

9.944651, -85.656015

T I E R R A M A G N I F I C A

C O S T A R I C A

Journey to Wellness: 2024 High Season

Pre-arrival

Prior to travels to Tierra Magnifica, our Wellness Concierge will be in touch with you to review your health and wellness goals. We then will curate your wellness vacation with the therapies and practitioners, and the activities that fit your vision. The following is an example, not a set package. Each wellness vacation is unique and personalized to the guest.

Day 1

Arrival to LIR International Airport

Our private driver will pick you up at the airport and take you to your hotel, Tierra Magnifica. The drive is about 2.5 hours.

We have reserved 5 night for you at Tierra Magnifica Boutique Hotel, in an ocean-view Vista King Suite. The rate includes a welcome drink and appetizer, full a la carte breakfast, access to the Beach Club, daily morning yoga classes and personal guest laundry service. www.tierramagnifica.com

Relax, breath and enjoy a welcome appetizer and artisan cocktail/mocktail, and take in the views and vibe

Experience a wellness dinner that nourishes both body and soul. Our thoughtfully crafted menu is a journey into delicious, healthful dining that promotes well-being. Specific dietary concerns or desires will be accommodated.

Day 2

Wake to the sun cresting the hills and the sound of the howler monkeys calling to each other. We have coffee and tea in your room for you to enjoy on your ocean view balcony

Join with other guests in the morning yoga stretch before breakfast

Our la carte breakfast included at our hotel, meticulously designed to invigorate your day.

Today is all about grounding and nature is the perfect medicine. After breakfast we'll have a driver waiting for you to bring you deep within the energy mother nature has stored for an exhilarating waterfall adventure at a place known as Mala Noche. Brace yourself for a refreshing journey through the lush rainforest, where you'll explore hidden trails and immerse yourself in the natural beauty of cascading waters, invigorating both body and spirit.

After your adventure in Nature you will fill up on a delicious and nutritious lunch

Following lunch you will enjoy a private Cacao Ceremony and sound bath. This is a ceremonial gathering that involves the consumption of raw cacao in a ritualized manner, accompanied by meditation, intention setting, and sound bath, with the purpose of connecting with oneself and others with the healing properties of the cacao, to facilitate emotional healing and self-discovery.

Kick back on your balcony or pool side and jot down your thoughts in the journal we have included in your wellness vacation package. Then enjoy a sunset cocktail or mocktail at the Alba Fire Pit and take in the sounds of dusk.

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Join us at your leisure for a well-deserved meal, where you can savor the flavors of the day and recharge for the next chapter of your wellness journey.

Day 3

Today, you will rise with nature as we've reserved an early morning birding and wildlife hike for you. Explore the lush wilderness, guided by expert naturalists, and let the sights and sounds of Costa Rica's diverse ecosystem awaken your senses on this immersive adventure.

Following your morning adventure is your delicious à la carte breakfast, meticulously designed to invigorate your day.

The morning is yours to unwind. Pen your thoughts on your balcony or on a lounge bed by the pool. Relax in the tranquil jungle lounge, or set out to explore the charming town of Guiones at your own pace. Whether you seek leisure or local experiences, the choice is yours on this morning of well-deserved rest and rejuvenation.

Lunch is served when you are ready

We reserved a mid-afternoon 60 minute aromatherapy massage to help you work off your travel day and settle into your wellness vacation. The perfect blend of essential oils promotes healing, wellbeing and relaxation. Then you have a 60 min body treatment that removes dead cells, leaving your skin refreshed and soft, ready to be delighted with natural products that nourish your skin and relax your mind. Choosing from: Moisturizing (Banana & Honey), Detoxing (Organic Clay), Firming (Coffee, Cacao & Honey), Cooling (Cucumber & Aloe).

As the sun sets, it's time to transition into a delightful evening. Join us for a memorable dinner, carefully prepared to be both delicious and nourishing. Gather around a table set in a serene atmosphere, and let the flavors of the region come to life, enhancing your overall sense of well-being.

Day 4

You're now into the rhythm of life and nature. You know your routine, coffee or tea on your balcony while recording your intentions of the day in your journal. Then on to the morning stretch with fellow hotel guests and new friends.

Your à la carte breakfast awaits

Following breakfast, saddle up on ATVs for a ride into the mountains and the home of a Blue Zone resident

Arrive at Don Manuel's home and finca for a farm tour and cultural experience "Life in the Blue Zone" Join in the preparation of an authentic Nicoya meal, the foundation of the Blue Zone diet.

