



THE RETREAT
COSTA RICA | WELLNESS RESORT & SPA
★ ★ ★ ★ ★

Fact Sheet 2025



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The Hotel

The Retreat Costa Rica redefines luxury through its signature wellness programs, regenerative practices, award-winning spa, and five-star gastronomic experience. This 60-acre sanctuary is surrounded by some of the most vibrant flora and fauna Costa Rica has to offer.

Every element of The Retreat is meticulously curated to awaken your senses and elevate your journey. From the soothing, therapeutic aromas of Vida Mia Spa to the exquisite flavors of our thoughtfully crafted farm-to-table cuisine, and the breathtaking vistas of the Pacific Valley, every moment is imbued with unparalleled luxury and wellness. This is a sanctuary where harmony, serenity, and joy are artfully woven into every detail, inviting you to indulge in an experience of pure refinement.

The Retreat's award-winning Vida Mia Healing Spa offers world-class treatments and transformative wellness journeys, allowing you to escape the demands of the outside world. Blending innovative, organic remedies with ancient therapies and stunning natural surroundings.

The thoughtfully designed rooms feature large, windowed walls that allow you to fully immerse yourself in the lush Costa Rican environment. Whether you're an early riser or a sunseeker, the retreat's exceptional location captures both the soft glow of dawn and the vibrant colors of sunset, providing the perfect backdrop for moments of quiet luxury and reflection.



ADDRESS:

Atenas, Alajuela Province, Costa Rica

OPENING DATE:

May 1, 2016

OWNER:

Created and founded by celebrity chef, bestselling author and global wellness leader Diana Stobo.

LOCATION:

A boutique luxury resort and spa, The Retreat Costa Rica is nestled outside the charming town of Atenas in Alajuela. This picturesque region, known as the heart of Costa Rica’s Central Valley, is celebrated for its perfect climate, often hailed by the National Geographic Society as “one of the best climates in the world.”

GETTING THERE:

Arrival into San Jose International Airport (SJO), just 30 minutes from The Retreat costa Rica. The resort provides private transportation from / to the airport.

An adults only property nestled atop a crystal-quartz mountain with sweeping views of Costa Rica’s lush forest, Nicoya Gulf Peninsula, and the Pacific Ocean, The Retreat Costa Rica exudes luxury wellness at its finest. This boutique resort offers 28 rooms, nourishing farm-to-table cuisine, and the award-winning Vida Mia Spa. Guests can unwind in saltwater pools, practice daily yoga, and explore lush jungle trails. Every detail is crafted for ultimate relaxation and holistic renewal, making The Retreat a true luxury escape for restoring balance and embracing nature.

Design

The Retreat Costa Rica's design embodies quiet luxury, blending a soft, harmonious palette with an open, spacious layout that seamlessly merges Eastern and Western influences. Every detail has been carefully curated to evoke a sense of lightness and tranquility, creating an environment that encourages restful relaxation. Local furnishings, exquisite artisanal craftsmanship, and carefully curated relics grace the spaces, creating a visual symphony that soothes the mind and captivates the senses. Each piece has been selected to reflect the rich cultural heritage of Costa Rica, elevating the aesthetic while maintaining a sense of understated elegance. Above all, the design exudes luxury through its focus on comfort and warmth, ensuring that every corner invites you to relax, unwind, and indulge in the utmost serenity.

Awards and Affiliations

- Conde Nast Traveler Readers' Choice Awards; 2021, 2022, 2024
- Luxury Spa Edits Awards "Best Spa South America"; 2024-2025
- Conde Nast Traveller (UK) Readers' Choice Awards; 2023
- Spa & Wellness Mexicaribe "Best Ayurveda Program"; 2023
- Organic Spa Media Awards "Wellness Travel"; 2021, 2022
- Healing Hotels of the World "Healing Certified"
- TripAdvisor Travelers' Choice "Best of the Best"; 2020-2022, 2024
- TripAdvisor "Certificate of Excellence"; 2017-2021
- The Costa Rican Tourism Board "International 5-star Certification"; 2021



Accommodations

The Retreat Costa Rica features 28 thoughtfully crafted guest rooms, each elegantly designed to offer a serene and luxurious escape. Inspired by the lush plants grown on the property, each room is named to reflect its natural surroundings, allowing you to immerse yourself in the peaceful beauty of the environment. To maintain a tranquil atmosphere, there are no phones or televisions, allowing the sounds of nature to take center stage. Luxurious bedding and handmade organic bathroom amenities further enhance the feeling of indulgence, while essential oil diffusers in every room promote relaxation and stress reduction.

