



# FINCA ROSA BLANCA COFFEE FARM & INN

## Tours and Excursions



***Valid from November 15<sup>th</sup> 2024 to November 14<sup>th</sup> 2025***



Dear Guest:

We are pleased that you have chosen to spend your holiday with us at Finca Rosa Blanca. We hope that we will be able to provide you with exceptional service in peaceful and relaxing surroundings.

We offer you this book of information about the hotel and our services to enhance your visit and help you create a wonderful experience. We hope that these guidelines will help to make your vacation at Finca Rosa Blanca outstanding and to clarify any questions that may arise during your stay.

Our staff is available for any questions or to provide assistance regarding our coffee plantation and tours, activities, environmental efforts, local restaurants and more. Please let us know if there is anything else we can do to make your stay more enjoyable.

¡Muchas Gracias!

Teri & Glenn Jampol, Owners





## Map of our Hotel grounds





## Tours and Excursions with Finca Rosa Blanca.

*Finca Rosa Blanca is delighted to offer our guests day trips, tours, and excursions to a variety of activities and attractions in this region of Costa Rica. Adventurous guests will want to hop on a famous Costa Rican zip line through the rainforest or raft through high-energy roaring whitewater on a nearby river. Trek through the cloud forest at a national reserve for a spectacular view of a sleeping volcano. For those who love new taste experiences, they will love a stroll through our organic coffee farm, a visit to a pineapple and spice farm or an indulgent chocolate tasting. There is something for everyone.*

## Cancellation policies:

**All Finca Rosa Blanca's tours and excursions include a bilingual guide and transportation. Entrance fees, donations and lunch are not included. The tours require previous reservations. 100% cancellation fee if canceled the same day of the activity.**

*Experiences vary in length and level of difficulty. Tours and guides book up quickly and are customized to the needs of our guests, so please reserve your personalized tour in advance of your stay. For large families or groups, please note that our van accommodates up to 6 people. We have 2 baby seats available for general transfers and for tours.*

*We welcome single travelers at Finca Rosa Blanca. **Please note that all our tours do require a minimum of 2 people** (or payment for 2 people). If you are traveling independently and would like to join another couple or a group on a tour to avoid the additional fee, please ask at the front desk, and we will do our best to accommodate you.*

*We don't offer cash refunds*

**All volcano tours must be purchased in advance from the National Park system. The guest can choose to use the credit card on file with the hotel or another card of your choice. Please provide a copy of your passports to purchase the entrance to the park**

### Half Day Tours

Our Half-Day Tours leave Finca Rosa Blanca either in the morning (7:00-8:00 AM), or noon (12:00-1:00 PM), unless otherwise noted. Guests may elect to enjoy a meal at a local "típico" Costa Rican restaurant along the way or return to Finca Rosa Blanca for lunch. Two half-day tours may be combined for a full-day experience. See below or ask your guide for experiences that can be combined (in the same vicinity). Please bring pocket money for lunch.

### Full Day Tours

Our Full-Day Tours leave Finca Rosa Blanca from 7:00-8:00 AM (unless otherwise noted) and return to Finca Rosa Blanca around 5:00 PM. Guests will be invited to enjoy lunch at a local "típico" Costa Rican restaurant in between activities while out and about. Full-Day Tours are \$90/person for Transportation + Venue Entrance or Activity Fee. Please bring pocket money for lunch.

## Finca Rosa Blanca Exclusive Tours

### Finca Rosa Blanca Coffee Farm Tour (on site)

Santa Bárbara, Heredia Province



Take a short nature walk through Finca Rosa Blanca's organic sustainable coffee farm and witness the entire process of plant development, cultivation, harvest and roasting. Understand the ecology behind shade-grown coffee production and appreciate the symbiotic relationships among the flora and fauna. In Finca Rosa Blanca's *beneficio* (production facility) and roasting house, you'll see first-hand the long journey of coffee berries: washed, sorted, dried, roasted, and then onto your kitchen table. Learn how the experts evaluate and rate gourmet coffee by participating in a coffee "cupping" session with our knowledgeable guides. Bags of our freshly roasted shade-grown organic coffee are available for purchase after the tour.

