

Spa Menu

REFRESH YOUR BODY, REFRESH YOUR LIFE!



IMAGINE...

Cocooning yourself in warm chocolate.

Pampering your tired feet with a soothing reflexology massage.

Invigorating your entire body by a soft coconut and orange scrub.

Restoring your spirit and melting into the hands of our Blue Osa Spa therapists.

Sink into bliss as the natural sounds of the ocean and tropical birds lull you into deeper relaxation.



The [Blue Osa Spa](#) is dedicated to the wellness and vitality of your entire being, treating your mind, body, and spirit as one.

Having been trained in a fusion of traditional healing practices, our Blue Osa therapists additionally utilize modern rejuvenation and wellness techniques.

Blue Osa holistic therapies are designed to soothe your senses and restore the vital energies of your body.

We believe in using only the purest of natural ingredients derived from our local environment.

How do we rejuvenate the skin and engender youthful vitality during your stay at Blue Osa?

1. Nourishing facials and massages combined with a complete skin care regime. Give yourself two minutes in the morning and two minutes at night to preserve your skin.
2. Relaxing yoga classes to oxygenate and revitalize your body.
3. Drink plenty of water. Remember nothing nourishes the skin better than just simple H2O.
4. Protect your skin from sun exposure and, if you are out in the sun, wear big hats and plenty of sunscreen.
5. Receive some much needed care in our beautiful Blue Osa Spa.



PACKAGES

HARMONY AND BALANCE

3 Hour Restoring Ritual
(Foot soak, body scrub, massage, body wrap, scalp massage, and chakra balancing)
Price: \$239

SPIRIT OF THE OSA

2.5 Hour Reviving and Replenishing Ritual
(Foot soak & therapy, full body massage and facial)
Price: \$199

OSA THAI FUSION

2.5 Hour Relaxing and Energetic Ritual
(foot soak, Thai session, scalp, full body massage)
Price: \$239

YOGA & MEDITATION

60-75 minute. Inward Ritual
Deepen your personal yoga practice and connection to your body with a private session.
Price: 1 session \$99 | 3 sessions \$259

OSA REIKI RAINFOREST ATTUNEMENT

30-60 minute rituals
Integrate, heal, and re-align with your true self and path.
Price: \$210

MASSAGE

OSA CHAKRA BALANCING

90 minute ritual \$145

OSA DEEP

60 minute ritual \$99
90 minute ritual \$139

OSA TRANQUILITY

60 minute ritual \$99
90 minute ritual \$139

OSA THAI INTEGRAL

90 minute ritual \$145

REFLEXOLOGY

60 minute ritual \$110

THAI MASSAGE

90 minute ritual \$145

REIKI

60 minute ritual \$89

ACUPUNCTURE

1 Session \$99
3 Sessions \$269

FACIALS

OSA AWAKENING FACIAL

90 minute ritual \$125

OSA HARMONY FACIAL

60 minute ritual \$99

SHORT & SWEET FACIAL

30 minute ritual \$59

BODY SCRUBS

COCONUT BODY POLISH

60 minute ritual \$89

COFFEE LOVER

60 minute ritual \$89

SEA SALT AND HERBS

60 minute ritual \$89

WRAPS

ALOE PLANT WRAP

45 minute ritual \$89

MIRACLE MUD MASK

45 minute ritual \$89

CHOCOLATE MUD MASK

45 minute ritual \$89

SCRUB / WRAP COMBO

90 minute ritual \$145

FOOT THERAPY

60 minute ritual \$69

"IT IS TIME TO TURN THE PAGES ON
YOUR PAST AND ARRIVE TO YOUR PRESENT"

SPA PACKAGES

BLUE OSA INVITES YOU TO RECHARGE YOUR MIND AND BODY WHILE REPLENISHING YOUR SPIRIT WITH OUR BLUE OSA SPA PACKAGES.

