



ABOUT US

Holis Wellness was founded in 1993. “Holis” the latin root for the word holistic defines our philosophy of giving attention and bringing awareness to the body as a whole entity. For over 15 years we have been providing our clients the highest quality experience in Manuel Antonio. We attribute our success to this integrated holistic approach.

The founder of Holis Wellness, Evelina Bolognini, is a second-generation bodyworker and has been devoted to holistic therapies since childhood. Following in the footsteps of her father, Evelina studied a wide range of therapies in her native country of Italy, the USA, and Costa Rica. Holis Wellness is the result of over 20 years of passionate study, research, and professional experience.

In order to maintain our standard of excellence our services provide:

Highly trained and skilled therapists and teachers

All natural freshly made products sourced locally

Top of the line massage oils

Highest standard of ethics and professionalism

Quality professional products, equipment, and instruments





OUR PRODUCT LINE



Our product line, ESSENTHYA, is part of our vision for an overall holistic lifestyle. Pure, undiluted, food grade botanicals are infused with the highest essential oils. The level of purity, freshness, and integrity of our product supports the skin on a cellular level and allows for absorption of key ingredients without polluting the body with harmful chemical substances.



Costa Rica's natural richness provides some of the most effective food for your skin. With 15 years of experience with Costa Rican botanicals we offer safe, effective, nourishing, pure products. Aloe Vera, organic raw honey, thermal mud, kelp seaweed, cocoa butter, and more biogenetic ingredients are sourced locally for the highest quality holistic treatment available.

OUR TEAM

Our therapists and teachers have been selected using particular criteria. Each practitioner is chosen based on comprehensive knowledge of body mechanics, body chemistry, and the emotional self and has the skills and experience to work with the client to create a symbiotic relationship of these elements through various therapeutic modalities.

It is through this awareness and knowledge that we support the needs of our clients.

Whether the desired effect is relaxation or a deeper therapeutic experience, we personalize our sessions to be as unique as our client.



MASSAGE THERAPY

Receiving massage is luxurious and relaxing, however the benefits extend beyond the surface. Bodywork strengthens the immune system, calms the nervous system, flushes toxins from the muscles reducing pain and tension, improves range of motion in joints, oxygenates tissues and internal organs, produces a toning effect on your skin, and releases natural endorphins from your brain that increases joy, peace, and relaxation.

TOTAL BODY AWARENESS



The more we understand our body and the mechanisms that cause injury the more committed we become to healing. With this concept we have created an **advanced form of massage therapy**. Total body awareness is a combination of therapeutic techniques including *Deep Tissue Massage, Osteopathy, Reflexology, Thai Massage, Myoskeletal Alignment Technique, Acupressure, and Neuromuscular Therapy*. Your session will begin with a holistic assessment where we collect vital information about the mechanical, emotional, and physiological aspects of your health. The information obtained will be used to create a customized therapeutic session. The goal is to create a more acute awareness of your being and an effective ease of movement and mind.



\$175 / 2 hours

HOLISYNERGIE

Combining techniques including Swedish, Deep Tissue, Reflexology, Neuromuscular Therapy, Energy Work, and more our highly trained therapists create a specialized session to meet your individual needs. Holisynergie is an unforgettable total being experience.

\$70 / 45 min \$85 / 60 min \$110 / 90 min
\$150 / 120 min

PURE BLISS

This incredibly relaxing Swedish massage uses light to medium pressure incorporating long, soothing, and fluid strokes to stimulate blood flow, oxygenation, and circulation to the tissues.



\$75 / 60 min \$100 / 90 min

PURE BLISS FOR TWO

Enjoy this signature massage with a friend or loved one. Two of our therapists will work side by side for a shared experience.

\$160 / 60 min \$200 / 90 min

UNPLUGGED

The ultimate anti-stress therapy. Two therapists will work in unison to stimulate and reset the nervous system to harmonize the rhythm of your body and allow for a deeper state of relaxation.

\$150 / 45 min

TRADITIONAL THAI Asokananda tradition

Through the application of acupressure points along energy lines and passive stretching movements performed with hands, feet, knees, and elbows your body experiences profound relaxation, increased flexibility, and energy. Please wear comfortable clothing.

\$115 / 90 min

REFLEXOLOGY

The healing art of Reflexology is a highly effective method used to restore and maintain natural equilibrium in the body. It can be used to alleviate many conditions including back pain, migraine, sleep



disorder, hormone imbalance, sport injury, and more. Included is a Reflexology chart with your personal assessment. 3,000 years of knowledge...at your feet.

\$65 / 45 min



FACIALS

We believe that a facial is more than just simple skin care routine. For this reason we combine organic, nourishing products used to balance, heal, and beautify. This relaxing experience uses specific massage techniques on the face and neck to benefit the condition of your skin. To enhance your experience we include hand foot and scalp massage with each session.



