

INSIDER'S GUIDE TO
SPAS

Six New Sustainable Lofts to Debut at The Retreat Costa Rica

NOVEMBER 4, 2021



The Retreat Costa Rica, a luxury wellness boutique resort and spa, announces the development of six new lofts—all designed using feng shui principles and completely sustainable materials—with completion slated for January 2022. With the addition of these premium accommodations, The Retreat now has a total of 19 guest rooms.



The brainchild of celebrity chef, bestselling author, and health and wellness life coach Diana Stobo, **THE RETREAT COSTA RICA** is acclaimed for its serene, rejuvenating setting and

transformative programs enabling guests to escape the chaos and stress of everyday life. Capturing the resort's nurturing and gentle environment, the light-flooded lofts—which span 690 square feet with a private patio and expansive Costa Rica rainforest vistas—each has a simple and peaceful design motif with soft greens, warm natural hues, and a bold white backdrop designed to calm the mind and relax the body. With crisp white cement flooring, soaring 10-foot ceilings, and local Laurel wood accents, each room also features an airy, open bathroom with sweeping views, an open shower and tub, and a white marble and wooden sink. According to Stobo, the lofts are outfitted with locally sourced furniture and accessories reflecting the region's verdant natural beauty. "All the furnishings were handcrafted in Costa Rica by local artisans," she says. "As an example, we commissioned a crystal craftsman to make a cement encased crystal geode light pendant with hand-painted brass highlights to hang over each of the free-standing bathtubs."

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A Feng Shui Philosophy & Five Key Elements

In keeping with the property's focus on wellness and health, the Asian philosophy of feng shui living has been carefully integrated throughout the resort's design. "Architectural Digest's feng shui expert David Cho has had his hand in every building on the property, including the lofts, incorporating five key elements—wood, fire, earth, water and metal—in the interiors," Stobo says. With these core feng shui principals in mind, Stobo also commissioned Rebecca Norman, a designer of fine jewelry and crystal art, to make selenite—a white gypsum mineral said to remove obstacles and negative energy—wall hangings for each space. A noted artist, Stobo has also created a distinctive print for each loft.

Peace & Wellness in the Jungle



There are no phones or televisions in the rooms to disturb the peaceful, natural surroundings and sounds. Bedding is lush, and bathroom amenities are handmade with organic and raw ingredients. The acclaimed wellness retreat is anchored by the 8,000-square-foot **VIDA MIA HEALING CENTER AND SPA** with its signature wellness programs, organic gardens, lush landscapes, farm-fresh cuisine and scenic poolside relaxation—all situated amidst 60 acres of an amazing rainforest overlooking the Pacific Ocean. Other resort highlights include two farm-to-table organic restaurants, an organic coffee plantation, two saltwater pools, a yoga studio, meditation deck, organic gardens, river swings, jungle, and river paths and a sweeping view of the Gulf of Nicoya.