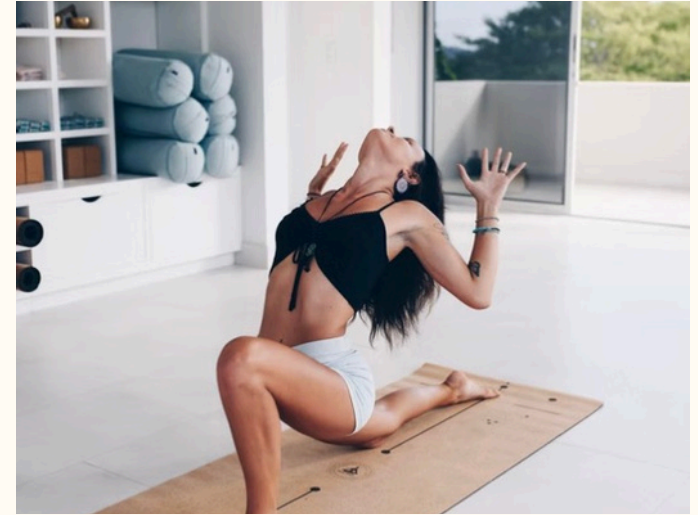




MOTHER EARTH
VEGAN HOTEL

Wellness Retreats

HEALING AND WELLNESS



MEDITATION STUDIO

OUR STORY

Nestled in the lush hills above Tamarindo, Mother Earth is a blue-zone sanctuary for conscious living. Born from our family home, we've transformed this sacred space into Costa Rica's first fully plant-based, eco-luxury retreat—now home to 13 serene, thoughtfully designed rooms that honor both nature and inner peace.

At Mother Earth, every detail—from our ultra luxurious highest grade Egyptian sheets to our solar-powered systems and zero-waste philosophy—is crafted with deep respect for the planet. Our saltwater pool, natural materials, and conscious architecture create a space where luxury aligns with nature. At the heart of Mother Earth is our kitchen, where Michelin-level dishes meet nutrient and protein dense ingredients in hearty portions.

We invite you to reconnect—through nature, nourishment, and stillness. Whether you're here to host a wellness retreat, explore Tamarindo's vibrant culture, or simply slow down, Mother Earth is your haven. Our mission is to nourish the body, uplift the spirit, and protect the Earth. From healing movement to world-class plant-based cuisine, everything we offer is a step toward a more elevated, grounded, and purposeful life.



CONSCIOUS CULINARY

These values embody our culture, spirit and dedication to doing what's right. They keep us aligned and help us make decisions about everything from the food we serve through to the way we make business decisions.

ELEVATED WELLNESS

We go beyond spa treatments and yoga classes. Wellness at Mother Earth is a way of being—a full-body experience of rest, nourishment, and awakening. We create space for healing, growth, and the return to self.

CONSCIOUS LIVING

We make every choice with purpose—from the food we serve to the way we build, operate, and grow. Sustainability isn't an add-on; it's at the heart of everything we do. We honor the Earth through action, not just intention.



