



FLORBLANCA
spa
Bambu

We invite you to experience our sanctuary of body renewal. Spa Bambú is a unique space throughout all of Central America and is awaiting your visit.

Designed by San Jose architect Jean Garnier, suspended over peaceful waterfall filled pools, and shaded by natural flora, Spa Bambú takes you to those soothing places of your dreams. We want you to relax, escape and absorb the wonderful sensations it offers.

From our aromatic reception, to our open sky dressing space, to natural bamboo encircled treatment rooms, all of Spa Bambú is here for your relaxation, recovery and comfort. Our therapists are highly skilled and their greatest desires are to please you with the ultimate in body re-nourishment and care.

spa
Bambú

open daily from 10 am to 8 pm

*Come,
Spa Bambú awaits you.*

SPA BAMBÚ

body treatments



Massages

Relaxing

A full body relaxing massage.

60 minutes	\$120
90 minutes	\$160

Hot Stone

Hot stones are placed on and under your body while you are massaged. The hot stones help move the body to a deeper level of relaxation. Stress and tension simply melt away.

60 minutes	\$130
90 minutes	\$170

Thai on Floor

Our Thai massage combines pressure points, stretching, and lengthening to release tension and energize the body. Thai massage is performed on a floor mat, and guests wear loose fitting clothing.

60 minutes	\$130
90 minutes	\$170

Deep Tissue

Our deep tissue massage focuses on the deeper layers of muscle tissue, releasing tension through slow strokes and deep pressure.

60 minutes	\$130
90 minutes	\$170

Couples Massage

A treat for two. You choose from a relaxing or a deep tissue massage.

Relaxing 60 minutes	\$225
Relaxing 90 minutes	\$305
Deep Tissue 60 minutes	\$250
Deep Tissue 90 minutes	\$330

Mother To Be

A relaxing and rejuvenating massage for pregnant women.

60 minutes	\$120
90 minutes	\$160

Back and Neck

A thirty minute massage focusing on tension in the neck, back, head and shoulders.

30 minutes	\$65
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SPA BAMBÚ

scrubs, wraps, and specials

Costa Rican Coffee Scrub

Stimulate your senses with a full body exfoliation composed of aromatic coffee beans and soothing oils. Costa Rican coffee, vitamin E and olive oil will take away dead skin while hydrating new skin cells leaving your body vibrant and smooth. This treatment also includes a full body relaxing massage.

One hour 30 minutes
\$190

Completely Coconut

Completely natural coconut combined with coconut oil creates the perfect exfoliant, aroma and moisturizer for the body. These products are 100% natural and made here at Spa Bambú. Your body is left feeling silky smooth with a scent of the tropics. This treatment also includes a full body relaxing massage.

One hour 30 minutes
\$190

Hot Tropics

This full body treatment is a pleasure for the senses. First, you will receive a full body exfoliation with coffee, coconut and orange essential oils leaving the body relaxed, hydrated, and soaked with natural vitamins and minerals. After a warm shower, you will indulge in a full body hot stone massage to melt away any stress and tension.

One hour 30 minutes
\$190

Scrub, Mud and Massage

Your choice of either the completely coconut exfoliation or our Costa Rican coffee scrub followed by a full body mud wrap. After all dead skin has been scrubbed off, your new skin cells are wrapped in warm mud to detoxify and soothe the skin. After your entire body is revived, enjoy a full body massage to indulge in complete relaxation. Indeed a treat for the senses!

Two hours 30 minutes
\$240

Bambu Delux

With Green Tea Wrapping Bamboo extract is known to be rich in amino acids and flavonoids, which are packed with antioxidants that protect skin from oxidative stress. You'll be delighted with a 20 min exfoliation with bamboo oil extract and 40 minute back, neck, hand and feet green tea massage.

60 minutes
\$130

Spa Day

60 minute massage
60 minute facial
45 minute pedicure
45 minute manicure
Includes snacks and drink,

Three hours 30 minutes
\$330

Quick Treatments

30 minute full body scrub
30 minute full body wrap
30 minute leg massage

30 minutes
\$90

SPA BAMBÚ facials



Timeless Facial

Our timeless facial focuses on renewal. This facial helps nourish and moisturize the skin giving it a softer and more radiant look.

60 minutes \$110

Deep Cleaning Facial

Using top of the line products, our deep cleaning facial focuses on renewal and deep cleaning. It includes cleansing, exfoliating, steam to open the pores, deep pore extractions if needed, a hydrating mask followed by a face massage. Your face will feel completely clean and fresh!

