

## Spas

**The Haven** - Quality treatments and massages such as deep tissue, relaxation, hot stone, sports, Thai Massage, aromatherapy, facials, wraps plus pain experts. All products natural or organic from the USA, they have their own range of products called Spa Naturals too!

Whether you are looking for a massage, facial, manicure or pedicure. Packages are available for non hotel guests and non members. Day Spa Packages can include: Use of facilities, gym, swimming , infrared saunas, steam, Jacuzzi, relaxation areas inside & outside.

For more information - <http://boquetespa.com/>

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**Isla Verde** - Location: Coming into town, turn left at Los Establos Plaza. Go passed it and over a small bridge. Turn Right and go about a block where you will do a hard left. Isla Verde is on your right.

Managed by the highly regarded massage therapist Mark Perren-Jones, an Australian who has 20 years experience working in spas in clinics around the world. To arrange an appointment Mark 6948-6664.

For more information, go to <http://boquetemassage.com>

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**Valle Escondido** - Location: Coming into town, turn left at Los Establos Plaza. Go passed it and over a small bridge. Turn right and go about a block where you will do a hard left. Go passed Isla Verde and take a right. Follow that road until you get to the guard house.

Enjoy the spa at Valle Escondido. Indoor Pool, Jacuzzi, Saunas, Steam bath, Massages, Facial treatments and much more available. For appointments and information go to their website at <http://www.veresort.com/spa/>