



RALIA RETREATS



GUEST WELLNESS

Palms Private Residences
Guanacaste, Costa Rica

Visit raliaretreats.com to learn more about us!



Meet Our Team

Together we are leading an authentic wellness movement in Costa Rica.



Marian Paniagua

Wellness concierge and retreat leader.



Mya Nerenberg

Retreat coordinator and property acquisitions.




Dania Fallas

Private Chef and property manager.

Hi!

Welcome to the Palms Private Residences. You are well taken care of here.

Yes, you read right, we have a wellness retreat team. If you want to learn more feel free to ask us any questions.



"wellness is true wealth



Wellness Services

We believe wellness is **everything**. Wellness elevates health and wealth. What is life if we are not also well? For you who desire to tap into what Costa Rica has to offer beyond the tourist version, we give you wellness packages OR a la carte offerings.

We believe in doing the least amount of harm to the natural environment while still enjoying an easy, beautiful travel time. We are always looking for ways to protect nature.



Itinerary Planning

We help you get oriented to Costa Rica and plan out the important details in advance.

Our selection of services and ways to experience Costa Rica reflect our deep respect for your needs, and the needs of the local community.



Local Access

We give you direct access to the best service providers, food options, and wellness activities.



All Inclusive Travel

Feel the benefit of EVERY detail being taken care of while you get to receive and enjoy life.

Ralia Retreats x Joy of Life Costa Rica x Dania Fallas Private Chef

Package 1, Wellness for

A basic wellness package will turn any vacation the individual is on into a wellness experience. If the family is not “in to” wellness this is a great way to go. All sessions are meant to flow with the travel itinerary already planned.

Itinerary
Planning Session

Body Care Session

Ceremony

Custom Meditation
Program

The meditation program is a personalized wellness meditation you can listen to at your leisure during your stay. Your meditation is an audio recording. It can be integrated with a yoga session in person if you choose this option as your body movement session.

Package 2, Wellness for a Family

The wellness package for a family includes everything in the basic package 1 made accessible for everyone in the family PLUS two private chef meals, and stocking of your pantry and help selecting and booking restaurants making food choices both a breeze and more likely to be healthy.

Opening Session

2 Meals by a Private Chef

Family Ceremony

Family Body Care Session

Family Meditations

Closing Session

Are you wishing you were on an All Inclusive Vacation...



food is done for you
children are cared for
you get “you time”

it's not too late!

Getting to REST deeply, CONNECT with yourself, your group, and find AUTHENTIC Costa Rican experiences (aka, not tourist traps)... it is very much worth it.

Even if you are currently on your trip it will never hurt to ask for what you truly desire. On the following pages you will find all the services we use to plan epic retreats for our guests.

Connect with us if you would like a vacation take-over, use our code word: JOY for \$100 gift certificate on a package (see our 2 options, Wellness for 1, and Wellness for a Family).

Wellness Services Menu

This menu will help guide you to the best of the best of Costa Rican wellness travel options. Although we highly recommend our packages with everything already included, we love to share our recommendations as a menu to you as well.

Enjoy exploring our wellness menu!

- 1 Transportation
- 2 Ceremonies
- 3 Wellness Products
- 4 Private Chef
- 5 Groceries & Restaurants
- 6 Ocean Experience
- 7 Cultural legacy
- 8 Body Movement

Transportation

1



Step 1. Getting from the airport to your Costa Rican home.

We highly recommend our trusted drivers taxi you to your rental home straight from the Liberia International Airport front doors.

Step 2. Getting around Playa Flamingo.

If your goal is to relax and stay on location most of the time then we highly recommend an environmentally friendly electric golf cart. You can always rent a car, get a taxi service to a restaurant that is farther, and all of our activities come with transportation included.

We encourage using an eclectic golf cart in place of a car for a couple of reasons. One, they are fun and can get you to many of our favourite places in nearby Potrero, Playa Flamingo, and Brasillito. Two, they work on renewable energy so you are contributing to our sustainability goals of reducing our carbon footprint.



Electric golf cart charging: You can charge the golf carts at the building next to the front entrance, opposite the security.

