



# FINCA ROSA BLANCA COFFEE FARM & INN

## GUEST BOOK



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Dear Guest:

We are pleased that you have chosen to spend your holiday with us at Finca Rosa Blanca. We hope that we will be able to provide you with exceptional service in peaceful and relaxing surroundings.

We offer you this book of information about the hotel and our services to enhance your visit and help you create a wonderful experience. We hope that these guidelines will help to make your vacation at Finca Rosa Blanca outstanding and to clarify any questions that may arise during your stay.

Our staff is available for any questions or to provide assistance regarding our coffee plantation and tours, activities, environmental efforts, local restaurants and more. Please let us know if there is anything else we can do to make your stay more enjoyable.

¡Muchas Gracias!

Teri & Glenn Jampol, Owners





## **COVID19 - PROTOCOLS**

We have always had rigorous hygiene protocols, which we have updated to keep your stay safe, healthy, and fun.

### **RESORT-WIDE UPDATES**

**Sanitation Manager:** Our new Sanitation Manager is responsible for keeping Finca Rosa Blanca disinfected and sanitized.

**Cleaning:** We disinfect all high-traffic and high-touch areas, including our Front Desk, restaurant surfaces, and public restrooms.

**Updated Hygiene Protocols:** We've implemented a range of updated hygiene measures, including hand sanitizer stations and face masks for our team members and guests, and daily temperature checks for all team members. All staff and guests maintain 6 feet (1.8 Meters) wherever possible.

**Supplier Safety:** Our third-party suppliers - including tour operators and transport services - are required to comply with strict safety measures, including regular surface disinfection.

### **ARRIVAL AND DEPARTURES**

**Staggered Check-In:** We try to stagger arrivals and departures to minimize your contact with other guests.

**Digital Procedures:** We've implemented digital check-in/check-out, online payments, and mobile registration. Our Digital Concierge app enables live chat, bookings for in- and off-property guest experiences, and access to resort information.

**Sanitized Surfaces:** In addition to our standard disinfection protocols, we sanitize all room keys and our golf cart (for guest room transportation).

**Safe Transfers:** All transfers will be private and vehicle interiors will be wiped down and disinfected between rides.

### **HOUSEKEEPING**

**Updated Protocols:** We've fully updated our housekeeping protocols to follow CDC and international health guidelines for disinfection, laundry services, and cleaning.

**Choice in Service Frequency:** You may now choose between daily housekeeping, drop-off service, or no housekeeping during your stay.

### **DINING SERVICE**

**Digital Reservations:** We use our own reservations program to adequately space dining reservations and take orders in advance.





**Reduced Seating:** Our restaurant operates at a maximum 50% capacity to ensure physical distancing, including adequate spacing between tables.

**Regular Sanitation:** We have updated our already rigorous protocols to include sanitizing all surfaces.

**Minimal Touchpoints:** We've transitioned to digital and single-use menus (printed on recycled paper), as well as wrapped flatware and condiments provided only upon request.

## **ACTIVITIES**

**Private Tours:** Our signature Coffee Tour & Cupping tour, as well as Birdwatching, are now offered only for family groups and parties of two.

**Pool:** Pool seating is spaced and sanitized after each use, and pool towels are now delivered directly to guest rooms.

## **GENERAL INFORMATION**

### **Reception:**

The reception office is open 24 hours. Our staff is happy to answer all your questions, make arrangements for tours, transfers and help you with tips to fully enjoy your stay with us. For any assistance or additional information, please dial "0".

### **Check In/Out:**

Check-in is at 2:00 p.m. and Check-out is at 12 noon.

### **Credit Cards:**

We accept cash and the following credit cards, Master Card, Visa, and American Express. You can find an ATM in downtown Santa Bárbara if you need to use it.

### **Luggage:**

Please ask for assistance with your luggage. Our staff will be happy to assist you bringing it to your room or to the reception area upon leaving.

### **Public Areas:**

Please feel free to use any part of the Inn: the restaurant terraces and outdoor areas, the library in the restaurant and great room in the main house, the swimming pool and Jacuzzi area and the nature trails, and make yourself at home in El Tigre Vestido Restaurant. You are welcome to wander the grounds and enjoy the flora and fauna. In the office we have a guide to the birds sighted on our properties and to the trees, plants and flowers of our gardens. You can find many guides about the birds and mammals, tropical flora and fauna of Costa Rica in our reception area and our library for your use. Please read our recommendations on how to protect and enjoy the environment included in this information book. For all who use the common areas and in particular those guests with children, please be aware that the





acoustics are very bright in the common areas of the main house and we ask that you respect the other guests' tranquility by refraining from running or shouting and try to minimize noise.

#### **Tiendita:**

Please visit our gift shop, La Tiendita, where you can find a wonderful selection of local arts and crafts, soaps and organic beauty products, organic chocolate, T-shirts, sundries, and canvas bags. 100% of the merchandise for sale in our gift shop is made in Costa Rica. And of course, we also have our excellent organic and sustainable Finca Rosa Blanca coffee for sale.

#### **Parking:**

To maintain perfect tranquility at Finca Rosa Blanca, only foot traffic and electric cars are allowed on the premises. All cars are parked across the street in a large parking lot next door to our sustainable organic coffee plantation. The parking lot is continuously guarded by cameras and is opened only by our reception staff.

#### **Water:**

Our water is from a well which is checked monthly by a licensed laboratory and is absolutely clean to drink, however, we also provide a filtered water dispenser in the main hotel lobby and in the reception area where you can fill your own water bottles. We encourage a refillable bottle to avoid excess plastic refuse. Your mini bar also offers complimentary bottled water.

#### **RESTAURANT SERVICE AT EL TIGRE VESTIDO RESTAURANT**

Join us for all your meals in El Tigre Vestido Restaurant or for a drink at the Bar Buho. If you want to communicate directly with the restaurant area from your room please dial extension 127, we will be more than happy to assist you with your needs.

Breakfast: ..... 6:30 am to 10:30 am

Lunch: .....11:00 am to 5:00 pm

Dinner: ..... 5:00 pm to 10:00pm

In 2007, we converted the home of the Osman-Jampol family into the **Restaurant El Tigre Vestido**. We pride ourselves on our Latin Fusion Cuisine including many Costa Rican heritage recipes. We produce most of the vegetables and fruit, coffee and organic eggs which we serve in the restaurant, and we work with organic farming cooperatives and local purveyors to supply us with the freshest seasonal products including tropical fruit, vegetables, fish, seafood and chicken.

Your full breakfast is complimentary every morning, including all the Rosa Blanca coffee you can drink! Please let us know about any allergies or food concerns and we will be happy to create a menu which will fit your needs.



Join In the afternoon for complimentary Finca Rosa Blanca Coffee prepared in the Costa Rican way and homemade pastries on the deck of El Tigre Vestido!

### **Bar El Buho**

Our bar menu includes a great variety of natural and Costa Rican style drinks such as Horchata made with rice, milk, cinnamon and peanuts or a refreshing Agua de Sapo that combines the flavors of lime, ginger and cane syrup. And nothing satisfies your thirst better than our Guaro Mojito prepared with Guaro, a typical Costa Rican liquor made with sugarcane. If you want a non- alcoholic cocktail, please ask for our fresh tropical fruit “batidos” that combine the ripest seasonal tropical fruits and made with either whole milk or water.

We encourage you to sample our delicious Pan-Latino Cuisine!

## **Hotel and Room Amenities**

### **Rooms:**

Your room has all the comforts of home to ensure a very enjoyable stay. If you happen to have any special needs, such as extra toiletries or other necessities, please contact us at the front desk, and we will be glad to help. Each room has a mini bar with drinks and snacks for sale. You also have a French Press, an electric kettle for hot water and a container of Rosa Blanca Coffee. There is tea, sugar, sweeteners and milk, coffee cups and spoons to create your favorite blend. If anything is missing or you have special needs, please ask the office. You will find the mini-bar menu at the end of this book.

### **Housekeeping:**

We will be cleaning your room upon your discretion: once in the morning and again with turn down service. If you do not require room cleaning during your stay, we will drop off towels and linens upon request. Please leave your towels on the floor only if you want them changed. If you need special services throughout the day, we will be glad to help you. Please bring the pool towels provided for you in your room to the pool area.

### **Laundry:**

We have basic laundry services. If you have any need for this service, we have provided a laundry bag and a list to fill out; you will find them in the closet. Please be aware that we only operate with machine wash and dryer services. We are environmentally conscious and use only biodegradable detergents and generally dry the laundry outside with solar generated heat.

### **Safe Deposit Box:**

This is a very safe place. Nevertheless, we encourage you to deposit all your valuables, documents or any other personal belongings you might want to keep in a secure place in your safe deposit box in the room. We recommend that you lock your doors when leaving and when applicable you should activate





your alarm whenever you leave your room. We have guards walking the grounds all night, but we want you and your valuables to be safe.

**The hotel will not be responsible for valuables left outside your safe.**

#### **Umbrellas:**

Our green season is officially from May to early November although occasional showers can occur at any time. We have provided each room with 2 umbrellas for your convenience; please find them in the closet. We ask you to please bring the umbrella back to your room if you take it to the lobby or the restaurant area.

#### **Smoking:**

Costa Rica passed a comprehensive ban on smoking in any public areas. We also prefer a smoke free environment. Your room is non-smoking. We ask that guests do not smoke inside the Hotel. If you wish to smoke, you will find ashtrays to use outside your room on your terrace or patio.

Our restaurant and bar are non-smoking as well, and we ask that you refrain from smoking in ANY of the hotel's public areas. Thank you for your understanding and cooperation.

#### **Water:**

Please use water with moderation. We are in an area of Costa Rica where water can be scarce during our dry season in the summer months of February, March & April. Please remember to turn off all faucets when not in use and report any signs of leakage to management. We appreciate your cooperation.

#### **Games:**

Ask at Reception to see the selection of board games to check out. Please try to replace all parts to these games so that others may enjoy them in the future. There are also crayons and paper for anyone who would like to indulge their artistic spirit.

#### **Pool**

Enjoy a chlorine and chemical free swim! Our pool is sanitized by a copper/silver ionization process and is heated with solar panels which keep it at a comfortable temperature even in the green season. The top terrace is for sunbathing, enjoying the Jacuzzi and the views.

- All swimming is done at your own risk and children younger than 15 years should be supervised by an adult.
- Please do not take any bath towels out to the pool. The pool towels can be found for use at the pool.
- Please shower before entering the pool- there are showers in the changing rooms and foot sprinklers on the lower deck for this purpose.



- Please do not take any glass or bottles to the pool or Jacuzzi area; we can provide you with plastic cups.

- Please do not bring children to the upper terrace unless you are supervising them at all times.

Jumping from the upper terrace into the pool or falling from the terrace will cause extreme injury. Please note that Finca Rosa Blanca will not be responsible for any accidents or injuries occurring in the pool area. Children under the age of 15 are not allowed in the pool without parental supervision.

#### **Calls:**

Local and international calls can be made from the rooms and will be charged automatically to your account.

**Any call within Costa Rica**      9 + telephone number

**International calls**              9 + 00 + country code + area code + telephone number

**USA Calls (not in room)**        9 + 001 + area code + telephone number

**USA Calls**                         808 + area code + telephone number

**Emergency Tel #**                9 + 8368-6697

**Front Desk:**                      Please dial extension "0" (zero)

#### **Internet:**

There is a computer with internet access and a printer for the use of our guests in the restaurant area. Anyone with laptops, phones and tablets may connect to the hotel's Wi-Fi at no charge. The WiFi password is: "guestFRB"

#### **Library:**

Please feel free to enjoy the books in our library while you are staying with us. There are books to exchange or take on your travels.

