

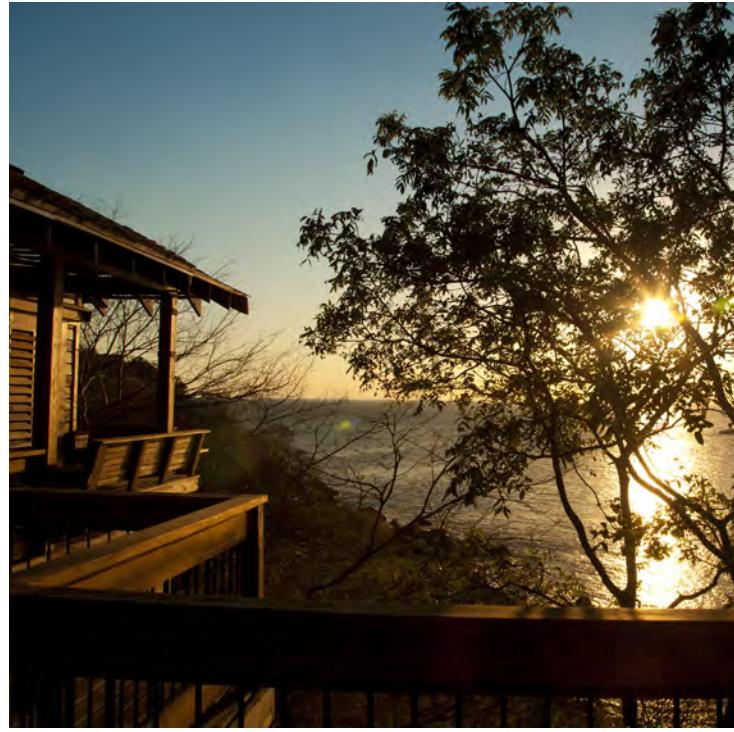


aqua
wellness resort

a member of
Preferred BOUTIQUE™

LIONHEART CAPITAL





THE BAY

Aqua Wellness Resort is nestled in a dramatic setting, cradled by a private cove and sheltered white sandy beach. The resort is located on Nicaragua's "Emerald Coast", 12 km north of San Juan Del Sur, with uninterrupted sunset views of the Pacific Ocean.

The cove is part of a tropical dry forest climate that alternates between hot sunny days most of the year, and from June to October, a greener season characteristic of the tropical rain forest.

Aqua has done its best to preserve and protect the natural habitat, which is seen as a most precious resource. Redonda Bay teams with fascinating terrestrial and marine life, including nesting turtles, monkeys, dolphins and whales.