Need a car? Rental cars can be rented and brought to your location. Price points vary depending on what style of car you would like and the season and whether you possess insurance already.



Refer to the restaurant map to get an idea of all the places a golf cart can go in Playa Flamingo.

Ceremonies

2

Ceremony is a natural desire we have to celebrate milestones and commit our experience deeper into our conscious memory. So what better way to expand the effect of your well deserved travel time with a high level ceremony.



Cacao Ceremony or Sound bath or experience both!

ceremony

Cacao

2

Cacao is a humble offering that when served in a ceremonial modality it brings a grounding quality to the life experience, by creating a direct connection with the consciousness of the earth, the spirit of the elements and the powerful loving vibration of the human heart. The cacao plant works energetically and physically on the heart.

Within a cacao ceremony people get to experience how truly interconnected we are with all things and living beings, also helps to unlock ancestral memory and creates a sacred and safe space for story telling, keeping alive the practice of passing on wisdom through oral tradition.

The beautiful cacao ceremony is led by a local ceremonialist Marian Paniagua who has the support and guide of the elders to use cacao as a plant medicine for this ritual. Ceremonial cacao locally sourced, ceremonial objects that represent indigenous costarican tribes, sacred fire and medicine songs are some of the components use with love and respect in the ceremony

Details — Ceremony is 2-3 hours, in-home



ceremony

Sound bath

2

Experience the sounds of the Universe as you are showered in waves of primordial vibrations by some of the richest sounding instruments in existence: High Alchemy Crystal Bowls and Powerful Paiste Gongs.

In this activity, you simply lay down, relax, and enjoy the majestic sounds and vibrations of these unique instruments (the beautiful sounds are out of this world!).

The frequencies and sounds help you transcend normal limited thinking and activate self-healing mechanisms in the body, providing a synthesis of harmonious resonance for Growth, Relaxation and Deep Meditative states.

The enchanting sound bath ceremony is led by a local ceremonialist Marian Paniagua and her highly trained partners. Every detail of this ceremony is poured over and it never fails to leave our guests feeling a deep level of peace.

Details — Ceremony is 1-2 hours, in-home



Wellness Products

3

We support local, ethically made, and health promoting products.

BODY CARE



SUN SCREEN |

Aloe based sun care that heals your skin while protecting it. Ask about our sunscreen options!

BODY MIST |

Mood altering and gentle body mists that smell amazing!

BODY BUTTER |

Delicious feeling after sun care that heals and moisturizes.

KEEP SAKES



POTTERY FROM GUAITIL |

You may not have time to visit the incredible Guaitil as suggested in our Cultural Legacy trips, but you can take home a piece of art.

CRYSTALS |

With guidance from Marian Paniagua you can be matched to a crystal that is perfect for what you.

BEACH BAG |

Beautiful bags made by a local artist.

Our recommended products make the BEST souvenirs and gifts!

Private Chef

4

Ah, the fun of having someone cook for you.

BUT, not just anyone... we work with the very best chefs in Costa Rica!

Book your preferred service well in advance to make sure you get to taste the excellent cuisine first-hand!

Details —∞

Meals are cooked in your kitchen, clean up included.

Family style or fine-dining 3+ course meals.

Allergies or intolerances are professionally cooked for.

Authentic, delicious Costa Rican food guaranteed!



Dania Fallas, our Private Chef and partner in Elevate Travel

Groceries

5



Super Massai: Closest grocery store to the Villa. Great selection supermarket with touristy prices.

They offer delivery service to our complex using Whatsapp number +506 8857 0666



- MerKdo: Located in Potrero, has a great selection but with touristy prices.
- Super Conchal: Located in Brasilito. Very clean with a reasonable selection, still touristy prices.
- Super New China: Located after the bridge in Brasilito, reasonable selection with local prices on most of its groceries. Great asian products section.



Organic farming is closer than you know and accessible to you in a couple of ways.. plug farm to table and link to form to fill in,



Groceries continued

Where to get the best fresh fish: We are blessed with 2 local places: One fish market next to La Vid Pizzeria on the way to Brasilio and the other one inside “Los Angeles” neighbourhood in Brasilito as well. The second one is run by Don Donald and he works as a sort of coap/hub for the local fisherman. Please ask Chef Dania for their location if needed. Both places are only cash.