#### **"Staff Only":**

We feel privileged to have you stay with us and it is a pleasure for us to share our space. However, there are certain areas which are meant only for staff members of Finca Rosa Blanca, such as the kitchen, bar, back of reception, inside the greenhouse, laundry and maintenance areas. If you should need anything from any of these areas, please contact one of our staff members and we will be happy to assist you.

#### **Electricity:**

Like the United States and Canada, Costa Rica has an 110v, 60 Hz electrical system. Please use electricity with moderation and remember to help us minimize our use of electricity by turning off all lights, fans and other electronic equipment when not in use. Thank you for your cooperation.





### **Health:**

In case of minor illness or injuries, there is a bi-lingual doctor on call in the nearby area and we have emergency medical assistance at the hotel if needed. The closest hospital is in Heredia or Alajuela, about a 20-minute drive, but there is a clinic open during the day only 10 minutes away in Santa Bárbara. Please let us know of any allergies, or medical conditions of which we should be aware.

### **Insects and Bugs:**

We are fortunate to be in the middle of beautiful tropical green areas and coffee plantations. You may be lucky enough to encounter the amazing ecology which is made up of all sorts of wildlife and insects. They are harmless, but if you happen to be allergic to ants, bees, spiders, or mosquito stings, we recommend using an antihistamine which the reception staff can help you obtain. Any food left in the rooms will attract insects. We recommend that you try not to eat in your room, but if so, to completely clean any crumbs or detritus left from the food eaten.

### **Our Finca Rosa Blanca Organic Coffee Tour**

Situated at a perfect elevation for coffee growing and a world away from the hustle and bustle of San Jose, the capitol city of Costa Rica, Finca Rosa Blanca offers an in- depth tour of the coffee farm, the processing plant and the roasting house. Enthusiastic guides will share their extensive knowledge on how organic coffee is grown, cared-for, harvested, processed, and roasted to produce some of the world's best coffee beans. You will learn about coffee through the ages, Costa Rican Coffee history and you will become skilled at discerning the fine quality of the freshly roasted Finca Rosa Blanca coffee at a "catación" or cupping session. **\*Sometimes we cannot offer the cupping activity due to Covid 19 protocol restrictions.**

Hiking the lush tree-shaded coffee fields you will discover how coffee is grown and harvested. During the season, you will have the chance to pick and taste the ripe coffee berries with the folks from the neighboring towns who will share their knowledge and show you how to quickly fill a basket with the ripe red coffee fruit. Families bring their lunch, and everyone enjoys the sunny days and the fun of picking coffee together. Costa Rican school holidays fall during the harvest season so that everyone can pitch in and help bring in the "grano de oro" or the Golden Bean.

The next stop is the farm's processing mill, or "beneficio", where the bean is separated from the fruit and naturally sun-dried before being roasted and prepared for enjoyment. Our coffee is air and sun- dried on suspended hammocks called "parihuelas". With the farms own on-site roaster, Finca Rosa Blanca is considered an estate coffee, where every step of the growing, processing and roasting is done on the plantation.

Our organic coffee is environmentally friendly, grown only by sustainable methods. The farm is certified organic by the International BCS, sustainable by Rainforest Alliance and The National Institute of Coffee in Costa Rica.

We will explore the other sustainable crops produced on the farm including banana, plantain, orange, mango, water apples, loquats, guava and lime. You will enjoy salads made with our famous banana vinegar sourced from the many varieties of bananas which shade the coffee plants. Our organic waste



and coffee pulp is used to produce organic fertilizers for the farm, the orchards and organic gardens at Finca Rosa Blanca.

Learn how the experts discern and rate gourmet coffee by participating in a “coffee cupping” (catación) session with our knowledgeable Coffee Tour Guide. Sit out on the spacious deck and enjoy the views of the volcanoes above and coffee fields below while experiencing a real coffee cupping and learning more about the benefits to the environment and the community of an organic sustainable coffee farm. Private tours can be arranged at an extra cost with the front desk if the guide is available and weather permits.

You are welcome to walk through the farm on your own along many of the roads and trails available. As many as 150 species of birds have been identified on shade coffee farms. We encourage you to take our bird watching tour through the grounds of Rosa Blanca and our coffee plantation. Stop into the Casa Del Café to watch coffee being roasted and enjoy our interpretive Local Coffee & Culture exhibition.

### **Finca Rosa Blanca Bird Watching**

Costa Rica is one of the world's premier birdwatching destinations and one of the most bio-diverse locations in the world, with over 924 bird species recorded with over 647 species of permanent residents; more than the total of the birds found in North America in a country the size of New Jersey. Costa Rica is a continuous corridor for bird migration between from North and South America with a great variety of habitats including rain forests, mangrove swamps, beaches, cloud forest, rivers, and mountains. If you visit Costa Rica during the northern winter you will recognize familiar birds, since many species of warblers, flycatchers, vireos, orioles, hawks etc. migrate to Costa Rica every winter.

Our bird expert and naturalist guide will walk with you through the grounds and the surrounding coffee farms of Rosa Blanca where over 130 species of birds have been seen. You will be awakened at dawn to the symphony of bird songs from the huge variety that live and breed on the property. Enjoy spotting and watching these magnificent feathered inhabitants in our the high altitude organic coffee farm while discovering species such as the Montezuma Oropendola, Rufous-Naped Wren, Blue Gray Tanager, Summer Tanager, the Clay Colored Thrush (“Yigüiro”-the National Bird of Costa Rica) Wild Crimson Fronted Parakeets, Blue Crowned Mot- Mot and Three Wattled Bell Bird to name a few.

If you are not a bird watcher now, you will become one after the tour through the gardens and coffee plantation of Finca Rosa Blanca.

We can also arrange tours to the Cloud Forest of Barva Volcano to look for the Resplendent Quetzal or Carrara National Park for the spectacular Scarlet Macaws.

### **Sustainability Information**

Finca Rosa Blanca actively supports and practices sustainable tourism. We are committed to conserving natural areas and local cultures in hope of maintaining a better future for us all.

Information about the **Certificate for Sustainable Tourism (CST)**





In the past ten years, the concept of “ecotourism”, going “green” and building “sustainably” in the tourism industry has been adopted throughout the world. In countries such as Costa Rica, where several rich natural sites still exist, these terms are commonplace, appearing in practically every hotel, restaurant, tour operator’s office and street corner.

With the advent of “green washing” it has proven to be extremely difficult for consumers to find authentic “sustainable” tourism operations. It is difficult for customers to know the difference between a hotel that is genuinely sustainable, making substantial contributions to care for the environment and the surrounding community, and one that simply says that it is “green” for the sake of attracting customers.

Luckily, environmentally and socially conscious travelers who visit Costa Rica have a great tool for ensuring that their money is spent to make a positive contribution toward the planet and the people. The Certificate for Sustainable Tourism (CST) is administered by the Costa Rican Tourism Institute (ICT). This rigorous, certification system, the only certification endorsed by the Costa Rican government, awards tourism entities “leaves” on a scale of one to five based on their sustainable achievements (much like the Mobile star rating which evaluates hotel services).

The CST bases its judgments on four factors:

1. Biological-physical: How does a property impact and/or protect its surrounding environment?
2. Services and Infrastructure: How do the property’s operations (including product use and disposal, water and energy management, etc.) affect the environment?
3. Social-Economic environment: What impact does the property have on nearby communities to promote and provide education to its staff and community and to work with community service providers?
4. External client: How does the property promote and teach responsible tourism to the guests who visit?

Currently, the CST is not mandatory for all hotels in Costa Rica. For this reason, it is imperative that the consumer take an active role in looking for destinations that are indeed participating in the certification process. By supporting organizations that are CST certified, you not only know where your money is being spent, but are showing your support for fair, honest and above all, verified sustainable business practices.

When you travel in Costa Rica, inquire about CST certification, ask questions, and demand answers. Your travel decisions, and where you spend your “colones”, can truly make a difference.

We at Finca Rosa Blanca are 100% committed to the CST evaluation and we are proud that we have obtained a 100% ranking and 5 green leaves, the highest score of all participating hotels in Costa Rica. We are now part of the CST 2.0 and have **Elite Status**.

If you would like to learn more about our commitment, please continue to read our statement below or ask any of our staff members. If you find that we are not doing something properly or in accordance with our sustainability efforts, please report your concerns to management. We have included in this book a



Sustainability Questionnaire. Please take time to give us your comments. Our guests, our employees and the travel industry of Costa Rica will gain from our experience.

### **“I Will Touch a Hundred Flowers, and Not Pick One”**

Edna St. Vincent Millay, 1917

Since 1985, when we began our project at Finca Rosa Blanca, we have always had one important goal in mind; to leave the minimum possible trace of our existence. Since the beginning of our adventure on this property, we have concentrated on an ambitious plan of recycling and regeneration, social consciousness, and education. Because of these efforts, we have been awarded five green flags from the Costa Rican Tourist Board for our compliance with the CST (Certification for Sustainable Tourism), a program to encourage Ecological and Sustainable Tourism in this country. We are proud that we have obtained the highest level possible in Costa Rica. If you are interested in the program and its myriad components, please ask our office staff for more information. You can also use the computer in the business center to access the Hotel website and the link to the CST program where our evaluation can be found. Rosa Blanca has won many prestigious awards for its sustainability including the prestigious British Airways “Tourism for Tomorrow Award” as well as a CEGESTI Award for “Environmental Innovation” sponsored by the Dutch Government, the only hotel in Central America to be awarded the honor. We also have been honored with the Sustainable Standard-Setter Award by the Rainforest Alliance in 2010.

### **Recycling**

The recycling activities include a complete recycling of food waste, leaves and branches from the garden and horse manure to fertilizers and the recycling of all non-organic materials.

- We compost all the organic waste from the kitchen and gardens and the ashes from the fireplace in enclosed areas below the kitchen and in the coffee farms. These organic materials create rich soil that is then used in the vegetable garden as fertilizer and around the plants in the gardens of the hotel as well as around the coffee bushes in the farms.
- Red worms have a home at Rosa Blanca in our Vermiculture area where they happily eat through the horse manure produced by our gardener’s horses and the fruit of the coffee bean at harvest time. Through their voracious appetite they also create some of the richest organic material known to gardening.
- All the non-organic waste products are recycled; glass and bottles, plastics, cardboard, metal and newspapers and the hotel have a complete recycling zone for this purpose located below the restaurant. This area is also an educational center, demonstrating the efficiency and necessity for recycling, composting and Vermiculture. The guests are encouraged to participate in the recycling program by depositing their non-organic garbage in bins located in their rooms and outside the hotel and restaurant.
- The employees of Finca Rosa Blanca participate in recycling in their own homes and bring in their separated garbage to take to our own recycling center. The proceeds from the sale of these recycled materials are shared with the employees in the form of special outings and events celebrating their cooperation and enthusiasm. Special ecologically oriented awards, such as energy efficient fluorescent light bulbs, are given to those employees who show a decrease in their electrical and water bills due to





a concerted effort to reduce energy use. This same incentive system is used to motivate the employees as a unit in the hotel, to show a reduced utility bill and less recyclable garbage, as well as a reduction in overall water use, which is determined by constant monitoring from water meters installed for this purpose.

## **Support for National Parks**

We continue to raise funds to support Braulio Carrillo National Park, Barva Volcano Sector. Located just 11 kilometers from the Hotel, Barva Volcano cloud forest is one of the most beautiful of Costa Rica's National Parks but due to inaccessibility it is one of the least visited. We have created and printed a brochure in both English and Spanish, provided long-range radiophones and helped to bring electricity to the park station as well as improving the road to provide better access. We have helped to build new trails as well as purchased maintenance materials and provide food supplies to the rangers on duty. We have a scrapbook of our work with the park and photos of some of the spectacular flora and fauna to be found there.