Osa Harmony and Balance

3 hour restoring ritual

(Foot soak, body scrub, body mask, chakra balancing, and full body massage)

Using locally harvested ingredients, the Blue Osa Harmony and Balance ritual is designed to renew your life force while replenishing your skin's nutrients. A sensory journey of invigorating coconut and chocolate will mineralize and nurture your skin. Enjoy the benefits of a hydrating full body massage and complete this package with the resonating vibrations of Tibetan singing bowls to balance your chakra centers.

Spirit of the Osa

2.5 hour reviving and replenishing ritual

(Foot soak and therapy, full body massage and facial)

Rest your feet in a lemongrass and mint infused foot-bath. We use a rose floral and Caribbean coco salt scrub to exfoliate the skin of your feet before we unblock your energy paths with an acupressure foot massage. Release deep-seated tension and layers of accumulated stress with a full body massage. The Blue Osa facial follows. Nurture your skin with the rainforest's finest ingredients; this treatment fills you with the Spirit of the Osa leaving you feeling youthful and refreshed.

Osa Thai Fusion

2.5 hour releasing stress ritual

(Foot soak, Thai Massage, scalp and body massage) Exclusively by Therapist Marcela

Begin your experience with a soothing foot soak followed by a Thai massage--both relaxing and energetic. Marcela uses her hands, knees, legs, and feet to move you into a series of yoga-like stretches. Muscle compression, joint mobilization, and acupressure are also used. Afterwards, get on the massage table for a full body massage. You will leave feeling lighter and more centered in mind and body.

Osa Synergy

90-180 minute ritual

Create your own spa ritual by combining two or more treatments. Invite our therapists to assist you in revealing your body's needs and help you design your very own customized wellness experience.

Yoga and Meditation

60 - 75 minute inward ritual

Deepen your personal Yoga practice and connection to your body with a private session that includes postures, breathing techniques and meditation which will help you attain a deeper state of well-being and serenity.

Osa Reiki Attunement

3 hour healing ritual over 3 days Exclusively by Reiki Master Laura

Relax, release, and reconnect with the Source. This package begins with a full Reiki session plus a subtle yet profound "heart" attunement followed by two more sessions where you will have the opportunity to integrate, heal, and re-align with your true self and path.

MASSAGE

ANY BODY TREATMENT OR FACIAL MAY BE ADDED TO YOUR MASSAGE.
PLEASE INQUIRE ABOUT THIS FROM YOUR THERAPIST.

CHAKRA BALANCING BLUE OSA MASSAGE

The chakras are energetic centers within us that reflect different aspects of our life. As we bring our chakras into balance, we bring the different aspects of our life in alignment. The chakras are the network through which mind, body and spirit interact as a holistic system. This massage begins with an aromatic foot soak to awaken your energetic body and senses. Then using sound, aromatherapy, and other modalities, this massage will leave you feeling balanced and clear. **90 min.**

OSA DEEP

To release blocked tension, the Osa Deep Tissue Massage uses techniques that focus on hard to reach muscle tissue. This highly recommended therapeutic massage will leave you renewed and restored. **60 | 90 min.**

OSA TRANQUILITY

Soothe your mind and body with this Swedish massage designed to deeply relax you while easing muscle soreness with firm but gentle strokes. Unwind and release body tension to feel a sense of well-being. **60 | 90 min.**

OSA THAI INTEGRAL

This massage combines different techniques which may include Thai massage, Acupressure, Deep Tissue, Swedish massage, Reiki, and Reflexology. The Integral massage is great for people of all levels of fitness or yoga practice. Release stress to increase your level of flexibility, cleanse your muscles of toxins due to tension, boost your immune system, and refresh your entire body. **90 min.**

REFLEXOLOGY

60 minute ritual Featuring lemon grass, aloe, mint and tea tree foot soak with a coconut foot exfoliation. Followed by 50 minutes of reflexology bliss. Reflexology, or zone therapy, is an alternative medicine involving the physical act of applying pressure to the feet, hands, ears or other specific points on the body with specific thumb, finger, and hand techniques without the use of oil or lotion. It is based on what reflexologists claim to be a system of zones and reflex areas that they say reflect an image of the body on the feet and hands. Reflexology effects a physical change to the entire body creating a feeling of well-being and vitality.