Bread delivery service (gluten free bread too!)
The German Bakery: Tuesdays and Fridays
with no specific time. Concierge service will
gladly inform you of their arrival!

Where to get wine: Wine is tricky in Guanacaste because of high ambient temperatures. Therefore we recommend places with AC. La Barrica is near by and has a good selection with touristy prices. Licorera Fofis has good prices but not as good of a selection. The best place is Automercado in Tamarindo, good selection with good prices and it is the best grocery store in the area. You will need a car to get there as it is 30 minutes away, but it might be worth the drive!



Restaurants

5

A

Elevated Dining

B

Breakfast

C

Casual Lunch or Dinner

Menus of and our top picks are in the top drawer directly under the stairs. Allo Nico and Coco Loco will deliver. Coco Loco will deliver room service style to the terrace complete with full service dishes.

And, all our favourite restaurants fill the following pages. IF you would like us to make reservations in advance or check in on how food restrictions are handled it would be our pleasure!

We even included a MAP of the CLOSE BY restaurants that can be reached with a golf cart.

Elevated Dining



Playa Flamingo's growing tourist industry is seeing new dining establishments opening yearly. Here are a handful of our recommendations, all of them need reservations:



Castillo de Lilo

Known for its view and experience that you will talk about, it's well worth the visit.



Sendito Norte

Spectacular view, full sensory experience with light and sound and good food.

If you are willing to travel 1 hour, partially on gravel roads, then we highly recommend you try Mycellium and Villa Deevena in Playa Negra.

Mycellium



Villa Deevena



Breakfast Places



A'lo Nico



Absolutely everything is good at Alo Nico. Owners Andrea from Costa Rica and Nico from France created an easy and delicious menu, they use only locally sourced ingredients and they make their own tortilla for the wraps, pineapple and strawberry jam, all the dressings and sauces are homemade and they also deliver to any place in the Flamingo area.

Surf Box



The owners offer a Montreal flare to their menu and serve up bagels, smoothies, bowls, and burgers like they do back home in Canada. A fun vibe and delicious food. Their new location at the marina is airy and vibrant and a great place to sit and watch the boats come and go.

Casual

Lunch or Dinner

!!

A'lo Nico



Surf Box



!!



Patagonia - has restaurant swimming pool and ocean front views

Hemingways



!!

Gracia - has restaurant swimming pool and the view shown here



Food Map via golf cart

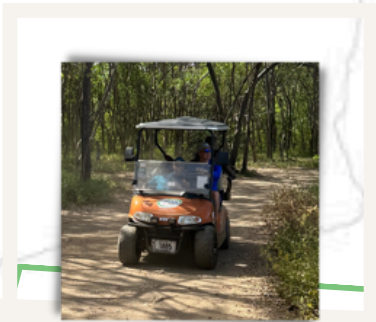


1. Patagonia
2. Gracia at Mar Vista
3. A'lo Nico
4. The Marina
5. Hemingways at Playa Potrero
6. Angelina's



HOME
sweet
HOME

The Marina: ice cream, coffee shop, small grocery store, Surf Box...



Everywhere on this map is accessible by golf cart. Take care on the green road as traffic moves faster than the golf carts!

Ocean Experiences

6

Open time on the Pacific Ocean to relax and connect

Is motoring on the ocean healthy for the ocean? The short answer is no. This is why we only promote the most amazing experience in the ocean with the least impact on the environment from a waste standpoint. The Catamaran is typically a slow moving option with sailing, and our captains of the sport fishing boats are quick to find the catch, waste less gas, and show you a glimpse of the important culture that is Pacific fishing-life. Please note, we do not endorse any jet ski or equivalent ocean or land activity that disrupts the ecosystem with loud engines, and harmful pollution.