## **Education**

For Teri and Glenn Jampol, the owners of Finca Rosa Blanca, education is the source of cooperation, understanding and ultimately implementation of strong sustainable practices. For this reason, they have dedicated a substantial sum of their profits to help rebuild the Barrio Jesús primary school in Santa Bárbara de Heredia, including a new library and the principal's office, two classrooms for educationally challenged students, a recycling program and they have built an information room and purchased and installed computers and a network for the school. Finca Rosa Blanca donates in-kind services and funds to the schools of the area for recycling centers, gardens and environmental education and special projects such as the Blue Flag Ecological Program. The hotel supports the local children's Food Bank "Comedor de Niños" providing the food which is prepared by volunteers and consumed by 75 underprivileged children and seniors in the community. We have hired a nutritionist who prepared a daily menu for the Food Bank and our chef has helped to train the staff in sustainable practices in the kitchen. We donate the wealth of produce from our farm and gardens to the Food Bank and have begun a hydroponics program with them and the schools to encourage growing their own produce.

Rosa Blanca has also sponsored seminars by environmental experts for their employees, the teachers, and the children, to educate them about the need for recycling and other good environmental habits.

## **Community Relations**

We feel it is especially important to be inexorably tied to the community in which we live. Therefore, we not only support the schools in many educational endeavors, but we also participate in various fundraising activities throughout the year in Santa Bárbara de Heredia. Furthermore, we purchase most of our supplies from merchants located in the community to help 'recycle' the earnings of our hotel business. We support CENDAS, a Center for the Golden Age, where they make rag rugs for use in the hotel and to sell to our guests. Finca Rosa Blanca also helps maintain the vehicles of the Municipality



including the local Police vehicles and supports the local Red Cross. We are working with the local Environmental Protection Agency (MINAET) to protect the community water sources, local natural streams and rivers.

Rosa Blanca has sponsored and participated in the earning of the Blue Ecological Flag (BAE) for the community of Barrio Jesus and the Jesus Elementary School as well as the Elementary and High Schools of Santa Barbara. For more information about our community including the history of Santa Barbara and Barrio Jesus, festivals, both cultural and religious, coffee production or about the local population just ask our office or restaurant staff, Glenn, or Teri.

The preservation of natural resources also precludes the over-use of their abundance. We have solar panels to heat water throughout the hotel and restaurant. Our pool water contains no chemical products and is kept bacteria and algae free using a copper and silver ionization system and is heated through a "solar carpet panel" which can be seen on the reception side of the pool. All our soaps, detergents, cleansers, and maintenance products are biodegradable, and their packaging is recycled whenever possible. Our water, which comes from a spring-fed well is extremely clean and delicious and is checked monthly by a certified laboratory. Ironical as it may seem in a country of such prolific rainfall, water is a valuable commodity, particularly in the dry season (December through April) when it is critical that we use water sparingly. For this reason, the hotel is outfitted with water saving showerheads and other devices.

We also participate in a global program to save water by offering the choice of not changing your bedding and towels every day. If you are comfortable with using the same sheets again, do not place the card with the icon on your pillow. To re-use the same towel, just hang it from the bar in the bathroom; if you leave it on the floor, the cleaning staff will take it to be washed.

Please try to conserve electricity whenever possible. Keeping all unnecessary lights turned off and remembering to turn off all the lights and the fan in your room before leaving can help. By saving electricity wherever you may be in Costa Rica, you may help to save one of our beautiful rivers.

The food served at Rosa Blanca is created from the bounty of our organic gardens, orchards and farms. We raise our own chickens to serve their organic eggs in our restaurant. When a product cannot be produced on site we purchase from an organic or local farm. Our meals are prepared with organic produce, free range poultry and grass-fed beef whenever possible. We buy our seafood from a local cooperative of fishermen who have been certified for their sustainable fishing practices. We are constantly seeking new sources for the most organic and fresh food available to provide our guests with healthy and delicious meals.

The hotel also has two **Blue Ecological Flags**, one for our work in the reduction or mitigation of carbon and one for protection of natural resources, for which we earned 100% in the analysis. El Tigre Vestido Restaurant is the first dining establishment in Costa Rica to earn a Green Ecological Flag for "Health & Environmental Quality".





### **Basic Rules to Consider:**

We would like to ask that while enjoying your stay here at Finca Rosa Blanca, that you try to interact with the environment in a way that will create the least impact possible. Please try to follow these guidelines while in Costa Rica.

- **Stay on the marked or apparent trails at all times.**
- When walking and exploring, please be aware of where you put your hands and what you are touching. Thorns, stinging ants, irritating plant toxins and other surprises can await you on the next branch, tree trunk or flower bed.
- Please do not collect or buy any live plants or animals that are protected by law. They are a precious resource of this country and sellers and buyers will be prosecuted by the law. We have a copy of the Costa Rican Conservation Law of Wildlife and Forests #7317 if you would like to read it in its entirety. Here is an excerpt of the Law for the Conservation of Wildlife,

### **Chapter IV, and Article 1 of our Environmental Law**

**“It is prohibited in the whole national territory either mainland or islands, to sell or to trade wild life species of either flora or fauna, their products or sub products, with the exception of what has been technically allowed by the General Bureau of Wildlife of the Ministry of National Resources, Energy and Mines based upon prior scientific research and contemplated in the Regulations of this Law. In every instance, it is prohibited by the Executive Power to export, to import or to trade with species of wildlife declared to be in danger of extinction.”**

Be aware that it is illegal to trade in products derived from endangered flora or fauna species including buying products made from the wild plants and animals of Costa Rica such as belts and bags made from the skins of caimans, crocodiles and turtles, artwork using feathers from native birds or orchids taken from the forests. If you see any illegal poaching or activity in the wild areas of Costa Rica, please consult the proper authorities. For more detailed information and in-depth regulations regarding endangered species please visit the CITES website [www.cites.org](http://www.cites.org)

In the National Parks of Costa Rica, it is prohibited to cut trees or extract plants or any other type of plant material. It is prohibited to scratch, mark or cause any type of damage to plants or trees. One may not hunt or capture wild animals or their young including sea turtles and their eggs. One may not carry firearms or other instruments which can be used for hunting. No fishing is allowed in the Parks, and one may not collect or extract coral, shells, rocks or any other product from the sea.

- Absolutely do not feed or give water to the wildlife. It is a sure way to upset the rhythm of Mother Nature and can cause serious repercussions in the chain of life. One may not introduce animals or exotic plants into the parks or use the parks to raise cattle or bees or in any way causing contamination to the park environment.
- Naturally, a private citizen may not construct electrical or telephone lines, aqueducts or roads or undertake any type of commercial, agricultural, or industrial activity in a park area.



- Look down before you look up. Always look where you step, to avoid the possible accident- like unstable surfaces, tree roots, small animals, reptiles, and all of those creatures that share our habitat with their own evolved and practical defenses.
- Try to leave the least possible trace of your experience while enjoying the miracle of the Costa Rican biodiversity.
- Remember, that the culture and customs of Costa Rica are different from yours but equally valuable. Try to be patient, slow down your pace, and enjoy the casual atmosphere of life. Costa Ricans are among the most intelligent, accommodating, and friendliest cultures in the Americas, and you can gain a tremendous experience by appreciating and respecting their many gifts.
- Whenever possible, try to minimize your use of natural resources during your stay and always collect all your belongings and trash before leaving.

## **THANK YOU FOR HELPING TO KEEP COSTA RICA CLEAN, HEALTHY AND BIODIVERSE!**

### **Good Environmental Habits to take home**

- Eliminate waste by not producing it. Improve your recycling IQ and separate trash to recycle or reuse it as much as possible. Avoid Styrofoam use.
- Become a smart shopper: buy locally produced or manufactured products, frequent farmers' markets and eat seasonally and buy foods produced locally rather than transported and/or imported.
- Purchase bulk-dispensed products using refillable containers. Replace 'plastic or paper' by using cloth shopping bags or emptied and recyclable cardboard boxes.
- Use your garbage disposal less by making compost from vegetable and fruit peelings. Plant native species and fewer exotics in your gardens. Celebrate life events by planting a tree.
- Save energy by using less: turn off lights and appliances when not in use, invest in low watt light bulbs and energy efficient appliances, install solar panels or on-demand, tank-less water heaters, use more passive solar energy to light and heat your home and water and install water-saving devices in faucets and toilets.
- Carpool more and drive fuel-efficient vehicles. Use public transportation. WALK.
- Minimize your environmental impact: use bio-degradable cleaning products, eat organically and improve dumping practices of paints and household chemicals.
- Join organizations promoting land and biodiversity preservation. Expand your appreciation of local nature by using your binoculars. Participate in neighborhood and area's park clean- up programs and support local efforts to improve conservation.





- Your travel choice makes a difference. Investigate the social and environmental impact of your next travel destination. Support Certified Sustainable hotels and lodges and contribute to their Travelers' Philanthropy projects. Minimize your travel impact by taking home non-recyclables. Support Carbon-Neutral programs to offset your transportation fuel consumption.

## **Mission Statement:**

Finca Rosa Blanca recognizes that the culture, environment, and economy of the local community is fragile, requiring a sustained commitment from us to ensure that we have a lasting positive effect. Our hotel can be a real help to the community providing income, education, positive cultural exchanges, and the financial incentive to protect the natural environment while offering a quality experience to our guests. We will educate our guests about sustainable tourism with the hope that they will seek out other like experiences and thus further the proliferation of more sustainable hotels with similar vision.

## **Vision:**

FRB is committed to encouraging, promoting, and supporting sustainable practices and environmental consciousness while offering excellent service and the highest quality of service in the hospitality industry.

## **National Archaeological Heritage**

The cultural heritage of a country consists of the movable (objects or parts of them) and the real estate (buildings, archaeological sites, etc.) and non-material creations (oral traditions, music, dances, etc.) which have cultural significance to society, recognized by the state and are under protection of national and international legislation.

Let's help preserve Costa Rica's cultural heritage! If you have witnessed a situation where there is destruction of the cultural heritage of Costa Rica or any other another country, please collaborate by denouncing the act to the National Museum.

Your report can be anonymous or not. You can alert the museum about situations such as:

- "Huaquerismo"; This is an activity that relates to the illegal extraction of indigenous tools and utensils or any construction, agriculture or natural disasters that are altering the archaeological heritage of Costa Rica.
- Trade, export, and transfer of pre-Columbian objects.
- The import of archaeological artifacts elsewhere.

Go to: [proteccion@museocostarica.go.cr](mailto:proteccion@museocostarica.go.cr)

Website [www.museocostarica.go.cr/es\\_cr/denuncie.html?Itemid=61](http://www.museocostarica.go.cr/es_cr/denuncie.html?Itemid=61) Here you will find a form to file the complaint, fill it out and send it.



### **National Parks Act. No. 6084 Act 8**

Within national parks, visitors are prohibited from:

- Felling trees or extracting plant materials or any other type of forest products
- Killing or capturing wild animals, collecting or removing any of their products or offal.
- Hunting any species of sea turtles; collecting or extracting their eggs or any other product.
- Scratch, stain or cause any harm or damage to plant, equipment or facilities.
- Sport fishing, except as provided in article ten.
- Collecting or removing coral, shells, rocks or any other product or waste from the sea.
- Collecting or removing rocks, minerals, and fossils, geological or other products.
- Hunting\* or carrying firearms, spears and any other instrument that can be used for hunting.
- To introduce exotic animals or plants.
- Grazing and watering livestock or beekeeping.
- Cause any environmental pollution.
- Remove stones, sand, gravel, or similar products.
- Feeding or watering the animals.
- Building power lines or telephone, water or roads or railways.
- Perform any commercial, agricultural, or industrial activity.