ESSENTHYA DELUXE

After evaluating the needs of your skin we custom blend active, raw, fresh botanicals to create a synergistic 6 step treatment. Included is our signature neck and face massage that will increase



blood flow and oxygen while enhancing active ingredient absorption.

\$75 / 75 min

ESSENTHYA MINI

Refresh and invigorate your skin after a day of activity in the tropics with the mini version of our signature facial.

\$45 / 45 min

ESSENTHYA HYDRATION

Rehydrate the skin with vital nutrients reducing damage from sunburn, windburn, and other free radicals. A very effective way to reduce redness, hydrate, and balance your skin while cleansing your pores of sunscreen residue. Included is a cooling peppermint foot massage.

\$60 / 60 min



BODY TREATMENTS

Experience the invigorating feeling of our unique treatments. All ingredients in our delicious Body Treatments are selected from the bounty of the Costa Rican rainforest delivering natural, effective, noticeable results. Included in every treatment is a selected facial mask and relaxing scalp massage.

CHOCOMOKACOCO

This delicious fragrant body wrap will firm and tone your skin with the slimming properties of caffeine. Sooth your body and senses in chocolate mocha

heaven and our organic honey facial mask. Followed by an application of our special chocolate mint lotion and scalp massage.

\$75 / 60 min

SPICY GINGER RUB

This detoxifying wrap uses the natural anti-inflammatory properties of fresh ginger root with soothing organic raw honey to stimulate your immune system, ease tension in sore muscles, and nourish dry skin. Included is an organic honey facial mask followed by an application of our invigorating rosemary lotion.

\$75 / 60 min



TROPICAL ENZYME POLISH

Fresh, delicate, and very effective, this body wrap gently polishes using tropical fruit enzymes infused with vitamin C to reveal healthier looking skin. Followed by an application of our uplifting lemongrass balm. Included is an organic honey facial mask and scalp massage.

\$75 / 60 min



ALOE MINT SMOOTHIE

Quench dry skin with our hydrating sun repair wrap. Freshly harvested aloe, cucumber, chamomile, and mint are combined with the healing properties of seaweed followed by an application of our aloe mint



serum. Included is our leave-in lavender hair conditioning treatment, scalp massage, and cooling cucumber facial mask.

\$85 / 60 min

MUDDY BUDDY

Remineralize, cleanse, and tone with the indigenous Thermal Mud sourced from the base of Costa Rica's Arenal volcano. This wrap offers you the synergistic effect of thermal mud infused with eucalyptus to draw out toxins, enhance immunity, and give your spirit a boost. Followed by an application of invigorating peppermint lotion. Included is our organic honey facial mask and scalp massage.

\$85 / 60 min



SLIMMING KELP COCCOON

Our slimming kelp seaweed wrap combined with grapefruit and lemon provides restoring qualities, visibly reduces puffiness, slims and tones the skin, and increases metabolism. Followed by an application of lemongrass lotion. Included is a seaweed facial mask and scalp massage.

\$85 / 60 min



MINT BLAST FOR LEGS AND FEET

Hot, tired, stressed legs and feet will welcome relief from our invigorating dry brush exfoliation followed with a massage with our cooling peppermint gel.



We then wrap with our exclusive aloe cooling mousse accompanied with a scalp massage.

\$55 / 50 min



HANDS AND FEET

We know how exposed your hands and feet are to the elements, especially here in the tropics. We pay special attention to these precious parts with our high quality products and treatments. We have very strict hygienic practices, using disposable equipment and OPI nail polish for professional results.

HOLIS SPA MAINCURE





Leave your hands...in our hands.

A complete hand treatment with exfoliation, hand massage, and polish.

Your hands will never be as smooth and soft!

\$35 / 45 min

HOLIS SPA PEDICURE

Put your feet up and relax!

Aromatic foot soak, exfoliation, and deeply relaxing foot massage with our cooling peppermint gel.

\$45 / 60 min



HOLIS SPA MANICURE & PEDICURE

\$65 / 60 min

MANICURE FOR MEN

A hand treatment specifically designed for men includes cleansing, shaping, cuticle treatment, buffing, and hand massage.

\$25 / 30 min



PEDI FOR MEN

Enjoy our HOLIS SPA PEDICURE designed for men with an extra long foot massage to unwind and relax.

\$35 / 60 min



COMBINATIONS

Discover how good it feels to be in your skin.

