



Tailored Wellness Retreats at Nantipa

Inspired by Ancestral Wisdom

Nantipa, meaning “blue” in the Chorotega language, honors the ocean, the sky, and the sense of calm that defines our experience.

Numu, our wellness center, also draws from this cultural heritage and means “sun”, a symbol of life, energy, and renewal.

Both names reflect a deep connection to the land and the natural rhythms of the Nicoya Peninsula—one of the world’s five Blue Zones, celebrated for the health, longevity, and vitality of its people.

At Nantipa, we invite you to reconnect with these ancestral rhythms: rise with the sun, unwind at sunset, and live each day with intention, harmony, and well-being.

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





Santa Teresa, Costa Rica

Nantipa – A Tico Beach Experience, along with its wellness center Numu, offers the ideal setting for small-group wellness retreats seeking restoration, movement, and mindful travel.

As regenerative experiences gain global momentum, our beachfront sanctuary combines the power of nature, community, and well-being into a unique retreat format.





Nature-Powered Healing

A retreat immersed in nature for full reconnection.

Biophilic design – Architecture and nature merge, creating a space of tranquility and renewal.

Natural rhythm – Wake up with the sun and wind down at sunset, resetting your circadian cycle for better sleep and vitality.

Integration of nature – Gardens, green walls, and water elements bring a sense of peace to the environment.

Natural light and ventilation – Spaces are designed to maximize sunlight and airflow. Each room is equipped with solar panels to heat the water for your shower.
Sustainable, organic materials – Wood, stone, bamboo, and natural fibers enhance grounding and direct contact with nature.

Nature-inspired patterns – Forms, textures, and colors that evoke the beauty of Costa Rica's landscapes. Harmonious connection with the surroundings – Open spaces, panoramic views, and architecture that seamlessly blends into the natural environment.

4 NIGHT / 5 DAY RATES START AT
\$1,850 per person in double occupancy
US \$2,750 in Single occupancy

Includes:

4 nights stay
in our Nanku Suites

Breakfast
Daily a la carte

Welcome
Amenity

\$100
Resort Credit
per person per stay

Includes 2 lunches and 2 dinners

Yoga Lessons Daily
1 Spa treatment (60 min)
1 Sound Healing Session
1 Surf Lesson
1 Nature Outdoor Tour
Firepit with with S'mores

NANKU SUITES

Nanku *means home* in Chorotega language and we aim to provide a home for guests in Santa Teresa.

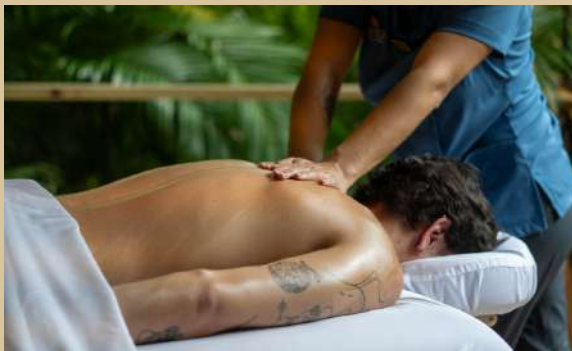


65 square meters (700 square feet) Located in four separate buildings, each with four units.



From the 16 *Nanku*, 8 units with king size bed and 8 units with two queen beds, a large living room space, all with a pullout twin sofa bed, a large bathroom and terrace or balcony that completes the unit, which is ideal for couples for families with children.





NUMU SPA

*Massages and Spa
Treatments –
Reconnect with Your Body*

Our spa rituals are designed to release tension, restore inner balance, and leave you feeling deeply renewed.

We use sustainably crafted products made from Costa Rica's rich natural resources—tropical fruits, herbs, marine waters, thermal springs, and botanical ingredients. Handcrafted through biodynamic agriculture, these formulations provide true wellness benefits while honoring the integrity of nature.

Inspired by our surroundings, our treatments integrate eco-conscious practices and local ingredients into reflexology massages, signature aromatherapy, detoxifying body wraps, and personalized therapies.



Conscious Cuisine – Nourishing Food from **Manzú Restaurant**

Consistently recognized as one of Costa Rica's top restaurants by TripAdvisor, Manzú is a picturesque open-air beachfront haven, offering panoramic ocean views and breathtaking sunsets.

At Manzú, food is more than nourishment—it's an experience of connection, culture, and care. Inspired by the Chorotega word for "friends," Manzú invites guests to gather and enjoy vibrant, seasonal dishes crafted with local, organic ingredients.

Whether it's a barefoot breakfast by the sand, a wholesome lunch after a surf session, or a sunset dinner under the stars, every meal is thoughtfully designed to support your wellness journey with balance, flavor, and intention.





Let us be your trusted host in creating
meaningful, unforgettable retreats that
inspire, restore, and connect.

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