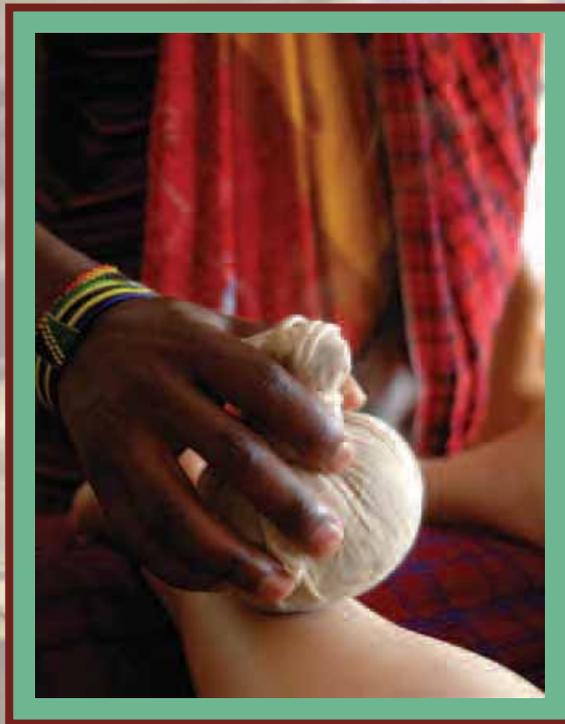


Osero Forest Clinic for Life
presents

the

African Living Spa



at

GIBB'S FARM

Serving Guests & the Indigenous Community



The
African Living Spa



GIBB'S FARM
Tanzania, Africa

There are healing secrets
whose origins are lost in the
mists of time,
secrets known only to the traditional healers
of the Maasai of Tanzania.

Until now.

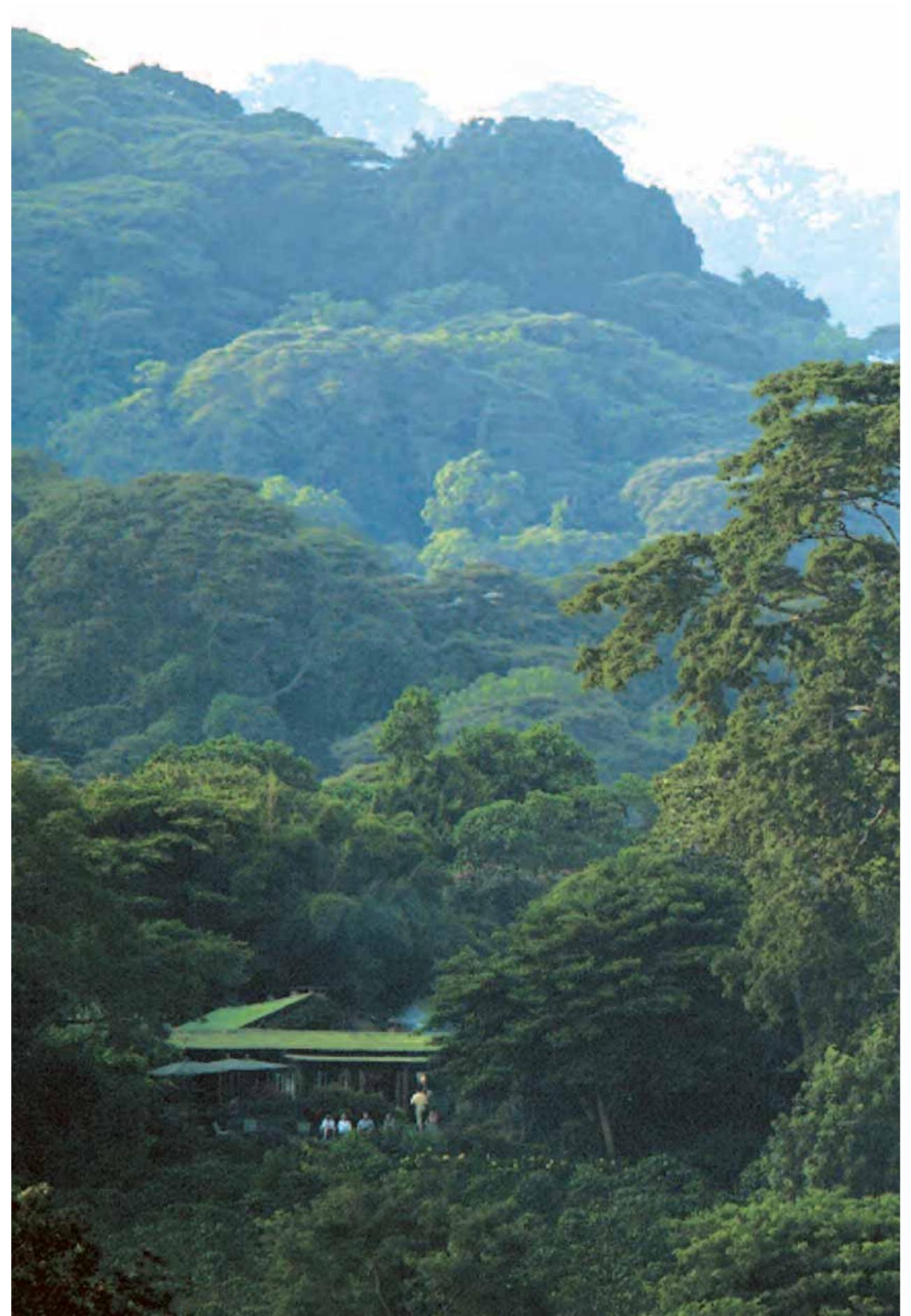
Once reserved for the exclusive use
of Maasai tribal members,
these ancient medicines and treatments
are being offered for the first time
to travelers visiting GIBB'S FARM,
through the skills of our traditionally trained
resident healers and their assistants.