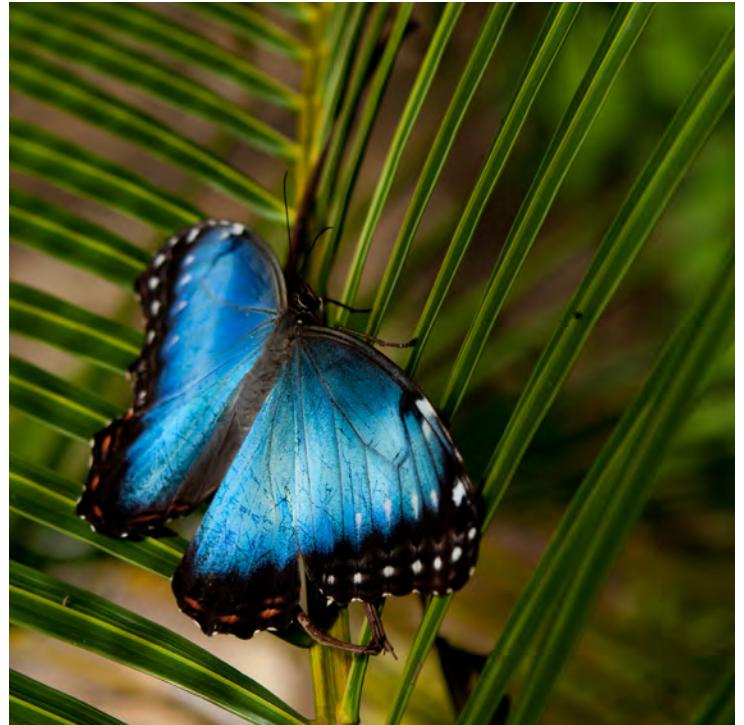


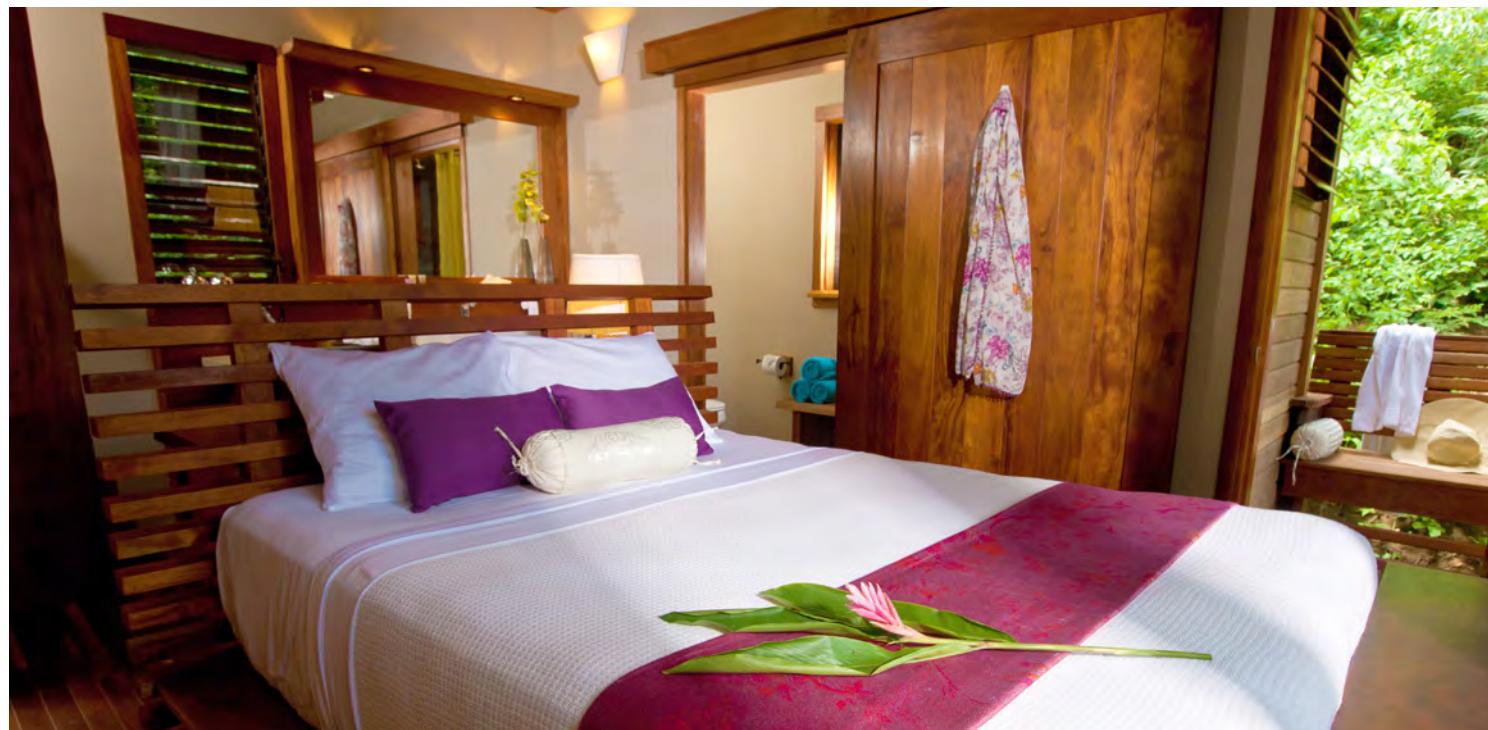
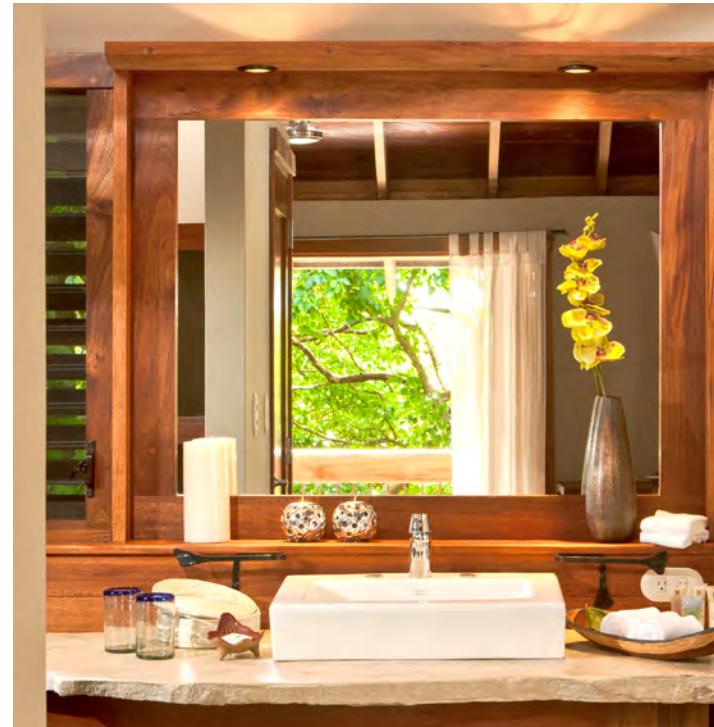
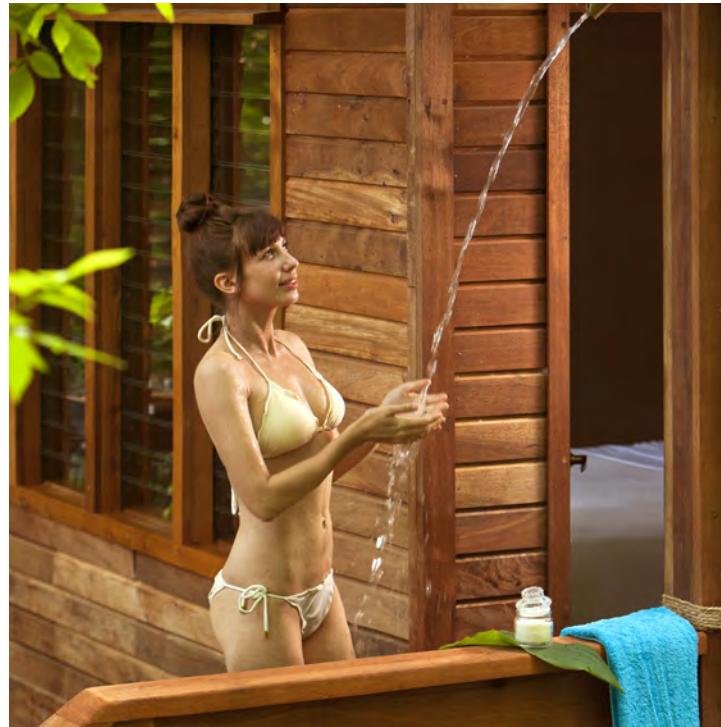
PRODUCT

Aqua Resorts unique Treetop Villas were developed to relocate the guest experience into the tree canopy and allow our clientele to commune with nature, from the comfort of a proper villa home. Wraparound decks, infinity plunge pools and open floor plans encourage a communion with the active life of the forest canopy.

Villas were sited to minimize impact on the primary forest and every room has a tranquil beach, ocean, or forest view. Families of monkeys gambol through the forest alongside rare birds, butterflies, flowers, tree frogs and other tropical life.

Villas are connected to the beach amenities by lava stone pathways and wooden bridges that meander organically amongst ginger plants, banana groves, and mountain streams.





