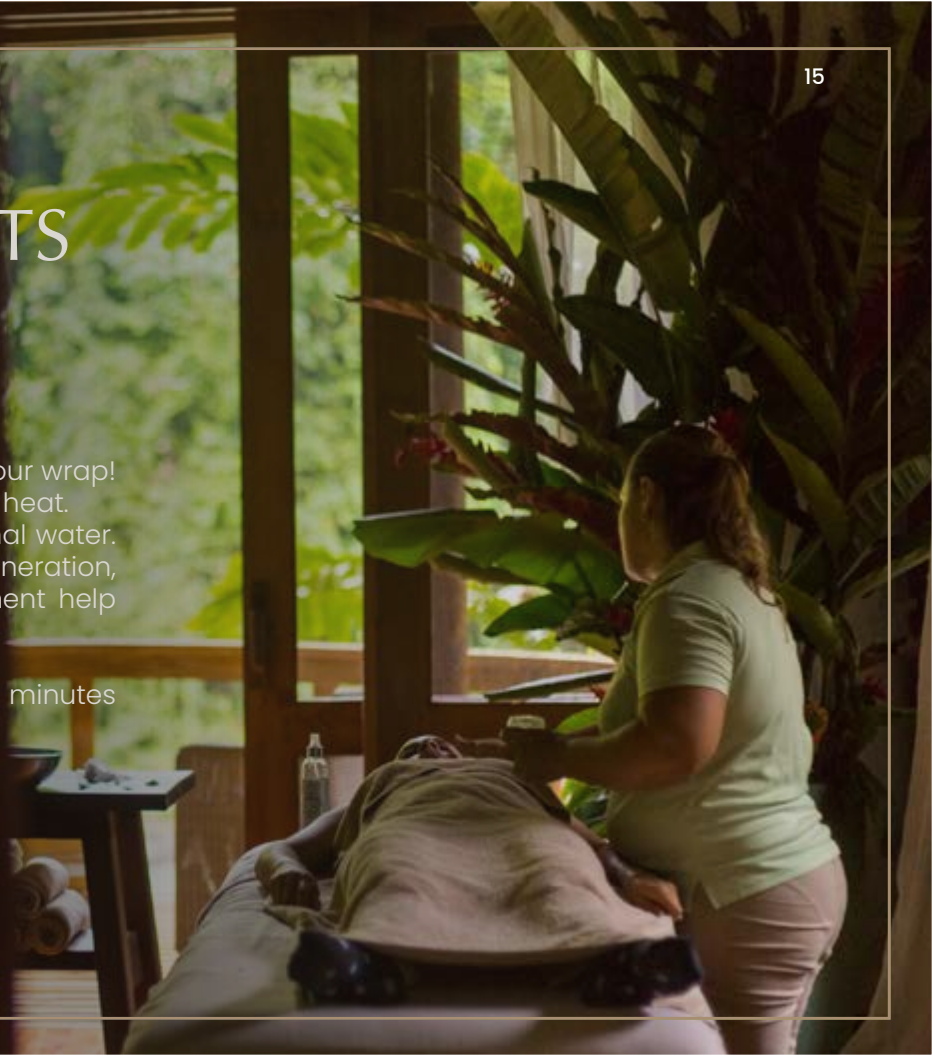


# BODY TREATMENTS

## **BODY WRAP | 45 minutes**

Enjoy a body buff with loofah, that before your wrap! The wraps stimulate the bloodstream using heat. The loofah is cured with mineral-rich thermal water. Promotes the elimination of toxins, cell regeneration, and is your gift to take home. This treatment help returns luminous and softness to your skin.

\*Add 45 minutes Swedish massage or 45 minutes Body Scrub.



## Aloe Refresh Wrap

Clarifying and refresh, this treatment combines Aloe Vera body mask with wrapped in cold towels to seal the moisturizing. Is particularly recommended for sun-burnt skin. to help to normalize skin function. Reduces inflammation leaving the skin calm and hydrated.

