

## Come and get it!

While in Costa Rica, you will live in total harmony with nature and even with its food. There are places that follow the “Todo Bio” trend, which means that their food is prepared only with organic products.

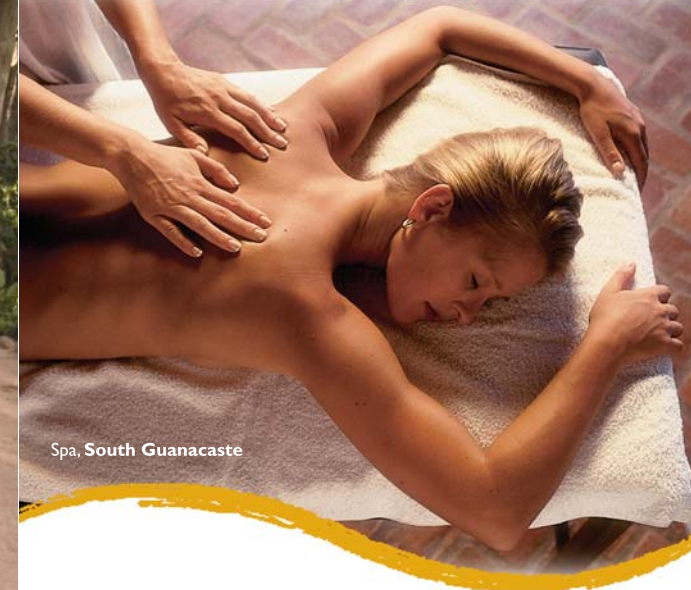
Food undergoes strict quality controls for you to enjoy mood foods, which are healthy, balanced, and detoxified meals.

## Get fit with good exercise

Always keeping your health in mind, the hotels offer body fitness activities for their guests, such as exercise routines in gyms to help them get in shape and feel great.



Photo: Sergio Pineda



There are also other sports to put your mind at ease so you can redirect your attention to those lazy muscles.

This “Fit” trend is complemented by several options, such as weekend trips or health trips and relaxation sessions in different spas.

## Health is all that matters

This type of tourism is ideal for persons who need to find relief of any ailment or disease. The general idea is to relieve external symptoms caused by excess work, through stimulation of inner resources for healing.

The country has therapy centers that specialize in treating certain types of ailments such as backaches or mobility impairments.



Hotel, North Guanacaste