AMENITIES IN ALL ROOM TYPES

- Luxury organic & hypo-allergenic linens
- Air Conditioning
- Daily housekeeping Nightly turn-down service
- Raw, organic body care products
- Plush bathrobes and slippers
- In-room Wifi, Security safe
- Essential oil diffuser
- Hair dryer & magnifying mirror
- Toiletry essentials
- Get Naked Fast book by Diana Stobo



Santasha Luxury Lofts

The Santasha Luxury Lofts are a haven designed to elevate your spirit and awaken your senses. Expansive windows draw in the vibrant colors of the lush Costa Rican landscape, while private terraces invite you to bask in the healing embrace of the fresh mountain air. These exquisite lofts blend the natural beauty of the jungle with ultimate luxury.

EXCLUSIVE AMENITIES

- 950 square feet
- King bed
- Outdoor balcony
- Daybed and seating area
- Sweeping mountain views
- Luxe soaking bathtub
- Rain Shower
- Mini Fridge
- Coffee and Tea station

Total inventory 10 rooms
Maximum capacity 2 people



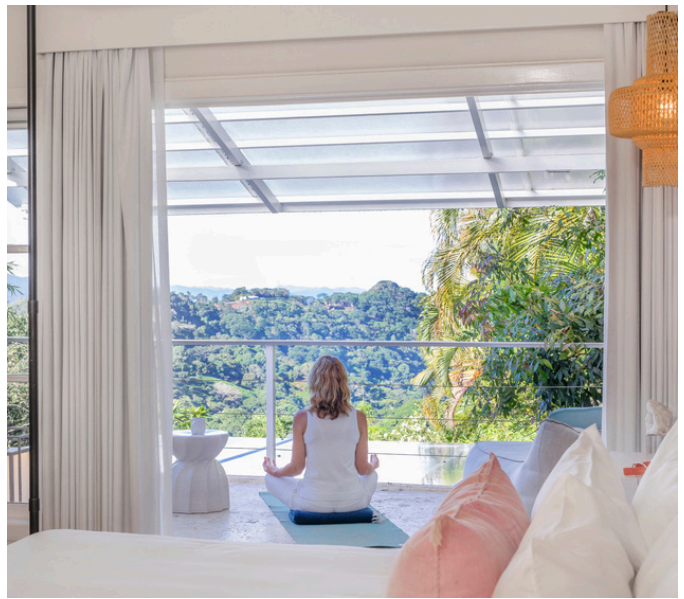
Luxury Lofts

Step into the epitome of elegance and serenity with our Luxury Lofts, perched amidst the breathtaking landscapes of the Costa Rican rainforest. These thoughtfully designed accommodations blend modern sophistication with the tranquil essence of nature, creating a serene sanctuary for the ultimate wellness retreat.

EXCLUSIVE AMENITIES

- 690 square feet
- King bed
- Outdoor balcony
- Hammock and seating area
- Expansive rainforest view
- Luxe soaking bathtub
- Rain Shower

Total inventory 6 rooms
Maximum capacity 2 people



Premium Room

This Premium Room at The Retreat Costa Rica offer an indulgent escape with expansive views of the surrounding landscape. Whether you're looking to relax after a spa treatment or unwind with panoramic vistas of the valley and Pacific Ocean, this room provide the perfect space for quiet luxury and relaxation, thoughtfully designed to offer a serene escape amidst the lush beauty of Costa Rica.

EXCLUSIVE AMENITIES

- King bed
- Outdoor patio
- Mountain view
- Shower
- Luxe soaking bathtub

Total inventory 1 room
Maximum capacity 2 people



Premium Double Queen

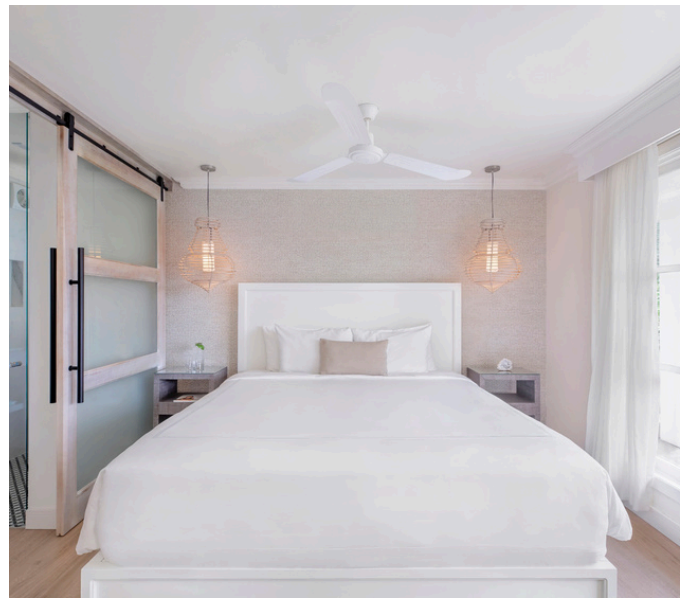
The Premium casitas are located in prime spots on the property. Designed for ultimate comfort, the rooms provide an inviting space to relax and unwind while enjoying the tranquil surroundings. Perfect for friends, family, or companions, These rooms are more than a place to stay—they're a retreat designed to elevate your shared wellness journey.