## Clay Energizing Wrap

Breathe in the aromatic fragrances of volcanic mud combine with mocha coffee, green tea and organic cocoa... Power anti-aging! from the region of Arenal Volcano and wrapped with banana leaves. The clay is infused with powerful source derivatives of deeply hydrating.

## Ginger Healing Wrap

Awake your senses with this deeply hydrating, nourishing and warming full body organic ginger and green Tea application with a rich and delicious aroma. The cream for massage is infused with lemongrass essences. Leaving the skin hydrated.





# AKÍGA

Derived from a Cabecar term meaning “secret”

## INTUITIVE HEALING ARTS

An ancient practice suited for today's needs.



## Takilí Holistic Massage – 90 min

*Derived from a Cabecar term meaning “Energy or vital grace”*

Book a length of time and enjoy the most holistic experience possible, by allowing our therapist to utilize their individual talents to create and customize treatments to your unique individual's needs.

## Dëgö Thermoherapy Massage – 75 min

*Derived from a Cabecar term meaning “Fluir”*

This rhythmic body massage begins on a hot towel moistened with volcanic candle, the height of the back and emotional therapy with lavender and mint. It is inspired by traditional Aboriginal techniques Cabecera that work to balance, realign the flow of energy and improve the well-being of the mind and body, using a combination of the movements of the hot stones in line and linear in the line of the meridians of the body Leaving the body renewed, harmonized and detoxified.

## Alóo Massage – 75 min

*Derived from a Cabecar term meaning “Deep”*

Alóo Massage, quiet the mind, help you experience deeper and more revitalizing sleep. Your massage therapist uses a blend of lavender, peppermint and eucalyptus essential oils to help you relax and breathe clearly. The oils are dropped onto a tissue which is placed beneath the neck cradle. Once you've turned over and are lying on your back, your massage therapist places the tissue on your eye. This massage features long, slow massage strokes and gives much focus to the stress points of the body. Designed to create a state of deep relaxation.