\*Hunting is illegal in all of Costa Rica under any circumstances.

### **Code of ethics and conduct**

Finca Rosa Blanca Coffee Plantation and Inn believe that exploitation of living humans, in any form, particularly sexual, especially when applied children and adolescents, conflicts with the fundamental aims of tourism and is a denial of the essence, which is why, in compliance with Law No. 7899 on the Commercial Sexual Exploitation of Minors and the Law No. 8590 for strengthening the fight against commercial sexual exploitation of persons underage and Article 4 of our Code of Conduct, we will cancel the contract with the companies or people who somehow contribute, facilitate, tolerate or promote Commercial Sexual Exploitation of Children and Adolescents. Any activity related to the commercial sexual exploitation of children and adolescents should be immediately reported to the personnel of Finca Rosa Blanca Coffee Plantation and Inn and the authorities.

Helpful websites:

- [www.turismo-sostenible.co.cr](http://www.turismo-sostenible.co.cr)





Costa Rica's sustainable certification program

- [www.realgoods.com](http://www.realgoods.com)

Products for an ecologically sustainable future

- [www.buildinggreen.com](http://www.buildinggreen.com)

Improved design and construction practices and products for your home.

- [www.rainforest-alliance.org](http://www.rainforest-alliance.org)

A great website to find certified products and tourism destinations. To learn more about sustainable travel destinations, visit:

- [www.GlobalEcotourismNetwork.org](http://www.GlobalEcotourismNetwork.org)
- [www.responsibletravel.com](http://www.responsibletravel.com)
- [www.canaeco.org](http://www.canaeco.org)
- [www.eco-index.org/tourism](http://www.eco-index.org/tourism)

## A Short History of Costa Rica

Costa Rica has become a very popular destination for travelers around the world, mostly due to its attractive natural resources, abundance of biodiversity and safe, friendly reputation. Situated between Nicaragua and Panama, Costa Rica is brimming with wildlife, magnificent beaches, active volcanoes, and tropical rainforests.

Of all the Central American countries, Costa Rica is the one that has been most influenced by Spanish conquest; however, Costa Rica does have its share of pre-Columbian history. Indigenous groups such as the Guaymí, Bri Bri, Boruca and Chorotegas are very present in Costa Rica, and are known for their unique architecture and pottery.

Christopher Columbus arrived in present day Puerto Limón (on the Caribbean side of Costa Rica) on September 18, 1502. He was treated well by the coastal natives during his stay of 17 days and he noted that some of the natives wore gold decorations. Because of this, the area was named "Costa Rica" (the rich coast) by the Spaniards who imagined that there must be a rich empire lying further inland. Further expeditions followed, resulting in decreased numbers of indigenous groups and the formation of a formalized Spanish colony. The imagined precious stones and riches of Costa Rica, however, turned out to be minimal and were soon plundered. As a result, the small Spanish colony soon became removed from mainstream Spanish influence and population.

Central America became independent from Spain on September 15, 1821, although Costa Rica was not aware of this situation until at least a month later. It briefly became part of the Mexican empire, then a state within the Central American United Provinces. The first elected head of state was Juan Mora



Fernandez, who governed from 1824 to 1833. During his time in office, coffee (introduced in 1808 from Cuba) began to be exported in modest amounts (later becoming one of Costa Rica's principal exports).

Democracy has been a hallmark of Costa Rican politics since its first elections in 1889. The year 1949 marked the formation of the Costa Rican constitution, which is still in effect today. Women and blacks finally received the right to vote, presidents were not allowed to run for successive terms, a neutral electoral tribunal was established to guarantee free and fair elections. Voting in elections, held every four years, was made mandatory for all citizens over the age of 18 and most importantly, the country's armed forces were eliminated.

Today, Costa Rica is known for its high levels of education, stable democracy and enlightened approach to conservation. Costa Rica has managed to avoid the despotic dictatorships, frequent military coups, terrorism and internal strife that have plagued most other countries in the region, making Costa Rica one of the safest countries to visit in Latin America. Additionally, about 37% of the country is protected in one form or another and over 25% is within the national park system!

## **The History of Finca Rosa Blanca**

Finca Rosa Blanca Coffee Plantation & Inn was conceived the moment Sylvia X. Jampol first saw the muddy motocross field with its magnificent view for sale. From that day on, she dedicated herself to the vision of creating an extraordinary house, "with no square corners" built with a minimal impact on the surrounding nature and that would display her fantastically eclectic collection of art and objects and would inspire others to enjoy her idiosyncratic lifestyle. With the help of her family, friends and Francisco Rojas, an inspired and gifted Costa Rican architect, she embarked on an esthetic journey, which continues with her family today.

The journey began in 1985 when Glenn and Teri Jampol, Sylvia's son and his wife, returned from a vacation in Costa Rica relating an adventure with "a beautiful and peaceful country, which has the nicest people on the planet." Sylvia immediately made the trip to Costa Rica and fell in love with the country and its people and shortly thereafter bought the land where the hotel is today. Construction on the main house began in 1987 as a house for Sylvia and her family to enjoy their collection of art and artifacts, and to induce their friends to come and stay.

Inspired by their experiences with enthusiastic friends and family, they decided to create a country inn, from which they could send their guests to cloud forests and volcanoes, jungles teeming with monkeys and sloths, bird watching and breathtaking beaches, all done with a goal of sustainable development-being kind to the earth, the Costa Ricans and their customs and history. They planted thousands of native trees, fruits, and luxurious tropical flora on the nine acres where the occasional cow would graze in days gone by. In January 1993, Sylvia X. Jampol died suddenly. Always involved in the construction and evolution of the Inn, her son Glenn and his family moved back to Costa Rica to manage and maintain Finca Rosa Blanca with the attention and care for which it is famous. They have since added the chemical-free pool, the two villas, four more Master Suites and enlarged and built 3 more junior suites in the main house. The family living quarters for Glenn, Teri and their two children, Olivia and Lily were converted in 2007 to the El Tigre Vestido Restaurant, the Bar Buho and the covered outdoor terraces. What was originally a rustic car-port became the Hotel Reception and Glenn's art studio was converted



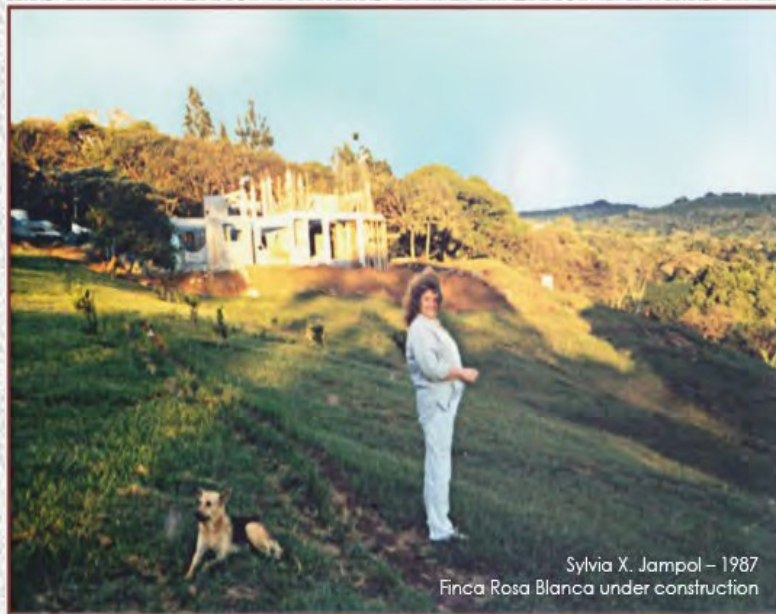


into the Salon Santa Bárbara. Almost all the cabinets, flooring and ceilings, moldings, carvings, window frames and wood details were designed and made by our family and friends. The wood was milled from logs purchased from the government when they cut trees to build the Braulio Carrillo highway to Limon. The toucan and bird-head railing in the Suite was carved by brother, Steve Osman, the table in the small conference room was designed and built by Glenn (whose art can be seen throughout the house). The Jampol family began cultivating organic, sustainable and shade grown coffee on 30 acres they bought adjacent to Rosa Blanca, and where Glenn and Teri now live with their dogs and myriad wild birds and wildlife. The art collection continues to grow, and local artists have painted new murals.

Stables were constructed to house the horses at Rosa Blanca near the lower gate entrance and now house the laundry and maintenance areas, and the gardens and paths were greatly expanded, including a greenhouse for our organic vegetable and herb garden, recycling center, worm beds and chickens. The mostly organic fusion Costa Rican cuisine is constantly evolving, incorporating more of the local fresh fruits, vegetables, and spices.

If you have any questions or ideas, we would love to hear them as we continue our work of art here at Rosa Blanca Country Inn. We hope you enjoy our plantation and Inn and we hope to meet you while you are here!

-Glenn and Teri Jampol



### About the Finca Rosa Blanca Coffee Plantation

Located in the mountains above the Central Valley of San Jose, the capital city of Costa Rica and nestled in nine acres of tropical gardens and 40 acres of organic tree-shaded coffee, Finca Rosa Blanca Coffee Plantation and Inn offers a luxurious lodging experience in harmony with Costa Rica's nature and coffee culture in a spectacular mountain and tropical garden setting. Finca Rosa Blanca Coffee Plantation & Inn

