In keeping with the pre-Hispanic Honduran healing culture and traditions, we use essential oils with aromas and specialized massage techniques. The combination of the sense of smell and touch melts away tension, relaxes you mentally and physically, reduces stress, and enhances the immune system benefiting vascular and lymphatic circulation. Ideal combinations calm the body, mind, and spirit.

Choose your perfect combination.
AROMATHERAPY SYNERGIES

**Balancing:** Spruce, rosewood spruce, rosewood, frankincense, and blue tansy essential oils promote relaxation and the feeling of peace and balance.

**Stimulating:** Peppermint essential oils are in complete harmony to invigorate and awaken the body and mind. Excellent for reducing physical and mental fatigue and recovering lost energy.

**Detox:** Basil, grapefruit, cypress, marjoram, mint, and lavender essential oils relax muscles and soothe tension promoting circulation and relieving the joints to help drain and release toxins.
MASSAGE TECHNIQUES

**Deep Forest (Deep Tissue Massage)**
Specific massage focuses in areas of high stress and muscle tension such as the back of the neck and shoulders.
30 mins US$35 / 60 mins US$70 / 80 mins US$90

**Guatusa (For Tired Legs)**
A unique purification experience using herbs that eliminate tiredness from your feet. We use a deep, rhythmic technique, stimulating the lymphatic system, allowing the stress and strain on your legs and feet to be reduced.
35 mins US$35 / 60 mins US$65

**Holistic Pico Bonito (Relaxing, Deep, Stretching)**
A unique multi-sensory body ritual that creates an intimate connection with the sounds of birds and nature. A mixture of ancient traditions of Eastern, Mediterranean pre-Hispanic cultures, which will provide nutrients, youth, and splendor to your body and soul.
60 mins US$70 / 80 mins US$90

**Divine Herbs Ritual (Swedish)**
Massage using warm compresses and the aromatic healing herbs: lemon, mint, basil, and rosemary to achieve synergy and purification. Will leave your skin feeling cleansed, hydrated, and divine.
60 mins US$70

**Comprehensive Therapeutic Chiromassage**
Union of two healing techniques, physical therapy and chiropractic, which aligns bones to optimize physical comfort. It also helps improve sleep and relaxes the central nervous system. Combined with a relaxing massage that eases stress and reflexology, which helps stimulate a number of reflex areas, this therapy has multiple restorative benefits.
50 mins US$85
FOR LOVERS

Romantic Rio Coloradito
Enjoy a relaxing massage with your soulmate in a beautiful forest view accompanied by the sounds of nature and birds. The effect of lavender reduces stress on the muscles of the neck and head and stimulates mental emotional energy. After a 60-minute relaxation massage, enjoy a special warm foot purification ritual with a scrub made with honey and flowers for her and herbs for him, while enjoying a delicious fruit and aphrodisiac herbal tea... a special recipe for love. 80 mins  US$90  (P/Person)

Energetic Rio Corinto
An exceptional experience in our pavilion next to the woods. This ritual begins with a romantic aromatherapy massage with the wonderful aromas of basil, grapefruit, cypress, marjoram, mint, and lavender, which helps to better connect with friends. This is followed by a purifying facial and natural rehydration. 90 mins US$95  (P/Person)
TEMAZCAL

Origins... an immersive space to feel reborn
Mud is a curative element. Simple elements such as dirt and water provide benefits for both health and beauty. The mud from our region contains rejuvenating properties, which purify, remineralize, regulate and stimulate circulation and detoxify the body.

Gentle Toucan
Return to mother earth’s womb and wrap your senses with aromas and textures within the steam as you experience an intimate connection with your being, merging your skin with the therapeutic lavender-infused mud from our region. Improves cell regeneration and takes you back to your essence of being.
30 mins US$25 (P/Person. Minimum 2.)