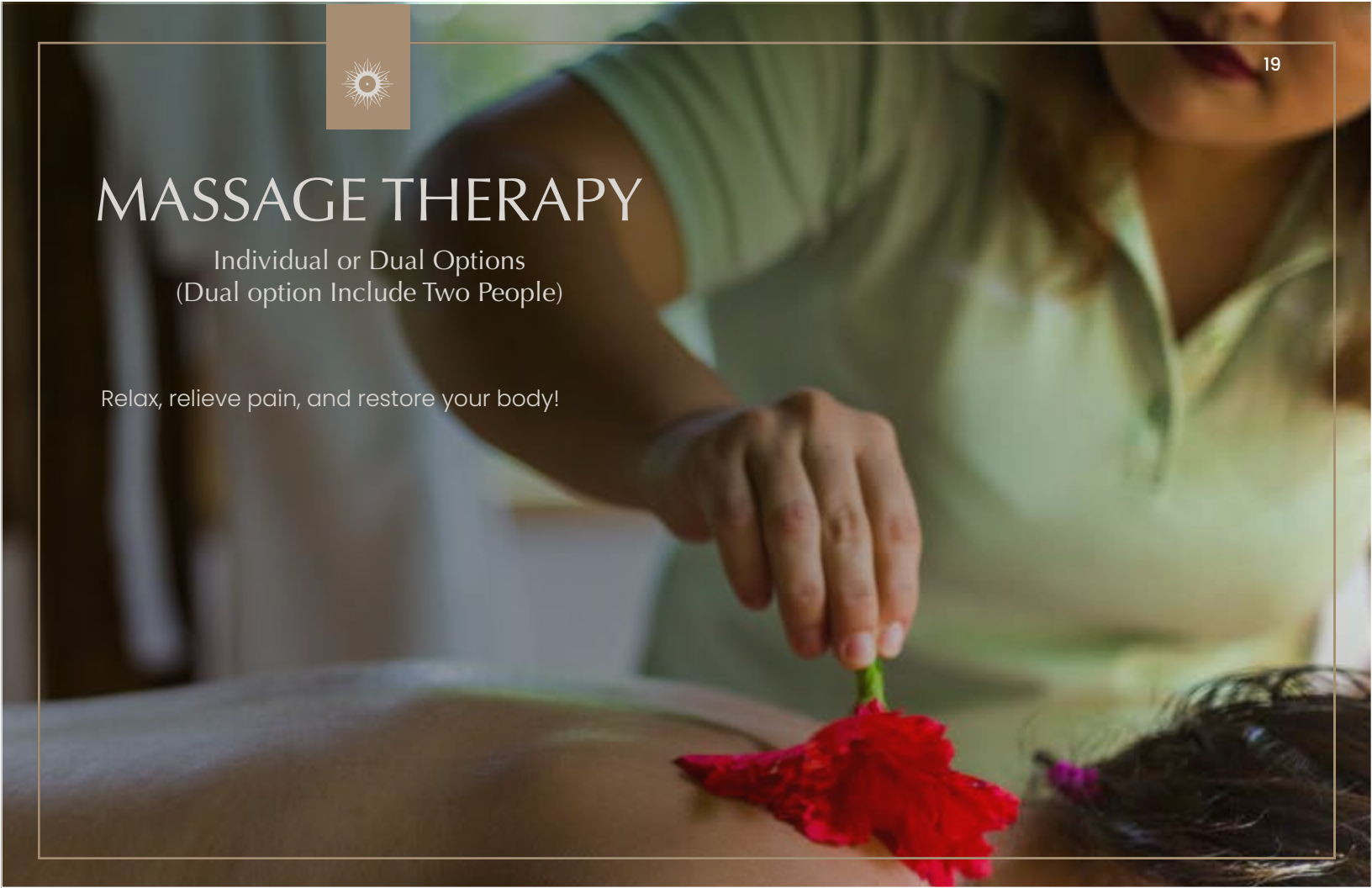




# MASSAGE THERAPY

Individual or Dual Options  
(Dual option Include Two People)

Relax, relieve pain, and restore your body!



## Swedish - 60 min

Considered the universal of all massages, this relaxing Swedish-style massage consists of gentle long passes with light to moderate pressure. Reduces tension and increases circulation.

## Deep tissue - 60 min

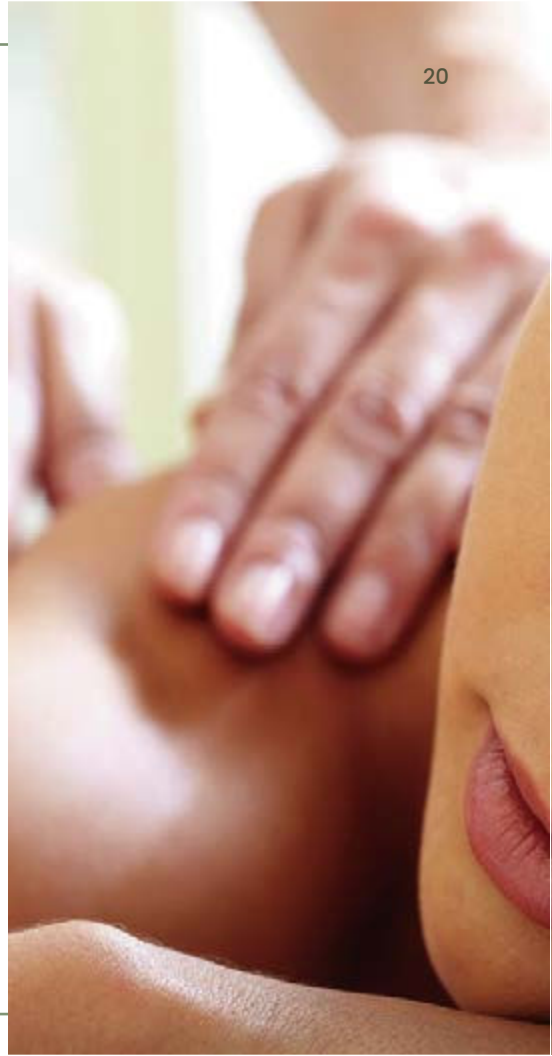
The deep tissue is a massage that attends the deepest layers of muscle tissue combined with moistened towels with volcanic clay to deflate and our anti-inflammatory gel formulated with a mixture of essential oils and other powerful ingredients. It provides a refreshing and relaxing feeling to specific areas. An essential tool to relief tension and restore energy.