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Following your Blue Zone cultural tour we have lined up a rejuvenating session of myofascial release therapy. This gentle yet effective technique is designed to alleviate tension in your muscles and fascia, releasing any areas of discomfort by stretching and loosening trigger points within hardened myofascial muscle strands. As a result, you'll experience increased blood flow to the affected muscular-fascial tissues, promoting relaxation and enhancing your overall well-being.

After returning from your step back in time to a simpler way of life and a delicious Blue Zone lunch you'll have time poolside to relax and recount your day. Later, just prior to sunset, we'll have a private driver take you to a truly special ocean-side restaurant, the remarkable La Luna restaurant. Let the tranquil sound of the waves serenade your evening, creating a magical atmosphere as you savor the sunset and an unforgettable dining experience in this enchanting coastal setting. (This meal is not included in to cost for your package)

Day 5

Start the morning off your way, you are in the groove. Coffee or tea, yoga and then breakfast.

We left the morning open for you to choose a 90 minute spa service or a nature tour

Following your morning activity, nourish your body with a fresh, wholesome meal that complements the sense of well-being you've cultivated during your stay. Enjoy the flavors of Costa Rica while savoring your last meal in this serene paradise.

Mid-afternoon we invite you to partake in an amazing 2-hour session of Active Dynamic Breathwork. This transformative practice harnesses the power of deep, conscious breathing to release limitations, trauma, and negative thoughts stored in the body. This session is designed to promote healing, clarity, and a profound sense of peace of mind, leaving you with a renewed and harmonious connection to your body and spirit.

We have your table ready for your final evening meal when you are ready. Join new friends or take in the ambiance savoring your menu choice and your experiences this past week.

Day 6

We can't have you leave without one more amazing breakfast

As the curtain falls on your final day, it's a bittersweet moment, for it marks the completion of your Tierra Magnifica adventure. We trust that this experience has breathed new life into your soul and kindled a spark of excitement to carry back home. And while we bid you farewell, remember that we'll always be here ready for you to return to your home-away-from-home when you need to recharge your body, mind and spirit.

Our driver will pick you up at Tierra Magnifica and bring you to LIR airport in time for your departure. 2.5 hour drive.

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Tierra Magnifica

Tierra Magnifica is a unique vacation property in a special part of Costa Rica and combines the best elements of a full-service boutique hotel, the exclusivity of a tropical estate, and the hospitality offered when visiting old friends. Our mission is to treat our guests the way we want to be treated, like family. Our rooms are finely appointed and very comfortable, the views are simply stunning, and our kitchen serves the best meals on the entire coast. But the tipping point that makes Tierra Magnifica the highest rated vacation property in Costa Rica since 2011 and the winner of 2021 and 2023 Conde Nast Small Exclusive Property for Central and South America is our hospitality team. You'll find your individual needs are met with enthusiasm and authentic interest in you. We truly care about you and will do everything possible to be sure your stay with us is remembered as one of your best ever.



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The cost for this itinerary is **\$7,254.00** for single occupancy.

For a double occupancy, 2 guests sharing a room together the cost is **\$4,736** per person.

- All accommodations and meals as noted.
- All activities and excursions as noted in the itinerary.
- All wellness therapies as noted.
- Wellness gift bag, Costa Rican journal, and pen.
- Round trip ground transportation between hotels and airports.
- Local transfers to your tours and activities and restaurant included in this itinerary.
- CR Sales Tax and International credit card processing fees.

Remember this is just a sample itinerary to give you an idea of what your wellness trip can look like. Everything on here is customizable to fit your needs and desires. We are here to craft it just for you and give you a memorable experience here at Tierra Magnifica.

Useful Links for Traveling in Costa Rica

For more information regarding entering and traveling throughout Costa Rica please take a look at these links provided by the [Costa Rican Department of Tourism](#), and the [US Embassy in Costa Rica](#)

Our cancellation policy is tied to that of the individual properties, please inquire as to the specific policy for the properties we have booked for you. Our service fees however are not refundable. We will apply the service fees to a future reservation so you'll not lose that amount. You may want to consider travel insurance.

Contact Details:

You can reach us at our Reservation office +1-800-600-0881 Local +506.8948.4835. Our email is reservations@tierramagnifica.com While on your vacation please call or text on WhatsApp our concierges office if you need to make a change in your itinerary +506-8705-5117