

Get Pampered at the New Organic Spa at Pico Bonito

The luxurious Lodge at Pico Bonito in Honduras has announced its new organic spa. The **Spa at Pico Bonito** is an outdoor spa and consists of three, circular cabins on stilts. The purpose of the stilts is to maintain balance and harmony with the surrounding environment's natural energies.

The Lodge at Pico Bonito is an eco-lodge that offers guests 22 private standard and superior cabins. The cabins are about 400 square feet in size. The all-natural Spa at Pico Bonito was built among the lush rainforest beside the nearby Corinto River. The newly opened spa is 3,675 square foot in size.

Of the three different cabins, one will be for individual massage treatments, another for couple massage and the last one comes with a Vichy shower. There is also a Temazcal or Maya-style sauna, in addition to a plunge pool.

The Spa at Pico Bonito has carefully based its treatments on pre-Hispanic indigenous healing traditions and culture. Clients will enjoy a VIP experience with the use of all natural ingredients and essential oils used in all of the luxury spa's facials, aromatherapies and relaxing massage therapies.

There are several spa packages to choose from at the Lodge at Pico Bonito, including:

Facials

Facials – steam, exfoliation, extraction, facial masks, peels and massages – often remove impurities and regenerate and revitalize the skin tissue. Here are some of the eco-lodge's facials.

– Organic Fruit Facial fuses seasonal fruits, cocoa, clays,

cucumber, honey, melon, banana, lychee, papaya, pineapple and passion fruit to relax and refresh your face. The 50-minute facial cost US \$45.

– Men's Real Parrot Facial reduces acne and removes blemishes with key ingredients such as mint, rosemary, aloe (vitamin A and C) and oleic acid. The 50-minute facial cost US \$45.

Tissue-Repairing Purifying Facial uses bromalina, a natural exfoliant to dissolve oils and cleanse pores, as well as passion fruit, an antioxidant, anti-inflammatory and energizer, to purify the skin. The 50-minute facial cost US \$45.

Aromatherapy Synergies

Aromatherapy, also known as Essential Oil therapy, is a holistic approach of using extracts from plants to balance, harmonize and improve the mind, body and soul. The eco-lodge entices spa lovers with the following aromatherapies.

Balancing promotes relaxation, peace and harmony by using essential oils such as spruce, rosewood spruce, rosewood, frankincense, and blue tansy.

Stimulating reduces physical and mental fatigue, as well as boosts energy by using peppermint essential oil to invigorate and awaken the body and mind.

Detox relaxes muscles, improves circulation and relieves joint pain by using essential oils such as basil, grapefruit, cypress, marjoram, mint, and lavender to drain and remove toxins.

Massage Techniques

Research reveals massage therapy helps to reduce anxiety and stress while improving energy, sleep and the immune system. Spa goers should indulge in the massages listed below.

Deep Forest alleviates stress and muscle tension in the back of the neck and shoulders. Guests can indulge in this deep

massage for 30-minutes at US \$35, 60-minutes at US \$70 or 80-minutes at US \$90.

Guatusa incorporates herbs to eliminate tiredness from your feet, as well as a deep rhythmic technique to stimulate the lymphatic system to reduce stress and strain on your legs and feet. Massage is available for 35-minutes at US \$35 and 60-minutes for US \$65.

Comprehensive Therapeutic Chiromassage incorporates two healing techniques – physical therapy and chiropractic – to align bones, improve sleep, and relax the central nervous system. This massage also incorporates a relaxing massage and reflexology to give guests multiple restorative benefits. The 50-minute massage costs US \$85.

For more information and additional spa treatment packages, please visit: [The Lodge at Pico Bonito](#)

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Photo: Lodge at Pico Bonito / Devon Stephens of Roatan

Photography