THE VILLAS

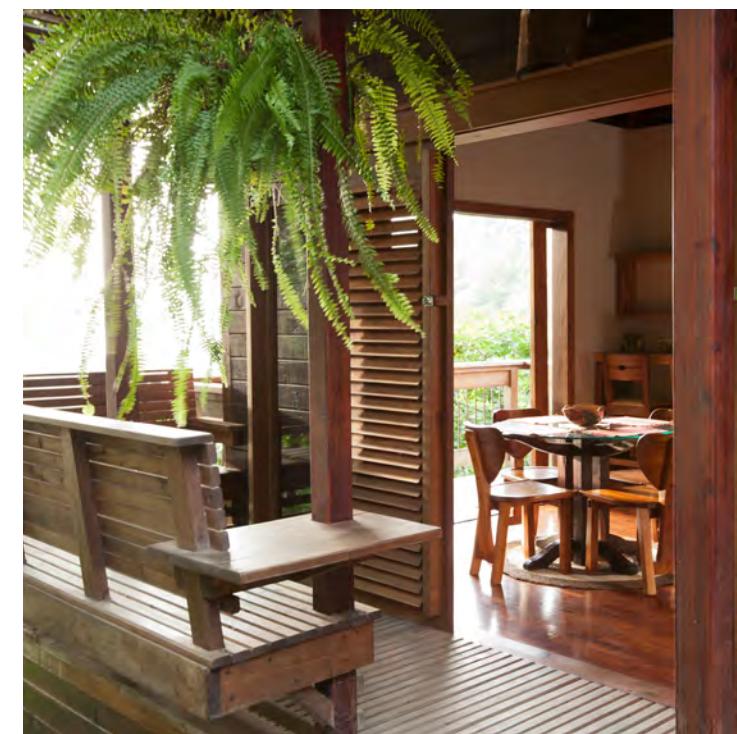
Each of Aqua's villas is a luxurious 1-3BR home for a couple or family - villas were architected internationally and are individually handcrafted by a local team of Nicaraguan craftsmen using local hardwoods, hewn stone and glass.

The Resort was built to blend the best of Nicaraguan materials and building technique with contemporary design.

Bedrooms have en-suite bathrooms with teak or slate showers, on-demand hot water, and the option of fan cooling and air conditioning.

Many rooms also treat guests to outdoor Balinese showers, plunge pools and fully equipped kitchens.







THE BEACH

Aqua's white sandy beach and private cove provides an orientation safe from large Pacific coast swells, making bathing relaxing and comfortable.

Guests and Residents can lounge the day away under a shady tree, swim, snorkel or kayak.

Leatherback, Olive Ridley and Green turtles nest in the area, and nesting sightings at Aqua are frequent during nesting season.

Popular local surf breaks of Colorados and Manzanillo are just to the North and South, and the Resort runs fishing, surfing, dolphin and whale-watching trips from its own beach.







DINING

Dining at Aqua is a wellness experience all unto itself. With care and craft each meal is prepared using as many local, organic ingredients as possible.

The resort takes pride in offering fresh fish caught by local fishermen, preparing handcrafted bread and pizzas baked in a handcrafted adobe oven, and creating refreshing libations for guests to enjoy at the beachside bar while taking in the sun and sea.

In-room dining and private chef experiences are also possible so guests may enjoy superlative privacy and views from their villas.





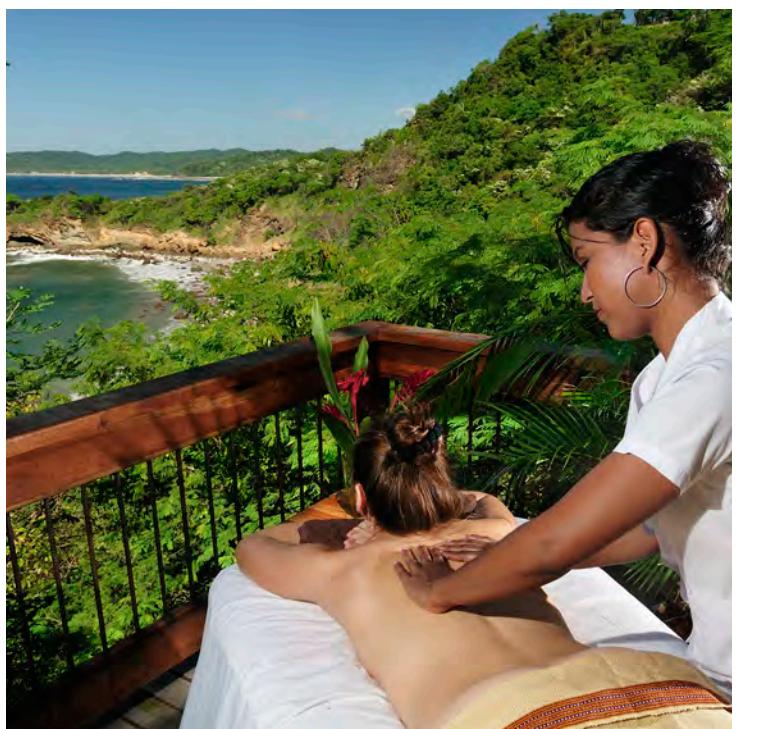
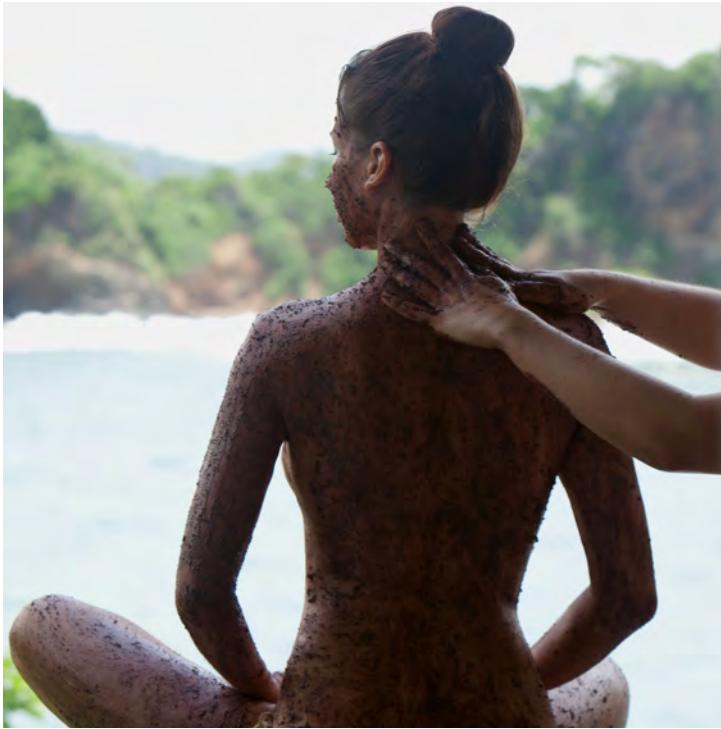
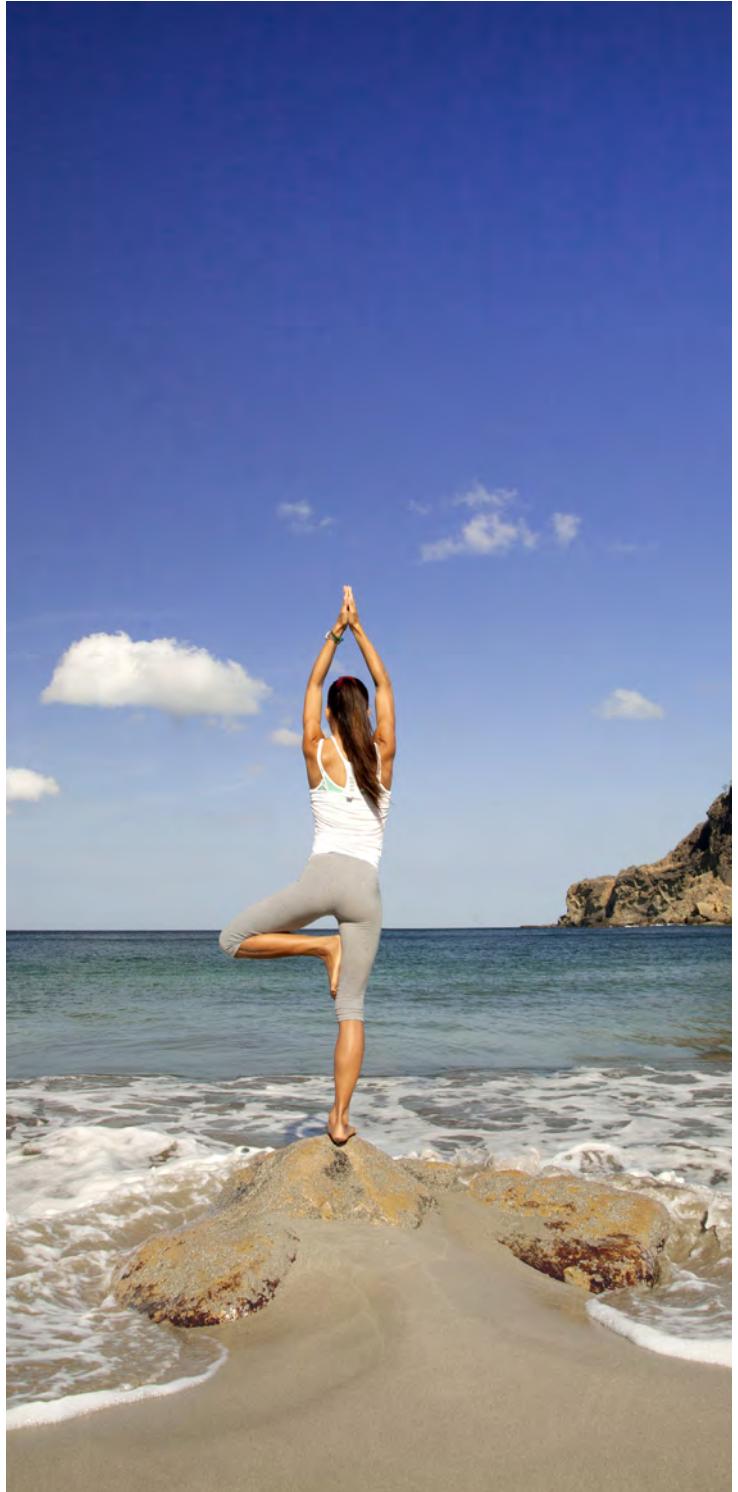
WELLNESS

