



Costa Rica

Costa Rica's natural beauty is the perfect complement to a health-focused escape.

The unofficial motto of Costa Rica is *pura vida*—or pure life—so it's no wonder that this Central American republic has long attracted those in search of peaceful solitude and natural beauty. Until recently, ecolodges and beach bungalows were the primary places to stay. But Costa Rica's ongoing focus on sustainable, healthy, and restorative travel has resulted in the opening of accommodations that range from five-star resorts to alternative healing centers. With misty mountain forests, surf-spectacular beaches, and tropical jungles, this warm-weather locale offers stunning backdrops for any retreat. M.H.

Stay & Spa

At the intimate and eco-friendly **Asclepius Wellness & Healing Retreat**, health seekers can choose from a menu of weeklong programs such as Weight Management or Anti-Stress Escape, all of which include customized meals and spa treatments based on consultations with a resident naturopath. Outside of the spa, airy white-on-white decor fosters calm.

Asclepius Wellness & Healing Retreat, El Cacao de Alajuela, +(506) 24331668, asclepius.cr.com; singles from \$3,640 for seven nights all inclusive, 50-minute massage from \$70

Built over the fumaroles of an active volcano, the spa at **Borinquen Mountain Resort and Spa** utilizes mineral-rich volcanic mud in facials and body treatments. Naturally heated mineral pools and luxurious mountain casitas with picturesque views add to the ambience.

Borinquen Mountain Resort and Spa, Anahuac Spa, Rincon de la Vieja, Guanacaste, +(506) 26901900, borinquenresort.com; doubles from \$139, 50-minute massage from \$60

A stone's throw from the sandy shores of Playa Guiones, **The Harmony Hotel** exudes a relaxed surfer-chic vibe, lavishing guests with services that are as earth-wise as they are indulgent. An open-air organic juice bar, a garden-enclosed pool, and dinner specials featuring freshly caught fish add to the tropical feel.

The Harmony Hotel, The Healing Centre of Radiant Awakening, Nosara, Guanacaste, +(506) 26824114, harmonynosara.com; doubles from \$165, 60-minute massage from \$75