## Warm Riverstone - 75 min

This massage treatment combines tension-releasing massage techniques with warm, temperate river stones, aromatic balm and quartz for energy balance. The temperature of the stones allows you to experience a deep relaxation and balance.

## Back, Neck and Shoulders – 45 min

We created this special treatment for you. We begin with a series of warm stretches and compresses. The technique that is applied is deep tissue massage. Finish the treatment with a special cryotherapy, thanks to the cooling action of the anti-inflammatory gel.







# BÖËNA COLLECTION

Derived from a Cabecar term meaning "Relieve"

Experience Deep Healing and Peace to bring increased clarity and awareness. This revolutionary technique will change how you view "the energy".



## Lemon Scalp Treatment – 30 min

Nourish your scalp with this aromatic warm wild lemon oil full of essential fatty acids and vitamins designed to promote shine.

## Soothing Legs Remedy – 45 min

Refresh...Revive...Revitalize!

After a day of hiking the legs refreshing is a treatment that offers immediate relief from fluid retention, sore joints and knees. Lay back and enjoy this refreshing leg and foot treatment.

## Reiki – 50 min

An ancient healing method promoting physical, emotional, mental and spiritual wellbeing by releasing tension and energy blockages.

## Peppermint Footprints of Ju - 30 min

A therapeutic technique that starts with a spray of lavender on your feet focuses on specific endings of the reflex nerves in the hands and feet of different systems of the human body with the help of the essential oil of the peppermint. Reflexology helps promote balance and harmony throughout the body.





# ORGANIC FACIALS

Beauty care with tradition organic products. Brings Balance, youthfulness and healing to the skin. These exquisite facials include cool teabag eyes compress.





## Thermal Organic Facial – 30 min

Characterized by the application of a volcanic mud mask combine with collagen, vitamin C, oatmeal and lavender. This treatment is special for sensitive and dry Skin. Is hydrating, revitalizing and compensates for a variety of skin imbalances. This facial provides immediate results leaving the skin radiant, soft and luminous.

## Aloe & Bamboo Organic Facial – 30 min

An unforgettable wellness experience using aloe vera mask, leaving the skin radiant with exceptional luminosity. Include an innovative massage with bamboo sticks leaves you feeling relaxed and satisfied. A heated neck pillow, infused with notes of cinnamon, plus a soft eye pillow to sooth tired eyes. A heated neck pillow, infused with notes of cinnamon, plus a soft eye pillow to sooth tired eyes.

A heated neck pillow, infused with notes of cinnamon, plus a soft eye pillow to sooth tired eyes.





# KIDS AND TEENS

## KIDS

For kid's guests (ages 9-12).

A parent must accompany kids during their visit including in the treatment room for their entire service.

### Bäklo Back Massage – 30 min

*Derived from a Cabecar term meaning "Child Star"*

Pamper your kids with massage warm orange flower aroma oil, focusing on back neck and shoulders. Include a head massage, with or without oil, using techniques to download the mind and release physical tension.

