

The Spa



NAYARA
Bocas del Toro, Panamá



Welcome

We welcome you to the NAYARA Bocas del Toro Spa, a place of retreat in the middle of the majestic mangroves, surrounded by peace and the sound of nature in its maximum splendor. Designed to reconnect your mind and body in unison, we design our treatments only with organic products from the area, obtaining the best results with the highest quality nutrients for your skin.

As Mark Black said:
Sometimes the most productive thing you
can do is relax.

Following this advice, we offer you to be pampered by our therapists, in the calm and tranquility of our Spa, reconnecting mind, body and spirit through the serenity of Bocas del Toro.

Therapeutic Massage

Swedish

Classic but wonderful relaxing full body massage, using intermediate pressure. Soothes tired and sore muscles by increasing blood circulation. The technique uses long glides, kneading, and friction. Full Body minimum of 60 minutes.

Deep Tissue

Soft depth characterizes this massage by relaxing chronic muscular tensions, stimulating flexibility, blood flow, and the release of myofascial and muscular chains. The applied techniques are; slow, long and deep kneading, friction and compression, used with elbows, fists, and knuckles. Recommended for people accustomed to this type of technique. Full Body minimum of 60 minutes.

Relaxing

Ancestral technique to de-stress, inevitable in this experience of disconnecting and enjoying in the peace of nature that only Bocas del Toro offers. With slow and long frictions, focused on the sensation of the skin and superficial tissue, we relax the whole body, discharging tensions, leaving you ready to enjoy your stay in our paradise. Full Body minimum of 60 minutes.

Bocas del Toro Fragrances

Full body relaxing manual massage, with long movements and specific pressure points, the senses are awakened. Lotions, aromas and organic essential oils, typical of Bocas characterize this exquisite massage. Minimum of 60 minutes.

Focused Treatments

Tired leg Massage

Completely relax your legs with a deep massage, after a long trip or exhausting physical activity, oxygenating and stimulating rest at night. Refreshing gels and organic oils are used to stimulate the area. 60 minutes.

Relaxing Neck and Back massage

This massage, concentrated in the areas of greatest tension, such as the neck, back, and shoulders. It has the relaxing effect of a full body massage, unloading the tensions of long days of activity. 60 minutes.

Tired foot Therapy

A gentle exfoliation with top-quality organic products from feet to calves. A deep massage with pressure at specific points on the foot. Relieve accumulated fatigue, stimulate blood flow, and restore vitality to continue enjoying your stay. 60 minutes.

Combining Experiences

Reconnecting Sensations

Deep relaxing massage with essences of your choice and express facial massage with a jade roller 90 minutes

Gentleman's Head to Toe

Perfect treatment for him, Knight Facial and Pedicure 120 minutes.

Lady's Head to Toe

Perfect treatment for her: Holistic Facial + Spa Pedicure 120 minutes



Body Scrubs



Chocolate

With an organic paste, based on crushed cocoa beans, the skin is gently exfoliated. Revitalizing, oxygenating, moisturizing, and rejuvenating it. Full Body 60 minutes.

Organic coffee

Organic coffee beans are known for their detoxifying and stimulating effect, leaving the skin hydrated, oxygenated, and smooth. Full Body 60 minutes.

Sea Salt

A revitalizing, mineral-rich exfoliation that leaves your skin hydrated, refreshed and glowing. Full Body 60 minutes.

Wraps

The benefits of this body treatment are widely known. Using natural products, it helps to rejuvenate, tone, and smooth the skin. It begins by exfoliating the body completely, and then the body mask chosen according to the needs of your skin is applied. The part of the body that we are treating is covered with synthetic fabrics, to activate vasodilation and metabolism, stimulating the absorption of the active minerals provided by the wrap. Full Body 60 minutes.

Mud Wrap: Detoxifying, draining, purifying, healing.

Bamboo Marrow Wrap: Moisturizing, regenerative, illuminating.

Cotton Flower Wrap: Nourishing, illuminating, regenerates elasticity.

Exclusive Bocas del Toro

Facial Massage for Expression Lines

Facial massage relaxes the muscles of the face, improves circulation in the area, reduces expression lines, tones muscles, and relieves tension, which contributes to a rejuvenated and fresh appearance. 60 minutes.

Indu Craniofacial Massage


Reduces and eliminates head pain such as headaches and migraines. Relaxes the nervous system of the facial, cranial, and cervical areas, eliminates cervical pain. Reduces the possibility of vertigo or dizziness. 60 minutes.

