SURF SYNERGY

COSTA RICA

SEASON 2025 / 2026

WELLNESS MENU

Curated experiences designed to restore energy,
deepen presence, and nourish body and mind.

wellness@surfsynergy.com
www.surfsynergy.com

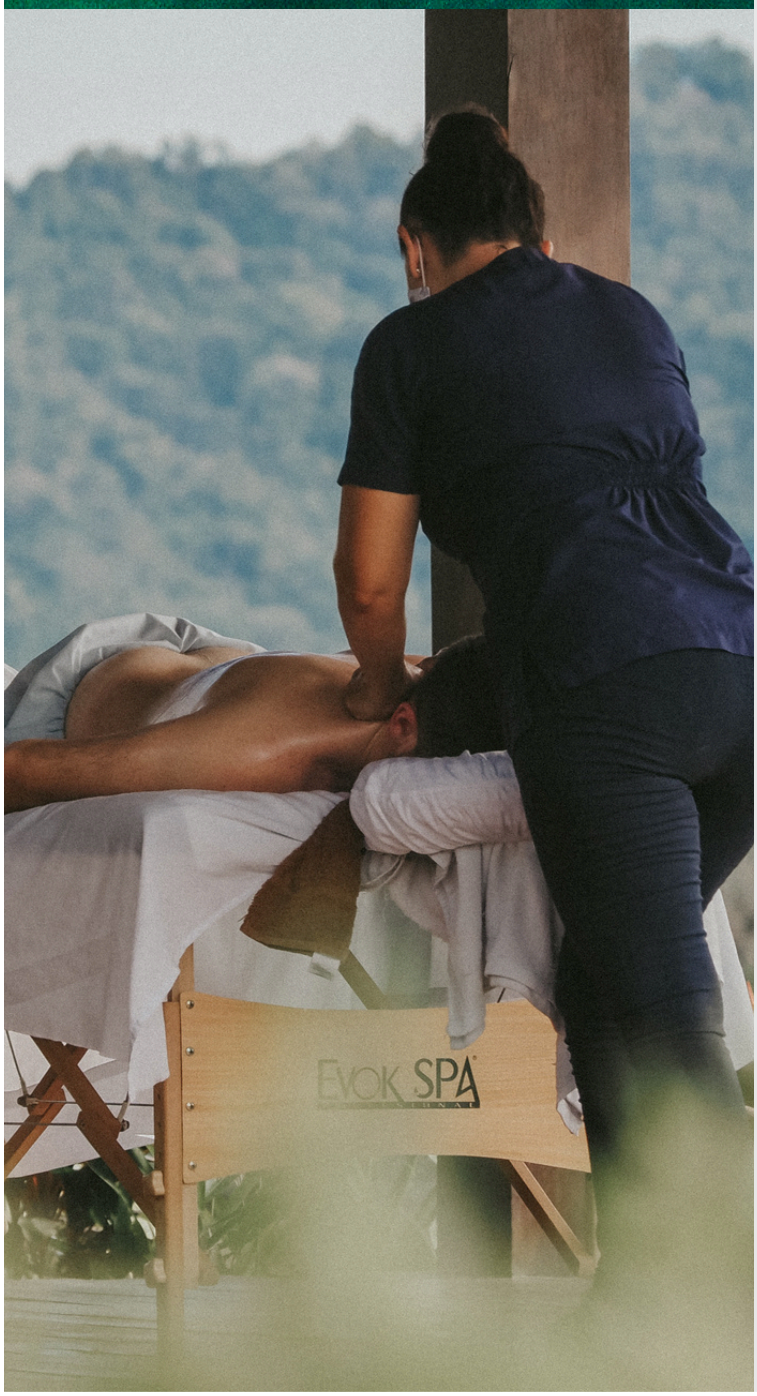


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RESTORATIVE BODY WORK

Therapeutic touch and intuitive technique ease tension, restore flow, and realign body and mind.



Signature Holistic Body Therapy Alignment

A profoundly nourishing, embodiment-based treatment that weaves together fascia therapy, deep tissue body alignment, myofascial release, and breathwork. The sessions support the release of stored tension, realignment of the body, and nervous system regulation.

60 min - $95 | 90 min - $140

Classic Relaxation Massage

Our Relaxing Massage is a timeless, restorative experience designed to melt away stress and tension from both body and mind. Whether you prefer a slow, soothing flow or more focused pressure, each session is customized to your unique needs.

60 min - $85 | 90 min - $140 | 2hrs - $160

Athletic Recovery Bodywork

Our therapist is a highly skilled physical therapist specializing in manual therapy techniques, including joint mobilization and myofascial release. Sessions are designed to naturally and effectively reduce pain, restore mobility, and improve overall movement patterns.

60 min - $95 | 90 min - $140

Facial Acupressure

This unique treatment gently aids in relaxation and removing stress by assisting the body to heal and rebalance. During the treatment, gentle pressure is applied to various reflexology points on the face, connected to our organs.

60 min - $85 | 90 min - $125

Reiki

Reiki is a gentle yet powerful healing technique that brings relaxation and helps release tension on physical, mental, and energetic levels. Through the gentle guidance of Universal energy through the chakras, Reiki clears blockages and restores balance, promoting overall well-being.

60 min - $85 | 90 min - $125

2025/2026 USD Rates. +13% Tax per person

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TRAINING & COACHING

All pre-scheduled group classes are complimentary and included in our fully immersive programs.



Personal One-on-One Classes & Coaching

60 minutes - $80

Breathwork

Introductory and performance based, our breathwork sessions provide guided exploration into conscious breathing as a tool for healing, clarity, and emotional release. These sessions support nervous system regulation, help clear stagnation, and invite stronger connection to self through the power of breath.

Meditation

Designed to introduce and help you find calm and cultivate presence, our meditation sessions blend ancient practices with modern techniques. Whether you're new to meditation or deepening your journey, these sessions offer tools to center, ground, and expand awareness.

Personalized Yoga Coaching

One-on-one sessions designed to meet you exactly where you are. Whether you're working through an injury, building a home practice, or wanting to explore more advanced postures or spiritual depth, these private sessions are tailored to your goals and body.

Aquatic Training

A unique cross-training method that uses the resistance and support of water to improve strength, flexibility, and cardiovascular health. These sessions are fun, challenging, and ideal for building total-body awareness without high impact.

Strength Training

Our strength sessions focus on building functional strength, muscular endurance, and proper form. Great for surfers, athletes, and anyone looking to feel stronger and more capable in everyday movement.

HIIT Coaching

High-Intensity Interval Training designed to maximize cardiovascular output, metabolic function, and core stability. These sessions are fast, fun, and effective—ideal for boosting stamina and igniting your inner fire.

Aquatic Endurance Coaching

A specialized training session focused on building cardiovascular resilience, breath control, and stamina through structured aquatic intervals. Perfect for surfers, swimmers, and anyone looking to enhance their performance in the water.

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PERSONAL GUIDED THERMAL CIRCUIT

Immersive thermal experiences that promote relaxation, revitalise circulation and renew from within.



Cold Plunge

Guided cold immersion to stimulate circulation, improve recovery, and build mental resilience. Supported by breath and intention and aromatherapy, our guided ice bath sessions leave you feeling recharged, centered, and alive.

From $35

Sauna Therapy

A therapeutic heat experience that promotes detoxification, muscle recovery, and relaxation. The sauna supports cardiovascular health and helps reduce inflammation while preparing your body for deep rest or contrast therapy.

Information upon request

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Looking for something else?

We know every guest's needs are unique. If you're after a specific treatment or a tailored wellness experience, our team is here to help.

Contact us at:

Website
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