Allow yourself to be touched
by the wisdom of the distant past
through this truly African
Living Spa experience.



“Tajewu Ibiot - Injoo Kinjiunyeki - Inoto Emayani”

— Be Well - be Healed - be at Peace —



Osero healing incorporates 5 key Maasai wellness principles, each based upon a timeless interaction between their culture and the plants, minerals, and animals of the earth itself - all contributing their unique attributes to your healing experience.



Rooted in the daily regimen of Osero Forest Clinic's treatment programs, the African Living Spa's highly personalized approach to alleviating individual wellness issues draws its healing energy from the world of nature.

Local medicinal materials are freshly gathered, harvested, and prepared by hand, giving each healing treatment the added enhancement of the traditional healer's personal energy and individualized attention.



Come. Allow us to nurture you,
Body and Soul.



The Living Spa is
a moveable feast for all of the senses.

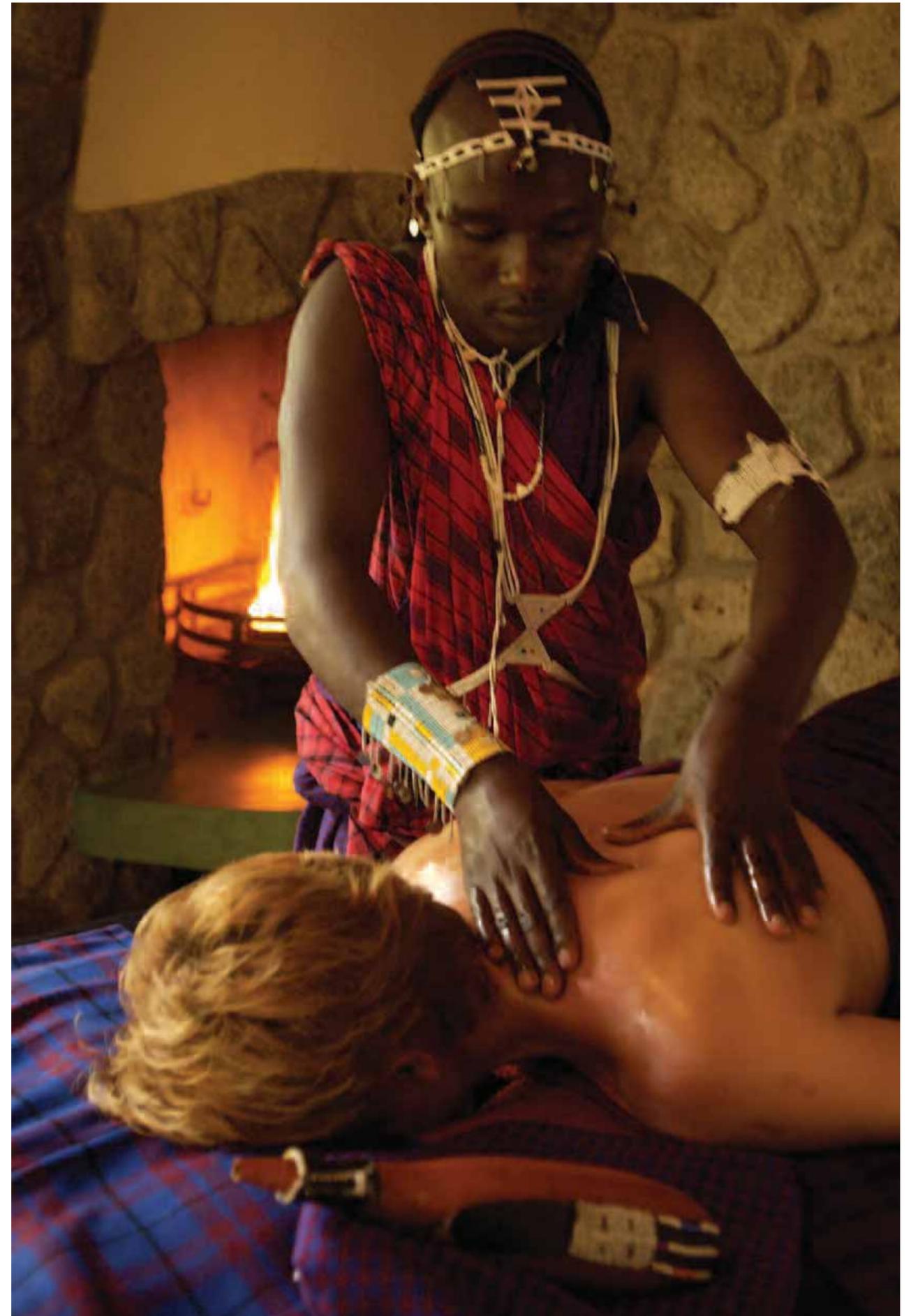


Set in the serenity of the estate's private forest,
African Living Spa sessions
bring you into the heart of the land itself.

Treatments may take place
in the comfort of your Farm Cottage, a true
'Sanctuary for the Senses',
in the newly created earthen and thatch
Engishon Supat - House of Life,
or under the spreading branches
of the ancient Oreteti Tree at the heart of our
quiet forest .



Be reborn to your Self in the timeless quiet
of Nature.



