



more info:
experiences@nantipa.com / reservations@nantipa.com



Retreats at Nantipa

Thank you for considering Hotel Nantipa for your retreat in our serene paradise on Santa Teresa Beach, Puntarenas. We would be delighted to welcome you to this tranquil haven, where wellness and nature seamlessly blend to create an unforgettable experience.

At Nantipa, meaning "Blue" in the ancient Chorotega language, we honor the rich heritage of the Nicoya Peninsula, a recognized Blue Zone celebrated for its inhabitants' health and longevity. Our hotel offers a unique combination of luxury and authenticity, set amidst lush landscapes and the pristine shores of Santa Teresa.

Our retreat experience is crafted with your well-being in mind. Immerse yourself in the rejuvenating energy of our yoga shala, surrounded by the sounds of nature and the calming presence of the ocean. At our wellness center, Numu, we invite you to reconnect with your body and spirit through holistic therapies designed and spa treatments to refresh and restore.

Nantipa is more than just a luxury beachfront hotel; it's a sanctuary where world-class design meets genuine Costa Rican hospitality. Whether you seek relaxation, adventure, or a deeper connection to nature, our vibrant and unspoiled setting in Santa Teresa offers the perfect backdrop for a truly transformative retreat.



more info:
experiences@nantipa.com / reservations@nantipa.com



4 night / 5 day rates start at US \$1,145 per person in double occupancy.

Includes:

- 4 night stay in our Nanku Suites
- Daily Breakfast
- Daily Private Yoga Lessons
- 1 Sound Healing Session
- 1 Surf Lesson
- 1 Nature Outdoor Tour
- 1 Special Dinner at Manzú

If you are interested please fill out the following form: [Nantipa Retreats](#)



more info:
experiences@nantipa.com / reservations@nantipa.com