Pure air, ocean waves, abundant plant and wildlife create the platform for the resort's wellness programs. The yoga deck, atop the forest canopy overlooking the ocean, is an ideal location for daily practice, meditation, dance, reflection or stargazing.

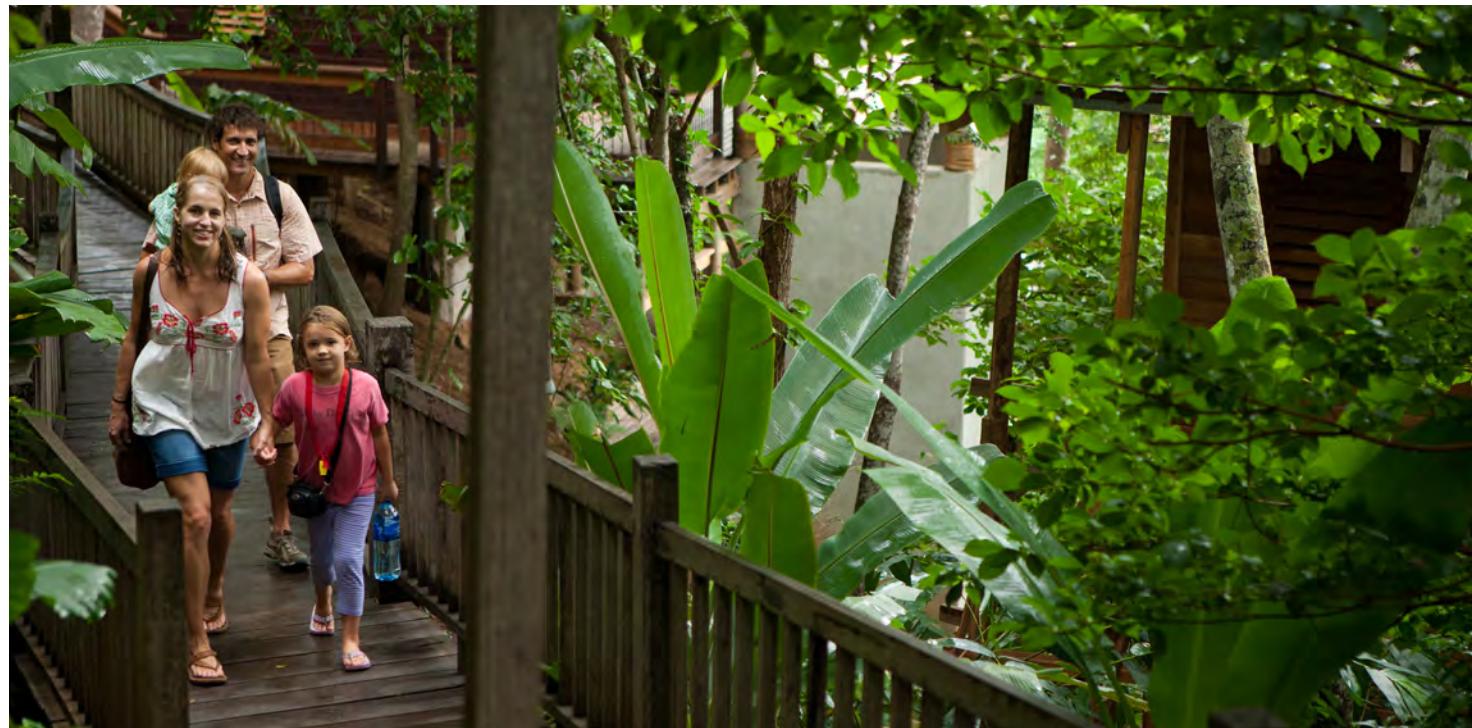
"Pure Wellness in Nature" spa treatments offers massages, facial & body treatments, ear candling, specialty services and spa packages.

