

A Life-Changing Travel Experience

Discover how to create the life that you desire during the ultimate wellness immersion in Costa Rica

Intended to help you find inner peace and design a life of great fulfillment and joy, we've carefully crafted a unique wellness experience unmatched anywhere else in the world. Set in a secluded space perfectly nestled in nature and illuminated in luxury, this experience offers the essential elements needed to escape everyday stress, rejuvenate and reconnect with your true self. Find clarity and inspiration as you expand your understanding of holistic wellness with the spiritual guidance of a healer in the lush landscape of beautiful Costa Rica.

Enjoy the journey.



*"Wherever you go, east, west, north, south, think of it as a journey into yourself.
The one who travels into itself, travels the world." Shams Tabrizi.*

Today, I arrive in the beautiful country of Costa Rica.

Ideally, I land at the Liberia airport in the province of Guanacaste. There is a driver waiting with a warm smile to welcome me to the land of Pura Vida (Spanish for “pure life”). My one-of-a-kind journey begins as I am escorted through the countryside and ascend the mountainside to Origins Lodge, a hidden haven tucked away in the flourishing forest. The drive takes just an hour and 30 mins.

Once I arrive, I realize that words cannot describe the beauty bestowed upon me. Perched atop the mountains overlooking Costa Rica’s lush landscape, I’ve found paradise. It’s breathtaking.



The design of Origins is inspired by its natural surroundings and is influenced by pre-Columbian Costa Rican architecture and the Maleku indigenous tribe of Upala, where Origins is located. (The Maleku is the smallest indigenous tribe in Costa Rica with only 650 tribespeople remaining.) The communion of nature, history and authenticity make this destination very special. Throughout the estate a creative combination of natural textures and tones, flourishing gardens and subtle luxury come together to shape a unique and serene environment. With secluded gardens and trails, living rooftops, lagoons and delicate details at every turn, the estate is sensational. Origins is an intimate, eco-friendly boutique hotel renowned for personalized hospitality and gourmet dining. I am grateful for the opportunity to experience this truly exceptional place.

As I enter my spacious luxury lodge – an exclusive and tranquil oasis of my own – I immediately feel pampered and at peace. I admire the handcrafted canopy bed and relish in the remarkable 180° view over the estate, nearby volcanoes and even Nicaragua Lake in the distance. A stunning sun symbol mirror hangs above me with a dangling rope attached, designed so that I can adjust the amount of natural light let into the room at any given moment with a gentle tug of the twine. Outside, a dreamy terrace with a fire-heated bath awaits me for a sunset soak. It's simply incredible. I am home.



After I take in my awe-inspiring abode, I am invited to enjoy my first gourmet lunch prepared by the estate's Michelin star chef. Origins serves some of the best cuisine in the country, featuring fresh ingredients harvested from the property's own organic gardens or sourced from the shores of Costa Rica and the abundant local landscape. The El Salto Restaurant is intimate and impressive, with an expansive wine selection and a marvelous mirador (Spanish for "view" or "lookout") upon the natural wonders of the wild.





After the sun sets, I retreat to the privacy of my lodge's terrace where I meet my healer for an Intuitive Reflexology Therapy session. This unique form of massage therapy is designed to promote deep relaxation, stress reduction and emotional release through focused pressure techniques applied to the feet and hands. My healer invites me to set an intention. My intention is to be open and ready to receive valuable insights and healing energy through the wisdom and guidance of my healer throughout my wellness journey.



As my reflexology session finishes with gentle music therapy, I close my eyes and allow myself to get lost in the melody and the sounds of nature softly singing to me from the forest. I focus on the peaceful present and on my intention.

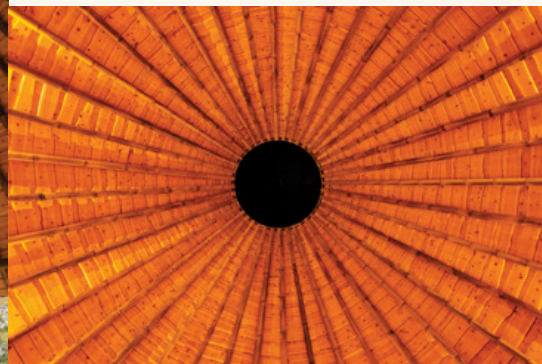
My healer wishes me a restful evening and I retreat to my luxury lodge at my leisure. Perhaps, I choose to soak in the serenity of my private fire-heated terrace bath before dinner.



DAY TWO

I awaken to the sounds of nature calling me to enjoy the view from my terrace at sunrise. Waking up in paradise is priceless and the outstretch of jungle outside is both beautifully overwhelming and humbling. I hear howler monkeys and tropical birds beckoning me to connect with nature and enjoy every moment in this nirvana.