### Bolónnáwa Kids Facial – 30 min

*Derived from a Cabecar term meaning "sweetened"*

A gentle and relaxing facial using products that smell good. This treatment includes a cleanse, organic honey bee mask and moisturizer appropriate for the most fragile of skin.



## TEENS

Services are available for teen guests (ages 13-17)  
No adult supervision is required with a waiver signed by a parent or guardian

### Bë ta bë ta Teen Facial – 45 min

*Derived from a Cabecar term meaning "Carefully"*

Specifically designed for our younger guest, the Teen Facial involves deep cleansing, toning, steam, mask, extractions and a facial massage. Targets repair of acne breakouts and congested skin.

### Érshewa Teen Massage – 45 min

*Derived from a Cabecar term meaning "Calm"*

A full-body massage with green apple and cinnamon oil, that focuses on the back, shoulders, hands and feet. The aromatherapy helps to clear mind. Foot scrub and extensive massage using a heated neck pillow, infused with notes of cinnamon. This massage will relax and is perfect for the new spa-goer. A heated neck pillow, infused with notes of cinnamon, plus a soft eye pillow to sooth tired eyes. A heated neck pillow, infused with notes of cinnamon, plus a soft eye pillow to sooth tired eyes.







# TREATMENT ADDITIONALS

Enrich your spa experience with the benefit of one or more of the following additional. To be accompanied with a facial, massage or body treatment. Please enjoy during your scheduled service.

## Hydration

This service incorporates reflexology and massage techniques, as well as provides the ultimate hydration and skin renewal with hot organic honey bee.

## Renew

Back Exfoliation, skin hydration and promotion of cell renewal.

## Refresh

Mini Facial. organic extracts cleanse, purify and nourish. Suitable for all skin types.

## Soothe

Foot Ritual. Exfoliation using coconut scrub.

## Warm

Soy candle, the candle has aromatherapy benefits as well as thermotherapy. (is your gift to take home)

## Essence Synergies

It combines the sense of smell with the sense of touch. Let our exclusive mixes improve your physical, emotional and spiritual well-being.



## Choose one of our synergies:

### **Clarify**

Lemon-Wild Orange-Bergamot

### **Tranquility**

Cedarwood-Lavender-Bergamot

### **Balanced Vibrations**

Wild Orange-Rosemary-Peppermint

### **Meditation**

Cedarwood-Lavender-Frankincense

### **Life**

Frankincense-Cedarwood-Rosemary

### **Breath**

Tea Tree-Lemon-Eucalyptus-Lavender



# Hours of Operation

**Spa Hours of Operation:** 2:00 pm to 7:00 pm

**Suggestions to Enhance Your Experience:** A visit to Jawa ju Spa is a commitment to your overall wellbeing. To ensure you receive the maximum benefit and enjoyment from your time at the spa, we invite you to arrive at least 15 minutes prior to your first appointment. This gives you a few moments to relax in the spa's serene environment, or enjoy a drink in our Refresh Healthy Bar. Should you arrive late, please understand that we cannot extend your time in order that our next guest will not be inconvenienced.

Our spa therapists have been hired for the diversity, breadth and depth of their knowledge of the healing arts. We value the many skills, talents and gifts they bring to Jawa Ju Spa. Because they practice a variety of ways to treat the human body, it is vitally important that you tell them about your preferences.



## ETIQUETTE

Our Spa environment is one of relaxation and tranquility. Please contribute to this serenity by speaking in soft tones and please respect all Spa guests' right to privacy during your time with us.

We would politely request that if you are unable to keep your appointment, you contact the hotel reception 4 hours prior to your treatment. If you cancel your appointment in less than 4 hours, we reserve the right to charge 50 % of the cost of the treatments booked and for non-arrivals, the full cost of the treatments.

## GIFT CERTIFICATES AND HOME CARE

Our gift certificates make a wonderful gift for any special occasion are redeemable for services or products. To continue your Jawa Ju Spa experience at home, all products used in our treatments are available for sale at the Spa Boutique. Our staff will be most happy to assist you with your selections.