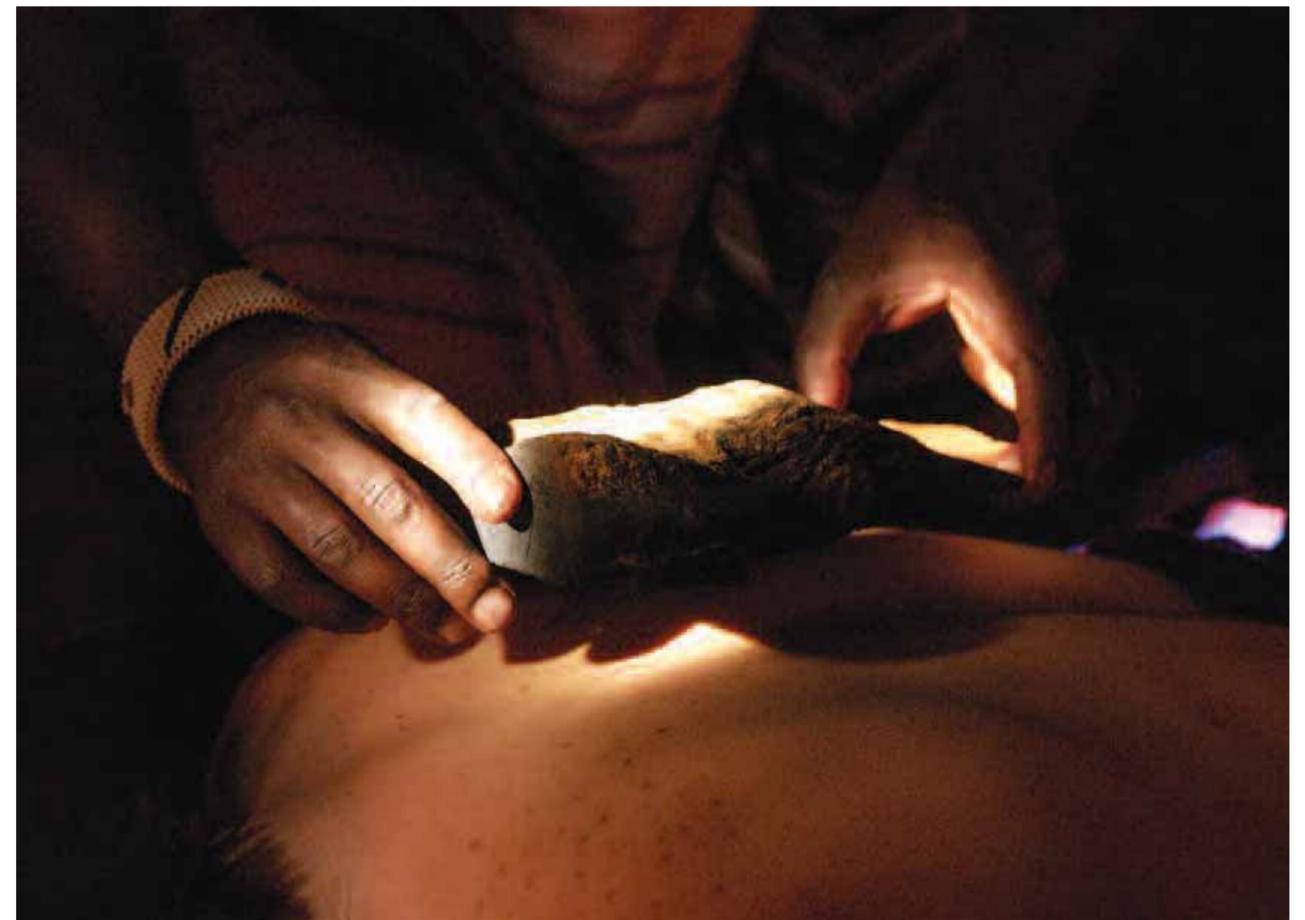


Relax
in the privacy of your own
Farm Cottage,



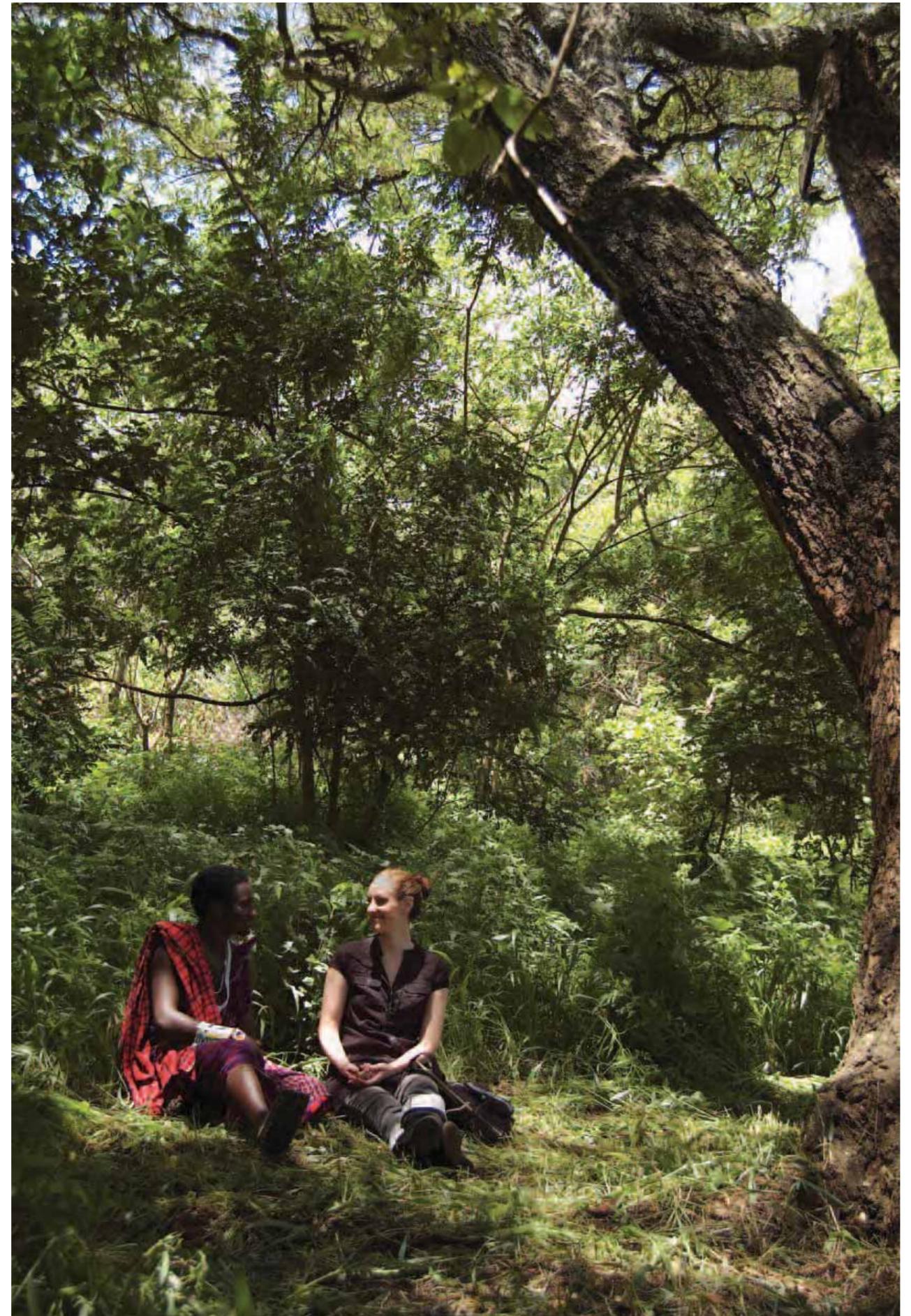


Touch the earth
of
Engishon Supat,
our traditional Maasai healer's house,





Or nestle at the foot
of
the healing Oreteti Tree,
where you'll receive your treatment
amidst the soothing sounds
of Nature
all around you.



The 5 Intrinsic Maasai Healing Values

Maasai healing is based on a philosophy of caring for all aspects of indigenous Life : children, cattle, sustenance, fire, fertility, and Spirit.