I wander through the lavish grounds and find my way to the outdoor yoga shala. The shala is a sacred space, an inspiring environment designed to nurture and support those who gather to learn yoga, share experiences and grow their practice. It is a space for seeking peace, reflection and healing. The shala is intimate and immersed in nature. I settle in and prepare for my first private yoga session, intended to nourish my body, mind and soul.



I meet my instructor and together we begin a yogic Corporal Alignment Experience, focused on correcting any core imbalances and enhancing body alignment, while improving concentration and fluency. I flow through asanas with gentle guidance and accurate assistance. There is nothing more beneficial than having an experienced instructor dedicated to my personal practice. It's a rewarding one-on-one experience.



After my first yoga session, a delicious gourmet breakfast is waiting for me. The friendly staff describe that the eggs, honey and many other ingredients are grown in Origins' own organic gardens. Naturally, everything is so delicious and fresh. The aroma in the air invites me to enjoy a variety of fresh breads and muffins that the chef has prepared just this morning.



After my morning meal, I am free to enjoy amenities such as the infinity-edge pool or a indulge seashell massage at the onsite spa.

Or, perhaps I'll take advantage of the endless options of inclusive activities available to me at Origins. I can explore the raw luxury of the outdoors and the riches of the rainforest alongside a naturalist or expert guide. Exotic birdwatching, horseback riding, lagoon fishing, hiking and even night wildlife tours are all available. Or, I can ignite my senses and wander sensorial pathways throughout the Origins property with a passionate botanist who will enlighten me with insight on the local flora and fauna. I can learn about farm-to-table from the estate's Michelin star chef and partake in a gourmet cooking class to inspire my inner foodie.

Of course, if I opt to venture outside of the estate and visit nearby natural wonders like the remarkable Rio Celeste or rappel into caves and canyons to feed an adrenaline fix, the caring and hospitable staff at Origins are eager and happy to help make arrangements for me to enjoy my day as I wish.





After a dreamy day spent at my leisure, it's time to reconnect with my healer and continue on my wellness journey. We meet once again at the yoga shala where we begin my first Biodecodification session.



This powerful therapy is a beautiful self-exploration experience designed to identify any internal emotional conflicts that may be causing me disease or suffering. The goal is to uncover any emotional blocks that may be preventing me from building the life I truly want. Conscious awareness can allow me to heal, achieve peace of mind and a happy heart.



As this process comes to a close, the healer encourages me to focus on my breath and stay in the present as I am guided into a deep meditation. A calming and beautiful sound surrounds me as my healer utilizes cuencos Tibetanos (Spanish for “Tibetan bowls”) to deepen my state of relaxation.



Through my healer’s insights, I learn that vibration is the essence of the Universe. Everything around me has a frequency and all frequencies are interconnected. Frequencies have the power to affect other frequencies in both negative and positive ways. Thoughts, music notes and movements can all have an impact on the body, mind and spirit and we must seek out the positive, healing vibrations in order to relax, revitalize and thrive. I learn about the chakras and the art of achieving balance before my meditation therapy ends peacefully.

I part with my healer for the night as I prepare to savor another sensational meal.



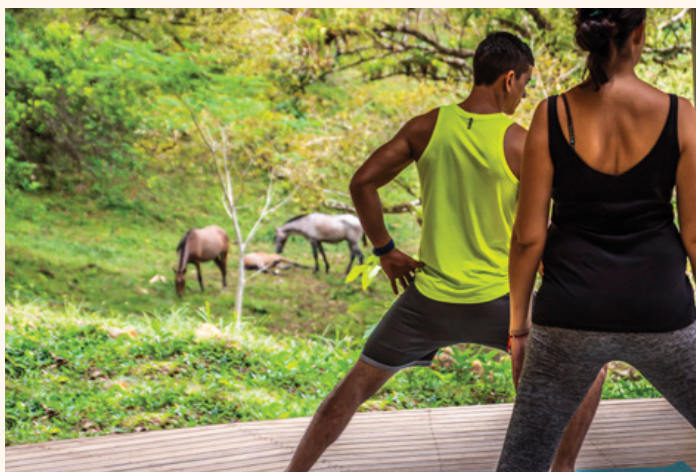
DAY THREE

Origins has prepared something very unique to start my third day. My healer arrives at my lodge and from the comfort of my private terrace, I am guided through an Abhyanga therapy session. Abhyanga is an Ayurvedic self-massage practice that uses warm herb infused oils to achieve balance throughout the body. It is considered one of the most nourishing and grounding forms of massage therapy and is a true form of self-love.