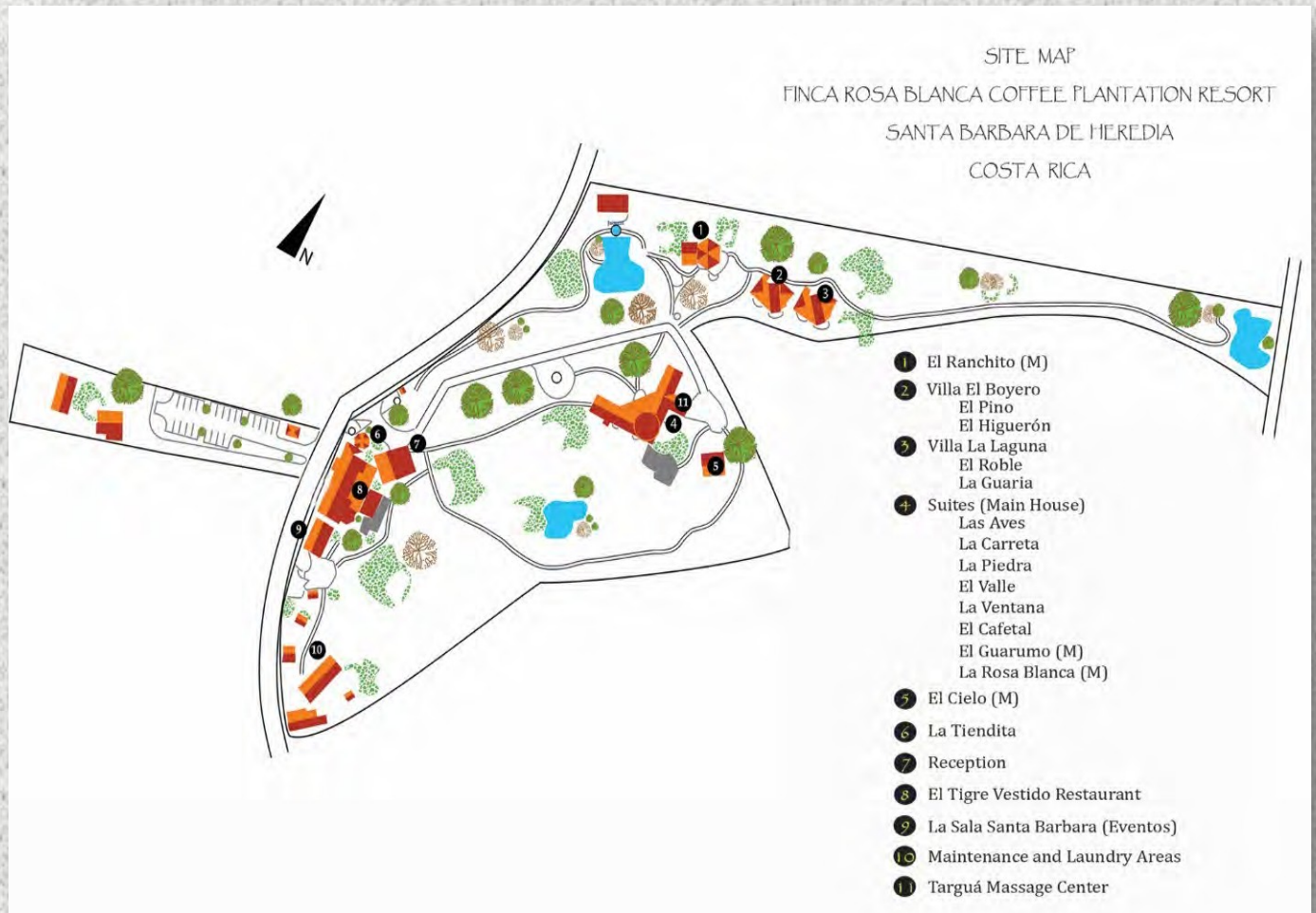


is located 4000 feet above sea level on a temperate plateau in an environment that is ideal for producing some of the world's best coffee in the lush volcanic soil. The thousands of native trees produce shade and nitrogen for our organic coffee and have created biological corridors for the birds and animals of the area. The coffee is planted following the natural topography of the farm to avoid erosion and water waste and is protected by living fences planted with native shrubs and trees. We use no agrochemicals, pesticides, herbicides or fungicides on the farm preferring to apply the rich compost from our Vermiculture (worm beds) and from the composting of organic refuse at the hotel and we apply only natural remedies for the fungus and pests which often plague coffee. We grow our coffee under the shade of tall trees so that you can enjoy a delicious cup of coffee on the terrace of El Tigre Vestido Restaurant and listen to the songbirds. Conventional, "modern" coffee plantations are replacing wildlife habitat at an alarming rate, and the population of songbirds across North and South America is in significant decline. "Shade grown" coffee, the traditional method of coffee farming, offers a promising alternative.

- Taste. As the coffee beans mature more slowly in the shade, natural sugars increase and enhance the flavor of the coffee.
- Healthier. Next to tobacco, coffee is sprayed with more chemicals than any other product consumed by humans. Shade grown coffee is most often organically grown, free of chemical use.
- Promotes healthy environment. Shade grown coffee requires little or no chemical fertilizers, pesticides, or herbicides. The shade trees filter carbon dioxide which causes global warming, and aid in soil moisture retention which minimizes erosion.
- Provides bird habitat and greater biodiversity. Migrating bird populations have been in rapid decline since the introduction of "sun" coffee and the consequent destruction of rainforest for more coffee plantations. As many as 150 species of birds have been identified on shade coffee farms.
- Helps sustain rainforests. Coffee plantations which are chemically dependent suffer from soil depletion and increased erosion. Rainforest is stripped to provide fresh growing ground. Shade coffee farms are, for the most part, organic and sustainable.
- Reverses the trend to chemicals. Shade coffee farms traditionally use little or no chemical fertilizer. Our farms are 100% chemical free and organic.



## MAP OF THE GROUNDS AT FINCA ROSA BLANCA





## Tours and Excursions with Finca Rosa Blanca

*Finca Rosa Blanca is delighted to offer our guests day trips, tours, and excursions to a variety of activities and attractions in this region of Costa Rica. Adventurous guests will want to hop on a famous Costa Rican zip line through the rainforest or raft through high-energy roaring whitewater on a nearby river. Trek through the cloud forest at a national reserve for a spectacular view of a sleeping volcano. For those who love new taste experiences will love a stroll through our organic coffee farm, a visit to a pineapple and spice farm, or an indulgent chocolate tasting. There is something for everyone.*

***All Finca Rosa Blanca's tours and excursions include a bilingual guide and transportation. Entrance fees, donations and lunch are not included. All tours require previous reservations. 100% cancellation fee if canceled 4 hours before the activity.***

*Experiences vary in length and level of difficulty. Tours and guides book up quickly and are customized to the needs of our guests, so please reserve your personalized tour in advance of your stay.*

*Discounted room stays + tour packages are available. Please ask our reservations staff when booking your stay with us.*

*For large families or groups, please note that our van accommodates up to 6 people. We have 2 baby car-seats available for general transfers and for tours.*

*We welcome single travelers at Finca Rosa Blanca. Please note that all our tours do require a minimum of 2 participants (or the equivalent fee cost). If you are traveling independently and would like to join another couple or a group on a tour to avoid the additional fee, please ask at the front desk, and we will do our best to accommodate you.*

### Half Day Tours

\$60 + tax/per person (private transportation, guide) + venue entrance fee

Our Half-Day Tours leave Finca Rosa Blanca either in the mornings (7:00-8:00 AM), or noontime (12:00-1:00 PM), unless otherwise noted. Guests may elect to try a meal at a local "típico" Costa Rican restaurant along the way or return to Finca Rosa Blanca for lunch. Two half-day tours may be combined for a full-day experience. See below or ask your guide for experiences that can be combined (in the same vicinity). Please bring pocket money for lunch.

### Full Day Tours

\$90 + tax/per person (private transportation, guide) + venue entrance fee

Our Full-Day Tours leave Finca Rosa Blanca from 7:00-8:00 AM (unless otherwise noted) and return to Finca Rosa Blanca around 5:00 PM. Guests will be invited to enjoy lunch at a local "típico" Costa Rican restaurant in between activities while out and about. Full-Day Tours are \$90/person for Transportation + Venue Entrance or Activity Fee. Please bring pocket money for lunch.



## Finca Rosa Blanca Exclusive Tours

### Finca Rosa Blanca Coffee Farm Tour (on site)

Santa Bárbara, Heredia Province



Take a short nature walk through Finca Rosa Blanca's organic sustainable coffee farm and witness the entire process of plant development, cultivation, harvest and roasting. Understand the ecology behind shade-grown coffee production and appreciate the symbiotic relationships among the flora and fauna. In Finca Rosa Blanca's *beneficio* (production facility) and roasting house, you'll see first-hand the long journey of coffee berries: washed, sorted, dried, roasted, and then onto your kitchen table. Learn how the experts evaluate and rate gourmet coffee by participating in a coffee "cupping" session with our knowledgeable guides. Bags of our freshly roasted shade-grown organic coffee are available for purchase after the tour.

**Tour times: 9:00 AM and 1:00 PM (Approx. 2.5-hour tour)**

Minimum of 2 people. Maximum of 6 people for cupping.



**Cost: Tour: \$40 per person** (children under 11 free)

Appropriate for: All ages\*

Level of Difficulty: Easy/Moderate

What to Bring: Closed-toe walking or hiking shoes, a hat, bug repellent.

\*Although this is an outdoor nature walk through our farm, it is not designed for small children due to the ongoing discussion and complexity of the guided presentation and cupping.



## Cultural Highlands Tour

### Heredia Province



Get a taste of Costa Rican culture and history on this walking tour through the local colonial towns of Barva and Heredia. Famous mask-makers in the town of Barva still pass on the traditions of mask-making for annual community holidays - Costa Rica's equivalent to Mardi Gras. Stop by an artist's studio to watch the evolution of handmade giant puppet costumes which are typically worn by festivity-goers in parades and public dances. Visit the Roman Catholic Church of San Bartolome, built in 1575, which serves as a local parish. A third stop in the town of Heredia, the provincial capital founded in 1706, includes a stroll around the town center to view Heredia's Spanish colonial-style landmarks. Experience the sights, smells, and sounds of the Central Market; crowded and bustling, and filled with exotic fruits, vegetables, spices, and herbs. A final visit to the *Museo de Cultura Popular* provides a trip back in time to colonial Costa Rica. Participants can elect to try some snacks at the Central Market or stop at a "típico" local Costa Rican restaurant in the neighborhood for lunch.

**Tour times:** 9:00 AM and 1:00 PM (3-4 hours)

Minimum of 2 people.

Appropriate for: All ages

Level of Difficulty: Easy

What to Bring: Comfortable walking shoes, camera.

**Cost:** \$5/per person donation fee at Mask-making Studio

\*Please bring some pocket money if you would like to stop for a local Costa Rican lunch or buy a souvenir at the market





## Garden of Eden: A Birdwatcher's Paradise (onsite)

Santa Bárbara, Heredia Province

In the highlands overlooking Costa Rica's central valley, Finca Rosa Blanca is fortunate to be surrounded by a diverse collection of resident wildlife within a tropical ecosystem. Take a stroll with our knowledgeable naturalist guide through the grounds of Rosa Blanca and the surrounding area at dawn to experience the wealth of bird-life in our own backyard. We have spotted more than 130 species such as; Wild Crimson Fronted Parakeets, Mot-Mots, and Montezuma Oropendolas.

Tour time: 6:00 AM (2-hour walk). Minimum of 2 people.

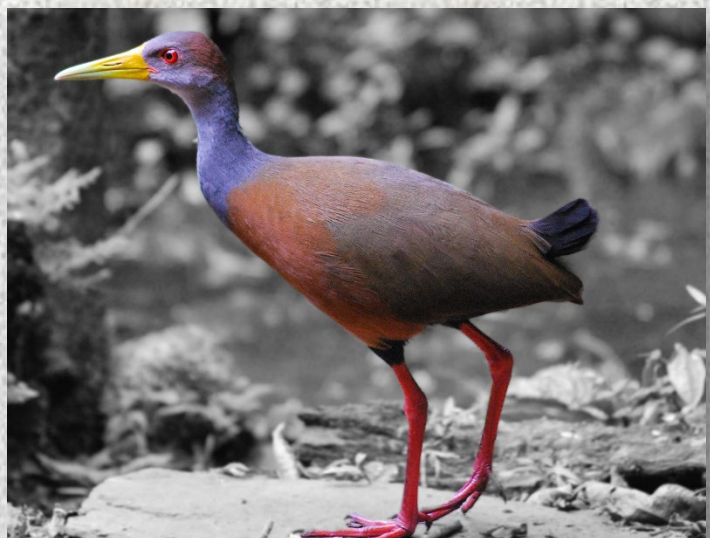
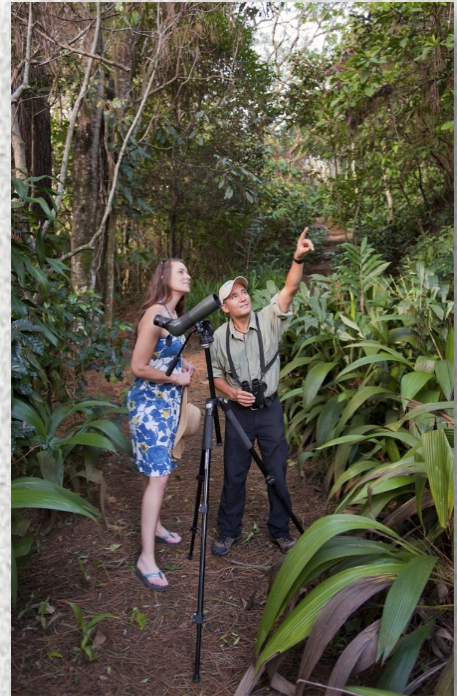
Appropriate for: All ages

Level of Difficulty: Easy

Can combine with: Any full or half day tour leaving at 8:00 AM.

