

# Casa Rancho

Vacation Retreat And Wellbeing Centre  
Costa Rica

## WELLBEING PACKAGES INCLUDE:

These packages are life style changing packages. Packages will vary according to your individual requirements and desired outcomes and will include a variety of treatments. They can be aimed to treat specific conditions such as Detoxification, Weight Loss, Stress Relief and much more. These Wellbeing Packages will not only relax and rejuvenate but also teach you how to balance what you eat, drink and exercise to achieve optimum wellbeing. All of our Wellbeing packages will help you 'turn over a new leaf', start afresh, or help seek out a new life path.

We will help you create a take-home program that can fit into your life back home so that you can be sure that your new lifestyle will go home with you. We will determine your personal body fat index and analyze your body type in order to help you find the ideal weight loss program for your height. We will also ensure to offer ongoing support after departure via our private discussion board online and email.

### Package A - The Total Body Fitness Nutrition Package

This is by far our most popular "total body make over" package. This program will help you move on from any unpleasant life experiences, bad habits or testing times. It will help deep cleanse your body, mind and spirit. At Casa Rancho we will start by setting your personal health and fitness goals to create a new healthier, happier you. Start your day with our delicious food menu, designed by experts in food synergy to keep you on top of your game. We've done our homework and crated incredible foods combinations rich in nutrients, antioxidants and flavor, giving you that edge you'll need to go the distance. You will leave Casa Rancho completely renewed.

Start -Up Personal Training & Lifestyle package Includes:

- Pre and Post Weigh-in and Measurements
- A comprehensive Fitness Assessment and Consultation
- Pre and Post Body Fat Composition Analysis
- Customized Cardio Routine
- Customized Strength Training Routine
- Customized Daily Menus
- Customized Daily Charts, Phase Charts, and Progress Graph
- Supplement Recommendations
- Goal Setting
- Health, Wellness & Reflection Daily Journal
- Before And After Pictures: Front, Side and Back

In Addition:

1-on-1 Personal Training Session (x 3)

Personal 1-on-1 Pilates Sculpt (x 2)

A.M. Sunrise Beach Side Yoga Session(x1)

P.M. Sunset Beach Side Yoga Flow Session (x1)

Deep Tissue Massage ( x 2 )

Daily Nutritional Support and Consultation during your stay at Casa Rancho

Personal Food Exchange List

Training and preparation for continuing nutritional and fitness regimen to take home!

6 week lifestyle coaching and follow up via phone and internet upon returning home ( 1x a week).

Package Price: US \$1,500.00

<http://www.casaranhocostarica.com>  
email : [info@casaranhocostarica.com](mailto:info@casaranhocostarica.com)

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## Package B - Start-Up Personal Training & Lifestyle Change Package

This package is an introduction to living healthy and getting you on the right track to a better lifestyle. Upon your arrival to our exclusive Casa Rancho Health & Wellness Center, your customized start up personal training & lifestyle package will include the following:

- Pre and post weigh-in and measurements
- A comprehensive Fitness Assessment and Consultation
- Pre and Post Body Fat Composition Analysis
- Before and After Pictures: Front, Side, and Back Poses
- Customized Cardio Routine
- Customized Strength Training Routine
- Customized Daily Menus
- Customized Daily Charts, Phase Charts, and Progress Graph
- Supplement Recommendations
- Goal Setting
- Health, Wellness & Reflection Daily Journal

Consists of 3 one hour sessions that include assessments, one 1 week custom designed menu, pre and post weigh in and measurements, pre and post nutritional consultation with Cady, design of cardio routine during your stay at Casa Rancho, and your choice of one of our 1-on-1 private session options.

Costs: US \$195.00

## Package C - Indulgence Package

To 'indulge' means 'to yield to the wishes of' or 'to pamper'. This unique retreat package has been designed to do just that! We will support you and yield to the wishes of the inner-self through a week of pampering and being taken care of. This is a revitalizing escape from your possibly normal stressful environment, designed to promote self-healing, inner peace and a profound sense of relaxation and wellbeing. Following arrival at our quintessential retreat center, enjoy a multitude of pampering therapies included in your package that help you unwind, relax your mind, pamper your body and totally soothe your soul.

- Private Yoga classes (x 5 weekly)
- Reiki Treatment (x2)
- Private Pilates Sessions (x2)
- Acupuncture (x1)
- Aromatherapy Massage (x2)

Package Price US \$1,200.00

**We also offer group rates and offer 'Buddy' packages. Please email us at [info@casaranchocostarica.com](mailto:info@casaranchocostarica.com) for more information.**

<http://www.casaranchocostarica.com>  
email : [info@casaranchocostarica.com](mailto:info@casaranchocostarica.com)