We have designed specific blends of our services to complement each other and enhance your experience. YOGA or PILATES classes can be ad to any Combination at a discounted rate (10%)



DETOX SYSTEM



HOLISYNERGIE Massage

MUDDY BUDDY Body treatment

ESSENTHYA Facial

\$165 / 2 hours

REFRESH

ALOE MINT SMOOTHIE Body treatment

ESSENTHYA HYDRATION Facial

HOLIS SPA Manicure

HOLIS SPA Pedicure

\$190 / 2.5 hours

THAI HEAVEN

ESSENTHYA MINI Facial

THAI Massage

HOLIS SPA Pedicure

\$210 / 2.5 hours



HEAD TO BLISS

CHOCOMOKACOCO Body treatment

UNPLUGGED Massage

ESSENTHYA Facial

HOLIS SPA Pedicure

\$250 / 3 hours



Packages may not be shared

Make your own combination and receive a 10% discount



SPA PARTIES

We deliver the experience, knowledge, and passion of The Holis Wellness Team to your vacation rental, villa, hotel, or home offering the highest quality spa party available.

Pamper yourself in the privacy of your own space with the convenience, relaxation, and fun of an unforgettable spa experience. Whatever the occasion: holiday, birthday, bridal shower, pool party, or corporate getaway, we can meet your party



needs. Chose from our spa party list or contact us for a customized combination

YOGA or PILATES classes can be ad to any SPA PARTIES at a discounted rate (10%)



LET'S SPARTY

Share an unforgettable experience with friend and family in the privacy and comfort of your own space

Treatments:

ESSENTHYA Facial

HOLISYNERGIE Massage (60 min)

Choice of: CHOCOMOKACOCO, SPICY GINGER RUB, TROPICAL ENZYME POLISH

HOLIS SPA Manicure

HOLIS SPA Pedicure

\$250 each person - 3.5 hours



PURA VIDA

Warm breeze lush surroundings and great spa treatments....pure pampering Costa Rican style

Treatments:

ESSENTHYA MINI Facial

PURE BLISS Massage (60 min)

Choice of: HOLIS SPA Manicure or HOLIS SPA Pedicure

\$150 each person - 2 hours

SHARE THE MAGIC

This duo package caters to the couple seeking quality time together in an intimate setting.

Treatments:

PURE BLISS Massage (90 min)

CHOCOMOKACOCO Body treatment

HOLIS SPA Pedicure

\$450 each couple - 3.5 hours



TRADITIONAL PILATES

Simply the most effective way to exercise.

Maximize your results and build a powerful core stability and strength

Following a precise sequence of core strengthening movement you will improve your posture and learn how to be more effective on any other type of exercises and activities .



Pilates complements any rehabilitation program and competitive performances

PILATES MAT **Level One**

Learn the principles of Pilates . Centering, Concentration, Control, Precision, Breath, and Flow. Take yourself through a flow of movement, using the sequence of exercises that Joseph Pilates designed to strengthen the powerhouse or core muscles of the body. You will be led through this sequence learning to use your own body's resistance. Led with proper deep breath-work and efficiency of movement, you will gain core awareness, coordination, flexibility, improved posture and grace. Modifications will be given for beginner levels and healing injuries.



PILATES MAT **Level Two**

Take your Pilates practice further by adding exercises to the level one line-up. Using props to add resistance, increasing challenge , strength, and stamina. Experience an increase in flexibility, strength self awareness and FUN

PRIVATE SESSION





relieve the body of physical and emotional stress. Open new doors for self-discovery.

YOGA INTEGRAL

Join us with an open heart and an attitude for exploration and fun. Yoga Integral is a combination of Hatha Yoga, visualization, hypnotherapy, active meditation, and Pranayama (breath), aim to generate strength and concentration .



This meditative practice will take you into a deepened awareness of self

YOGA FOR TWO

This practice of partner yoga brings together body postures, conscious breathing, touch, intimacy, trust, and communication. Share and explore yoga from a different perspective. As Carl Jung stated, “Like on any chemical reaction, when two things come together, both are transformed”.



Share your Yoga!

RESTORATIVE YOGA

With the help of props including bolsters, blocks, and belts this passive yet effective yoga practice opens the body with awareness. Specifically indicated for beginners, elderly, and those with physical limitations. We welcome students of any level of

practice to explore their body in a loving and gentle way.



VINYASA

In this Iyengar based deep Vinyasa Yoga class we bring concentration to syncing movement and breath while focusing on finding *your* pose. A comprehensive guidance through the proper alignment of

each pose will give you the tools to move through your practice with grace and power. Each class includes a specifically designed balance of standing poses, seated poses, twists, inversions, sun and moon salutations to provide a strength and core building practice.



Group classes \$ 15 each person
(minimum 4 people)

Couple classes \$ 45 each couple

One on one classes

\$ 65

Class length is 75

minutes



RESERVATION & CANCELLATION

24 hour booking notice is preferred for most treatments.

Spa Parties requires 48-hour notice.

Cancellation must be made 24 hours prior to appointment or a 50% fee will be applied.

No show fee is 100% of scheduled treatment or class

For more information or reservation

please contact us

Office 27770939