What to Bring: Closed-toe walking shoes, bug repellent, camera, binoculars.

**Cost:** \$30 per person; free for children under 11





## Barva Volcano Cloud Forest Hike— mornings only

Paso Llano, Heredia Province

Hike through a high-altitude lush cloud forest up to Barva Volcano which is 2,906-meters / 9,534 feet at its summit. Barva Volcano is a series of mountainous ridges and a crater lagoon where diverse wildlife can be spotted, including resplendent quetzals. Forested natural hiking trails wind through this western sector of Braulio Carrillo National Park, which contains a primary ecosystem that has existed in the area since ancient times. The 6-mile hike is moderate/difficult and should only be undertaken by active hikers, however our guide will moderate the pace to match the needs of participants. Please note that visitors may sometimes be affected by change in altitude. Mornings are best from May-December. Guests may elect to stop on the way for a “tipico” lunch at a local Costa Rican restaurant.

**Tour times:** 8:00 AM departure from Finca Rosa Blanca (2-hour hike)



Cost- Exhibit: \$15+tax /per person park entrance fee

Minimum of 2 people.

Appropriate for: Active adults and families with children over 12

Level of Difficulty: Moderate/Difficult

What to Bring: Comfortable hiking shoes, light jacket or poncho, camera, and binoculars (recommended/optional).

\*Please bring some pocket money if you would like to stop for a local Costa Rican lunch



## A Day in the Life: Community Tour

Santa Barbara, Heredia Province

At Finca Rosa Blanca, part of our commitment to sustainability means serving as a conscientious organization within our local community. Experience a day in the life of a local Costa Rican child with a visit to Barrio Jesús Elementary School, where we've partnered with the administration on a variety of projects over the years, including the establishment of a greenhouse on school grounds. Celebrate life with the retirees at CENDAS Senior Citizens Center (Centro Diurno de Ancianos) many of whom stay busy crafting homemade goods and fabrics to sell at our shop. Finally, a stop at a local Soup Kitchen (Comedor De Niños Jesús Fundación), which provides food to Costa Rican children in need, will give participants a sense of how we engage in Costa Rican philanthropy, volunteerism, and aim to enhance the lives of all community members. Guests may elect to stop on the way for a "typico" lunch at a local Costa Rican restaurant. Tour times: 9:00 AM (3-4 hours) only Monday through Friday when school is in session.



Minimum of 2 people.

\*The school requires that we schedule our visit 2 weeks in advance. If you know this tour will be of interest, please let our staff know when you make your room reservation.

Appropriate for: All ages

Level of Difficulty: Easy

What to Bring: Your camera

### **Cost:**

**\*Please bring some pocket money if you would like to stop for a local Costa Rican lunch**



## Culinary Tastes

### Sibú Artisanal Chocolate Factory Tasting

San Isidro, Heredia Province



At this artisanal chocolate tasting at Sibú Chocolate, guests embark on a fascinating journey through the history of cacao, from its origins as a sacred food of the gods to its use as a regional currency up to the 19th Century. Find out how Europe transformed chocolate into the bars and bonbons we all enjoy today. Hear about the rebirth of chocolate as an artisan treat packed with antioxidants. During the visit, you will savor Sibú's gourmet truffles filled with uniquely Costa Rican ingredients. (Wine pairings available). Discover Sibú Chocolate's commitment to organic and local farmers, and their innovative approach to sustainable packaging. After the morning presentation, guests may elect to stay for lunch at Sibú's Garden Café with farm-to-table casual fare.

**Tour times:** 10:30 & 11:30 AM Tuesdays through Saturdays (departure from Finca Rosa Blanca) 2-hour tasting demonstration. Must be booked 48-hours in advance. Minimum of 2 people.

Appropriate for: All ages\*

Level of Difficulty: Easy

Can combine with: Garden of Eden: A Birdwatcher's Paradise, Toucan Rescue Ranch, Zoo Ave Wildlife Conservation Center, and The Ark Herb Farm

What to Bring: A good appetite!

**Cost:** Tasting: \$35/per person (transportation not included)

**\*\*If you are combining Sibú Chocolate Factory Tasting tour with another activity, you will need to take a Finca Rosa Blanca guide with you for a full-day experience. If you are returning directly, a private transfer can deliver you to and from Sibú, and you can tour on-site with their chocolate guides.**



## Sweet & Spicy: El Jicaro Integral Farm Tour (half-day)

El Roble de la Virgen de Sarapiquí, Heredia Province



Guests enjoy a diverse landscape filled with local flora and fauna, interspersed with fruit, vegetable and spice fields. Discover the intricacies of peppercorn plants, and the cacao fruit at *Finca El Jicaro* from which chocolate is produced as well as wild heart of palm and coconuts. You will be introduced to medicinal plants used in Costa Rica and privileged to meet the family who have created this eco-agricultural wonder. After a two hour walk through the farm and surrounding forest, enjoy a seasonal fruit drink served with fresh Heart of Palm and a sweet treat featuring the produce from the farm.

**Tour times:** full day

Appropriate for: All ages

Level of Difficulty: Easy

Best combined with: Sarapiquí Float Trip, Canopy and Horseback riding or Tirimbina National Wildlife Reserve

What to Bring: Sturdy walking shoes, bug repellent, camera, lightweight/short sleeve clothing.

**Cost:** Entrance Fee: \$20/per person, farm tour + snack





## Evolution of Chocolate Tour: Tirimbina National Reserve

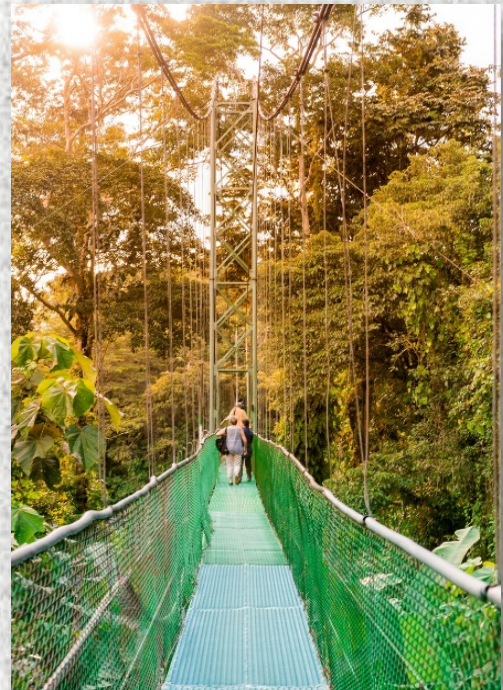
Sarapiquí Region, Heredia Province

At the Tirimbina Reserve, guests can make their way through the rainforest to a special area of the reserve previously used as a cacao-growing segment. On arrival at this area of the reserve, Tirimbina cacao-guides will demonstrate the artisanal process by which cacao fruit is transformed into chocolate: harvest, fermentation, drying and (of course) tasting! Learn the history of chocolate consumption and try a sip of drinking chocolate typical of pre-colonial times, prepared with flavorings such as vanilla, chili peppers, honey, cinnamon, and allspice. Guests may elect to stop on the way for a “típico” lunch at a local Costa Rican restaurant.

**Tour times:** 8:00 AM (departure from Finca Rosa Blanca).  
Minimum of 2 people.

Appropriate for: All ages

Level of Difficulty: Easy/Moderate



**What to Bring:** Sturdy walking shoes, bug repellent, camera.

**Cost:** Entrance Fees: \$30 +tax/per person  
Chocolate Tour



## Costa Rica Meadery and Ark Herb Farm Tour and Tasting (half Day)

Santa Barbara de Heredia, Heredia Province

### Ark Herb Farm

Visit one of the most comprehensive collections of medicinal herbs, exotic tropical plants, and trees from around the world in a beautiful botanical garden setting on the expansive grounds of a plant nursery and farm. Gain insight into natural healing properties and various uses of native plants shared by resident biologist and naturalist guide while you take a moderate nature walk through the landscape. Guests may elect to stop on the way for a “típico” lunch at a local Costa Rican restaurant.

**Tour times:** Open Monday-Saturday 7:00AM – 4:00 PM, Sundays 9:00 AM – 3:00 PM. 2.5-hour tour. Minimum of 2 people.

**Appropriate for:** All ages

**Level of Difficulty:** Easy/Moderate

**What to Bring:** Sturdy walking shoes, bug repellent, camera.

**Cost:** Entrance Fee: \$5.25/per person venue entrance fee, plus \$40 flat fee for botanist guide for up to 10 participants.







### Costa Rican Meadery

You will learn how the Costa Rica Meadery turns honey from local beehives into mead, a delicious alcoholic beverage. You will also stroll through the gardens of Ark Herb Farm and see how the ingredients used in the mead, such as vanilla, cocoa, blackberries and pepper, are grown, harvested and used in fermentation, to create a delicious product. At last, you will taste some of the delicious award-winning meads, honey wines and beer and see why the world's oldest alcoholic beverage is having a renaissance around the world.

For adults, over 18 years old.

Costo: \$40 +tax/ persona





## Nature and Adventure

### Toucan Rescue Ranch (half-day)

San Isidro de Heredia, Heredia Province



The Toucan Rescue Ranch is a non-profit rainforest wildlife rescue, rehabilitation, and release organization. The focus is on the care, rehabilitation and the study of Costa Rican toucans, scarlet macaws, owls, wild cats, sloths, and other wildlife which they have received from park rangers, the environmental department and other government agencies. The animals are given a loving home with the goal of providing appropriate medical treatment, rehabilitation and when possible, returning them to their wild and natural environment. Come visit these beautiful native creatures up close and support our local conservation efforts. Guests may elect to stop on the way for a “tipico” lunch at a local Costa Rican restaurant.

**Tour times:** Please book 48-hours in advance. Minimum of 2 people.

Appropriate for: All ages

Level of Difficulty: Easy

What to Bring: A camera.

**Cost:** Donations according to the activity





## Rescate Wildlife Rescue Center

La Garita, Alajuela Province



A beautiful natural-environment park-rescue is managed by the Nature Restoration Foundation, a non-profit organization working for more than 25 years in the conservation of wildlife in Costa Rica. Rescate has provided both temporary and permanent homes for injured, domesticated, or surrendered animals, including dozens of species of birds; toucans, macaws, cranes, curacaos, and parrots, in addition to crocodiles, indigenous deer, turtles, and howler monkeys in open-air cages shaded by endemic trees and surrounded by meandering paths. The organization aims for the re-integration of these animals back into the wild, and actively works against the international exotic pet trade. Guests may elect to stop on the way for a “típico” lunch at a local Costa Rican restaurant. Please bring pocket money and/or credit card.

**Tour times:** Open 9:00 AM – 5:00 PM (2-hour tour).

Appropriate for: All Ages

Level of Difficulty: Easy

What to Bring: A camera.

**Cost:** Exhibit: \$30+tax/per adult; \$5/per child





## Zip Line Canopy Adventure at Pozo Azul

Sarapiquí, Heredia Province



Join our friends at Pozo Azul for a Zip line Canopy Adventure located on a large reserve on the Sarapiquí River. The canopy tour has 9 platforms suspended around gigantic oak trees, typical to old growth forests. The cables used in the zip-lining activity are galvanized stainless steel. The length of these go anywhere from 60 to 900 feet, and most of them are suspended in the canopy and traverse wild tropical rivers and cascading waterfalls. The tour is focused on nature conservation and the beautiful Costa Rican rain forest. All safety precautions are taken to ensure everyone's comfort and wellbeing. For spouses or family members who are not keen on zip lining but would like to stay together for the day, there is a river float trip, horseback riding or a walk around the reserve or the organic farm.

