



THE RETREAT
COSTA RICA | A DIANA STOBO PROPERTY

FACTSHEET

WELCOME TO THE RETREAT

THE RETREAT Costa Rica is surrounded by lush greenery on a balcony to the Pacific Ocean. Just 40 minutes from the San Jose International Airport in Costa Rica, it sits at a privileged spot between convenience and the absolute perfect climate to relax and unwind.

Our goal is to give you a relaxing, peaceful and luxurious environment to help detox from the stresses of everyday life. Located high in the hills of Atenas, THE RETREAT belongs to a small province named “One of the Best Climates in the World” by the National Geographic Society.

The surrounding area features coffee plantations, local craftsmen, the old ox trail, and a lively farmer’s market. For the adventurous, zip-lining, horseback riding and one of the best surf beaches in the country are all within an hour’s drive from THE RETREAT.

heaven
ON EARTH

Created by celebrity chef, two time best-selling author and health and wellness life-coach, Diana Stobo, THE RETREAT is the perfect place for mental, physical and spiritual health.



Diana Stobo

"I have created 'HEAVEN ON EARTH' and I named it simply, THE RETREAT because we all have a different definition of "retreating" and we get to create our own experience everywhere we go.

"My mission is to provide everything you may need and want for the perfect wellness vacation."

- Stress Reduction
- Cultural Involvement
- Gentle Physical Activity
- Spiritual Connectedness
- Wellness Recovery and Self Care
- Organic, Whole Clean Eating as a Lifestyle



Luxury Collection Suites

Accommodations

DELUXE SUPERIOR ROOM

They are 3 rooms in total (Cacao, Guapinol, and Guanábana), located one in the garden area and the other two inside the Yoga house, the garden overlooks to the Pacific Valley and the Gulf of Nicoya, features with a queen size bed and a lounge area with sofa. The other two bedrooms have an immediate access to Yoga Studio, features a king size bed with a private terrace to relax and find yourself in a magical garden.

JUNIOR SUITE

5 in total. They are located two at the garden area and one next to the Yoga studio. The two rooms located at the garden area have an overlook to the pacific valley and the Golf of Nicoya, Our Junior Suite Curcuma features a king size bed and a sitting area with sofa. Our Junior Suite Chan also features a twin bed with maximum of capacity of 3 people. Our third Junior Suite Coco is located next to the Yoga studio, features a king size bed, a sitting area with sofa and a private terrace overlooking the central valley and the Gulf of Nicoya.

The other two Junior Suites: Cas and Maracuya, they are located below the premium casitas, with an amazing view that extend over 60 miles until the Pacific Ocean. Features a king size bed each room that we can transform into two twin beds according to the guest request, it make the perfect room to stay with closer friends. Junior Suites are equipped with air-conditioning.



Deluxe Cacao



PREMIUM CASITAS

They are located in front of the main house. They are three premium casitas (Maca, Mucuna & Moringa) with a stunning view to Atenas' mountain, to the Pacific Valley and the Gulf of Nicoya. These are ideal to stay and share with a family since its capacity is up to 5 people, features two queen size bed and one twin bed, private balcony that will make you feel as you will be at the heaven.



LUXURY COLLECTIONS SUITES

The RETREATS Luxury Collection Suites are double occupancy rooms set just below the Healing Center with westward facing hillside views. The Luxury Suites (Café & Mandarinina) feature breathtaking and unobstructed views extending from the valley to the Pacific Ocean across the Nicoya Peninsula.

amenities
AVAILABLE IN EACH ROOM

- Complimentary WiFi
- Hair-dryer
- Ceiling Fan
- 400 Thread Count Sheets
- Organic Cotton Bathrobes
- Down Alternative Comforters and Pillows
- Raw Botanicals Organic Body Care Products
- Queen or King Size Bed
- Electronic Safe Box
- Slippers and Bathrobes



VIDA MIA
AYURVEDIC HEALING CENTER AND SPA

VIDA MIA

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Vida Mia has much to offer with its stunning views from every angle of its 7000 square feet (700 square meters) atop a crystal mountain. The views extend through the mountain region, the ocean and a volcano.

The Gratitude Lounge is a resting place with big lush couches to enjoy resting and reading or sipping tea.

The Organic Tea and Wine Bar presents a vegetarian menu of snacks, smoothies, light lunches and of course Sunset platters with Organic and Biodynamic Wines.