For those guests who crave more physical vigor the natural landscape provides trails for hiking, walking or jogging. The ocean serves as a natural playground for kayaking, surfing, paddle boarding, snorkeling and swimming.

The Resort is looking to complete its programming and wellness center experience in collaboration with the appropriate brand partner.







ADVENTURES

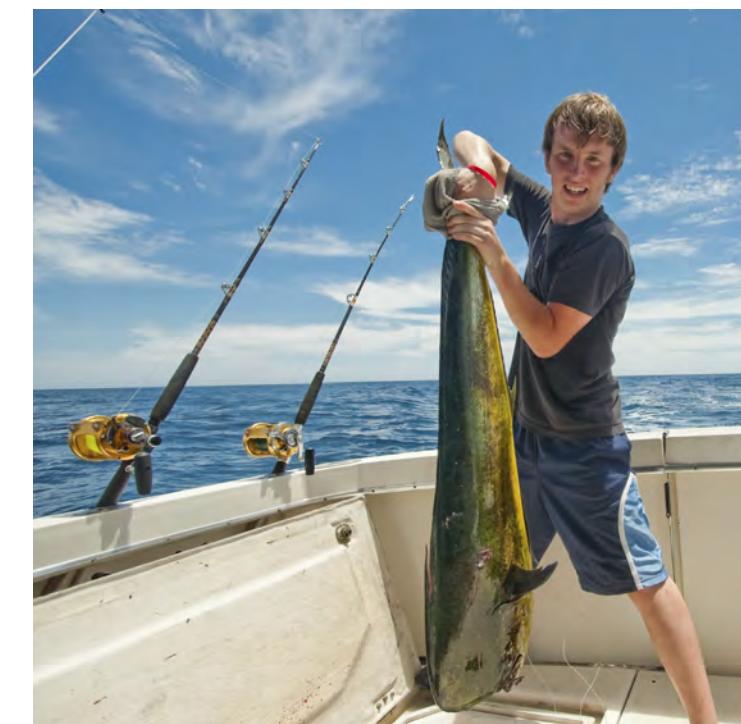
On land or on water, Aqua offers an array of activities including fishing, hiking, snorkeling, sea kayaking, paddle boarding, horseback riding and world class surfing.

The local community and surf town of Gigante has a surprisingly active nightlife, and a number of charming restaurants are just a 15 minute walk away. Aqua encourages guests to get involved with the local schools, children, farms and conservation efforts.

Further afield, the Resort organizes day trips for volcano and island tours, coffee plantation tours, tobacco rolling, trips to Granada, the Masaya handicraft market, and private islands in lake Nicaragua.

Aqua makes every effort to support sustainable tourism and create customized experiences for guests to experience the amazing country.







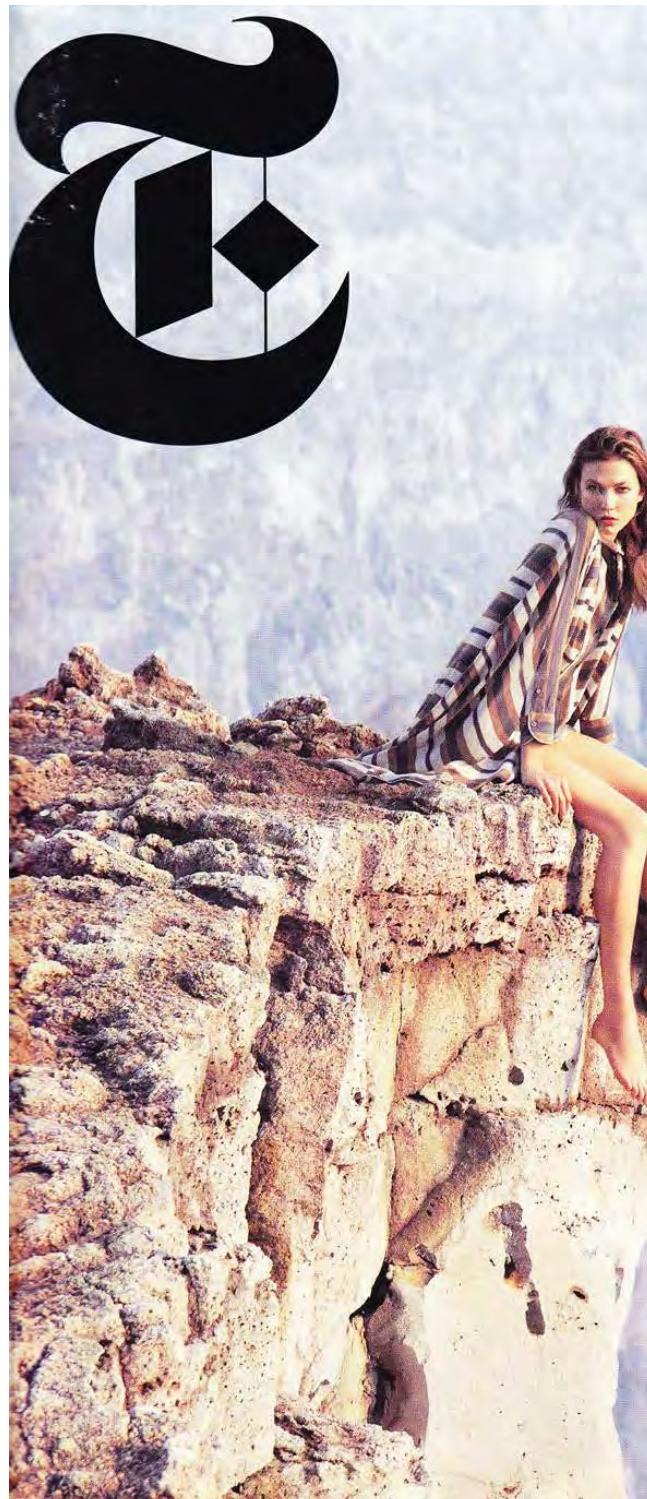
SUSTAINABILITY

Aqua is poised to lead luxury sustainable development in Nicaragua. This means employing locally, training when necessary, investing in the local communities through educational programs and providing pathways for visitors to connect with local communities and nature.