Tour times: 9:30 AM, 11:30AM and 2:30PM 2-hour tour. Minimum of 2 people.

Appropriate for: All ages; (young children can zip line with an adult)

Level of Difficulty: Easy/Moderate

What to Bring: Sturdy closed-toe shoes, a jacket, and insect repellent.

Cost: Entrance Fee: \$60/per adult





## Sarapiquí River Float

Sarapiquí, Heredia Province



Northeast of Finca Rosa Blanca, towards the Caribbean coast, the Sarapiquí River runs through a variety of environments - tropical wet forest, mountains, and pastures. The river has nice calm sections that are perfect for leisurely, safari-style floats, aimed at exploring the river's vibrant ecosystem. Throughout your 2-hour boat cruise, be on the lookout for wildlife in the water and on the land. You may be able to see monkeys, iguanas, sloths, crocodiles, alligators, otters, and a variety of bird species. Your guides will help you spot animals and explain the ecological significance of the surrounding area. Guests may elect to stop on the way for a “tipico” lunch at a local Costa Rican restaurant.

**Tour times:** 7:00 AM (leave Finca Rosa Blanca). 2-hour boat tour. Minimum of 2 people.

Appropriate for: All ages

Level of Difficulty: Easy

What to Bring: Camera

**Cost:** Entrance Fee: \$60+tax/per adult





## Whitewater Rafting

### Pacuare River

Turrialba, Cartago Province

### Sarapiquí River

Pozo Azul, Sarapiquí, Heredia Province



The Pacuare and the Sarapiquí are considered two of the most beautiful rivers in Costa Rica, and two of the best whitewater rafting rivers in the world. We will leave early to Pozo Azul where you will board the rafts to experience the rapids of the Sarapiquí River. You can choose a challenging adventure for the physically fit and experienced rafter with 12 class IV rapids in 11km. Or opt for class II and III rapids over 13km.

The Pacuare has vigorous class III-VI rapids, so be ready for some wet and wild fun. You will travel to Turrialba, a town where river guides will be waiting for you with the equipment to start your rafting adventure.

On each river a participant will receive a life jacket, a helmet, an oar, and comprehensive safety instructions about white water rafting.

You will return back to Finca Rosa Blanca around 5:30 or 6:00 PM.

**Tour times:** early morning departure from Finca Rosa Blanca. Minimum of 2 people.

**Appropriate for:** Adults and families with children over 12

**Level of Difficulty:** Moderate/Difficult

**What to Bring:** Rubber-soled shoes, swimsuit, shorts, hat, towel, waterproof sunscreen, an extra change of dry clothes for after rafting.

**Cost:** Activity Fee: \$99/per person Whitewater Rafting activity fee





## Tirimbina Biological Reserve and Wildlife Refuge

Sarapiquí, Heredia Province



A forest walk through the Tirimbina Biological Reserve is truly the quintessential Costa Rican tropical rain forest experience. The views are spectacular from atop the magnificent 860-foot suspended footbridge spanning the rushing Sarapiquí River. The 2-hour moderate hike winds through the lush green forest brimming with enormous biodiversity. A typical jaunt might reveal a two-toed sloth, some playful spider monkeys in the treetops, mischievous ant eaters, and countless exotic birds. Guests may elect to stop on the way for a “tipico” lunch at a local Costa Rican restaurant after the forest walk.

**Tour times:** 8:00 AM (departure from Finca Rosa Blanca). Minimum of 2 people.

Appropriate for: All ages

Level of Difficulty: Easy/Moderate

What to Bring: Sturdy walking shoes, bug repellent, camera, binoculars (recommended).

**Cost:** Entrance Fees: \$17/per person Tirimbina Forest Walk fee

\*Please bring some pocket money if you would like to stop for a local Costa Rican lunch





## Carara National Park Forest Walk

Carara, Puntarenas Province



Relatively small, (4,700 Hectares) the significance of Carara National Park stems from its geographical location in a transition area between the tropical dry forest region to the north, and the more humid pacific rainforest to the south. Carara has flora and fauna from both ecosystems and the virgin forest that covers most of the park is the ideal environment for such rare wildlife as the scarlet macaw, the collared aracari and three species of monkeys. Complete with a paved footpath, Carara National Park Forest Walk is a very accessible experience for folks with mobility challenges, or young children or folks wanting a rainforest experience that is not strenuous. The forest walk is approximately 1 mile each way, but can be modified to meet the needs of our guests. Guests may elect to stop on the way for a “tipico” lunch at a local Costa Rican restaurant.

**Tour times:** 7:00 AM (departure from Finca Rosa Blanca). Mornings only.

Minimum of 2 people

Appropriate for: All ages. Level of Difficulty: Easy/Moderate

What to Bring: Sturdy walking shoes, poncho or lightweight rain jacket, umbrella, camera.

**Cost:** Entrance Fees: \$15+tax/per person for Carara National Park

\*Please bring some pocket money if you would like to stop for a local Costa Rican lunch





## Crocodile Adventure Float Tour

Tárcoles, Puntarenas Province



Grab a front seat on this calm open-air, covered float trip down the Tárcoles River to see one of Costa Rica's largest species: the American crocodile. Experience the biodiversity of the Pacific Coast mangroves and navigate down the river as you may catch sight of native, migratory, and coastal birds including the rare scarlet macaws, mangrove hummingbirds, mangrove warbler and American pygmy king fisher. The light breeze and gentle movement of the river provides for a very relaxing experience – a nice way to cap off a day of trekking to Bijagual Waterfall or through Carara National Park. Please pocket money in case our guests elect to stop on the way for a “típico” lunch at a local Costa Rican restaurant.

Tour times: 7:00 AM (departure from Finca Rosa Blanca). 1.5 hours-float tour. 2 people minimum.

Appropriate for: All ages

Level of Difficulty: Easy

What to Bring: Camera

Cost: Entrance fee: \$30/per person Crocodile Adventure

\*Please bring some pocket money if you would like to stop for a local Costa Rican lunch





## Braulio Carrillo National Park Forest Hike

Heredia Province



Braulio Carrillo National Park is 108,970- acres of pristine evergreen tropical forest in the central highland of the country. It ranges from windswept cloud forest at higher elevations to lowland rain forest. While hiking the rugged trails, you are guaranteed to see a myriad of wildlife, possibilities include more than 500 species of birds, from hummingbirds to toucans, and almost 150 animal species including, monkeys, peccaries, and anteaters. The moderate natural trail hike is 2-3 miles long. Guests may elect to stop on the way for a “típico” lunch at a local Costa Rican restaurant.

Tour times: 7:00 AM (departure from Finca Rosa Blanca)

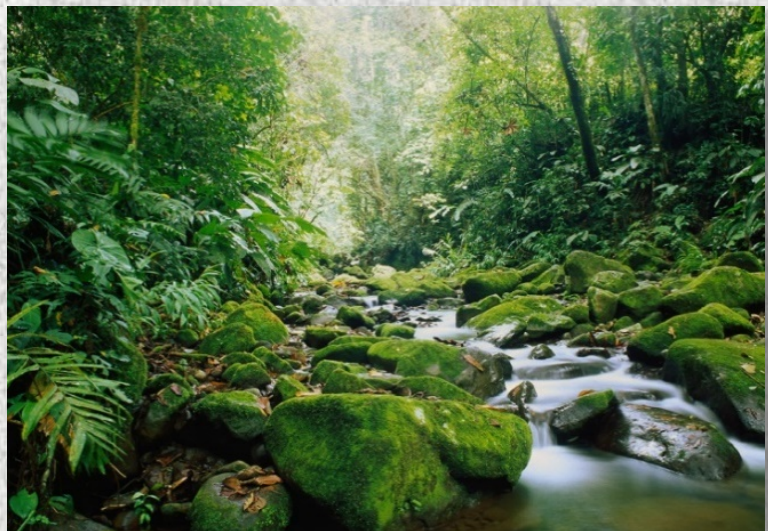
Appropriate for: Adults and children over age 7

Level of Difficulty: Moderate

What to Bring: Sturdy hiking shoes, lightweight jacket or poncho, umbrella.

**Cost:** Entrance Fee: \$15+tax/per person for Braulio Carrillo National Park

\*Please bring some pocket money if you would like to stop for a local Costa Rican lunch





## Irazú Volcano and National Park

Cartago Province



Reaching 11,256 feet, Irazú Volcano is Costa Rica's highest volcano with four craters, each with its own fascinating characteristics. On a clear day one can see both the Pacific Ocean and the Caribbean Sea. At Irazú, you can drive up directly to the top of the crater/lookout point. There is no major hiking involved up to that point but be sure to bring a camera for some spectacular views. This stop is usually combined with one of these other local outdoor activities for a full-day tour. (Easy)

### Nature Walk in Prusia Sector of Irazú Volcano National Park

Near the volcano is Prusia, a sector of the Irazú Volcano National Park, and covered with exotic forest and 16 kilometers of walking trails open to the public. If you are a lover of birds, more than 46 species have been inventoried in this sector, such as the woodpecker, the hummingbird of Irazú, the tangara cejiblanca, and even Quetzales. (Moderate)

### Orosi Valley

On the way back from Irazú, you may choose to pass through the town of Orosi, where you will visit Costa Rica's oldest colonial church. Lunch will be enjoyed at a local típico casual Costa Rican restaurant in between site stops. (Easy)

Guests may choose 2 of the sites in this area for a full day tour:

Tour times: 7:00 AM (departure from Finca Rosa Blanca) to Irazú area. Minimum of 2 people.

Appropriate for: All ages

What to Bring: Sturdy hiking shoes, jacket, camera, umbrella.

**Cost:** Entrance Fees: \$15+tax/per person for Irazú Volcano - \$15+tax/per person for Prusia Nature Walk



## CULTURE

### San José City Tour

San José, San José Province



Take a drive into Costa Rica's capital city for this urban walking tour of some of Costa Rica's museums and exhibits unique to this region. This walking tour includes a stop at the famous National Theater, the Gold Museum, the Jade Museum of pre-Columbian artifacts, and concludes with a stop at the San Jose Central Market, an entire city block overflowing with local color, flavors, and sights. Guests may elect to grab a snack at the Central Market or at a local "soda" (casual Costa Rican diner) before heading back to Finca Rosa Blanca.

If there is a specific San José Museum of interest, please consult with your guide to customize the walking tour to your preference. Other city museums include Museum of Costa Rican Art, Numismatic Museum, National Museum of Costa Rica, Children's Museum and National Art Gallery, Museum of Contemporary Art & Design, Museum of Spaces, Forms & Sounds.

**Tour times:** 9:00 AM (3-4 hours) Days vary by museum, please check with your guide in advance to confirm that

museums are open on your preferred tour day.

Appropriate for: All ages.

Level of Difficulty: Easy/Moderate (city walking)

What to Bring: Sturdy walking shoes, camera, umbrella.

**Cost:** Exhibits: \$35/per person (Jade Museum, Gold Museum, National Theater combined entrance fees)

\*Please bring some pocket money if you would like to stop for a local Costa Rican lunch





## Town of Sarchí: Visual Delights

Sarchí, Alajuela Province



The town of Sarchí is famous for the intricately detailed, hand-painted oxcarts still used here in Costa Rica during festivals; and is a major artisan center known for its many hand-crafted wooden items. We take our guests on a visit to the Eloy Alfaro Oxcart Factory, complete with a traditional wood-working studio and age-old methods for crafting wagon wheels, furniture, and beautiful home goods.

Our second stop in Sarchí is the Else

Kientzler Botanical Garden, a private estate owned by the German Kientzler family, originally renowned for their plant and landscaping greenhouses across the Atlantic. We take a lovely walk on meandering paths, which exhibit the diversity of plant life in the tropics. Their collection includes over 2,000 different types of plants from Costa Rica and around the world.