This is a shared activity (maximum is 12 people per group) and it consists of a walk of approximately 1.5km in the coffee plantation.

Some of the areas have uneven terrain and there are a couple of sections where you go downstairs approximately 160 steps, and then you go upstairs 170 steps. The whole time, you will be with our expert coffee guide.

tasting (catacion).

The coffee tour is an interactive tour which ends with a coffee

**Tour times: 8:30 AM and 1:00 PM (Approx. 2.5-hour tour)**

Minimum of 2 people. Maximum of 12 people for cupping.

**Cost:** Tour: **USD \$65 + tax per person** (children under 11 free), Maximum 2 children per reservation

The total duration of the tour is about 2.5 - 3hours. We recommend sneakers or hiking shoes, comfortable clothing, repellent and a bottle of water.

\*Although this is an outdoor nature walk through our farm, it is not designed for small children due to the ongoing discussion and complexity of the guided presentation and cupping. However, you are welcome to bring your children



## Cultural Highlands Tour

### Heredia Province



Get a taste of Costa Rican culture and history on this walking tour through the local colonial towns of Barva and Heredia. Famous mask-makers in the town of Barva still pass on the traditions of mask-making for annual community holidays - Costa Rica's equivalent to Mardi Gras. Stop by an artist's studio to watch the evolution of handmade giant puppet costumes which are typically worn by festivity-goers in parades and public dances. Visit the Roman Catholic Church of San Bartolome, built in 1575, which serves as a local parish. A third stop in the town of Heredia, the provincial capital founded in 1706, includes a stroll around the town center to view Heredia's Spanish colonial-style landmarks. Experience the sights, smells, and sounds of the Central Market; crowded and bustling, and filled with exotic fruits, vegetables, spices, and herbs. A final visit to the *Museo de Cultura Popular* provides a trip back in time to colonial Costa Rica. Participants can elect to try some snacks at the Central Market or stop at a "típico" local Costa Rican restaurant in the neighborhood for lunch.



**Tour times:** 9:00 AM and 1:00 PM (3-4 hours)

Minimum of 2 people. Maximum 2 children.

Appropriate for: All ages

Level of Difficulty: Easy

What to Bring: Comfortable walking shoes, camera.

**Cost:** USD \$75 + tax per person.

\*Please bring some pocket money if you would like to stop for a local Costa Rican lunch or buy a souvenir at the market



## **Garden of Eden: A Birdwatcher's Paradise** (onsite)

Santa Bárbara, Heredia Province

In the highlands overlooking Costa Rica's central valley, Finca Rosa Blanca is fortunate to be surrounded by a diverse collection of resident wildlife within a tropical ecosystem. Take a stroll with our knowledgeable naturalist guide through the grounds of Rosa Blanca and the surrounding area at dawn to experience the wealth of bird-life in our own backyard. We have spotted more than 165 species such as Wild Crimson Fronted Parakeets, Mot-Mots, and Montezuma Oropendolas.

**Tour time:** 6:00 AM (2-hour walk). Minimum of 2 people,

Appropriate for: All ages

Level of Difficulty: Easy

Can combine with: Any full or half day tour leaving at 8:00 AM.

What to Bring: Closed-toe walking shoes, bug repellent, camera, binoculars.

**Cost:** \$35 + tax per person; free for children under 11 maximum 2 children per reservation.





## Experience Poás Volcano- and its Cloud Forest

### Alajuela Province

Less than an hour's drive from Finca Rosa Blanca, Poás Volcano, in Alajuela Province, rises to 8,885 feet. A short walk to an overlook viewing platform provides a spectacular opportunity for photographs and breathtaking views. Poás Volcano is an active volcano with three craters; one is the second largest crater in the world- bubbling with active fumaroles and a simmering lake. The Poás Volcano National Park contains a dwarf cloud forest, and you can stand on the Continental Divide, which means rain to the West of the divide flows to the Pacific Ocean and rain falling to the East flows to the Caribbean Sea. The Crater



Lake is one of the most acidic lakes in the world because of hydrochloric and sulfuric acid in the water from the percolating gas emissions. Sightings of the 79 species of birds that have been identified inside the protected zone including the quetzal, emerald toucanet, black guan, and countless hummingbirds.