Empowered by centuries-old medicinal knowledge, the concept of healing takes on an entirely new meaning through its inclusion of these essential Maasai healing values:

I. Ingishu Oor Ingera

True wealth lies in the well-being of our children and our cattle

The first lesson of responsibility a Maasai child learns is the tender care of the family cattle, which represent his sustenance and his family's wealth.

Through this discipline, Maasai children learn to embody honor, trust, and respect in all things.

At the African Living Spa, we give our attention to the nourishment of both body and soul, through mindful care of that which is most valuable.



2. Engare Naipusa

Medicine must be offered to the body with food, water, or milk for the body to benefit

Ocimum Suave tea, brewed fresh on the hearth during every treatment, is a natural detoxifying agent offered to clients following every African Living Spa treatment.

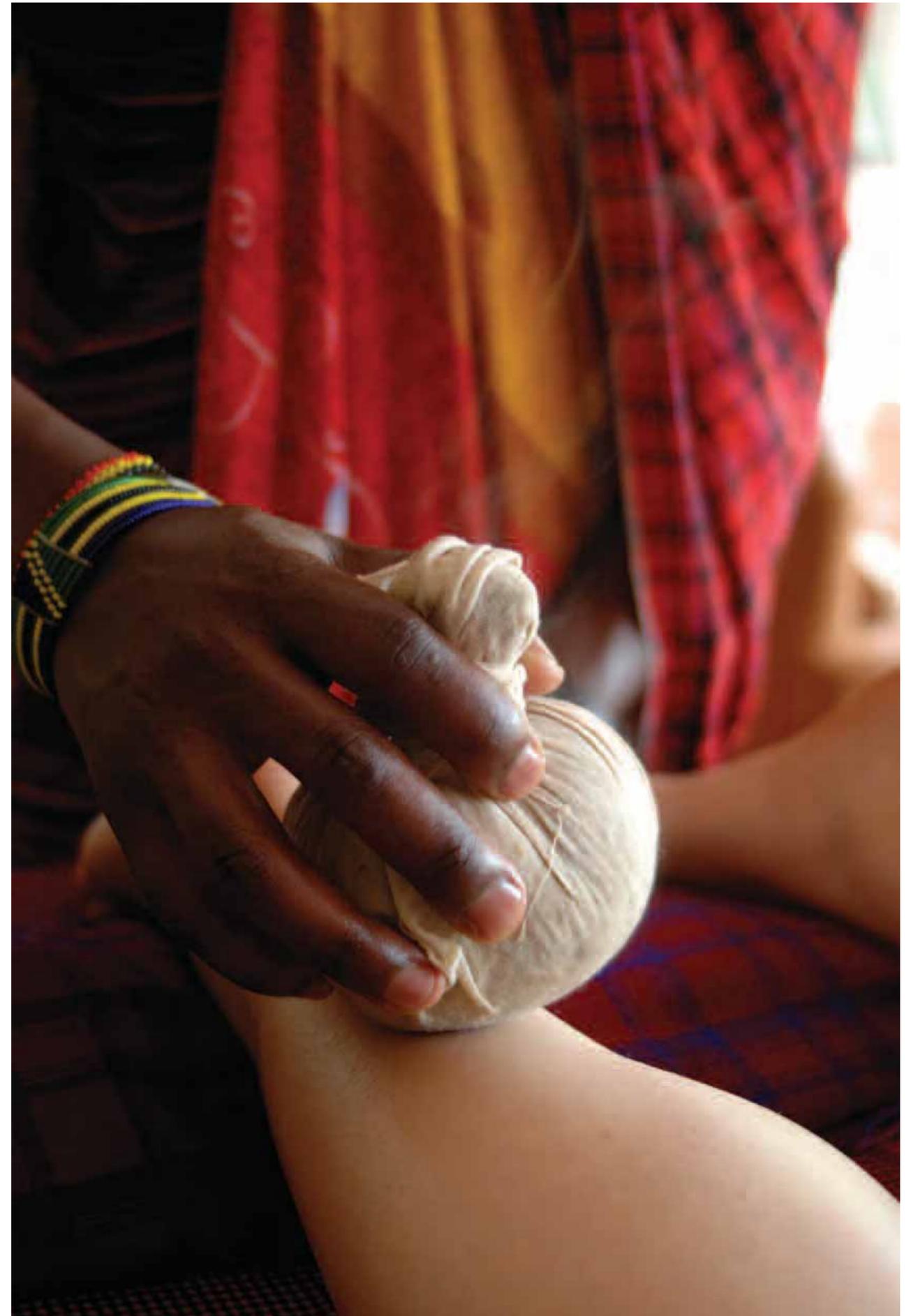
Freshly extracted herbal oils are combined with local artesian well water for body and foot scrubs employing local volcanic pumice stone for soothing and softening skin as well as relieving tension and jet-lag.