Massage for Bruxism and Cervical

Myofascial therapy is a fantastic and minimally invasive solution with which the patient will be able to relieve muscle tension, and improve joint mobility and flexibility. 60 minutes.

Massage for Pregnant Women

Relaxing massages at this stage are your best allies: they decontract, calm typical pregnancy calves, reduce muscle tension, help reduce fatigue, and reduce anxiety. Only after 3 months of gestation. 60 minutes.



Facial Cleansing and Masks

Facial Express

Express facial cleansing that includes exfoliation with organic elements and a relaxing massage on specific muscles of the face, stimulating blood flow, oxygenation, and regeneration of skin cells. 30 minutes.

Deep Facial Cleansing

Facial treatment that includes double cleansing, exfoliation, organic mask of your choice according to the needs of your skin, massage, and moisturizing cream. The skin is toned, strengthened, and regenerated, breathes deeply and stimulates collagen production, smoothing expression lines. 60 minutes.

Green Clay Mask

It contains minerals such as silicon, iron, sodium, potassium, magnesium, it is antibacterial, anti-inflammatory, healing, cell regenerating, purifies and revitalizes the skin.

Regulates the production of sebum in oily or combination skin, cleanses the pores and eliminates sporadic pimples.

Provides elasticity and freshness being ideal for all skin types.

Cocoa Mask

Recommended for mature skin. Cocoa naturally hydrates the skin, increases collagen and elastin activity, reduces wrinkles and flaccidity, and has a high mineral content. Helps eliminate toxins and remineralizes the skin.

Red Fruit Mask

For all skin types, this mask is mainly antioxidants, and reduces the presence of blackheads, pimples and skin breakouts, reduces wrinkles and fine lines, stimulates collagen production, and reduces the appearance of blemishes. Regenerates the skin.

*Masks subject to availability and variety of the spa, depending on your skin type.

Spa Plus

Finishing Touches

We cannot miss the details, nor forget the beauty of our hands and feet in this renewed experience:

This exclusive treatment is

performed as a couple. It can be requested for both male and female feet:

- **Luxury Pedicure**

Exfoliation
Nail trimming
Cuticle trimming
Cuticle hydration
Callus removal
Mask
Massage
Basic nail polish
60 min.

- **Foot beauty:** 30 min.

Nail polish removal
Nail cutting
Nail filing
Cuticle Cuticle
Cuticle hydration
Basic nail polish

- **Manicure:** 40 min.

Nail polish removal
Nail cutting
Nail filing
Cuticle removal
Cuticle hydration
Hand exfoliation
Hand massage
Basic nail polish

- **Hand Beauty:** 30 min.

Nail polish remover
Nail cutting
Nail filing.
Basic nail polish



The Spa

Massage Therapies

Swedish	60 min. \$120	90 min. \$180
Deep Tissue	60 min. \$120	90 min. \$180
Relaxing	60 min. \$120	90 min. \$180
Bocas del Toro Fragrances	60 min. \$120	90 min. \$180

Focused Massages

Tired Leg Massage	60 min. \$120
Relaxing Neck and Back Massage	60 min. \$120
Tired Foot Therapy	60 min. \$120

Exfoliation and Full Body Hydration

Chocolate	60min. \$125
Organic Coffee	60min. \$125
Sea Salt	60min. \$125
Red Fruit	60 min. \$125

Exfoliation and Wrap full Body	120 min. \$165
--------------------------------	----------------

Combining Experiences

Reconnecting Sensations	90 min. \$180
Gentleman's Head to Toe	120 min. \$180
Lady's Head to Toe	120 min. \$180

Exclusive Bocas del Toro

Facial Massage for Expression Lines	60 min. \$120
Indu Craniofacial Massage	60 min. \$120
Massage for Bruxism and Cervical	60 min. \$120
Massage for Pregnant Woman	60 min. \$120

Spa Plus

Luxury Pedicure	60 min. \$80
Finishing Touches:	
Pedicure	45 min. \$60
Foot beauty	30 min. \$30
Manicure	40 min. \$60
Hand Beauty	30 min. \$30.

Facial Cleansing

Facial Express	30 min. \$60
Deep Facial Cleansing	60 min. \$120



Each of the treatments in this Menu can be combined as you wish or according to your needs, as long as the guest does not have allergies to some of the components used in the treatments and respecting the time required by the therapist to perform them.