

# Weekly Guide

  /westinreservaconchal

MAY 8TH - MAY 14TH

For more information scan here



## Eat Well / Comer Bien

### Breakfast / Desayuno

Mitra Market (Open everyday)	6:30 am - 11:00 am
Faisanella Buffet (Westin Club Only)	7:00 am - 11:00 am

### Lunch / Almuerzo

Ranchito Main Pool	11:00 am - 4:00pm
Mitra Market	12:00 pm - 3:00pm
Caracola	12:00 pm - 4:00 pm
Faisanella (Westin Club only)	12:00 pm - 3:00 pm
Spirula Corner - Pizza to Go	12:00 pm - 6:00 pm

### Dinner / Cena

Cauri 6:00-9:30 pm	Open Friday and Saturday Abierto viernes y sábado
Mitra Market 6:00-9:30 pm	Open all week Abierto toda la semana
Faisanella International 6:00-10:00 pm	Open all week Abierto toda la semana
Manglar - Seafood* 6:00-10:00 pm	Closed on Monday and Friday Cerrado lunes y viernes
Bamboo - Asian Fusion* 6:00-10:00 pm	Closed on Tuesday Cerrado martes
Spirula Trattoria* 4:00-10:00 pm	Closed on Sunday Cerrado domingo
La Sabana Steakhouse* 6:00-10:00 pm	Closed on Thursday and Saturday Cerrado jueves y sábado
Bar Imperial 5:00-11:00 pm (Mon-Thu / Lunes-Jueves) 5:00-12:00am (Fri-Sun / Viernes-Domingo)	Open all week Abierto toda la semana

\*Reservation required. Se requiere reserva. Ext 3333.



## Move Well / Moverse Bien

### Westin Workout

Open 24 hours / 7 days a week

Visit our fully equipped fitness studio

### Activities / Actividades

	8:00 am	10:00 am	11:00 am	3:00 pm	Sunset Rituals 5:00 pm
<b>Monday / Lunes</b>	Morning Yoga* Yoga Matutino	Balloon Twisting*	Aqua-fit*	Recreational Bike Tour*+	Stretching***
<b>Tuesday / Martes</b>	Morning Yoga* Yoga Matutino	Balloon Twisting*	Aqua-fit*	Recreational Bike Tour*+	Sunset Yoga***
<b>Wednesday / Miércoles</b>	Run Westin	Pool Volley	Aqua-gloves* / Water Polo	Recreational Bike Tour*+	Stretching***
<b>Thursday / Jueves</b>	Iguana Hiking Trail	Pool Volley	Aqua-aerobics* / Water Polo	Recreational Bike Tour*+	Sunset Yoga***
<b>Friday / Viernes</b>	Morning Walk*	Pool Volley	Aqua-aerobics* / Water Polo	Recreational Bike Tour*+	Stretching***
<b>Saturday / Sábado</b>	Morning Yoga* Yoga Matutino	Ping Pong Tournament	Aqua Gloves* / Water Polo	Recreational Bike Tour*+	Sunset Yoga***
<b>Sunday / Domingo</b>		Balloon Twisting*	Aqua-fit*	Recreational Bike Tour*+	Stretching***

SEE ADDITIONAL FAMILY ACTIVITIES IN WESTIN FAMILY GUIDE. VER ACTIVIDADES FAMILIARES ADICIONALES EN WESTIN FAMILY GUIDE

\*Meeting Point: Activity Center / Punto de encuentro: Centro de actividades

+Reservation Required / Se requiere reserva. For RSVP Dial 3487 or 0

\*\*Meeting Point: Exit to the beach / Punto de encuentro: Salida a la playa

\*\*\*Meeting Point: Westin Workout / Punto de encuentro: Westin Workout

\*\*\*\* Meeting Point: Imperial Deck



For emergencies dial 3599 - Para emergencias marque el 3599



If you need shuttle service please Dial 0  
Si necesita servicio de transporte marcar 0



# Live Only at Westin

## Monday / Lunes

Mitra Market: Night Market Tasting Party 6:30pm  
Bar Imperial: La Barra Imperial DJ Show 9:00pm

## Tuesday / Martes

Mitra Market: Magic a la Carte/Live Music Alexis Jiménez 6:30pm  
Bar Imperial: Margarita Vibes 9:00pm

## Wednesday / Miércoles

Tritón Bar: Pool Time DJ 3:00pm  
Mitra Market: Deep Forest Lights 6:30pm  
Bar Imperial: Karaoke Night 8:00pm

## Thursday / Jueves

Tritón Bar: Pool Time DJ 3:00pm  
Mitra Market: Caribe de Costa Rica 6:30pm  
Activities Center: We Are Young 7:00pm  
Bar Imperial: Decades Greatest Hits 9:00pm

## Friday / Viernes

Tritón Bar: Pool Time DJ 3:00pm  
Mitra Market: Deep Sea Story 6:30pm  
Bar Imperial: Entertainment Tonight - Cadejo Live 7:00pm

## Saturday / Sábado

Tritón Bar: Pool Time DJ 3:00pm  
Mitra Market: Latino Costarricense 6:00pm  
Bar Imperial: DJ Party Mix - María Wabe Live 7:00pm

## Sunday / Domingo

Mitra Market: International Mother's Day - Live Sax & Photobooth 6:30pm  
Bar Imperial: La Barra Imperial 8:00pm

## BINGO!



Let's play some bingo.  
Activities Center - Thursday & Friday 2:00pm

Coffee Tasting Class:  
Wed - Miércoles - 3:00pm.

Ceviche Making Class  
Thu - Jueves - 3:00pm.

Sangría Making Class:  
Fri - Viernes - 3:00pm

Cocktail Making Class  
Sat - Sábado - 3:00pm

Meeting point:  
Activities Center / Centro de Actividades  
RSVP Dialing 0 or Ext 3487

## Westin Kids Club Abierto / Open: 9:00am - 5:00pm

SEE ADDITIONAL FAMILY ACTIVITIES IN WESTIN FAMILY GUIDE.  
VER ACTIVIDADES FAMILIARES ADICIONALES EN WESTIN FAMILY GUIDE



## Feel Well / Sentirse Bien



Reservation required. Dial 3070. Mon-Sun: 9:00am - 7:00pm

FEEL WELL \$199

Coffee-coconut body polish 30 min  
Detox massage 50 min  
80 min

WELNESS EXPRESS \$115

Neck, back & shoulders massage  
Hands & feet massage  
50 min

HEAVENLY BEAUTY \$205

Heavenly nourish body treatment &  
Heavenly pedicure  
110min



## Mother's Day Restore & Rewind

Silky body polish & hydrating aloe massage \$205

Add on - choose one:

- Scalp massage
- Foot massage
- Classic manicure
- Classic pedicure

2 hours

Book your favorite at 3070 - 3074  
Available from May 14th.  
Specials not valid with other discounts or promotions



## Go Costa Rica Vision Shuttles available

Dial 0 for reservations and more information /  
Para reservas o más información marque 0



## Explore Costa Rica with Swiss Travel

Tour desk on property



## SIXT Rent a Car on property

Earn Marriott Bonvoy points for each rental

**THE WESTIN**  
GOLF RESORT & SPA  
RESERVA CONCHAL

ALL-INCLUSIVE