



**OSIS spa**  
Beauty & Relaxing

It's our pleasure to introduce to you our partnered supplier,

**OsIs Spa Beauty & Relaxing**

in collaboration with

Ocean Paradise Resort & Spa.

The OSIS Spa team strives to provide you with an old medical knowledge protocol that is currently getting high demand through a new trend in Europe and Asia but still not available in Egypt and Africa. The team has extensive experience in the field of health & beauty management through the scientific studies obtained, as well as extensive knowledge of the techniques and benefits of the European, African and Asian healing arts. OsIs Spa is already well established with branches in Egypt, Bulgaria and now also Zanzibar.

The OsIs Spa team is eagerly awaiting to pamper you with their bespoke treatments using carefully select natural products for relaxation and stress relief.

**- Operating Hours – Daily from 9am to 8pm –**



--- Take note ---

Prices listed in this document are subject to change at any time without prior notification.  
Please reconfirm the price upon booking your treatment.

## PAYMENT ARRANGEMENTS

Payment for treatments and products will be done directly at the Spa Centre.

- **Cash** - USD, Euro & Tanzanian Shillings currencies are accepted at the local prevailing exchange rate –
- **Credit Card (Visa & MasterCard)** – Payments via Credit card will be processed in USD and a 5% transaction surcharge fee will apply on the total bill.

## Anti-Cellulite Program

Reshape your body with this contouring treatment that assists in the reduction of cellulite appearance. It tones, smoothes and refines. The sauna opens up the skin pores which makes it possible for the special cream to penetrate deeper into the skin. Since the sauna makes the blood flow faster through the vessels, you will burn calories at the same time. The special anti-cellulite cream which is applied on the body with specific firm deep skin massage techniques. The foil that is wrapped over the cellulite affected areas increases the metabolism of fat and activates the slimming and shaping process. The following sauna visit detoxifies the body from the inside out

<b>Price :</b>	<b>50 - USD per person</b>	<b>75 - USD per person</b>
<b>Duration :</b>	<b>60 - minutes</b>	<b>80 - minutes</b>

## Coconut Program

An exotic queen experience which offers a voyage to Cleopatras' ancient beauty secrets in 6 steps; Enjoy a couple of minutes in the sauna to relax and open up the skin pores. \*Receive an enriching full body scrub with fresh coconut grains and oil to buff away dirt, toxins and aging skin cells. A Moroccan mud mask for the face will improve the skin texture and extract pore-clogging impurities that damage and weaken the skin. The hand and feet will get an additional peeling with sea salt to thoroughly rub away dead skin. After a shower the skin will feel revitalized and nourished, the full body relaxing massage that follows will do the same for the mind and soul. \* The Cleopatra ends in the Jacuzzi.

<b>Price :</b>	<b>80 - USD per person</b>
<b>Duration :</b>	<b>90 - minutes</b>

## African Program

Fun with food! An amazing program that uses natural Egyptian products for soft & silky skin and ultimate relaxation. \*Pamper your skin with a gentle caffeine boost body scrub. Both will aid in the removal of accumulated residue and impurities while whisking away dry, dull skin and polishing the skins' surface. \*The chocolate face mask is full of antioxidants which increases hydration, revives the skin and supports the skin defence against UV-damage. \*A face massage exploits the benefits of the mask while the mind unwinds gradually. \*The soft full-body massage at the end of this program completes a state of deep relaxation.

**Price :** 80 - USD per person

**Duration :** 90 - minutes

## Hot Stone Massage

While layout lava stones give off a deep penetrating heat, the therapist is simultaneously massaging you with oiled, heated stones held in the palm of the hand. The benefits of a stone massage are stronger and more intense than a regular massage; the hardness and hotness of the stones allow the therapist to address specific problem areas with more detail and deeper pressure. Additional benefits include the unfolding of knots, neutralization of negative energy, deep relaxation, detoxification and improved circulation.

**Price :** 55 - USD per person

**80 - USD per person**

**Duration :** 50 - minutes

**80 - minutes**

## Sport Massage

The main purpose of sports massage therapy is to help alleviate the stress and tension which builds up in the body's soft tissues during physical activity. Due to its deep tissue application it is also ideal to treat non sporting injuries. The techniques used often involve a blend of traditional firm muscle and stretching massages specifically designed to treat professional athletes. Sports massage has many benefits. In addition to treating injuries, sports massage also improves the heart rate and blood pressure, improves flexibility, relieves pain and reduces muscle tension.

**Price :** 55 - USD per person

**75 - USD per person**

**Duration :** 50 - minutes

**80 - minutes**

## Aromatherapy Massage

Aromatherapy is an ancient massage therapy which involves the use of essential oils. These oils are applied to the body in a soft flowing way. The hand movements in combination with the essential oils relieve tensions and achieve muscular relaxation. Also, when frequently treated, the massage alleviates pain and has a positive effect on the emotional well-being.

<b>Price :</b>	<b>50 - USD per person</b>	<b>75 USD - per person</b>
<b>Duration :</b>	<b>50 - minutes</b>	<b>80 - minutes</b>

## Africano Massage

This ancient therapeutic massage includes a wide variety of techniques and procedures. Depending on the needs of your body, the mixture is made out off soft tissue and muscle manipulation, warm kneading and sweeping strokes. Also acupressure, reflexology and stretching are frequently included in the treatment. The Pharaonic is a strong and energetic massage which tones and refreshes the body. Other benefits are the stimulation of the blood circulation and the lymphatic system, the lengthening of inactive muscles and the relive of tensions.

<b>Price :</b>	<b>50 - USD per person</b>	<b>75 - USD per person</b>
<b>Duration :</b>	<b>50 - minutes</b>	<b>80 - minutes</b>

## Adam & Eva Program (Couples Massage)

A full relaxation program and the type of massage according as per your choice (Relax or Medical) using natural materials like coconut - bee honey - coconut oil - Black Seeds oil) and creams with raw materials from Egypt and South Africa.

<b>Price :</b>	<b>180 - USD per couple</b>
<b>Duration :</b>	<b>120 - minutes</b>

For bookings and more information  
please visit the Spa Centre during your stay

