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What's Healthy and "Green"? The Newly Opened Anamaya Boutique Hotel and Health Resort.

MONTEZUMA, Costa Rica – "Health" is important at the Anamaya Resort. That's why Anamaya focuses on treating the well-being of the Mind, Body & Spirit of their visitors, as well as the health of the planet.

Opening its doors for business on December 20th, Anamaya Resort is the perfect destination for a tropical getaway. This exotic boutique hotel is situated on a cliff edge overlooking the most spectacular ocean views in Montezuma, Costa Rica - one of the world's Blue Zones©. The Blue Zones are five areas where people are known to live the longest and healthiest according to National Geographic explorer and author Dan Buettner. "It's an ocean view that you have to see to believe," says President/Co-Owner Joseph Mikrut. "The view takes away the breath of even the most jaded traveler," adds CEO/Co-Owner Geoff McCabe. Anamaya is steps away from epic waterfalls, surrounded by rain forests, and located in one of the world's most beautiful tropical beach towns.

Anamaya, however, offers much more than stunning views. Anamaya is Sanskrit for "good health" and that is the driving philosophy behind this unique hotel. Anamaya offers gourmet organic food, Anusara-inspired yoga classes and retreats, a variety of luxurious health and spa services including acupuncture and chiropractic treatments, a Clearlight Far infrared sauna, massage and reflexology therapies, and an array of uniquely designed retreat packages, workshops and classes all in respect to the Body, Mind & Spirit. In addition to their daily services, Anamaya offers a variety of special 3 – 14 day inclusive retreat packages including Yoga Retreats, Raw Food Intensives, Creative Arts Camps, Anti Aging & Longevity Classes, and Weight Loss, General Cleansing & Natural Detox Programs.

Anamaya also offers guests exclusive fire dancing (the four people running the hotel also happen to be professional fire dancers!) and circus entertainment experiences, exciting local excursions, and intimate and tranquil accommodations to enhance the exotic and unique experience of visiting Costa Rica.

In addition, Anamaya Resort strives to care for the planet by remaining chemical-free and using products that facilitate a more natural, organic way of life. This is reflected in their non-toxic and anti-allergenic rooms, as well as the newly installed salt-water pool, which allows their guests to enjoy swimming without the worries of high levels of toxins entering the body.

McCabe, no stranger to environmentally-friendly ventures, strongly believes that "green" is the future, not just a passing fad. "Countries around the world are continually improving their laws and green requirements, so it's smart business to get ahead of the curve rather than retrofitting a business later. Plus, being energy efficient saves money, and attracts clients."

Perhaps more even more importantly McCabe has a strong desire to be part of the solution, not the problem. Anamaya Resort strives not to merely entertain guests, but also to inspire them. "We hope our guests will fall in love with the lifestyle that they experience here at Anamaya, and vow to make changes in their lives," says McCabe.

From the moment of your arrival, you'll know you've unearthed a very magical place and during your stay at the Anamaya Resort you'll discover more about the true gifts of life, about yourself, and a few secrets about longevity.

To discover more, please visit www.anamayaresort.com

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