THAI MASSAGE

90 minute ritual Offered exclusively by Therapist Marcela

Thai massage is a deep full body treatment that combines Yoga stretching, Shiatsu, Acupressure, exercise movements, Reflexology, and calmness of meditation. The entire session is done on a special Thai mattress rather than on a traditional massage table; patients don't undress, and no oil is used.

IT'S RELAXING AND ENERGETIC AT THE SAME TIME!

REIKI

A **45 minute to 1-hour** restoring ritual

Hands-On-Healing

Offered exclusively by Reiki Master Laura

Reiki, meaning "spiritually guided life force energy" in Japanese is a non-invasive technique commonly called palm healing; it was developed in 1922 by Mikao Usui for stress reduction and relaxation that also promotes healing.

Allow Osa Peninsula's only Reiki Master Laura Castro to place healing hands on you and experience firsthand the soothing benefits of this energy-bodywork session.

As you remain comfortably clothed, Reiki is channeled in a series of hand positions including the head, shoulders, stomach, back and feet (where many of the chakras are located); each position is held for three to ten minutes.

Reiki works on multiple levels encouraging one to let go of all tension, anxiety, and fear while creating many beneficial effects that include balancing the chakra system, invoking feelings of peace, security and well-being.

Let the Reiki relax you. Your state will shift quite naturally as the session proceeds. At the end of the treatment, you will feel refreshed with a more positive, balanced outlook.

ACUPUNCTURE AND CHINESE MEDICINE

60 minute healing and balancing ritual

Do you want 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 heal many ailments and balance your inner being. Our Doctor of Traditional Chinese Medicine has more than 10 years of education and experience in China, the USA and Canada. Koji Kataoka employs a combination of therapeutic techniques and provides a full pharmacy of over a hundred Chinese herbs to compliment your acupuncture treatment.

This treatment includes a full constitutional diagnosis, acupuncture, Tuina massage, cranial sacral massage, cupping, and Chinese herbs prescription if necessary.

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

SKIN CARE RITUALS FOR YOUR FACE

IT IS SO CLEAR WHEN YOU INHABIT YOURSELF

Blue Osa facials use fresh and live botanical ingredients. They are unique for their restorative effects which begin in the deepest layers of the skin and encourage cell rejuvenation. Because of our commitment to using native and indigenous healing elements in our treatments, we incorporate sustainable products harvested from our beautiful environment. Our hope is that our skin care rituals, which promote healthier and more radiant skin, will inspire you to look and feel your best.

Osa AWAKENING AND BALANCING FACIAL

90 minute ritual

(foot soak, facial, foot and hand massage, chakra balancing, acupressure rejuvenation therapy, a fresh coconut milk body ritual)

This enlivening facial is a total body care ritual which helps you to feel restored and emerge refreshed. Our live and fresh rainforest botanical ingredients encourage detoxification, promote skin balance and a feeling of renewed vigor. We begin with the Blue Osa signature ritual: an aromatic foot soak to indulge your tired feet. After an initial skin consultation, we will personalize the treatment to your specific skin care type and needs. Integrated with your facial is a full body treatment featuring our signature Chakra Balancing Massage.

Osa HEALING AND HARMONY FACIAL

60 minute ritual

(facial, hand and shoulder massage, a fresh coconut milk body ritual)

This customized 60 minute facial reflects the essence of the Osa. Simple, yet exotic, this treatment will awaken the skin. Your individual needs will be addressed and the treatment personalized through our rainforest botanical ingredients and aromatic oils. Our healing ingredients and rejuvenating techniques will bring life and increased circulation to the skin, revealing a renewed, healthy glow. Blue Osa facials are designed to heal skin from environmental damage and aging, leaving a luminous healthy appearance.

