



Puerto Jimenez, Costa Rica  
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## Blue Osa Spa

Blue Osa Spa is a peaceful sanctuary by the sea, dedicated to total wellness. Our philosophy embraces the concept of purity derived from our surroundings, guided by the holistic theme of treating body, mind and spirit as one.

Blue Osa's magnificent setting offers its own unique form of natural beauty with an intimate proximity to the sea and jungle. In harmony with these natural elements, we have developed an extensive menu of services that incorporate the healing properties of the ocean, earth, and plants that prevail in Osa's unparalleled environment.

### The Massage Experience

#### Blue Osa Massage

Our holistically focused practitioner will change the way you feel about a spa massage. Multiple body techniques, aromatherapy, and a deep awareness of the body's healing power, will create a transcendental therapeutic experience. You will finish feeling anything but Blue!

#### Time / Price

60 min \$95  
90 min \$145  
120 min \$170

#### Deep Tissue Massage

Releasing blocked tension, a deep tissue massage concentrates on a deep and intense technique to reach muscle tissue and reduce aches and pains. This highly recommended therapeutic massage will leave you renewed and restored.

#### Time / Price

60 min \$90  
90 min \$135

#### Swedish Massage

Soothe your mind and body in this massage designed to deeply relax and spoil you while gently easing muscle soreness with firm but gentle strokes. Unwind and release body tension and feel the after effects of your immense well being.

#### Time / Price

60 min \$90  
90 min \$135

### **Thai massage**

This ancient Asian style bodywork involves stretching and deep massage and is performed on the floor. Discover a mind and body exploration using the power of breath consciousness and energetic communication, with movements that help restore the body, release the mind and recharge the energy systems. All you have to do is let it be!

Time / Price

120 min \$180

## **Chinese Medicine Transformation**

Need to balance your emotions, de-stress, target physical pain, cure an illness or just simply boost your immune system? Drawing on 2,000 years of empirical knowledge, acupuncture can help from healing all ailments to balancing your inner being. Our doctor of traditional Chinese medicine has over 10 years of higher education and experience in China, USA and Canada. Koji Kataoka combines modalities of techniques and provides a full pharmacy of over 100 Chinese herbs to compliment your acupuncture treatment.

**1 session** includes a full constitutional diagnosis, acupuncture, tuina massage, cranial sacral massage, cupping, and Chinese herbs prescription if necessary.

Time / Price

60min-95 min \$95 (herbs not included)

To fully benefit from Koji's unique and integral healing work we recommend more than 1 session throughout your stay.

**3-treatment plan** \$240

**5-treatment plan** \$340

## **Body and Face Natural Beauty**

Blue Osa Spa uses only organic, indigenous, locally grown ingredients derived from the ocean and land which are unique to this part of Costa Rica. These Spa treatments have been designed to comprehensively improve your skin's well being with a deeper than beauty experience.

## Facials

Our facials are unique for their restoring and cell rejuvenation from below the surface, revealing younger, healthier skin with fresh and live organic botanicals. Feel and see the results, you will be amazed, all facials include hand, neck and foot massage and a fresh coconut milk body ritual.

### **Blue Osa Balance**

A facial that re-energizes skin, filling it with all the goodness of the Osa's vitamins and nutrients to create balance and rejuvenation. An ultra fine alpha hydroxy fruit scrub detoxifies and purifies any congested skin, then an herbal steam face bath opens pores and tones. A Blue Osa customized mud mask absorbs toxins and liberates minerals. A fresh tea toner delivers vitamin C and oxygen to cells, while our rich botanical serum hydrates, leaving you with a healthy luminous glow.

***Featuring** papaya, honey, sugar, tangerine, blue osa extracted mineral mud, seaweed, fresh aloe, hibiscus flower tea, ylang ylang, and jojoba oil, frankincense, rosehip serum*

Time /Price

60 min \$85

### **Healing and Hydrating**

For sun drenched or sensitive skin, this facial features a cell restorative and cleansing process of toning followed by a yogurt mask. A light organic moisturizer filled with antioxidants, vitamin C and E, and natural SPF is applied as the finishing touch. This simple yet sensual treatment will awake the skin with healed, renewed and hydrating results.

***Featuring:** Hibiscus leaf, papaya peels, chamomile, aloe vera, cucumber, honey, yogurt, cocoa butter, ylang ylang, vitamin C ester*

Time/ Price

60 min/ \$85

### **The Mini**

This facial is designed to give your skin all the best in a short and concise process. The treatment includes cleansing, exfoliating and hydrating or a detoxifying mask. Natural and fresh botanical ingredients are used to provide visibly fast results.

***Featuring:** honey, sugar, blue osa customized clay mask, aloe, calendula, lavender, ylang ylang, vitamin c ester*

Time/ Price

30min \$50

\*Add The Mini to any body treatment \$35

## Body Scrubs

Rid your body of dead skin cells, improve circulation and give the skin a vibrant glow. All of our scrubs include a pre-treatment dry brushing of the body and a post hydrating conditioning ritual. Our scrubs combine all fresh ingredients and are mixed just moments before your appointment, bringing with them their magical properties.

