

The African Living Spa®
is
truly an all-sensory journey;
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,
en route to Serengeti National Park.

For More Information:

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Osero Forest Clinic for Life
presents
the

African Living Spa



Serving Guests & the Indigenous Community

PERSONAL JOURNEYS



Complimenting the treatments performed at Gibb's Farm, one can choose among multi-day **Personal Journeys** guided by one's own healer from the African Living Spa's Osero Forest Clinic. Each Traveler is guided through an individualised sense of treatment or "journey", all based upon an ancient healing knowledge firmly rooted in this land, culture, and historical setting - which at its core is timelessly meaningful and useful.

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 authentic earthen and thatch Englishon Supat - House of Life, or under the spreading branches of the ancient Oreteti Tree at the heart of our quiet forest.

CONSULTATION

The African Living Spa provides professional guidance on a journey of discovery that begins with consultation. Osero Forest Clinic is the first integrated medical facility in the nation. Traditional and allopathic healers share an appreciation of how the indigenous values of this powerful place manifest as transformative treatments.



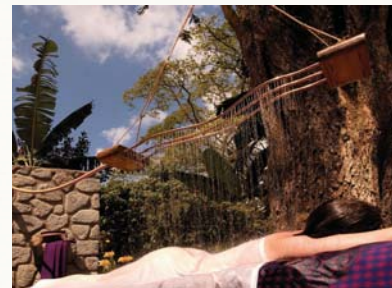
LOCATION CHOICE

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GARDEN SHOWERS

Suspended from the trees of cottage's outdoor bathing area, or the ceiling beam of the indoor shower area, the Gibb's Farm's hand crafted Vichy-like shower gently rinses away the clay/medicinal Olkaria or coffee scrub and gently removes the exfoliates.



FOOD AS MEDICINE

Meals are offered at a choice of locations each with an individual quality providing contemplative solitude. Gibb's Farm has been serving "Slow Food" for over 40 years and restoring weary travelers with natural foods and the tranquility of the beautiful gardens and views.



PLANT MEDICINE

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



MAASAI HEALING VALUES

Maasai healing incorporates five key wellness principles, each based upon interaction between their culture and plants, minerals, and animals of the earth itself. Empowered by centuries-old medicinal knowledge, the concept of healing takes on an entirely new meaning through its inclusion of these essential healing values.