Aqua promotes and exemplifies sustainable building, maintenance, and operational practices that also deliver an excellent experience.

The resort has been honored to receive two awards from the Nicaraguan Environmental Protection Agency (Marena) as a leader in sustainable development and is also Rain Forest Alliance verified.





NICARAGUA RISING

KARLIE KLOSS GOES INTO THE WILD

The New York Times Style Magazine

Travel

Ometepe Island-Tobacco Eco Lodge

Nicaragua is blessed with the diversity of terrain that makes for brilliant tourist attractions and landslides to include lava flows, white sandy beaches, tropical forests rich in Nicaraguan culture, lakes, lagoons, and islands; a year-round average temperature of 27°C (80°F); and stunning colonial cities all contribute to the marvel that is felt by both young and more mature travelers. The country's tourism destinations hold their own, including the undeniably Ometepe island, Con Islands on the Caribbean, Aqua Resort (in courtesy of San Juan del Sur), and the beautiful Granada.

Aqua Wellness Project

Aqua Wellness Resort is an eco-friendly wellness-oriented retreat nestled in the pristine Pacific Coast, just 50 km north of Costa Rica. It features a boutique villa hotel, full-service spa and wellness center, restaurant, and yoga center. Rising gently above the pristine white sandy beach of Playa La Gorda, Aqua Nicaragua is in harmony with nature, providing the perfect environment for relaxation, introspection, and fun.

The ocean is the cornerstone of life at this resort. There's a private beach just a few steps away from the treehouse villa that features eco-luxury accommodations, service amenities, and adventure activities. Aqua integrates earth-friendly living, wellness programs, nutrition, and fitness, and offers a full complement of activities to ensure that each guest and family has the opportunity to experience the best.

Such luxury and opportunity exists at Aqua with sustainable practices and holistic approaches combined with the highest level of comfort and service. This soulful country seems as the ideal backdrop for a vacation or a second home. With over 79 species of trees, indigenous monkeys and parrots, pelicans, giant sea turtles, and hundreds of other animals, the village experience is truly a world apart.

www.aquawellnessresort.com

Granada

Granada is considered one of the most beautiful colonial cities in Central America. Surrounded by grand cathedrals, volcano Mombacho, and lake Nicaragua, it's brimming with culture and a rich history. Visiting Granada is like traveling back in time, and Hotel La Recova is a worthy place to rest. La Recova is a beautiful colonial mansion that has been turned into a six-room boutique and award-winning hotel; its community involvements and charitable contributions are unparalleled. Owner, Pedro Lopez, established a charitable organization where 100% of all hotel gross income goes to the Fondo Freeto Happy Foundation, a mission to educate and empower young people and children. The charity is committed to their overall growth, personal and social, and is aimed at promoting research and inspiring development. Since its opening in March 2001, the foundation continues to invest in medical education, basic health, and many other programs. Specifically, the center meets four primary needs of the local community:

- The need for education
- The need for medical education
- The need for satisfying fair, and independent work
- The need to gain self-confidence, independence, responsibility, and ambition

www.fondofreetohappy.org

Casa Canada Corn Islands, Nicaragua

The Corn Islands (there are two) are known as the last unspoiled islands of the Caribbean Sea. Nestled along the northern coast of Nicaragua, the islands have views to the distance, thus allowing travelers a unique and remarkable island experience. Enjoy a Caribbean paradise with white sandy beaches, clear turquoise waters, coconut forests, and local needs. With unbridled numbers of unique and rare species, the Corn Islands are a must-see destination. Adventure is second to none! Casa Canada is a Canadian-owned catamaran style resort located on Big Corn Island that caters to all of your island needs. Fall asleep to the crashing waves of the Caribbean, swim, sunbathe, relax, and play. Wake up in the morning, go for a walk at sunset, and enjoy fresh lobster cooking on the fire. Who could ask for more? **R**

www.casacanada.com

Travel

Tobacco Eco Lodge

Ometepe is the largest island in Lake Nicaragua; it's formed by two volcanoes and is encompassed in jungle. The 15 acres that comprise Tobacco are situated at 200 meters elevation at the gateway to Maderas Volcano. The lodge is built on stilts and surrounded by the abundance of nature. The powerful presence of volcanoes on the island is a source of peace creates an unforgettable experience. Here you can enjoy delicious organic food, drink, and soak in the natural waters, a natural hot tub, and a sauna in nature at its purest. Tobacco Eco Lodge is a prime example of sustainable, community-minded, eco-friendly tourism. The hotel is off the grid; it gets all of its energy from solar panels and wind turbines. The bathroom fixtures feature compost toilets and a grey water recycling system. Tobacco also encompasses an organic farm where inhabitants grow their own food, and a foundation that provides educational opportunities for the community through education and health experts, including a library, subsidized transportation for students, remedial classes for children, as well as seminars and educational material for local health clinics. The foundation also includes a microloan program that provides low-interest loans to locals who are looking to set up a small-scale business.

Parrot

Photo: Luisa J. Lopez / Yesterdays Colors

AQUA PR

We have had a successful launch into the international market, with kudos from the New York Times, Elite Traveller, Food and Wine, Brides, The Toronto Star, Calgary Herald, Ocean Home, Sweat Equity, and other top international publications.

Food and Wine (Dec '11):
"Fabulous, sustainable wooden tree house villas."

Elite Traveller (Jul '12) - Top 101 Suites
"Swiss family robinson goes Elite"

Afar (Dec, 11)
"Sustainably built Treehouses with plunge pools and outdoor showers await guests."

Brides (Aug, 12)
"Slumber in a treehouse and rise to salute the sun."