### **Cacao Organica**

This aromatic body exfoliation leaves your skin rich and glowing. The powerful antioxidants of cocoa beans will protect and moisturize your skin whilst invigorating and increasing blood circulation. All traces of dull skin are removed leaving only smooth, hydrated skin, a true magical chocolate experience for body and soul.

***Featuring** locally farmed and organic roasted cocoa beans, coconut oil, ginger, cinnamon, sweet orange*

Time/Price

60 min \$80

### **Coconut Body Polish**

For those desiring a less abrasive exfoliation or those with sensitive skin we have designed a blissful and luxurious coconut experience for you. Moisturizing and cleansing, this scrub leaves your skin smooth and luminous and smelling like a tropical paradise.

***Featuring** freshly grated coconuts, virgin coconut oil, carrot, raw sugar cane, vanilla, lemongrass*

Time Price

60 min/\$80

### **Coffee Lover**

Our most desired treatment resulting in your body feeling awakened and completely energized due to coffee's lipolytic actions that release toxins and reduce fat build up. You will feel revitalized and invigorated with this optimized stress relief treatment.

***Featuring** freshly ground coffee beans, raw sugarcane, mint, ginger, sweet orange, cinnamon leaf, Olive oil*

Time / Price

60 min \$80

### **Sea Salt Herb**

A deeply cleansing and detoxifying treatment will leave your skin with a vibrant glow. The balancing and re-hydrating properties of this mixture intensely purify and relax muscles to stimulate your mind and body.

***Featuring** Costa Rican sea salt, olive oil, rosemary, chamomile, lemongrass, essential oils (lavender & mint), green tea*

Time/ Price

60 min \$80

### **\*Scrub and Wrap**

For best skin and health results it is highly recommended that a scrub be performed before a wrap in order to let the wrap's nutrients fully absorb and act on the body.

Time /Price

80 min \$120

### **Body Wraps**

Hydrate and nurture your skin, cleanse body and soul. All wraps include a dry brushing exfoliation, (unless it is proceeded after a scrub) and a post moisturizing application.

#### **Aloe Plant**

Perfect for sun-drenched bodies, you will feel all the heat and redness disappear. Your body is cooled and refreshed with a herbal rain shower followed by the infusion of extracted aloe massaged into your body then a cooling cucumber formula is applied prior to being wrapped under a banana leaf. This healing remedy instantly hydrates and soothes skin. Relax post wrap with a lavender and honey milk-moisturizing massage. **Featuring** *freshly harvested aloe plant, chamomile, lavender, cucumber, honey*

Time/Price

45min \$60

#### **Miracle Mud**

Our Blue Osa clay extracted from within the jungle's earth, is combined with Costa Rican volcanic mud. Cool the body down, while this detoxifying and purifying formula allows your skin to absorb vital minerals and vitamins and soothe aching muscles. End this treatment with a coconut oil hydrating body infusion. **Featuring** *blue osa clay, Costa Rican Arenal volcanic mud, coconut oil*

Time/ Price

45min \$60

#### **Orange Honey and Yogurt**

Coated from top to toe, feel the multiple benefits of yogurt 's properties soften, enrich and moisturize. Add honey and orange and you will cleanse and restore your skin's radiant shine, meanwhile your senses are captivated into a state of pure bliss. **Featuring** *honey, almond oil, essential oil of orange, yogurt*

Time/ Price

45min \$60

## Hair therapy

Just like our skin, our hair needs love and attention, and is a reflection of our health. At Blue Osa we have found the best oils and ingredients to revitalize hair follicles from your scalp all the way to the tip of you hair.

**Avocado's** are the hair's favorite food, in this treatment a creamy avocado is applied to hair and left for 15 min, then washed with a cedar wood and rosemary shampoo and rinsed with coconut conditioner. Blue Osa's coconut oil is massaged into hair while you receive a relaxing scalp therapy. Finish off with rosemary and ylang ylang healing water rinse before amber renewal drops are applied.

Time / Price

35min \$45

## Foot Therapy

One hour dedicated to worshipping your feet. This treatment consists of an aromatic footbath filled with scented blooming tropical flowers and a lemongrass mint infusion. A loofah and aloe tea tree organic soap is used to deeply cleanse your feet before you sit back and enjoy a thorough mango sugar scrub with pumice. Shedding all dull skin to reveal only the softest feet possible, we follow with a 25-minute spearmint reflexology massage, which unblocks and allows renewed energy to enter. Finish with a coconut hydrating milk foot rinse...float away as if you are walking on clouds.

Time / Price

60 min \$55

## Mani's and Pedi's

### Blue Osa Ylang Ylang Mani-Pedi

Bathe your hands and feet in warm coconut milk and Ylang Ylang flowers followed by a tropical sugar scrub. A massage is performed to relax and de-stress hard working muscles and joints prior to the beautification of the nail areas. Our mani-pedi can be enjoyed in our spa rooms or any of our outdoor lawn chairs overlooking the ocean

Time Price

60 min \$60

### Just Manicure

35 min \$ 35

### Just Pedicure

45 min \$40

## Spa Packages

Leave it to Blue Osa Spa!

Our team of experts can design the perfect spa day for you. We will diagnose your skin and mood and guide you through a day or week of treatments. We will