Options:

1. Private Wellness Cruise
2. Private Artisan Fishing

Ocean Wellness Cruise

6

If you have never been boating on the ocean before it is worth knowing that a Catamaran is a much more stable voyage compared to a motorboat. Therefore, you are less likely to get seasick. We work with a handful of select captains and boats we know who keep our guests safe, and who are conscious of giving the people on board a comfortable time. With the option to put up the beautiful sails and take in the view without the sound of motors, a Catamaran is a coveted choice for pleasure boating.

Details — 1/2 day, up to 12 people, food provided

Our wellness Catamaran experience gives you several guided moments as a group to come together and experience a deeper connection to Costa Rica. Without giving away all the surprises, we offer a special wellness menu and drinks, yoga and/or meditation on a secluded beach, curated music for the vibe you are looking for from dancing to restoring and everything in between. Plus there is lots of time to be with your group in connection!



Artisanal Fishing 6

The waters of Flamingo Beach offer as well some of the best fishing in the world for marlin, sailfish, dorado, snapper, tuna, and dozens of other species. We aim to minimize the environmental impact of sport fishing by offering zero-waste experiences.



Pick up is early in the morning before sunrise to drive to the place where we leave the car.

From there we start the walk for 40 minutes in the middle of the forest reaching the highest point to see the sunrise and drink local coffee.

Then we walk 10 more minutes to the fishing spot. We will be done by 11:30 a.m.



Included:

- Transportation
- Local, experienced and bilingual fisherman guide.
- Fishing gear.
- Water, coffee and fruit..
- What to bring: Long sleeve shirt, waterproof sun block, a hat

SUNRISE CLIFF FISHING



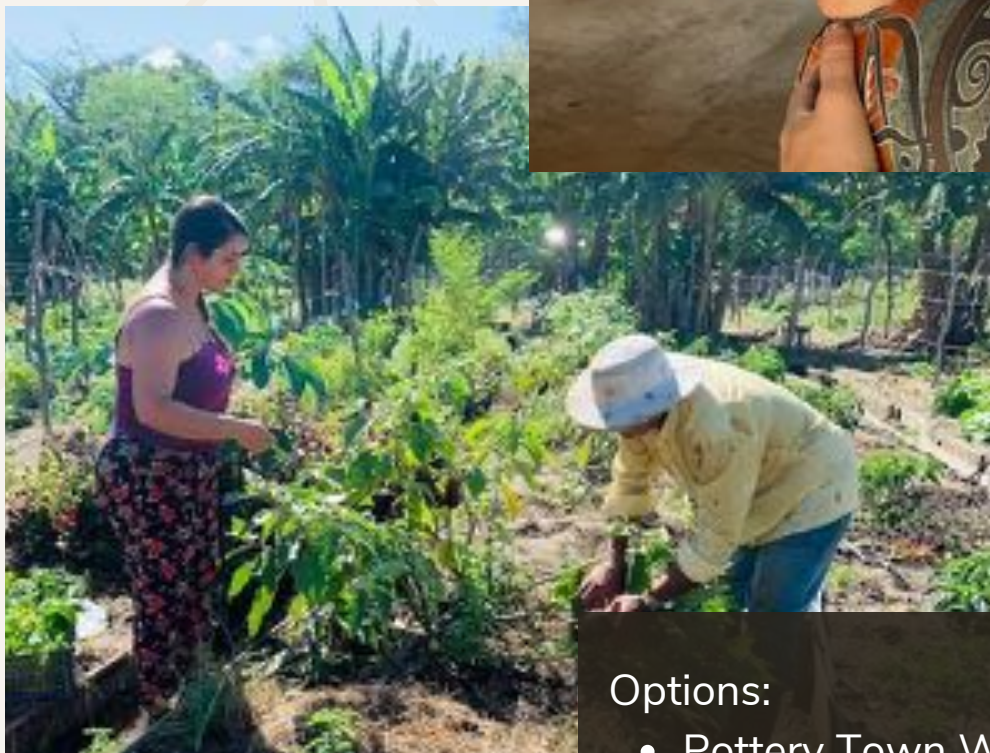
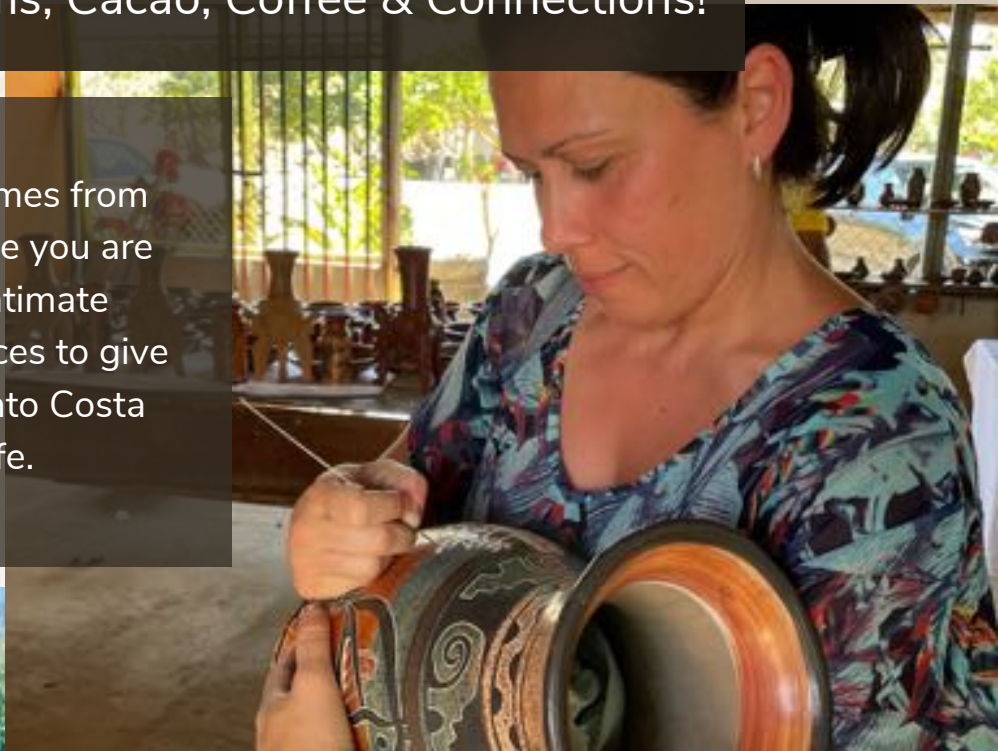
We highly recommend booking Chef Dania to cook your fish and create a beautiful local fare alongside your fish for dinner!