EXCLUSIVE AMENITIES

- 2 queen beds
- Outdoor balcony
- Hammock and seating area
- Mountain view
- Shower

Total inventory 3 rooms

Maximum capacity up to 5 people



Deluxe Rooms

Nestled against the lush mountain backdrop, the Deluxe Rooms offer serene garden views, creating a peaceful environment to unwind. With elegant design elements and a focus on comfort, these rooms are ideal for those seeking a quiet and restful retreat. The Deluxe Rooms offer a cozy comfort, providing a luxurious yet intimate experience with all the amenities needed for ultimate relaxation.

EXCLUSIVE AMENITIES

- King bed or 2 twin bed upon request
- Garden view
- Shower

Total inventory 5 rooms
Maximum capacity 2 people

Dining

The Retreat features three unique restaurants:

Sol Terrace: Nature's Gastronomy The farm to table menu offers organic and fresh ingredients which the Chef prepares uniquely every day. We offer a gastronomical journey that delivers exquisite tastes and presentation.

At Sol Terrace, our al fresco dining experience serves organic, farm-to-table meals complemented by biodynamic wines and hand-crafted cocktails, all made with the finest ingredients and an elegant presentation. An open kitchen allows guest interaction and community to enjoy the art of cookery. There are cooking classes offered several times a week so guest may take some new skills home.

Our all-inclusive pricing covers three daily meals at Sol Terrace: Nature's Gastronomy, ensuring a nourishing start to your stay.



In 2025, The Retreat Costa Rica unveiled exciting new offerings such a state-of-the-art gym, expansive Yoga Shala and a serene lap pool -creating even more ways to nourish both body and soul.

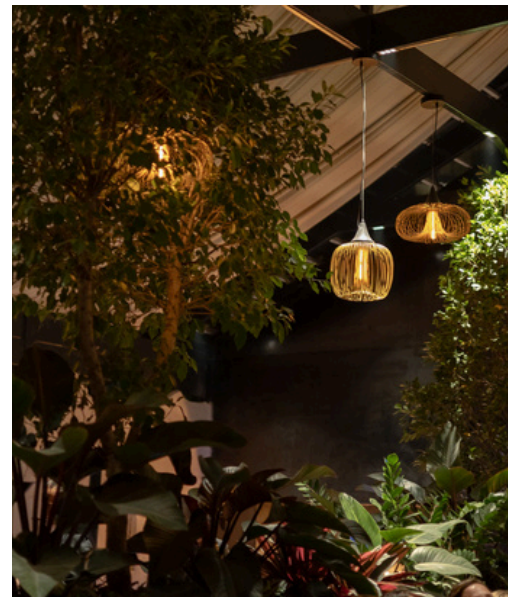
Highlight includes:

- **A new rooftop restaurant - "Mystique"**

An open air dining experience with 280 degrees of lush views, where our Executive Chef crafts an extraordinary culinary experience. Here, each dish is a masterpiece inspired by Costa Rica's finest ingredients, weaving vibrant, delicate flavors.

- **Sunset Lounge - "La Diosa"**

Unwind with breathtaking views and indulge in expertly crafted cocktails, refreshing mocktails, and a tempting selection of lite bites served all day. Guests can savor gourmet tapas, crisp salads, locally sourced ceviche, and artisan cheese boards, all artfully presented to highlight Costa Rica's vibrant flavors.

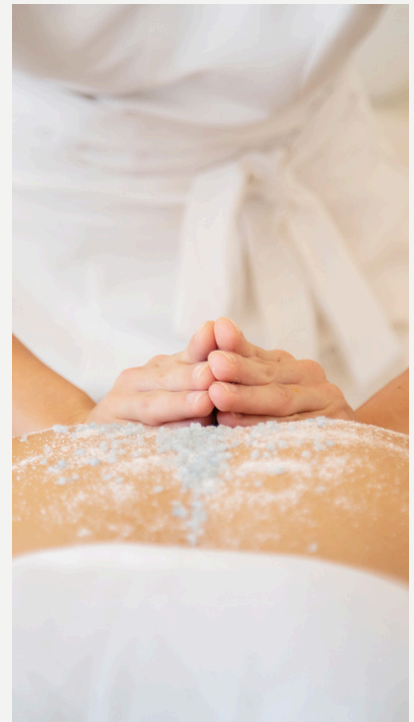
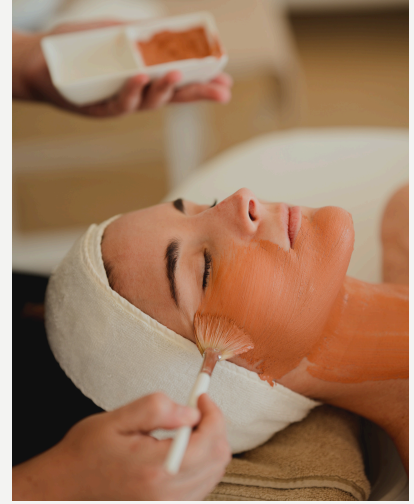


