



Sky Tram



Tabacon Hot Springs



Tabacon Grand Spa Resort



Tabacon Grand Spa Resort Exterior

We were then given foot reflexology, a treat for body and soul. The bowl for the foot massage as well as the chairs were made of solid wood and smelled exactly like the wild jungle. The avocado pit massage increased circulation and helped detoxify. The large avocado pit was rolled with a light but targeted pressure along the soles of our feet.

Our massage therapists led us through wondrous gardens to a private hut exposed to the rainforest on all sides. It was there that we received a combination deep tissue and Swedish massage that reinvigorated our jetlagged bodies. This type of massage is said to increase joint mobility and improve the circulation of oxygen and blood flow. The massage was followed by a shower-in-tub filled with warm mineral water continuously fed by bamboo pipes.

Our next day was another unforgettable adventure - a safari float trip on the lower part of the Penas Blancas River. The trip took us, along with our guides, about 20 minutes to enter the river adventure. Our air rafts were fully inflated and carried down

to the edge of the river. We all were given life vests and a quick lesson on raft safety and etiquette. We were seated in a compact but sturdy raft that would carry us into a normally inaccessible jungle.

The trees above our heads seemed connected by their branches and by the hundreds of monkeys jumping back and forth, screaming loudly. We slowly paddled to a location where a couple of large crocodiles lay sunning. We estimated them to be about 250 pounds and around 6 to 7 feet long. Covered in mud, they didn't budge as we moved in closer. We came back to the spa amazed at the beauty of the rainforest and at the many sensory pleasures of Tabacon.

Our accommodations, spa treatments and adventure tours were amazing and made our stay all the more memorable at this upscale beautiful resort in the middle of the Costa Rican rainforest. The management and staff had a clear vision of where they intended to take their guests, and fulfilled that vision to perfection. ●