### Park Regulations for visiting Poás Volcano:

The Park will be open to all people, however they DO NOT recommend children under 6 years of age, or elderly people who have mobility problems, people who have respiratory problems, such as asthma and others, or heart problems.

- Only people who have made a previous reservation may enter the Volcanic Area





- Visitors may enter groups of 50 people and may be 30 - 40 minutes maximum in the area of the viewpoint of the main crater.

- If the respective authorities consider that at some point it is necessary to close and evacuate the Volcano, there will be no refund of the money paid for the entry, the closure may be for an indeterminate time, however if it is momentary, the visitor may make use of their Admission right in the following days or even the same day.- Without exception, all visitors will have to sign a waiver, and wear a safety helmet before entering the Volcanic area.

**Tour times:** previous reservation is required

Minimum 2 people.

What to Bring: Comfortable walking shoes, camera Sturdy walking shoes, poncho or lightweight rain jacket, umbrella, camera.

**Cost: USD \$65 + tax per person (Transportation) + entrance fee (payable with the credit card on file on your reservation and have to be purchased in advance)**

## Sibú Artisanal Chocolate Factory Tasting

San Isidro, Heredia Province
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At this artisanal chocolate tasting at Sibú Chocolate, guests embark on a fascinating journey through the history of cacao, from its origins as a sacred food of the gods to its use as a regional currency up to the 19th Century. Find out how Europe transformed chocolate into the bars and bonbons we all enjoy today. Hear about the rebirth of chocolate as an artisan treat packed with antioxidants. During the visit, you will savor Sibú's gourmet truffles filled with uniquely Costa Rican ingredients. (Wine pairings available). Discover Sibú Chocolate's commitment to organic and local farmers, and their innovative approach to sustainable packaging. After the morning presentation, guests may elect to stay for lunch at Sibú's Garden Café with farm-to-table casual fare.

**Tour times:** 10:30 & 11:30 AM Tuesdays through Saturdays (departure from Finca Rosa Blanca) 2-hour tasting demonstration. Must be booked 48-hours in advance. **Minimum of 2 people.**

Appropriate for: All ages\*

Can combine with: Garden of Eden: A Birdwatcher's Paradise, Toucan Rescue Ranch, Zoo Ave Wildlife Conservation Center, and The Ark Herb Farm

What to Bring: A good appetite!

**Cost: USD \$60 + tax per person (transportation)**  
**USD \$35+ tax per person (tasting) pay on site.**

\*\*If you are combining Sibú Chocolate Factory Tasting tour with another activity, you will need to take a Finca Rosa Blanca guide with you for a full-day experience. If you are returning directly, a private transfer can deliver you to and from Sibú, and you can tour on-site with their chocolate guides.

## Evolution of Chocolate Tour: Tirimbina National Reserve

Sarapiquí Region, Heredia Province
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At the Tirimbina Reserve, guests can make their way through the rainforest to a special area of the reserve previously used as a cacao-growing segment. On arrival at this area of the reserve, Tirimbina cacao-guides will demonstrate the artisanal process by which cacao fruit is transformed into chocolate: harvest, fermentation, drying and (of course) tasting! Learn the history of chocolate consumption and try a sip of drinking chocolate typical of pre-colonial times, prepared with flavorings such as vanilla, chili peppers, honey, cinnamon, and allspice. Guests may elect to stop on the way for a “típico” lunch at a local Costa Rican restaurant.