Spa

The world-renowned, award-winning Vida Mia Healing Center and Spa consistently earns a top spot in the Condé Nast Readers' Choice Awards as one of the leading destination spas in the world. This 8,000 square-foot sanctuary, nestled adjacent to the main house of The Retreat, offers an immersive experience with each spacious treatment room boasting panoramic mountain views that seamlessly connect you to nature. Fusing innovative, organic remedies with the ancient wisdom of holistic therapies, Vida Mia taps into the metaphysical power of the four elements—earth, water, air, and fire—creating a transformative environment for health, beauty, relaxation, and healing.

Vida Mia's commitment to wellness extends to the use of locally cultivated medicinal herbs, which are handpicked from The Retreat's own organic gardens. These ingredients form the basis for over 80 bespoke therapeutic treatments, including luxurious scrubs, tinctures, oil infusions, and creams, making every experience here a deeply restorative and indulgent journey.

Thoughtfully curated spaces within the spa invite moments of quiet reflection, from resting areas perfect for reading or sipping tea, to the Meditation Deck, a serene spot for meditating, praying, or simply being one with nature. The Quiet Pool, with its stunning views of the Pacific Ocean, offers a tranquil escape for sunbathing or simply resting before your next indulgent treatment. Poolside lounges and hanging chairs provide the perfect setting to unwind and enjoy the peaceful ambiance.





Wellness Packages

Wellness packages are offered for those who want to focus on themselves and dive deeper getting results toward their goals. All wellness packages include three anti-inflammatory, nourishing meals at Sol Terrace and are carefully designed for transformational results. Each addresses specific goals related to physical, mental, emotional, and spiritual renewal.

3+ nights

- The Retreat Experience

5+ nights

- The Art of Resting
- Emotional Healing and Recovery

7+ nights

- Fitness Reboot and Fat Burning
- Authentic Ayurveda Spa
- Luxury Spa Healing and Beautifying
- The Naked Challenge Signature Detox
- Mastering Menopause

Breakfast included or Meals included plan are also available for a more personalized experience.



Things to do

On Property

Highlights include:

- Daily yoga classes twice a day
- Auto guided Nature Hike
- Tea Tasting
- Cooking Classes
- Mocktail and Cocktail classes
- Healing Masters Workshops
- Wine Tasting

*Some activities has an additional value

Off property

Costa Rica is known for its biodiversity, stunning natural beauty and peaceful culture. The Retreat has carefully curated a range of on and off property excursions to optimize the Costa Rican experience for guests. Additionally, many excursions are designed to benefit the local community including a farmers' market visit, coffee plantation tour, animal rescue center and cultural tourism.

Highlights include:

- La Paz Waterfall Garden and Poas Volcano Adventure
- Manuel Antonio National Park
- Vista Los Sueños Adventure Park
- Arenal Volcano in the Rainforest

Sustainability

The Retreat Costa Rica believes it is not only a responsibility but a pleasure to commit to effective sustainability and social consciousness programs. Through the local community, guests and operational protocols, The Retreat has established concrete actions to respect the environment and make a positive impact on all that surrounds it, including:

- An organic permaculture farm
- Chemical free spa treatments freshly made with organic products
- Locally sourced fish and meat for the restaurant
- Employment policy that states 90% of the employees are from the local community; The Retreat provides a training program for staff and hires based on heart, attitude and desire to learn
- Regular cleaning days of the forest and river
- Responsible buying policy favoring local business owners
- Organic farm-to-table restaurant concept, daily menu with the available and seasonal products
- Recycling program with the municipality
- A composting facility on the property
- Energy and water savings programs and regular monitoring
- Biodegradable products used in the laundry and housekeeping
- Organic products used for fumigation
- Organic locally homemade bug repellents
- Reforestation program on the farm
- Active code of ethics program
- Non-exploitation of children or social discriminations
- Employee encouragement to participate in social assistance, which brings annual help to chosen institutions



We are here to guide you!

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