**Tour times:** 8:00 AM (departure from Finca Rosa Blanca). Minimum of 2 people.

Appropriate for: All ages

Level of Difficulty: Easy/Moderate

What to Bring: Walking shoes & camera.

**Cost:** Entrance Fee: \$5.25/per adult; \$3.50/per child entrance fee for Botanical Garden



\*Please bring some pocket money if you would like to stop for a local Costa Rican lunch





## ACTIVITIES TO ENJOY AT FINCA ROSA BLANCA

### Coffee Connoisseur's Prix-Fixe Menu (Lunch or Dinner)

Experience coffee in a multitude of culinary transformations – both savory and sweet – at El Tigre Vestido, our upscale open-air eatery overlooking the lush Central Valley. The menu includes a 4-course meal, including amuse-bouche, starter, main and dessert. You may elect to reserve this menu for either lunch or dinner. We are happy to accommodate dietary restrictions or allergies. Please reserve 1-day in advance. \$65/per person for lunch and for dinner. Wine pairing \$85/per person. Please book 48-hours in advance, or when you book your Inn reservation.

### Un Cafecito: Afternoon Coffee Costa Rican Style

Come and join us for complimentary Finca Rosa Blanca organic estate-grown coffee brewed with a Costa Rican *chorreador*, and served with or without hot milk and freshly baked cookies or muffins. Daily from 2:00-4:00 PM at El Tigre Vestido restaurant bar. No reservations necessary.

### Yoga Classes



You are invited to join our yoga classes (also open to neighborhood friends & locals) and enjoy flexibility, health, and peace of mind. Costa Rica is the ultimate place for wellness and relaxation. Our bilingual instructors are certified yoga teachers with many years of experience. Yoga mats are available for your use. Tuesdays and Fridays at 8:00 AM in our Santa Bárbara Salon (yoga studio).

Group classes: \$15/per person. Private yoga classes also available upon request: \$40/per person (please inquire at the front desk).





*Respect for the uniqueness of each individual is the foundation of our spa experience.*

*Our highly trained experienced therapists are committed to excellence, infused with enthusiasm and take pride in delivering personalized, dedicated service. Our therapies combine both ancient and contemporary techniques in a natural manner. They are designed to bring balance and equilibrium to meet the needs of everyone.*

**SPA TREATMENTS ARE AVAILABLE FROM: 11:00 AM TO 8:00 PM**

**Please book your session well in advance. Please note that prices do not include taxes.**

**Please contact us to make your reservation or send us an email:**

**[info@fincarosablanca.com](mailto:info@fincarosablanca.com)**





## **Preferred Massage and Body Work Services**

*We offer a variety of massage techniques to provide the right therapy for your needs and desires.*

**Traditional Swedish Massage**  
min \$150

30 min \$75, 50 Min \$100 or 80

*The Swedish massage is an ideal treatment to release muscle and tissue tension. Our therapists combine their unique skills to personalize each treatment.*

**Hot Stones Massage**  
80 Min \$150

50 Min \$100 or

*Experience the healing powers of the stones, traditionally recognized as a powerful tool to combine with massage techniques to balance your body.*

**Deep Tissue Massage**  
80 Min \$150

50 Min \$100 or

*Great slow and deep muscle manipulation combined with special holistic Kinesiology work. The session incorporates gentle stretches, consistent contractions, which will effectively detoxify your tissues.*

**Lymphatic Drainage Massage**  
50 Min \$100

*This gentle massage helps to drain toxins from your body and enhances the immune system. The massage incorporates very light pressure, as well as long, gentle, rhythmic strokes and soft pumping movements in the direction of the lymph nodes*

**Indian Head Massage & Foot Reflexology**  
60 Min \$100

*A simple yet very effective therapy that provides relief from aches, pains and tension and brings relaxation to the neck, shoulders, head and face. As it stimulates your nerve function, reflexology generates a deep tranquil relaxation that helps the body balance itself and allow healing energy to flow. This treatment can be effective to relief ailments such as (but not limited to) back pain, migraines, arthritis, insomnia and digestive problems.*



## **Body Treatments**

### **Coffee & Chocolate Scrub** **Min \$100**

**60**

*Body scrubs exfoliate your skin, removing dead skin cells and promoting growth of new ones. The process of scrubbing also stimulates circulation and movement of lymph, helping to fight cellulite and improving skin tone.*

*Made with premium organic coffee from our farm, this aromatic and delicious handmade body scrub contain antioxidants that detoxifies, exfoliates, rejuvenates and revitalizes creating a delicious experience, leaving your skin glowing with health and radiance. 100% Naturally*

### **Aloe & Lavender Sugar scrub** **Min \$100**

**60**

*Aloe Vera it is revered as a sort of miracle plant due to it is many health and beauty benefits. Aloe Vera is mega moisturizing because it contains about 95.5 percent water, but it is absorbed into the skin about four times faster than water does. It's also packed with lots of healing vitamins, minerals, amino acids, enzymes*

### **Volcanic Mud Wrap** **Min \$110**

**60**

*Body wraps draws toxins from the body and helps tone skin by removing excess fluid from the body. The treatment entails wrapping your torso, arms and legs using organic ingredients. This treatment promotes sweating and enables extra fluid trapped in the small spaces between tissues to be expelled. Body wraps activate the lymphatic system thereby promoting detoxification and boosts metabolism.*

*Mud wraps are known for increasing circulation and removing toxins from the skin, thereby tightening and firming skin texture. Muscle relaxation and pain relief are additional benefits that have been associated with the mud body wrap.*

### **Aloe Vera & Tea Tree Body Wrap** **Min \$100**

**60**

*Aloe Vera particularly beneficial for dry or mature skin or people suffering from eczema, psoriasis, sun or climate damaged skin. Tea tree, also known as melaleuca, is well-known for its powerful antiseptic properties and ability to treat wounds. This pure and natural essential oil and Aloe Vera are the perfect way to soothe the mind, ease tired muscles and let your skin feeling soft and replenished.*



## **Facials**

### **Hydrating Facial**

**60  
in \$100**

*Hydration is the foundation of healthy skin, regardless of skin type. To prevent premature aging and to keep your skin radiant and glowing, hydration is the key.*

### **Luxury Mini facial- 30 Min \$75**

*For a really quick relax and rejuvenate. This facial includes cleansing, toning, exfoliation, mask and a moisture application leaving your skin feeling clean and fresh.*

## **Spa Packages**

### **Gentleman Tonic Min \$160**

**90**

*Indulge in a Sea Salt, Eucalyptus and mud body scrub and be relaxed with a tension relief hot stone back massage and express men's facial. This treatment Rejuvenate your skin and your spirit!!! This experience is complemented by a refreshing "Mojitico" prepared by our bartenders in El Tigre Vestido Restaurant.*

### **Pura Vida Coffee Detox Min \$175**

**90**

*This treatment has been created to help detoxify your body and mind. First you will receive our relaxing Swedish massage and then you will be pampered and soothed in a whole body mask of organic coffee, vanilla and chocolate scrub. Finish your marvelous experience with our luxury mini facial. To complete this delicious treatment, finish your spa session in our restaurant El Tigre Vestido delighting with our "Rosa Blanca Cappuccino Martini".*

## **Upon Request**

### **\*Private Yoga Sessions**

### **\*Gift Certificates**

*The Spa team can assist you in choosing spa services and treatments, including the proper sequence. Please book your appointment as early as possible to ensure treatments and times are available*

### **Payment Policy**

*Full payment is required 4 hrs. prior to reservation date by credit card (VISA, MC or, Amex)*





### ***Cancellation Policy or No Show***

*We cannot make refunds or offer credit for missed reservations; including personal health problems or reasons making it impossible for the guest to arrive on time or at all. However, if the Inn has to cancel the spa session for any reason, a full refund will be provided by the bank on your credit card. We do not provide cash refunds.*

*Appointments can be rescheduled with a minimum of 4 hours' notice, based on staff availability.*

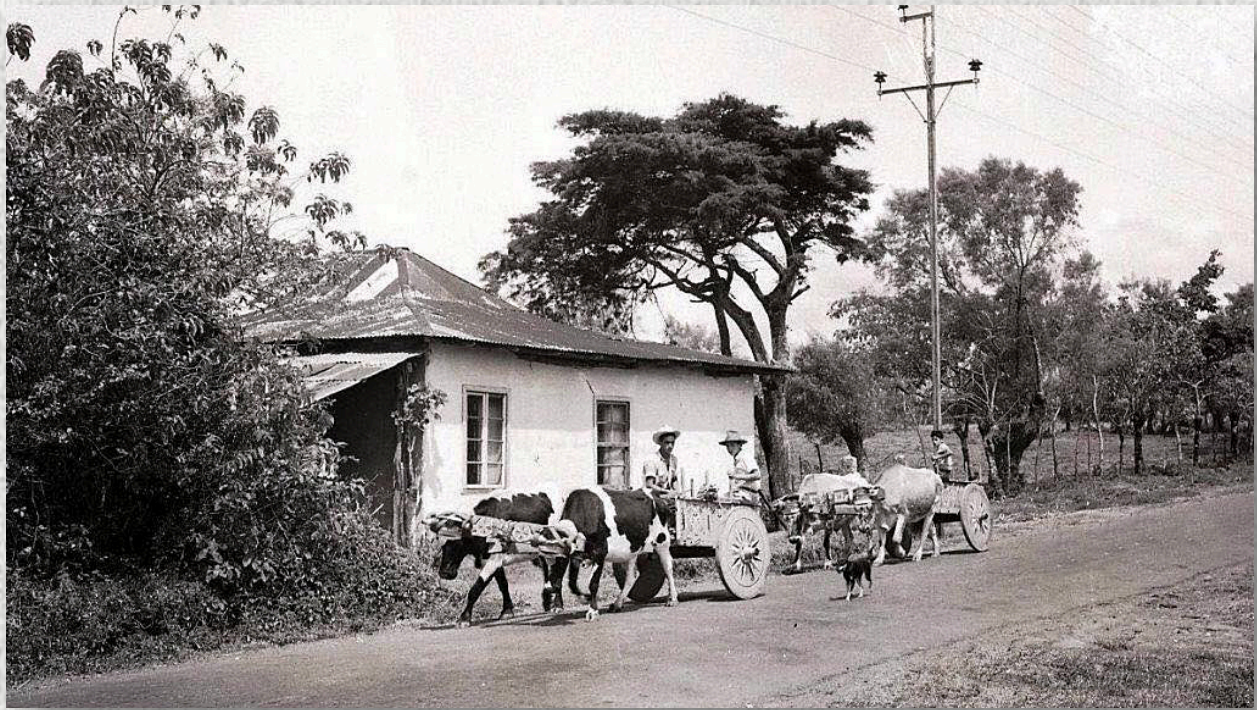
*\*Bear in mind that arriving late will simply reduce the time of your treatment.*

*\*Depending on the length of your treatment, a very late arrival may constitute a no-show, and the full price of the service will be charged to your account or credit card.*

*\*In case of not canceling or modifying the reservation according to the cancellation policy, you will be charged the full amount of the reserved treatments.*

*\*Please advise us of any health conditions, allergies, or injuries that could affect your service when making your spa reservation. Certain treatments are not recommended if you have recently eaten and no treatment will be given to any guest under the influence of alcohol or drugs. Shaving prior to exfoliation or spa service when sunburned should be avoided. At time of booking, please advise if you have high blood pressure, allergies or physical disabilities.*

  
**Finca Rosa Blanca**  
COFFEE FARM AND INN



  
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**ENJOY YOUR VISIT!**