Osa'S SHORT AND SWEET FACIAL

30 minute ritual

(This facial can be added on to any of our body treatments.)

Designed to give your skin the best care in a short and concise process, this treatment includes cleansing, refinement and hydration. Natural and fresh botanical ingredients are used to provide visibly fast results.

BODY SCRUBS

REST IN GRATITUDE

A 60 minute ritual. Rid your body of dead skin cells, improve circulation and give the skin a vibrant glow. Our scrubs include a dry brushing of the body and a hydrating conditioning ritual. All fresh ingredients are mixed just moments before your appointment.

COCONUT BODY POLISH

Featuring grated coconut, virgin coconut oil, carrot, raw sugar cane, and lemongrass.

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

COFFEE LOVER

Featuring freshly ground coffee beans, raw sugar cane, mint, ginger, sweet orange, cinnamon, and olive oil.

This is our most desired treatment and results in feeling awakened and completely energized. Coffee releases toxins and reduces fat build up; you will feel revitalized with this optimized stress relief treatment.

SEA SALT AND HERBS

Featuring Costa Rican sea salt, chamomile, green tea, lemongrass, essential oils (lavender-mint).

This is a deeply cleansing and detoxifying treatment which leaves your skin with a vibrant glow. The balancing and re-hydrating properties of this mixture will intensely purify the skin, relax your muscles, and stimulate your mind and body.

BODY WRAPS

BE PRESENT, BE STILL

The most healing, mineral enriched Costa Rican muds and plants have been selected to nurture the skin and cleanse the body. All masks and wraps include a dry brushing exfoliation (unless preceded by a scrub), a hair oil treatment, and a moisturizing massage.

ALOE PLANT WRAP

45 minute ritual

Featuring freshly harvested aloe plant, citronella, tea tree, chamomile, lavender, cucumber, and honey.

Perfect for sun-drenched bodies, you will feel all the heat and redness disappear. Your body is cooled and refreshed with an herbal rain shower before a fresh aloe plant and cucumber formula, infused with healing remedies, is applied. This curative and hydrating treatment soothes and moisturizes the skin, helping to restore health. Your treatment is completed with a coconut milk moisturizing massage.

MIRACLE WRAP

45 minute ritual

Featuring Blue Osa clay, Costa Rican Poas volcanic mud, and coconut oil.

Become empowered by the Earth's most healing muds. Our Blue Osa clay, found in our surrounding jungle, is combined with volcanic mud which is brought from Costa Rica's central valley. While detoxifying and purifying your skin, this mud treatment provides essential minerals which are absorbed through the skin to nourish your body and soothe aching muscles. Your treatment is completed with a hydrating coconut oil moisturizing massage.

CHOCOLATE WRAP

45 minute ritual

Featuring green volcanic mud, organic chocolate, and orange essence.

Indigenous organic Costa Rican chocolate is melted and then mixed with volcanic mud, orange and cinnamon to create a most delicious and sensuous experience. This deep chocolate body mask purifies the skin and excites the senses. The highly nutritious and exotic body experience ends with a moisturizing mango body butter massage.

BODY SCRUB / WRAP COMBO

90 minute ritual

Luxuriate for 90 minutes. Wash away the dead tired skin you have been carrying. Your new skin will then receive nourishment in a warming wrap, followed by a short moisturizing massage. The perfect way to end your week in paradise.

FOOT THERAPY

60 minute ritual

Featuring lemon grass, aloe, mint and spearmint, tea tree, pumice, rose and coconut.

A one hour treatment, dedicated to worshiping your feet, begins with an aromatic lemongrass and mint infused foot bath filled with tropical flowers. An organic aloe and tea tree soap, along with a loofah, is used to deeply cleanse the feet. Sit back and enjoy a thorough tropical scrub which exfoliates the skin, revealing the softest feet possible. A 25 minute spearmint acupressure massage follows, which allows renewed energy and life to flow into your feet. This treatment finishes with a hydrating coconut milk foot rinse allowing you to float away as if you are walking on clouds.