Milk oil is hand-churned in gourd calabashes daily from the GIBB'S FARM dairy herd, and mixed with selected plant medicines to create a wondrously silken milk-based massage oil.

3. Engishon

The energy and vitality of En-Kai (Spirit) is embodied in the healing power of fire, bringing long life and happiness

Heated muslin-wrapped packets of fresh herbs steamed by an open fire and fire-warmed Olorien wood are skillfully used to relax and release muscle tensions, returning the body to balance.



4. Engop Sidai

Fertile land and healthy cattle
are the Fundamentals of Life for the Maasai

Olkaria red clay paint is hand-pounded and mixed with the rich emulsion of milk oil and plant medicines to revive the skin, improve circulation, and tone the skin.

One of the riches of the volcanic slopes of GIBB'S FARM is its robust and flavorful bounty of organic coffee beans.

Fresh roasted and finely ground, these beans are blended with Olkaria clay to create a superb exfoliant and stimulating massage treatment.

5. En-Kai

Spirit is omnipresent,
offering power and wisdom to the healer

Experience the timeless healing power of the ancient Oreteti tree, as you consult with traditionally trained Maasai healers in the beauty and tranquility of the local forest.



About Osero Forest Clinic

Notes

Traditional Maasai healer Ole Labiki Menyengera opened Osero Forest Clinic in 2005, with the help of his mentor Ole Sululu.

Both men are third-generation healers who already have reputable clinics of their own in nearby Arusha and Dodoma.

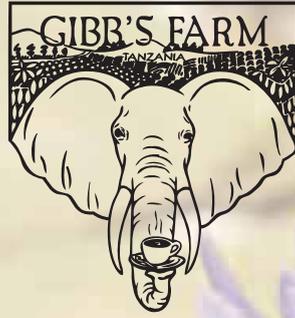
Osero Forest Clinic was established to provide health care for GIBB'S FARM's 150 local employees and their families, as well as to develop indigenous healing treatments for The African Living Spa.



About GIBB'S FARM

GIBB'S FARM is a working farm located on the forested slopes of Ngorongoro Conservation Area.

It comprises a warm and friendly community where the rhythm of farm life has calmed and restored the weary safari journeyer for over 40 years.



The African Living Spa
is a
truly all-sensory journey,
one steeped in the ancient traditions
of East African restorative remedies,
a memorable healing experience
occurring in Nature,
with Nature,
Naturally.

Experience the Senses
through
the
African Living Spa
at
GIBB'S FARM,
one of the oldest guesthouses in
northern Tanzania, located halfway
between Lake Manyara and the Ngorongoro Crater,
enroute to Serengeti National Park

For More Information:

Ph: +255 (0) 27 253 4040
osero@gibbsfarm.net
reservations@gibbsfarm.net
www.gibbsfarm.net