Wellness Retreat

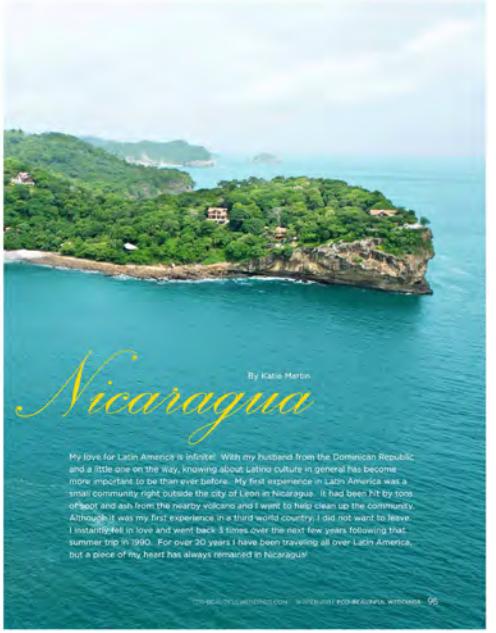
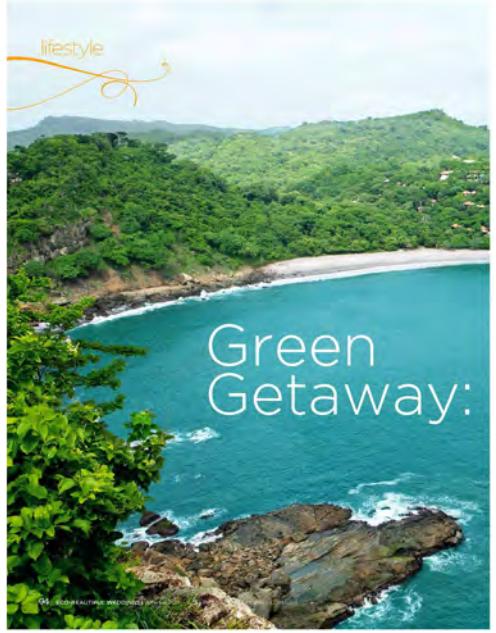
Nicaragua's newest eco-lux resort

AQUA WELLNESS RESORT is a new eco-lux development perched on a forested hillside overlooking a crescent beach on Nicaragua's unspoiled Pacific Riviera coast. The development offers eco-friendly treehouse villas built from sustainable hardwoods that range in size from 1,150 to 1,500 square feet.

Aqua villas feature fine contemporary furnishings, state-of-the-art appliances, and spacious terraces with ocean and/or forest views. Most villas have multiple bedrooms, plunge pools, and separate kitchen/dining bungalows. Although rooms are air conditioned, Aqua offers other cooling options—ceiling fans and ocean breezes—that are more earth-friendly.

Owners have access to Aqua's yoga pavilion and open-air full-service restaurant overlooking the beach. In addition to yoga and spa treatments, activities include kayaking, snorkeling, fishing, surfing, and hiking to the nearby village of Gigante, as well as adventure activities such as volcano climbing and zip-lining. Additionally, Aqua's chef serves healthful cuisine that features fresh local seafood and produce.

Aqua Wellness Resort villas range in price from \$309,000 to \$398,000. Owners can enjoy them for 109 days a year and rent them out the rest of the time through Aqua's management program: aquaonnicaragua.com



iÚnica Nicaragua!

Zoom in

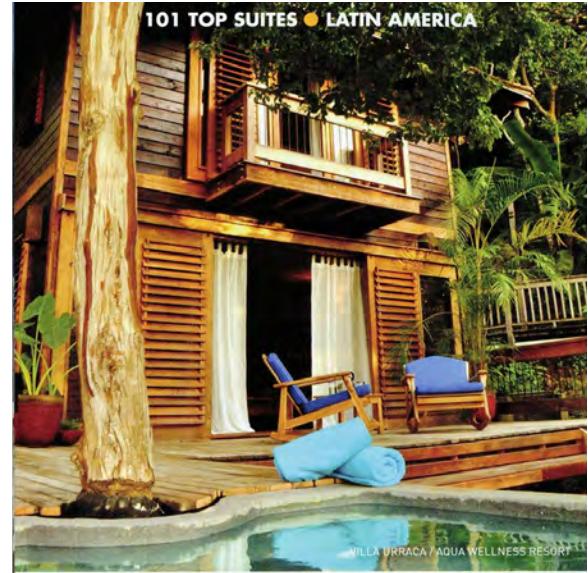
From the romantic tree-top villas to their families, you will be surrounded by lush tropical fauna and flora - you will be mesmerized by the connection to mother earth. You can even have your own private protected swimming beach, you can even hold your entire wedding there. Every single meal is prepared fresh and every meal is freshly prepared with local ingredients.

Enjoying your honeymoon is key of course after all you have traveled so far, so keeping it eco-friendly and sustainable takes some planning. The team at Aqua take this very seriously and ensure an unforgettable experience from getting off the plane to saying your goodbyes is safe, luxurious and an adventure you will never forget. Send us your photos when you get back! I can't wait to see what you are going on for our next honeymoon!

Costa Rica's neighbor to the north rolls out the red carpet for retirees and second-home buyers.

BY MELISSA C. O'LEESIE

83



Tola | Nicaragua

AQUA WELLNESS RESORT

VILLA URRACA

Square Footage | 1,400

Why We Love It | Swiss Family Robinson goes elite in this trio of tree houses (each with a separate entrance) surrounding a central pool deck mere steps from a beach where turtles nest. Eco-luxe unfolds in shades of sustainable hardwood and hewn stone, and the master duplex features a full open-plan kitchen and living/dining area ideal for small seaside fetes.

Rate | \$750

Contact | General Manager Gerardus Dirks, 505-8983-4277; gerardo@aquanicaragua.com; www.aquanicaragua.com



DETOX YOGA

Top seven poses to stimulate detoxification

by Grace Van Berkum

Do Yoga

The body has its own systems that work to eliminate waste products and toxic substances. Three of these systems are as follows:

- LIMMUNATORY SYSTEM** Humans breathe out the body's waste products away from the rest of the body.
- DIGESTIVE SYSTEM** Processes food, eliminates waste products, and eliminates waste products through the lymph nodes.
- EXCRETORY SYSTEM** Eliminates waste products through the kidneys.

These systems work well on their own in a healthy body. But if we don't eat well or exercise enough, or if we're stressed, then they don't work as well. This can lead to a build-up of toxins in the body, which can leave us feeling lethargic, mentally sluggish and sick.

The practice of yoga is one of the best ways to support the body's natural systems. Yoga postures systematically stretch, twist, and compress all parts of the body to promote circulation throughout the organs.