Revitalizing Cotinga
Vichy shower
Enjoy a luxurious treatment with the natural advantages offered by the land and the tropical forest. Begin with an aromatic steam therapy that oxygenates the pores of your skin. Continue with a pineapple exfoliation and a therapeutic ant-inflammatory chamomile mud wrap, at the same time moisturizing your hair in our humid forest cabin. This is a rejuvenating experience for the skin.
1 hr 40 mins US$85
FACIALS

Organic Fruit Facial
We play with natural elements, organic fruits and flowers paying homage to the colorful birds of this paradise, and prepare the perfect recipe for your skin. Enjoy a relaxing facial made with seasonal fruits, cocoa, clays, cucumber; honey, melon, banana, lychee, papaya, pineapple, and passion fruit.
50 mins  US$45

Anti-Aging Exotic Macaw Facial (Red)
Rambutan + Yogurt
We use an exfoliant made from the seeds of lychee (rambutan) and a yogurt mask with moisturizing and energizing properties. Protects the skin from free radicals and contains antioxidants. Highly moisturizing for your skin.
50 mins  US$45

Anti-Aging Balancing Sparrow (Yellow) Facial
Bananas + Rose Petals + Oatmeal + Moisturizer + Purifier
Tropical fruit with vitamins and minerals, moisturizing vitamins A, B, C, and E help restore skin’s lost moisture. Mixed with rose petals that tone and soften the skin. Contains anti-acne properties with oats, which is wonderful to clean pores. Will balance your skin and help you look young and radiant.
50 mins  US$45

Men’s Real Parrot (Green) Facial - Rejuvenating and Refreshing
Aloe + Cucumber + Mint + Rosemary
Mixed with the refreshing, moisturizing, and soothing benefits of mint and rosemary, plus wonderful ingredients like cucumber which eliminates oil to prevent acne. Aloe contains vitamin A and C, and oleic acids to help remove blemishes making it an ideal mix to show off radiant skin. Will make you feel refreshed.
50 mins  US$45

Tissue-Repairing (Orange) Facial – Purifying
Passion Fruit + Pineapple + Cocoa
This delicious cocktail contains bromalina, a natural enzyme to dissolve oils and clean pores and becomes a magnificent natural exfoliant. We add passion fruit which is an antioxidant, anti-inflammatory and energizer, cleaning and leaving your skin without shine and ready to apply make-up.
50 mins  US$45
SPOIL YOURSELF SPA

His Spa
Spa Package

Start with a purifying foot bath made with fresh green herbs and sugar cane while enjoying tea - 15 mins
Pedicure Spa - 35 mins
Deep Forest Massage (Deep Tissue) - 60 mins
Gentle Toucan (Steam Bath with Mud) - 20 mins while enjoying purifying fruit juice
Real Parrot Rejuvenating Facial (green) for men made with cucumber, rosemary and mint - 40 mins
2 hrs 30 mins US$130

Her Spa
Spa Package

Moisturizing Foot Bath with Flowers and Honey - 15 mins
Spa Pedicure - 35 mins
Gentle Toucan (Steam Bath with Mud) - 20 mins
Cotinga Revitalizing Body Wrap and Moisturizing Hair Treatment - 100 mins
2 hrs 30 mins US$130

SPLUNCH

A luxurious wellness trend and experience.

Wrap yourself in a total sensory experience. Start with a gentle cleansing toucan treatment in the steam with thermal mud while enjoying a healthy natural fruit juice (pineapple, papaya, lychees, and passion fruit). Continue by enjoying one 60-minute treatment of your choice (facial or full body) and end with a healthy lunch prepared with utmost care to balance your body while immersed in warm water in the middle of the forest... your body and senses will thank you!
120 mins or more US$110
HANDS & FEET

Spa Manicure 40 mins  US$35
Spa Pedicure 50 mins  US$45

YOGA

Enjoy our yoga platform set in a magical place in the woods with the wonderful sounds of its inhabitants. Meditate and practice yoga on your own, or if you prefer the assistance of an instructor request an appointment at the reception. Private class - 45 mins  US$45 per person
RECOMMENDATIONS

Let yourself be wrapped in a sensory retreat with the sounds of the forest and birds and awaken the natural vibration of your body at the Spa. (9:00am to 9:00pm)

We recommend you make your appointment in advance at the Pico Bonito Lodge and Spa reception, to reserve your preferred schedule and service.

During the reservation process please let us know if you have any health issues that might prevent the enjoyment of your treatments.

Please do not bring valuables and we encourage you to forget your cell phone in the cabin.

Prices are in dollars or its equivalent in Lempiras.

Gratuities are not included in the price.

CANCELLATIONS

Make any cancellation at least 4 hours before the scheduled time to avoid full charge of treatment.