For reservations call 1-800-963-1195  
or write Email [info@pacuarelodge.com](mailto:info@pacuarelodge.com)  
We invite you to visit our web site [www.pacuarelodge.com](http://www.pacuarelodge.com)



# JAWA JUÜ SPA

"The house of the healer"

## SERVICE

TIME PRICE

### RITUALS

Couples Romance Rose Ritual _____	100	\$390
The River Spa Ritual _____	60	\$170
Rosemary Wellness Ritual _____	75	\$170
Blissful Coconut & Honey Ritual _____	90	\$192

### SKIN CARE

#### Advance Pacuare Facial Collection

Moisturizer Facial _____	75	\$175
Anti-Age facial _____	75	\$175
Deep Facial _____	75	\$175

### BODY TREATMENTS

Exfoliation Calming Lavender Exfoliation _____	45	\$96
Invigorated Coffe Exfoliation _____	45	\$96
Detoxifying Green Tea Exfoliation _____	45	\$96
Exfoliation and Wrap _____	75	\$175
Exfoliation and Massage _____	75	\$165

## SERVICE

TIME PRICE

### WRAPS

Aloe Refresh Wrap _____	45	\$124
Clay Energizing Wrap _____	45	\$124
Ginger Healing Wrap _____	45	\$124
Wrap and Massage _____	90	\$181

### AKÍGA PACUARE

Takíli Holistic Massage _____	90	\$175
Isseëmi Thermotherapy Massage _____	75	\$153
Alóo Massage _____	75	\$153

\*Prices include 13% VAT. Prices in USD.

SERVICE	TIME	PRICE
---------	------	-------

**MASSAGE THERAPY**
**Individual or dual options**

<b>SWEDISH</b> _____	60	\$107
Swedish (for two) _____	60	\$186
Deep tissue _____	60	\$130
Deep tissue (for two) _____	60	\$220
Warm Riverstone Massage _____	75	\$147
Warm Riverstone Massage (for two) _____	75	\$249
Back, Neck and Shoulders _____	45	\$96
Back, Neck and Shoulders (for two) _____	45	\$170

**BÖËNA COLLECTION**

Lemon Scalp Treatment _____	30	\$73
Soothing Legs Remedy _____	45	\$85
Reiki _____	50	\$102
Peppermint Footprints of Juü _____	30	\$73

**ORGANIC FACIALS**

Thermal Organic Facial _____	30	\$79
Aloe & Bamboo Organic Facial _____	30	\$79

SERVICE	TIME	PRICE
---------	------	-------

**KIDS**

Bäcklo Back Massage _____	30	\$73
Bolónnáwa Kids Facial _____	30	\$73

**TEENS**

Bë ta bë ta Teen Facial _____	45	\$136
Érshewa Teen Massage _____	45	\$102

**TREATMENT ADDITIONALS**

Hydration _____	15	\$34
Renew _____	10	\$23
Refresh _____	15	\$34
Soothe _____	10	\$23
Warm _____	10	\$23

**ESSENCE SYNERGIES**

Clarify _____	\$8
Tranquility _____	\$8
Balanced Vibrations _____	\$8
Meditation _____	\$11
Life _____	\$11
Breath _____	\$8

*\*Prices include 13% VAT. Prices in USD.*



JAWA JUU SPA



The background of the slide features a faded photograph of a traditional lodge with a thatched roof, situated in a lush tropical forest. The lodge has a wooden deck and is partially obscured by dense foliage. On either side of the central image, there are vertical decorative borders. The left border consists of a repeating pattern of stylized, interlocking shapes. The right border features a series of repeating, downward-pointing triangular motifs. The overall color palette is muted, with greens and browns from the forest scene and greys for the decorative elements.

# Pacuare Lodge

[www.pacuarelodge.com](http://www.pacuarelodge.com)