Cultural Legacy

7

Costa Rican Pottery, Farms, Cacao, Coffee & Connections!

Authentic travel comes from exploring the culture you are visiting. We offer intimate hands-on experiences to give you a true insight into Costa Rican history and life.



Options:

- Pottery Town Workshop & Lunch
- Organic Farm to Table Tour & Dinner
- Cacao Workshop in Chocolate Making
- Coffee Farm Tour & Meditative Tasting

cultural legacy

Guaitil

7

Guests tap into their own legacy and a deep joy and gratitude for life as they are shown the direct impact of their travels on preserving a Costa Rican indigenous groups' legacy. Our curated visit to the Chorotega pottery makers is a hands-on cultural journey that deepens a feeling of connection to Costa Rica. Guests eat lunch with a local pottery master and get to shop the beautiful designs.

Details — 1/2 day, up to 8 people, food & transportation provided



beauty & power in simplicity, why we support Guaitil

The Nicoyan town of GUAITIL is still rich with a pre-Colombian Costa Rican Chorotega craft handed down generation to generation through pottery making - BUT Marian (shown below with the legacy) is quickly being lost as Costa Rica's economy develops. You will be able to find some Guaitil pottery in shops, but with our guidance you can learn the designs not known to the tourists, the ancestral, elegant Chorotega designs.

With your help we are preserving this art which gives its admirers a deeper connection with the earth and spirit of Central America. We invite you to explore our preservation projects, our guided visits to the town, and our hand selected collection from their stores.



Miguel is a wonderful pottery maker and teacher. He clearly breaks down his art in a short workshop, leaving you with knowledge that is typically given over an entire month! He will gently encourage you to try to make pottery and you will find yourself immersed in the joy of creation in his presence.