75 minutes \$135

After the Sun Facial

For those faces feeling dry and irritated from the sun, this facial is relaxing and soothing to your skin. After a soft cleanse, cool aloe, grown right here at Florblanca, is rubbed into your skin for cooling and soothing. The aloe mask is followed by a facial massage using pure vitamin E to re-hydrate your face.

60 minutes \$115

Men's Facial

For our signature men's facial, we use a special line of products designed for men with all skin types. This facial focuses on renewal, re-nourishment and rehydration of the skin, giving it that special glow. Extractions are optional.

60 minutes \$115

With extractions \$135

All facials include a hand and foot massage



SPA BAMBÚ

manicures, pedicures & waxes

Classic Manicure

After exfoliating and massaging your hands, our esthetician will shape your nails, condition your cuticles, and coat your nails with a polish of your choice.

45 minutes \$55

Classic Pedicure

After exfoliating and massaging your feet, our esthetician will shape your toenails, condition your cuticles and finish with a polish of your choice.

45 minutes \$65

Essential Pedicure

After deeply exfoliating your feet, we will wrap your feet in warm mud to condition and soothe your skin. Then, your feet will soak in an aromatic footbath for a deep clean. Once your feet are feeling like new, we will massage your feet and calves and finish your toenails with the color of your choice.

One hour and
15 minutes \$100

Hand and Foot Delight

Essential Pedicure and Classic Manicure.

One hour and
45 minutes \$140

Waxing

Bikini	\$60
Brazilian	\$65
Upper Lip	\$40
Full Leg	\$85
Half Leg	\$60
Underarm	\$50
Back	\$85



SPA BAMBÚ

treatments for two

Couples Massage and Bath

Enjoy a massage for two in our romantic couples suite lit by candles and full of fresh aroma. You can choose from a relaxing massage or deep tissue massage. After the massage enjoy a 20-minute Jacuzzi with fresh fruit and sparkling wine or fresh tea.

One hour 30 minutes \$250 per couple

Chocolate and Almonds

This couples treatment is sweet! Fresh cacao mixed with almonds makes for an absolutely delicious full body scrub. The chocolate we use is 100% fresh cacao and is a great source to exfoliate the skin. Next, you will be wrapped in warm chocolate and clay leaving the skin silky smooth. End this appetizing treatment with a one-hour couples massage.

Two hours 30 minutes \$450 per couple

King and Queen of the Sea

This couples treatment is perfect to celebrate romance and love. First you will receive a full body one hour relaxing massage. After, enjoy a full body scrub with natural algae leaving the skin hydrated and new. Next, the two of you soak in a private bath to completely relax the mind and body. Following the soothing hot bath, you will be wrapped with pearl extracts. You will feel like the queen and king of the sea after this wonderful treatment.

Two hours 30 minutes \$475 per couple

Add-ons to all massages and body treatments:

- A private Jacuzzi after any body treatment and/or massage
20 minutes \$40
- Head, shoulders and scalp massage and hot oil treatment
20 minutes \$45
- Mini-facial including cleaning, exfoliating and moisturizing.
20 minutes \$50



SPA BAMBÚ

spa tips & products

Spa Tips

All of Spa Bambú is here for your pleasure. Here are a few tips to make your visit the best it can be.

To make a reservation from outside Florblanca, dial 506-2640-0232 and ask for Spa Bambú or concierge. If you are in the hotel, dial ext. 213.

Please arrive 15 minutes prior to your treatment, allowing yourself time to shower, relax and enjoy a cup of tea.

You may use our giant jacuzzi before or after your treatment to soothe aches and pains. A swimsuit is requested in the jacuzzi.

Most body treatments are enjoyed without clothing, however undergarments may be worn.

We provide private dressing rooms, individual lockers, and robes for you to wear to and from your treatment room.

For maximum pleasure of your treatment, we recommend not arriving with a full stomach.

You may tip the therapists after treatment or upon your hotel departure if you feel your treatments warrant additional gratuity.

All spa reservations must be cancelled 4 hours prior to your treatment to avoid charges. Come, enjoy Spa Bambú.

Spa Bambú products

Spa Bambú offers an array of items that will allow you to carry the scent and feeling of Florblanca home. In addition to our luxurious products used in your treatments, we sell other face and body creams. You will find our select painted kimonos and beautiful Costa Rican sarongs for sale also.

If you are looking for that special keepsake or a gift, Spa Bambú has candles, flower and herbal teas, Costa Rican hand painted bags, and much more. Take time before or after your appointment to browse Spa Bambú's shelves.



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