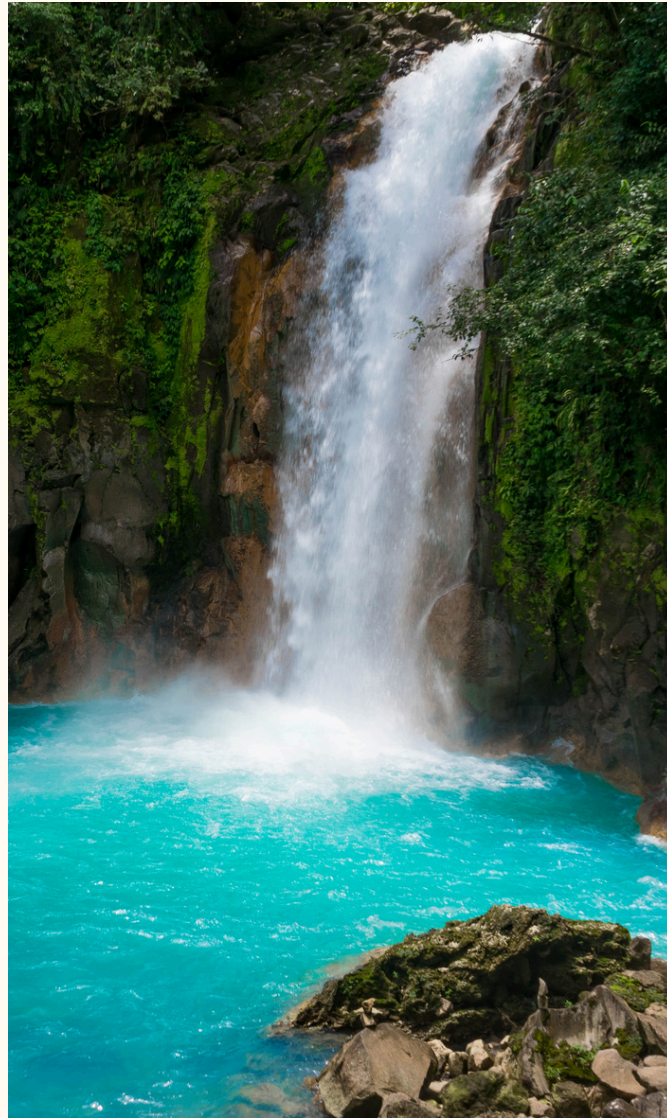
SACRED HOSPITALITY

We welcome each guest like family—with warmth, presence, and deep care. This is a place where you're not just staying—you're remembered, held, and seen. Every interaction is infused with soul.

SOULFUL CONNECTION

We believe in meaningful encounters—with nature, with others, and with your inner world. We create moments that matter: sunrise meditations, nourishing meals, intentional conversations, and magical serendipity.

ADVENTURE



DISCOVER LIFE IN A BLUE ZONE

MANIFESTO

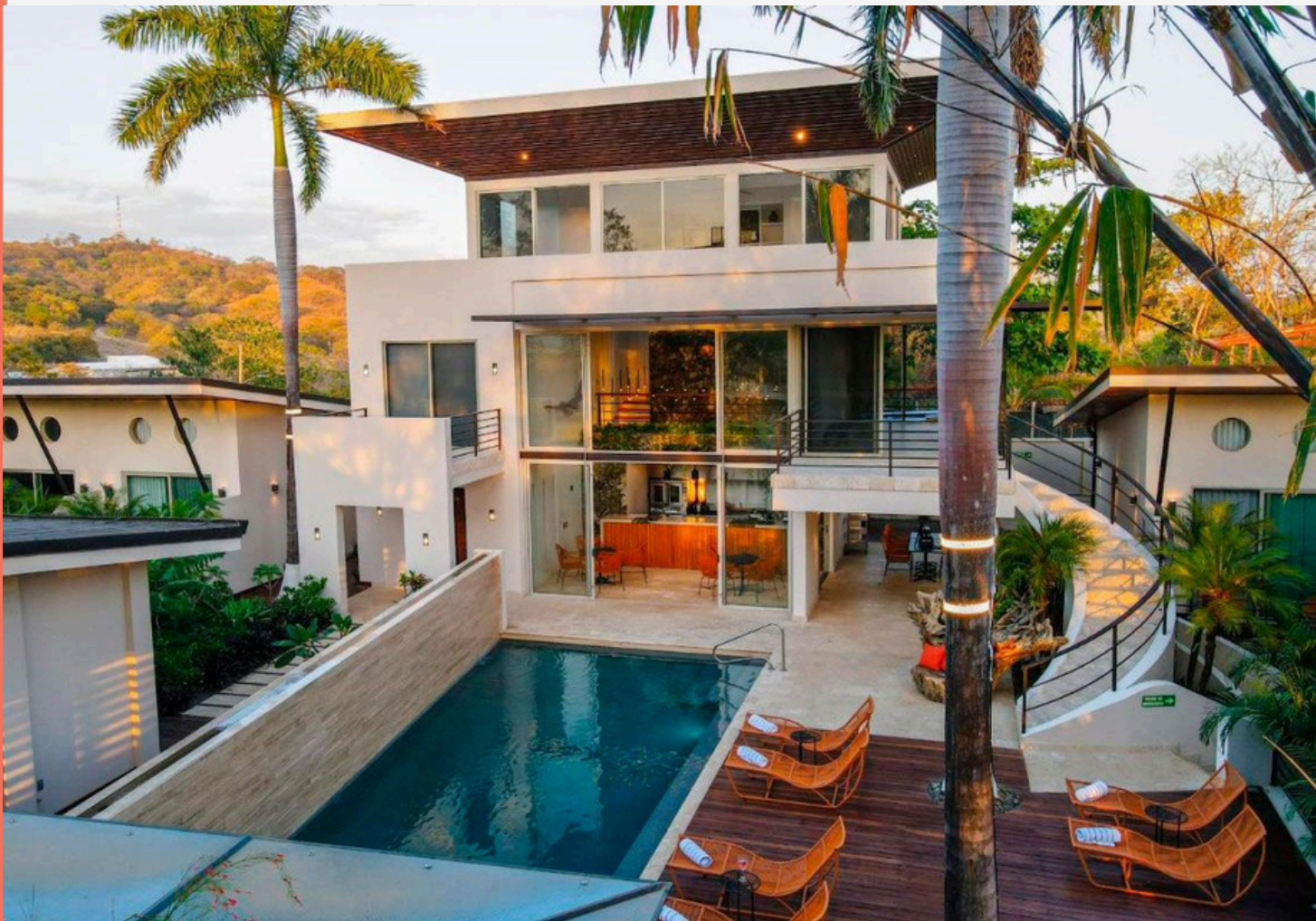
We are here to raise frequencies. We believe in a world where luxury honors nature, where wellness is rooted in intention, and where every stay is a return to your highest self.