The Silent pool is meant for resting, sunbathing and enjoying the gorgeous view of the Pacific Ocean while waiting for your next healing treatment. There are poolside lounges and hanging pool chairs where food and drink can be served.

The second level holds the changing grooms, an air-conditioned gym, a covered Jacuzzi, and cold waterfall plus a covered resting lounge, lush with pillows.

All treatment rooms named for indigenous healing crystals on the upper level have open air, or large windowed rooms to connect the guests with the natural surroundings, to bring the outside in to their treatments and to connect them to the healing elements.

BAI is the Vichy treatment room – tiered Costa Rican marble slabs with water jets to massage and clear the body energy field Body Wraps, scrubs and

RATANA is the multipurpose treatment room with an outdoor

glass shower for wraps, scrubs, massages, and therapeutic oil treatments

MINA – A luxurious massage room with outdoor balcony facing the Pacific Ocean where foot scrubs detox baths may be applied

NEVE – A luxurious massage room with outdoor balcony facing the Pacific Ocean where foot scrubs detox baths may be applied
ESMERALDA – SINGLE ROOM

AMARAJA – a precious gem of a facial room, cozy and quaint with a view of the feng shui river and lush foliage

ALLIRA - An expansive Couples Suite with hanging Bed, private outdoor shower, Hydrotherapy and Chromotherapy bath for two along with sitting tea lounge. Great for Romantic Treatments

TOPACIO: A healing center and therapeutic treatment room with The Retreat medical Advisor (MD) Functional Nutritionists and Ayurvedic Healer to diagnose, prescribe and heal imbalances.

Apothecary – just like the ancestors who created their own tinctures, The Retreat grows and cultivates medicinal herbs and makes oil infusions for therapeutic treatments. The Apothecary is also used for educational events

Clay bath Forest bathing – deep in the forest lies a volcanic clay bath, surrounded by lush greens to heal and energize all the mind-body systems.



The Yoga House

With over 1,500 square feet of indoor space, the Yoga House can accommodate up to 25 yoga participants. The studio's entire west wall features French doors that open up to an expansive terrace with breathtaking views.

The Studio Includes:

- Six-foot Bar with Seating and Serving Capabilities
- All the equipment for the yoga classes (yoga mats, bolsters, eye-pillow Blankets, blocks)
- Towels and infused water station

The indoor studio is a multifunctional space that can be used for a variety of purposes including, but not limited to:

- Indoor Dance Studio for up to 25 guests
- Conference Room for up to 50 guests
- Banquet Hall for up to 50 guests
- Teaching Space for up 50 guests
- Private Dining Room for up to 50 guests
- Dance Floor, Bar and Cocktail Reception space for up to 50 guests



THE POOL

THE RETREAT pool is a large and beautiful oasis perched on the edge of a lush hillside with panoramic views of the valley below. Guests will enjoy swimming in its purifying saline waters or sitting under the therapeutic waterfall centered by a glorious fire pit up above.

The pool deck is equipped with plush sunbeds with towels and umbrellas. An elevated hot tub sits opposite the waterfall which can be enjoyed at any time throughout the day or night.



BOCA DULCE RESTAURANT

The outdoor covered terrace restaurant sits adjacent to the pool area and is attached to the two heartbeats of THE RETREAT: the kitchen above and the working organic vegetable, herb and fruit garden below. Flexibly configured space allows casual restaurant seating for up to 40 guests or organized special event dining space for up to 60 with panoramic views of the valley below and above from sunrise to sunset.



