



SPA TREATMENTS

WELLNESS EXPERIENCE

JICARO ISLAND LODGE





After a day of adventure in one of our signature tours, you might want to indulge in a special massage in our oasis of relaxation that will transform your experience into pure bliss. Here at Jicaro we offer a wide variety of massage modalities to accommodate to each guest's individual needs. Our in-house masseuse will be happy to help you select the service that best meets your needs.

Massages rates:

60 min: 75\$/pax or 90 min: \$100/pax.

*Prices do not include 15 % of local taxes, other treatments available upon request.



Jicaro massage

De-stress and unwind during a full-body massage with light to medium pressure. Based on a brief consultation, our therapist will determine the best combination of techniques for your needs.



Holistic massage

Dive into this soothing experience! By combining a traditional massage with the pressing of certain reflex points on your feet various parts of your body will be positively stimulated to provide deep physical and mental relaxation.



Paradise massage

Our Swedish massage is a combination of slow movements and deep, relaxing pressure applications. The goal is to help the body recover more quickly from injuries in the muscles, which makes the skin healthier and more radiant.

Hot Island massage

An ancient Chinese technique, hot stones massage is the perfect modality to soothe, relax and de-stress. Our masseuse will use the stones as an extension of her hands to massage your muscles. The stones will warm your body and loosen your muscles to allow for a release of tension and stress without adding extra pressure. The feeling is both highly relaxing and therapeutic.



Beauty massage

If you want to indulge in an extraordinary experience, this combination of a body and facial massage is the ideal option for you. After enjoying a Swedish massage that will take your body to a state of complete relaxation, you will receive a facial massage and facial mask that will make your skin feel vibrant and refreshed.



Deep Lake massage

This is ideal for people who have high levels of stress. The Deep Tissue massage will focus on pressing the body's meridian points in the locations where there are the most tensions and by so doing will help release and loosen tensed muscles.



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YOGA & MEDITATION

WELLNESS EXPERIENCE

Yoga Sessions

In case you would like to take part in professional yoga class we can arrange a session with our external yoga teachers. Please note that bookings will have to be made at least 24 hours in advance.

Ask your concierge for rates.

Yoga & Meditation on floating deck

Awaken the senses and let serenity and tranquility inspire you. Sign up for a yoga session on our floating deck and experience something extraordinary! The deck is also available for your use without an instructor; sign up required in advance.



SCHEDULING

Whenever you would like to book a massage session, let us know at the reception desk, please note that massage appointments are available
Every day from 8:30 a.m. to 3:00 p.m.

AGE REQUIREMENT

We are not able to accept appointments for children under the age of 16 years, unless accompanied by a parent or guardian.

CANCELLATION POLICY

If you would like to cancel or reschedule an appointment, please let us know at the reception desk a day before