We exist for the dreamers, the healers, the seekers. For the travelers who walk gently, and live fully. For those who know that true beauty is found in clean air, honest food, deep rest, and conscious choices.

We are not just a hotel. We are a movement—toward presence, toward balance, toward Earth.

Here, you are held by nature. You are free to release, reset, and realign.

Welcome to Mother Earth.
A place to come home to yourself.



meveganhotel.com

EVENTS



LIGHT-HEARTED COMMUNITY

High Season

December – April

Low Season

May – November

Double Rooms	7 Rooms	30 sqm
King Rooms	5 Rooms	30 sqm
Queen Rooms	1 Room	30 sqm (ADA)

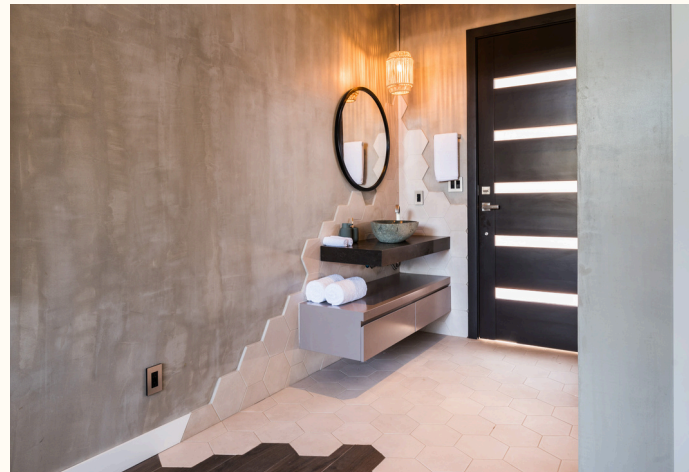
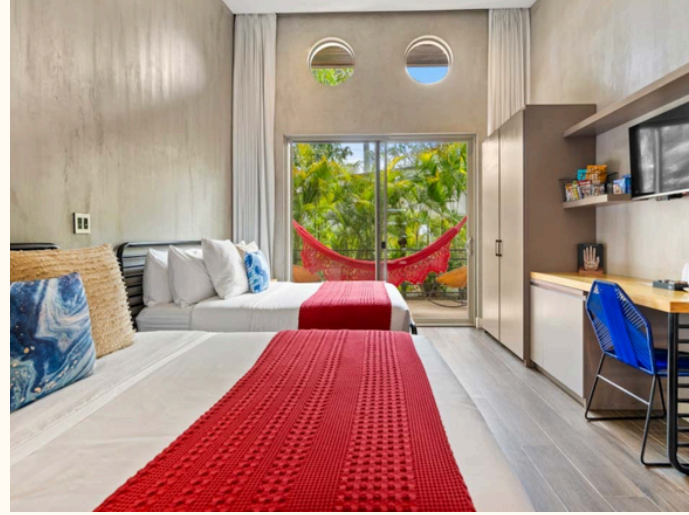
13 Rooms in total