OUR
wellness
PROGRAMS

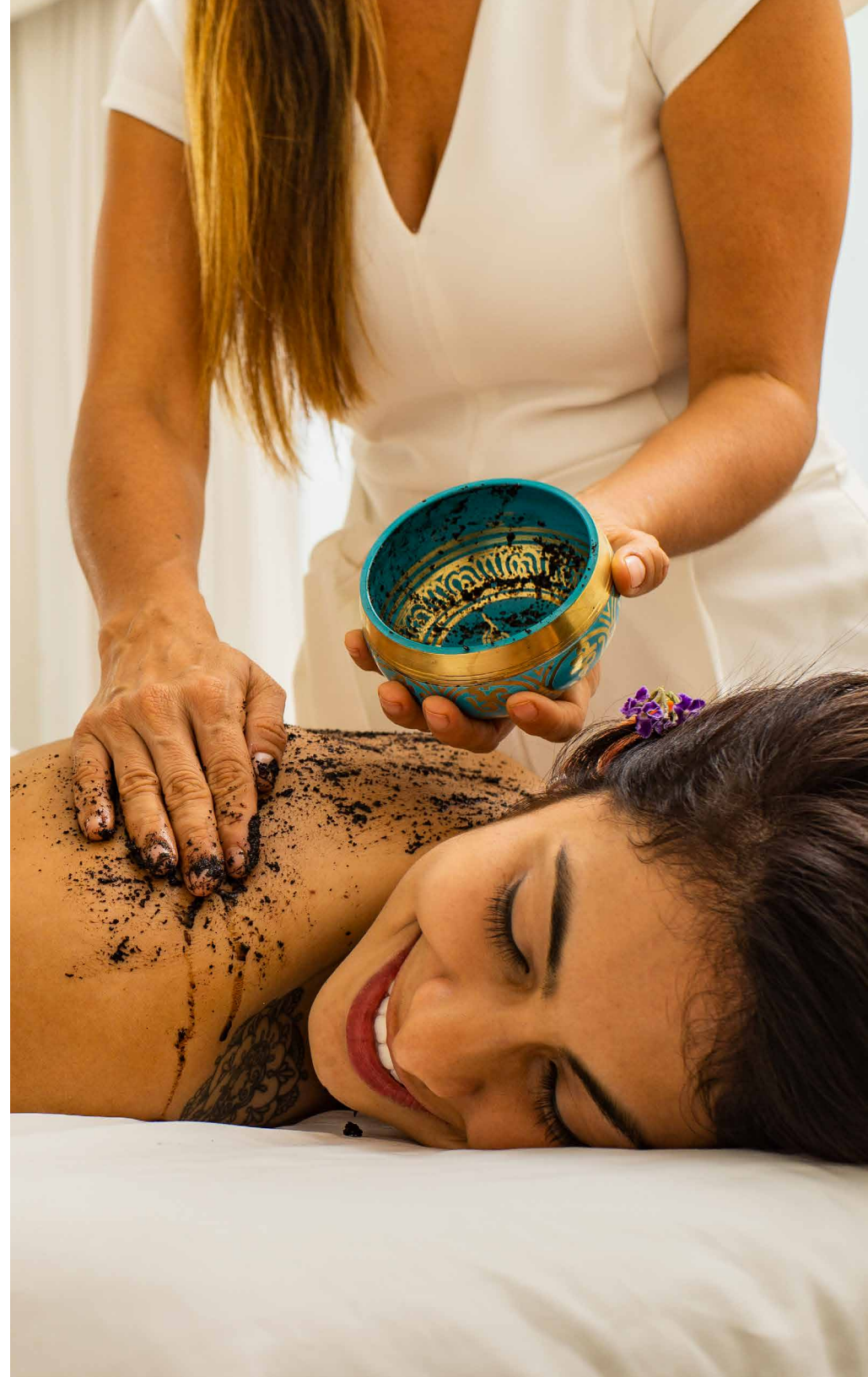
WELLNESS PROGRAMS, GROUPS & RETREATS

THE RETREAT COSTA RICA provides an array of retreats and packages that reflect founder Diana Stobo's innovative approach to health, wellness and gastronomy. With each of these immersive experiences, we remain true to our philosophy of a better life through better living.

These signature programs have changed the lives of guests from around the world in ways that not only improve their lives, but the lives of those around them. Each addresses specific goals related to physical, mental, emotional and spiritual renewal.

- Reset & Rejuvenate (02 – 04 nights)
- Revive & Renew (04 – 06 nights)
- Disconnect & Transform (07 nights)
- Signature Detox Naked Challenge (10 days)
- Fitness Reboot & Fat Burning (07 nights)
- Luxury Spa Healing & Beautifying (07 nights)
- Ayurvedic Healing (07 nights)

THE RETREAT can accommodate up to 36 guests in its multiple occupancy guest rooms. The spacious yet intimate layout of THE RETREAT perfectly accommodates business groups, family reunion & special occasion gatherings, yoga groups, wellness cooking programs and more. Our intimate size allows us to be flexible and obliging to almost any request.





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