Benefits of a regular yoga practice include improved physical and mental clarity, improved sleep and digestion, clearer skin, fewer aches and pains, and less stress.

EXTENDED CHILD'S POSE (BALASANA) This pose is great for stretching the back muscles and tailbone in fresh oxygenated blood. It stimulates the liver and abdomen, promoting digestion and elimination, because the heart is lower than the head. Circulation to the face is increased.

SEATED FORWARD FOLD (PASCHIMOTTANASANA) This pose is great for stretching the back muscles and tailbone in fresh oxygenated blood. It stimulates the liver and abdomen, promoting digestion and elimination, because the heart is lower than the head. Circulation to the face is increased.

HEADSTAND (SHIRSHASANA) Supported shoulder stand is an excellent way to stimulate the thyroid gland, thus helping to stimulate our metabolic rates. This inversion (legs above the heart) helps to reverse the flow of blood and stimulate the lymph system, promoting detoxification and rejuvenation.

PADMA PRASARITA PADANGUSTHA (UTTHITA HASTAPADANGUSTHASANA) Twists the spine and hips, which increases blood supply to the internal organs, stimulates digestion, detoxification, and elimination of impurities and waste products from the body. Twists get the blood flowing and cleanse the gut out for longer.

SEATED HALF SPINAL TWIST (ARDHA MATSYENDRASANA) Spine and organs are squeezed during twists, stimulating the kidneys and liver, and the intestines. When the twists are released, then fresh, clean blood enters these organs, bathing the cells in nutrients and oxygen.

STANDING TWISTED CHAIR POSE (PARIVITTA UTTHAKATASANA) Twisted Chair Pose is great for stretching the back muscles, particularly the thoracic spine, liver, and kidneys. Standing in a twisted half-twist brings up tension in the abdomen and relieves it to the spine, clearing the intestines. Any inverted pose, such as a headstand or a simpler "legs against the wall" pose, helps to drain accumulated lymph fluid from the legs and circulate it through the body. This benefits the immune system, soothes the nervous system, reduces stress, and facilitates toxin removal.

TWISTS AS A CLEANSING, REFRESHING EFFECT In the body, the lymphatic system moves lymph fluid through the abdominal organs, particularly the liver, liver and kidneys. Standing in a twisted half-twist brings up tension in the abdomen and relieves it to the spine, clearing the intestines. Any inverted pose, such as a headstand or a simpler "legs against the wall" pose, helps to drain accumulated lymph fluid from the legs and circulate it through the body. This benefits the immune system, soothes the nervous system, reduces stress, and facilitates toxin removal.

Grace Van Berkum offers Grace's Living Yoga. All classes focus on detoxification of body and mind. They provide workshops, new food workshops, meditation, yoga, stretching, pilates, and vinyasa flowing in the stunning jungle resort in Nicoya, Costa Rica.



For years, Costa Rica has been the “it” place

for international real estate investors and retirees. Now that the market in Costa Rica seems to have matured, Nicaragua, its neighbor to the north, is fast becoming a popular location for those second-home buyers and retirees who desire a coastal lifestyle at an affordable price. Lucky for them, the portfolio of oceanfront and ocean view choices continues to expand.

Ranging from the eco-luxury Aqua Wellness Resort to the super-luxury Casas de la Isla, the eco-luxury树屋 hotel, these properties have recently welcomed dozens of new developments. Other properties popping up along this stretch include Milagro del Mar, Montecristo, Pueblo Santa Fe, Tamarindo Beach & Ocean Estates, and many more.

For years, Costa Rica has made a commitment to growth and economic necessity, with a number of laws designed to attract investors and foreign retirees. Nicaragua's ministry of tourism, Mincetur, has also announced a number of incentives for second-home buyers. Under the new laws, retirees and foreign residents can import up to \$90,000 worth of household goods for their home, duty-free. [see “Import and Duty Purchase Control” on page 83] The cost is \$60,000, tax-free, for the construction of a home.

Nicaragua wants to be your second home in your retirement destination, and its stunning concession real estate opportunities also extend a warm invitation.

Aqua Wellness Resort
Aqua Wellness Resort is a new eco-luxury development perched on a forested hillside overlooking a perfect crescent beach on Nicoya's unspoiled, unpolluted Redona Bay. The resort is easily described as a “tree house” option. Aqua Wellness Forest Villas start at \$295,000. Aqua offers several service and wellness retreat options for those who prefer to simply visit.

Concepcion de la Isla
Concepcion de la Isla is a 1,670-acre sustainable resort development emerging from Nicaragua's Emerald Coast. Homesites at Concepcion de la Isla have been arranged along fingers of land to take advantage of the best ocean views. The resort is built on stilts, giving it a traditional polynesian intimacy with the natural surroundings. Some cordon the ridgelines while others fringe the sand or the gold course.



AQUA WELLNESS RESORT

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FACTS

Location

Aqua lies some 12km north of San Juan del Sur, the nearest town, 100km south of Managua and the international airport, 40 km North of Liberia international airport in Costa Rica.

Access

There are daily flights from Miami, Houston, Atlanta that connect well with the major airlines' international flights to New York, LA and Europe. The flying time is around 3 hours. Once in Managua, you will go on a scenic 2,5 hours drive through the country until you reach Aqua.

Visas

Visas are not required by North American and European passport holders, the obligatory tourist card can be purchased at immigration for 10 dollars US.

Accommodation

Treetop Villas, private plunge pools, AC, fully equipped kitchen, spacious hang out decks

Guest Facilities

Restaurant, bar, yoga deck, reception with lounge area and small library

Dining

Restaurant 'La Bromelia' offers fine dining, with lighter fare available for lunch at the 'Retox Bar' or our bakery oven / pizza joint. We regularly hold beach dinners for all guests beneath the stars. In room dining is available, beach dinners on request.

Dress Code

Informal by day, and smart beach casual by night.

Activities

Hiking, horseback riding, snorkeling, boogie boarding, surfing, stand up paddle boarding, fishing, yoga, meditation, day tours to volcanoes and local markets...

Children

Children are welcome and usually find plenty to do at Aqua, though are not explicitly catered for.

Weather

Nicaragua is warm and sunny year round with temperatures averaging 27° C in the green season (May – October) and over 30° C in the dry season (November - April). Rain is usually intense only in late September and early October, the rest of the rainy season is very pleasant with usually short showers of rain in the evenings and nights. The sea temperature varies with the seasons and currents, and ranges between 22° C and 28° C.