Before we dive in, my healer relaxes me with a sesame oil scalp massage. Then, I learn the step-by-step techniques designed to calm the nervous system, stimulate the organs, enhance circulation, detoxify the body, restore energy and enhance wellbeing. Together we work from the bottom up, gradually moving from my ankles to the top of my head. I am guided through the process so that I can continue to practice this self-therapy on my own. Once we finish, I am left alone to take a shower, which not only washes the warm oil from my skin but also enhances the benefits of the practice. What an amazing start to the day.



After a soothing shower, I meet my healer at the yoga shala for a second private yoga session. I practice linking movement with the flow of my breath, activating my core, building strength and deep stretching. I build energy and balance all at once and learn how to be more conscious of all the different parts of my body. There is a genuine intention from my healer to teach me and guide me through my practice. I am blessed and grateful, and most of all content.



It is time to replenish with a fresh, delicious breakfast and a hot cup of Costa Rican coffee. The aromas awaken and invigorate me.

The rest of the day I can choose to do some of the inclusive activities, bask by the pool, read a book, meditate or be pampered at the spa. The day is mine to simply be.



I've had a beautiful day. It is time for my second Biodecodification session. After the healer reviews a summary of my first session, we continue the process. Now that we have identified internal emotional blocks, we focus on how to address them. Self-forgiveness, self-kindness and gentleness are among the key ingredients for healing.

Biodecodification can be emotionally exhausting but it's above all a very rewarding process. The lessons learned through this therapy are some of the most precious gifts I can give to myself. I accept and establish a mindset for achieving health and wellness through self-exploration and self-love. I learn habits and develop skills to practice in my daily life to work towards finding a higher purpose.



I feel complete and satisfied with this enlightenment. I am prepared to practice living positively and to face new challenges differently. I have discovered how to be gentle with myself in order to promote growth, inner peace and happiness.

As my Biodecodification session comes to an end, my loving healer offers me a final ritual in the form of an energy balance therapy and guided meditation. I am invited to focus on the present and surrender to the Universe. A familiar sound embraces me once more as the “cuencos Tibetanos” work their magic to send me healing frequencies.



My mind, body and soul are open and ready to receive this peaceful energy. I acknowledge all of the divine insights I've received and powerful efforts I have made throughout my wellness journey. I have learned how to truly love, nourish and heal myself to create a happier and more fulfilling life.

Namaste!

After this final therapy session ends, it is time to savor my last gourmet dinner at Origins before I relish in a restful evening.

DAY FOUR

The sun rises and I awaken to the gentle sounds of the jungle once more on my final morning at Origins. From my terrace, I take in the view for the last time. It is a sight I will never forget, ingrained in my memory forever. The sensations of this experience will stay with me infinitely. As I sip on my delicious Costa Rican coffee and enjoy the serenity of paradise, I reflect on my wellness experience and realize that this paradise now exists within me.



The Chef has prepared my final gourmet breakfast. Just as it has been each and every day, the scenery is incredible – the view, aromas, soundscapes, the fresh air and warm breeze are all breathing life into me.

I am filled with positive energy and powerful intentions. Origins is more than a beautiful luxury lodge, it is an enchanting environment designed to retreat, find peace and renew. The loving energy and the support that I have received from my healer, the gentleness entire staff and the serenity of the surroundings inspire me to continue on a path of self-love toward a happier life. It has been an incredible experience and a rewarding investment in my wellbeing.

We sincerely hope you have enjoyed your wellness experience.

Our wish is for this experience to be the “origin” of a happy and fulfilled life – the life that you truly deserve.

Thank you for sharing your mind, body and soul with Origins.

Come back soon!

What's included in this experience?

- Private transfer from the LIR airport to Origins Lodge.
- Accommodations for 4 days and three nights in a luxury lodge with high-end amenities.
- Full board with gastronomical breakfast, lunch and dinner.
- Freshly brewed specialty coffees and teas.
- Tours included: Horseback riding, lake fishing, sensorial pathways, birdwatching tour, medicinal plant tour, flora tour, wildlife night tour and cooking class.
- A healer in charge of your wellness experience.
- One Intuitive Reflexology Therapy session with a healer on day 1.
- One private yoga lesson on day 2.
- One Biodecodification session on day 2. Includes a guided meditation and music therapy.
- Abhyanga Therapy session on day 3.
- One private yoga lesson on day 3.
- One Biodecodification session on day 3. Includes a guided meditation and music therapy.
- Private transfer back to the LIR airport.

What's not included: Alcohol drinks and gratuities.

June 1st 2019 - December 20th 2020	January 6th 2020 - May 31st 2020	June 1st 2020 - December 20th 2020
Price for one person \$5,500*	Price for one person \$6,175*	Price for one person \$5,500*
Price for two people \$6,100*	Price for two people \$6,775*	Price for two people \$6,100*

To book this Itinerary please contact our Wellness Travel Consultant: Isaac Garcia.
Direct USA Line Toll Free 1-844-628-4982 or info@wellnesscostaricacr.com
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