**Tour times:** 8:00 AM (departure from Finca Rosa Blanca).

**Minimum of 2 people.**

Appropriate for: All ages



**What to Bring:** Sturdy walking shoes, bug repellent, camera.

**Cost:**

**Transportation:** USD \$115+ tax per person

**Entrance Fees:** USD\$30 +tax/per person

**Chocolate Tour**

## Costa Rica Meadery and Ark Herb Farm Tour and Tasting (half Day)

Santa Barbara de Heredia, Heredia Province



### **Ark Herb Farm**

Visit one of the most comprehensive collections of medicinal herbs, exotic tropical plants, and trees from around the world in a beautiful botanical garden setting on the expansive grounds of a nursery plant and farm. Gain insight into natural healing properties and various uses of native plants shared by resident biologist and naturalist guide while you take a moderate nature walk through the landscape. Guests may elect to stop on the way for a “típico” lunch at a local Costa Rican restaurant.

Tour times: Open Monday-Saturday 7:00AM – 4:00 PM,  
Sundays 9:00 AM – 3:00 PM. 2.5-hour tour.  
**Minimum of 2 people.**

Appropriate for: All ages

What to Bring: Sturdy walking shoes, bug repellent, camera.

**Cost:**

**Transportation: \$50 from 1 up to 3 people.**

**Entrance Fee: PAY ON SITE**



## **Nature and Adventure**

### **Toucan Rescue Ranch (half-day)**

San Isidro de Heredia, Heredia Province



The Toucan Rescue Ranch is a non-profit rainforest wildlife rescue, rehabilitation, and release organization. The focus is on the care, rehabilitation and the study of Costa Rican toucans, scarlet macaws, owls, wild cats, sloths, and other wildlife which they have received from park rangers, the environmental department and other government agencies. The animals are given a loving home with the goal of providing appropriate medical treatment, rehabilitation and when possible, returning them to their wild and natural environment. Come visit these beautiful native creatures up close and support our local conservation efforts. Guests may elect to stop on the way for a “tipico” lunch at a local Costa Rican restaurant.

people.

**Tour times:** Please book 48 hours in advance. **Minimum of 2**



Appropriate for: All ages

What to Bring: A camera.

**Cost:**

Transportation : USD \$60 + tax per person.

Entrance : USD \$37+tax per person

(The entrance must be purchased in advance through the website for yourself )

## Zip Line Canopy Adventure at Pozo Azul

Sarapiquí, Heredia Province
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Join our friends at Pozo Azul for a Zip line Canopy Adventure located on a large reserve on the Sarapiquí River. The canopy tour has 9 platforms suspended around gigantic oak trees, typical to old growth forests. The cables used in the zip-lining activity are galvanized stainless steel. The length of these go anywhere from 60 to 900 feet, and most of them are suspended in the canopy and traverse wild tropical rivers and cascading waterfalls. The tour is focused on nature conservation and the beautiful Costa Rican rain forest. All safety precautions are taken to ensure everyone's comfort and wellbeing. For spouses or family members who are not keen on zip lining but would like to stay together for the day, there is a river float trip, horseback riding or a walk around the reserve or the organic farm.

Tour times: 9:30 AM, 11:30AM and 2:30PM 2-hour tour. **Minimum of 2 people.**

Appropriate for: All ages; (young children can zip line with an adult)

Level of Difficulty: Easy/Moderate

What to Bring: Sturdy closed-toe shoes, a jacket, and insect repellent.

**Cost:**

**Transportation: USD \$125 + tax per person.**

**Entrance Fee: USD \$70+tax / per person (paid onsite)**



## **Sarapiquí River Float**



Sarapiquí, Heredia Province



Northeast of Finca Rosa Blanca, towards the Caribbean coast, the Sarapiquí River runs through a variety of environments - tropical wet forest, mountains, and pastures. The river has nice calm sections that are perfect for leisurely, safari-style floats, aimed at exploring the river's vibrant ecosystem. Throughout your 2-hour boat cruise, be on the lookout for wildlife in the water and on the land. You may be able to see monkeys, iguanas, sloths, crocodiles, alligators, otters, and a variety of bird species. Your guides will help you spot animals and explain the ecological significance of the surrounding area. Guests may elect to stop on the way for a "tipico" lunch at a local Costa Rican restaurant.