Room details

- Extra soft cotton sheets
- Layers of protective & lush bedding
- En-suite bathroom with rain shower, organic products
- RAW Botanicals
- Extra snuggly bathrobes
- Private tropical balcony
- Writing desk with a selection of some of our favorite books
- Stocked vegan mini bar

Amenities

- Air Conditioning / Complimentary Wifi /
- Vegan Mini Bar / 40” Smart TV / Concierge Services



OUR ROOMS - [CLICK HERE](#) FOR INTERACTIVE 360 TOUR



EVENT FACILITIES

Elevated Spaces for Inspired Moments

At Mother Earth, every space is designed to support meaningful connection, wellness, and celebration. Whether you're hosting a retreat, a private event, or an intimate gathering, our facilities offer both elegance and grounding energy in the heart of nature.

Meditation Studio

A serene, open-air studio with sweeping jungle views—perfect for sunrise yoga, sound healing, workshops, or mindful movement practices. Equipped with mats, cushions, and sound equipment upon request. [More](#).

Private Meeting Room

A quiet, naturally lit space ideal for small group circles, breakout sessions, or planning meetings. Comfortably furnished and hi-tech ready for digital nomads, with organic refreshments available.

Natural Saltwater Pool

A central oasis that invites relaxation and connection. Host poolside meditations, casual mixers, or afternoon cool-downs surrounded by greenery and calm.

Poolside Bar

Our plant-powered bar offers handcrafted mocktails, cold-pressed juices, and artisanal snacks made with love. A perfect gathering point for after-session conversations or evening wind-downs.

EVENT FACILITIES



A Culinary Experience Rooted in the Earth

At the heart of Mother Earth is our farm-to-table restaurant—a vibrant expression of our belief that food is medicine, art, and connection. Every dish is thoughtfully crafted with plant-based, local, and seasonal ingredients, most of which are grown right here in Costa Rica.

We celebrate the richness of the land with meals that are colorful, healing, and alive. Our entirely plant-based menu honors both ancient wisdom and modern nutrition—serving food that energizes, balances, and delights. We can curate high-protein and other specialized diets based on your needs.



We practice Conscious Cooking — a mindful approach that extends from seed to plate.

That means:

- Sourcing locally and seasonally from farms and permaculture gardens - with mushrooms and heart of palm sourced from organic farming in the mountains of Costa Rica
- Minimizing waste through intentional preparation and creative reuse
- Using natural, unprocessed ingredients free from additives, refined sugars, or synthetic oils
- Honoring the energy of food with love, presence, and gratitude in our kitchen

OUR MICHELIN STYLE MENU - MADE WITH LOVE

Wellness Experiences at Mother Earth

- Private Yoga
- Meditation / Breathwork Classes
- Sound Bath / Sound Healing Journey
- Cocoa Ceremony
- Personalized Massages

Adventure & Nature Excursions with our Partners

- Surf Lessons
- Diving Adventure
- Sunset Catamaran Sailing
- Sunset Yoga
- Estuary Boat Tour
- Animal Sanctuary Tour
- Waterfall Hike & Picnic Lunch
- Arenal Volcano View Hiking
- Zipline Adventure (Canopy Tour)
- ATV Jungle Tour
- Fully equipped gym within walking distance

We create your personalized itinerary including transportation arrangements.



A Sanctuary for Transformation

Our retreats are immersive journeys designed to reconnect you with your body, your rhythm, and the Earth. Set in the high-energy hills of Tamarindo, Mother Earth provides the perfect backdrop for deep rest, expansion, and awakening. Whether you're here to host a retreat or to experience one, we provide the space, the energy, and the support for something extraordinary to unfold.

Come to Reset, to Rise, and to Remember.



Every retreat includes:

- Nourishing plant-based cuisine made with top quality ingredients
- Wellness and movement practices— yoga, chi gong, or functional fitness
- Workshops and circles for learning and transformation
- Restorative experiences—breathwork, sound healing, spa rituals
- A like-hearted community, guided by wellness leaders and facilitators
- Time to simply Be—with saltwater swims, jungle walks, and sunsets

View our beachfront property [here](#), available for more intimate retreats or as an addition to the hotel.

WELLNESS RETREATS



Aya

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