Marianela (on the right of Marian) has been an artisan all her life making pottery, keeping the legacy of her family alive. She is retired from pottery making but she keeps the traditional way of cooking a meal with fire and ingredients from her backyard alive and well. Our guest tours usually include the most delicious food cooked by Marianela.

Guided Nature Immersion

7

Immerse yourself in Costa Rica's most valuable resource: nature! Costa Rica is recognized to be one of the most biodiverse countries on the planet. Getting into the forest with a guide is highly recommended to fully appreciate what this country has to offer!



Hiking, Zip-lining, Hot Springs, Volcanoes

Details —○ Cooler with healthy snacks + guided hike, zip lining + hot-springs + lunch

Body Care

8

Fitness is a beautiful result of taking time to be fully in your body in movement. Guided exercises are a nice way to let go and feel into your experience to combine meditation with movement. The guide thinks for you so you can simply move.



Options:

- Yoga
- Reiki
- Yoga-Reiki combo
- Massage
- Guided Running
- Surfing Lessons

Yoga

8

Details — 75 min Yoga session, in group or 1:1

75 min Reiki or Reiki-Yoga combo session 1:1



Marian Paniagua

Our instructor, Marian Paniagua is a Hatha Yoga instructor, Trauma Sensitive Yoga Instructor, Reiki Therapist, Cacao Ceremony Leader & Educator, and an integral part of our wellness concierge team. Receiving a yoga session with Marian is the best way to connect deeply with the lands of Costa Rica. In addition to feeling gently stretched and stronger you will love her flows that remind you continually to breath and relax deeply. Her yoga and reiki sessions become beneficial mediations and very healing on all levels.



Surfing Lessons

8

Details —○ Included: Transportation / Experienced bilingual instructor / Surf Boards / Heathy snacks.

Pick up time depends on the tide and swell. The instructor will take you to Tamarindo beach or Playa Grande beach, and/or other secret surf points depending on the condition of the ocean.

The activity lasts 3.5 hrs, driving included.

Meet our Instructors



Pablo Huarcaya

Native from Peru, he moved to this area of Costa Rica in 1998. He has been a surfer all his life and became an instructor when he moved to Costa Rica. With the most charming personality and great care he makes you feel safe and comfortable in the water.



Eugenio Castillo

Native from the atlantic side of Costa Rica, he moved to Brasilito beach 18 years ago. His experiences and local vibe makes him one the best in our area. He always provide great equipment and fun surf lessons.

The Ralia Realty Vision of Wellness in Real Estate

What is a healthy building?

At Ralia Realty we aim to be part of a solution for wellness in Costa Rica. For the last 30 years, many developers have been purchasing their “slice of paradise” in Costa Rica. The pace has accelerated lately. This has meant the destruction of many native trees, dried up water tables, and the displacement and pushing out of locals access to the beautiful areas they once enjoyed. This is not good news, and this has ripple effects on travellers and locals.

Costa Rica is attracting many people to visit or own here, however, we must be mindful of the impact of the call. We are not saying to stop enjoying the bounty of the world, rather tread lightly and respect the native people who call Costa Rica home. Our vision of wellness in Costa Rica is to bring abundance to Costa Ricans in a compassionate and healthy way.

For a real estate investment to be healthy, we at Ralia Realty, treat the management of the real estate as an opportunity to connect deeply with nature and the lands the property is built on, to honour the local residents who live in harmony with the land, and to be an active part in the fabric of the community.

Within the walls of the Palms Villa #21, our focus is on elevating women in business, and celebrating the traditional arts like pottery making and honouring the direct access to the most healing nature via the ocean and sunsets.

Ways you can support our efforts are to first respect the natural world around you. Be mindful of your footprint and avoid environmentally harmful behaviours. Next, we highly encourage you to spend money on services and products made by local women and artisans. Our partner, Marian Paniagua, owner of Joy of Life Costa Rica, will guide you to the highest quality, and most impactful options.



"wellness is true wealth

Visit raliarealty.com to learn more about us!