**Tour times:** 7:00 AM (leave Finca Rosa Blanca). 2-hour boat tour. **Minimum of 2 people.**

Appropriate for: All ages

What to Bring: Camera

**Cost:**

**Transportation: USD\$125 +tax per person**

**Entrance Fee: USD \$67+tax/per adult**



## Whitewater Rafting

### Sarapiquí River

Pozo Azul, Sarapiquí, Heredia Province



The Pacuare and the Sarapiquí are considered two of the most beautiful rivers in Costa Rica, and two of the best whitewater rafting rivers in the world. We will leave early to Pozo Azul where you will board the rafts to experience the rapids of the Sarapiquí River. You can choose a challenging adventure for the physically fit and experienced rafter with 12 class IV rapids in 11km. Or opt for class II and III rapids over 13km.

The Pacuare river has vigorous class III-VI rapids, so be ready for some wet and wild fun. You will travel to Turrialba, a town where river guides will be waiting for you with the equipment to start your rafting adventure.

On each river a participant will receive a life jacket, a helmet, an oar, and comprehensive safety instructions about white water rafting.

You will return back to Finca Rosa Blanca around 5:30 or 6:00 PM.

**Tour times:** early morning departure from Finca Rosa Blanca. **Minimum of 2 people.**

Appropriate for: Adults and families with children over 12

What to Bring: Rubber-soled shoes, swimsuit, shorts, hat, towel, waterproof sunscreen, an extra change of dry clothes for after rafting.

**Cost:**

**Transportation: USD \$125+ tax per person**

**Activity Fee: USD \$100/per person Whitewater Rafting activity fee**



**Carara National Park Forest Walk**

Carara, Puntarenas Province





Relatively small, (4,700 Hectares) the significance of Carara National Park stems from its geographical location in a transition area between the tropical dry forest region to the north, and the more humid pacific rainforest to the south. Carara has flora and fauna from both ecosystems and the virgin forest that covers most of the park is the ideal environment for such rare wildlife as the scarlet macaw, the collared aracari and three species of monkeys. Complete with a paved footpath, Carara National Park Forest Walk is a very accessible experience for folks with mobility challenges, or young children or folks wanting a rainforest experience that is not strenuous. The forest walk is approximately 1 mile each way, but can be modified to meet the needs of our guests. Guests may elect to stop on the way for a “tipico” lunch at a local Costa Rican restaurant.

**Tour times:** 7:00 AM (departure from Finca Rosa Blanca). Mornings only.

**Minimum of 2 people**

Appropriate for: All ages. Level of Difficulty: Easy/Moderate

What to Bring: Sturdy walking shoes, poncho or lightweight rain jacket, umbrella, camera.

**Cost:**

**Transportation:** USD \$115+ tax per person  
**Entrance Fees:** (payable with the credit card on file on your reservation and have to be purchased in advance)

\*Please bring some pocket money if you would like to stop for a local Costa Rican lunch.



**Braulio Carrillo National Park Forest Hike (Quebrada Gonzalez area)**

Heredia Province





Braulio Carrillo National Park is 108,970- acres of pristine evergreen tropical forest in the central highland of the country. It ranges from windswept cloud forest at higher elevations to lowland rain forest. While hiking the rugged trails, you are guaranteed to see a myriad of wildlife, possibilities include more than 500 species of birds, from hummingbirds to toucans, and almost 150 animal species including, monkeys, peccaries, and anteaters. The moderate natural trail hike is 2-3 miles long. Guests may elect to stop on the way for a “típico” lunch at a local Costa Rican restaurant.

Tour times: 7:00 AM (departure from Finca Rosa Blanca)

**Minimum of 2 people**

Level of Difficulty: Moderate

What to Bring: Sturdy hiking shoes, lightweight jacket or poncho, umbrella.

