



## EVENTS AND EXCURSIONS ON SELVA PROPERTY

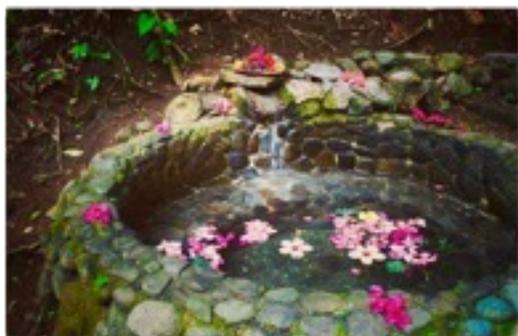
### MEDICINAL PLANTS AND BOTANICAL GARDENS TOUR 1 HOUR - \$40/PER GROUP



Tour the Selva Armonia property and familiarize yourself with every medicinal plant and fruit tree we have growing! Nurture your body with farm to table meals and handmade herbal tinctures with immunity boosting properties. Touch, taste, and feel the benefits of all the incredible medicinal herbs, exotic fruits, and vegetables we grow right outside your bedroom! At the end of tour, you'll have the opportunity to try one of our most potent and beneficial fruit juices or create a medicinal tincture to take home with you!

### GUIDED WATERFALL HIKE FROM SELVA PROPERTY 2 HOURS - \$12/PERSON

Explore our breathtaking backyard waterfalls located thirty minutes into the pristine natural habitat of Costa Rica! Enjoy swimming in natural pools, discovering new wildlife, and the option to safely jump off waterfalls! This is an incredible outdoor experience exclusive to our guests!



### JUNGLE SPA 3 HOURS - \$30/PERSON

A relaxing day of facial scrubs, blue clay masks, champagne, and a natural aromatherapy hot tub! You'll start in Selva's open air kitchen, making natural body treatments and facial scrubs for the spa. After a short walk into the jungle, you'll come across the gorgeous hidden gem of a hot spring tub dressed with the farm's herbs and flowers and healing essential oils. Soak, relax, and rejuvenate!

## **POOL PARTY WITH FRIENDS**

**2-3 HOURS - \$5/PERSON**

Bask in the warm tropical sun and celebrate life with your new friends, great music and fresh tropical drinks! All drinks are squeezed and muddled to perfection using the farms very own tropical orange and lime trees, pineapple plants, and basil and mint from the greenhouse! ;Salute!



## **CACAO CEREMONY**

**3-HOUR EVENING - \$35/PERSON**

Savor this unique cup of hot cocoa! Experience an authentic mayan tradition gathering together in ceremony and enjoying nature's purest form of chocolate (cacao). The raw cacao beans are served in liquid form and can serve as a powerful heart opener. This ceremony holds space for mediation, intention setting and fills hearts with joy and laughter!

## **SOUND HEALING CIRCLE**

**2 HOURS - \$20/PERSON**

A complete surround-sound experience, lying on Selva's open air yoga deck as you receive every instrumental and jungle vibration. The sound bath will move from crystal bowls, angelic toning, tibetan bowls, shamanic drumming and gong meditations all improvised in the moment.



## **AFTER-DARK BONFIRE**

**1-2 HOURS \$75/GROUP**

After a gorgeous sunset, gather under the stars to enjoy a warm fire and live music! Roast sweet farm bananas over the flames and top this yummy dessert with organic dark chocolate, peanut butter, nuts, and shredded coconut! ;Buen Provecho!