**Cost:**

**Transportation USD \$115+ tax per person.**

**Entrance Fee: (payable with the credit card on file on your reservation and have to be purchased in advance)**

\*Please bring some pocket money if you would like to stop for a local Costa Rican lunch



## **Irazú Volcano**

Cartago Province



Reaching 11,256 feet, Irazú Volcano is Costa Rica's highest volcano with four craters, each with its own fascinating characteristics. On a clear day one can see both the Pacific Ocean and the Caribbean Sea. At Irazú, you can drive up directly to the top of the crater/lookout point. There is no major hiking involved up to that point but be sure to bring a camera for some spectacular views. This stop is usually combined with one of these other local outdoor activities for a full-day tour. (Easy)

### **Nature Walk in Prusia Sector of Irazú Volcano National Park**

Near the volcano is Prusia, a sector of the Irazú Volcano National Park, and covered with exotic forest and 16 kilometers of walking trails open to the public. If you are a lover of birds, more than 46 species have been inventoried in this sector, such as the woodpecker, the hummingbird of Irazú, the tangara cejiblanca, and even Quetzales. (Moderate)

### **Orosi Valley**

On the way back from Irazú, you may choose to pass through the town of Orosi, where you will visit Costa Rica's oldest colonial church. Lunch will be enjoyed at a local típico casual Costa Rican restaurant in between site stops. (Easy)

Guests may choose 2 of the sites in this area for a full day tour:

Tour times: 7:00 AM (departure from Finca Rosa Blanca) to Irazú area.

**Minimum of 2 people.**

Appropriate for: All ages

What to Bring: Sturdy hiking shoes, jacket, camera, umbrella.

**Cost:**

**Transportation: USD \$125+tax per person.**

Entrance Fee: **(payable with the credit card on file on your reservation and have to be purchased in advance)**

## **CULTURE**

## San José City Tour

San José, San José Province



Take a drive into Costa Rica's capital city for this urban walking tour of some of Costa Rica's museums and exhibits unique to this region. This walking tour includes a stop at the famous National Theater, the Gold Museum, the Jade Museum of pre-Columbian artifacts, and concludes with a stop at the San Jose Central Market, an entire city block overflowing with local color, flavors, and sights. Guests may elect to grab a snack at the Central Market or at a local "soda" (casual Costa Rican diner) before heading back to Finca Rosa Blanca.

If there is a specific San José Museum of interest, please consult with your guide to customize the walking tour to your preference. Other city museums include Museum of Costa Rican Art, Numismatic Museum, National Museum of Costa Rica, Children's Museum and National Art Gallery, Museum of Contemporary Art & Design, Museum of Spaces, Forms & Sounds.

**Tour times:** 9:00 AM (3-4 hours) Days vary by museum, please check with your guide in advance to confirm that

museums are open on your preferred tour day.

Appropriate for: All ages.

**Minimum of 2 people**

What to Bring: Sturdy walking shoes, camera, umbrella.

**Cost:**

**Transportation: USD\$ 65 + tax per person**

**Exhibits: Entrance fee, may apply.**

\*Please bring some pocket money if you would like to stop for a local Costa Rican lunch

## Town of Sarchí: Visual Delights

Sarchí, Alajuela Province







The town of Sarchí is famous for the intricately detailed, hand-painted oxcarts still used here in Costa Rica during festivals; and is a major artisan center known for its many hand-crafted wooden items. We take our guests on a visit to the Eloy Alfaro Oxcart Factory, complete with a traditional wood-working studio and age-old methods for crafting wagon wheels, furniture, and beautiful home goods.

Our second stop in Sarchí is the Else Kientzler Botanical Garden, a private

estate owned by the German Kientzler family, originally renowned for their plant and landscaping greenhouses across the Atlantic. We take a lovely walk on meandering paths, which exhibit the diversity of plant life in the tropics. Their collection includes over 2,000 different types of plants from Costa Rica and around the world.

**Tour times:** 8:00 AM (departure from Finca Rosa Blanca). **Minimum of 2 people.**

Appropriate for: All ages

What to Bring: Walking shoes & camera.

**Cost:**

**Transportation: \$90+tax per person**

**Entrance Fee: May apply.**

\*Please bring some pocket money if you would like to stop for a local Costa Rican lunch



## ACTIVITIES TO ENJOY AT FINCA ROSA BLANCA

**Coffee Connoisseur's Prix-Fixe Menu (Dinner)**



Experience coffee in a multitude of culinary transformations – both savory and sweet – at El Tigre Vestido, our upscale open-air eatery overlooking the lush Central Valley. The menu includes a 4-course meal, including amuse-bouche, starter, main and dessert. We are happy to accommodate dietary restrictions or allergies. **The cost is: \$85 per person for dinner without. With wine pairing \$150 per person. Please book 48 hours in advance, or when you book your Inn reservation.**

### **Un Cafecito: Afternoon Coffee Costa Rican Style**

Come and join us for complimentary Finca Rosa Blanca organic estate-grown coffee brewed with a Costa Rican *chorreador* and served with or without hot milk and freshly baked cookies or muffins. Daily from 3:00-4:00 PM at El Tigre Vestido restaurant bar. No reservations necessary.

### **Yoga Classes**



You are invited to join our **private** yoga classes. Our bilingual instructors are certified yoga teachers with many years of experience. Yoga mats are available for your use.

Private yoga classes are available upon request: \$40/per person (please inquire at the front desk).



*Respect for the uniqueness of each individual is the foundation of our spa experience.*

*Our highly trained experienced therapists are committed to excellence, infused with enthusiasm and take pride in delivering personalized, dedicated service. Our therapies combine both ancient and contemporary techniques in a natural manner. They are designed to bring balance and equilibrium to meet the needs of everyone.*

**SPA TREATMENTS ARE AVAILABLE FROM: 11:00 AM TO 8:00 PM**

**Please note that prices do not include taxes.**

**Please book your session well in advance.**

Please contact us to make your reservation or send us an email: [info@fincarosablanca.com](mailto:info@fincarosablanca.com)





## **Preferred Massage and Body Work Services**

*We offer a variety of massage techniques to provide the right therapy for your needs and desires.*

### **Traditional Swedish Massage**

**30 min \$75, 50 Min \$100 or 80 min \$150**

*The Swedish massage is an ideal treatment to release muscle and tissue tension. Our therapists combine their unique skills to personalize each treatment.*

### **Hot Stones Massage**

**50 Min \$100 or 80 Min \$150**

*Experience the healing powers of the stones, traditionally recognized as a powerful tool to combine with massage techniques to balance your body.*

### **Deep Tissue Massage**

**50 Min \$100 or 80 Min \$150**

*Great slow and deep muscle manipulation combined with special holistic Kinesiology work. The session incorporates gentle stretches, consistent contractions, which will effectively detoxify your tissues.*

### **Lymphatic Drainage Massage**

**50 Min \$100**

*This gentle massage helps to drain toxins from your body and enhances the immune system. The massage incorporates very light pressure, as well as long, gentle, rhythmic strokes and soft pumping movements in the direction of the lymph nodes*

### **Indian Head Massage & Foot Reflexology**

**60 Min \$100**

*A simple yet very effective therapy that provides relief from aches, pains and tension and brings relaxation to the neck, shoulders, head and face. As it stimulates your nerve function, reflexology generates a deep tranquil relaxation that helps the body balance itself and allow healing energy to flow. This treatment can be effective to relief ailments such as (but not limited to) back pain, migraines, arthritis, insomnia and digestive problems.*



## **Body Treatments**

### **Coffee & Chocolate Scrub**

**60 Min \$100**

*Body scrubs exfoliate your skin, removing dead skin cells and promoting growth of new ones. The process of scrubbing also stimulates circulation and movement of lymph, helping to fight cellulite and improving skin tone.*

*Made with premium organic coffee from our farm, this aromatic and delicious handmade body scrub contain antioxidants that detoxifies, exfoliates, rejuvenates and revitalizes creating a delicious experience, leaving your skin glowing with health and radiance. 100% Naturally*

### **Aloe & Lavender Sugar scrub**

**60 Min \$100**

*Aloe Vera it is revered as a sort of miracle plant due to it is many health and beauty benefits. Aloe Vera is mega moisturizing because it contains about 95.5 percent water, but it is absorbed into the skin about four times faster than water does. It's also packed with lots of healing vitamins, minerals, amino acids, enzymes*

### **Volcanic Mud Wrap**

**60 Min \$110**

*Body wraps draws toxins from the body and helps tone skin by removing excess fluid from the body. The treatment entails wrapping your torso, arms and legs using organic ingredients. This treatment promotes sweating and enables extra fluid trapped in the small spaces between tissues to be expelled. Body wraps activate the lymphatic system thereby promoting detoxification and boosts metabolism.*

*Mud wraps are known for increasing circulation and removing toxins from the skin, thereby tightening and firming skin texture. Muscle relaxation and pain relief are additional benefits that have been associated with the mud body wrap.*

### **Aloe Vera & Tea Tree Body Wrap**

**60 Min \$100**

*Aloe Vera particularly beneficial for dry or mature skin or people suffering from eczema, psoriasis, sun or climate damaged skin. Tea tree, also known as melaleuca, is well-known for its powerful antiseptic properties and ability to treat wounds. This pure and natural essential oil and Aloe Vera are the perfect way to soothe the mind, ease tired muscles and let your skin feeling soft and replenished.*



## **Facials**

### **Hydrating Facial**

**60 in \$100**

*Hydration is the foundation of healthy skin, regardless of skin type. To prevent premature aging and to keep your skin radiant and glowing, hydration is the key.*

### **Luxury Mini facial-**

**30 Min \$75**

*For a really quick relax and rejuvenate. This facial includes cleansing, toning, exfoliation, mask and a moisture application leaving your skin feeling clean and fresh.*

## **Spa Packages**

### **Gentleman Tonic**

**90 Min \$160**

*Indulge in a Sea Salt, Eucalyptus and mud body scrub and be relaxed with a tension relief hot stone back massage and express men's facial. This treatment Rejuvenate your skin and your spirit!!! This experience is complemented by a refreshing "Mojitico" prepared by our bartenders in El Tigre Vestido Restaurant.*

### **Pura Vida Coffee Detox**

**90 Min \$175**

*This treatment has been created to help detoxify your body and mind. First you will receive our relaxing Swedish massage and then you will be pampered and soothed in a whole-body mask of organic coffee, vanilla and chocolate scrub. Finish your marvelous experience with our luxury mini facial. To complete this delicious treatment, finish your spa session in our restaurant El Tigre Vestido delighting with our "Rosa Blanca Cappuccino Martini".*

## **Upon Request**

### **\*Private Yoga Sessions**

### **\*Gift Certificates**

*The Spa team can assist you in choosing spa services and treatments, including the proper sequence. Please book your appointment as early as possible to ensure treatments and times are available*

### **Payment Policy**

*Full payment is required 4 hrs. prior to reservation date by credit card (VISA, MC or, Amex)*





## **Cancellation Policy or No Show**

*We cannot make refunds or offer credit for missed reservations, including personal health problems or reasons making it impossible for the guest to arrive on time or at all. However, if the Inn has to cancel the spa session for any reason, a full refund will be provided by the bank on your credit card. We do not provide cash refunds.*

*Appointments can be rescheduled with a minimum of 24 hours' notice, based on staff availability.*

*\*Bear in mind that arriving late will simply reduce the time of your treatment.*

*\*Depending on the length of your treatment, a very late arrival may constitute a no-show, and the full price of the service will be charged to your account or credit card.*

*\*In case of not canceling or modifying the reservation according to the cancellation policy, you will be charged the full amount of the reserved treatments.*

*\*Please advise us of any health conditions, allergies, or injuries that could affect your service when making your spa reservation. Certain treatments are not recommended if you have recently eaten, and no treatment will be given to any guest under the influence of alcohol or drugs. Shaving prior to exfoliation or spa service when sunburned should be avoided. At the time of booking, please advise if you have high blood pressure, allergies or physical disabilities.*



**ENJOY YOUR VISIT!**