
The Art of *Life*Fulness
OYSANA
SPA & SPORTS

Our Philosophy 4

Face Treatment Rituals 6

Hand & Foot Care 14

Oysana Woods_Moods 16

Head-To-Toe Rituals 20

Biohacks & SlowSync Journeys 22

- _DETOX *InfraSync* 24
- _MAGNESIUM *FloatSync* 26
- _VIBRATION & SOUND *Therapy NeuroSync* 30

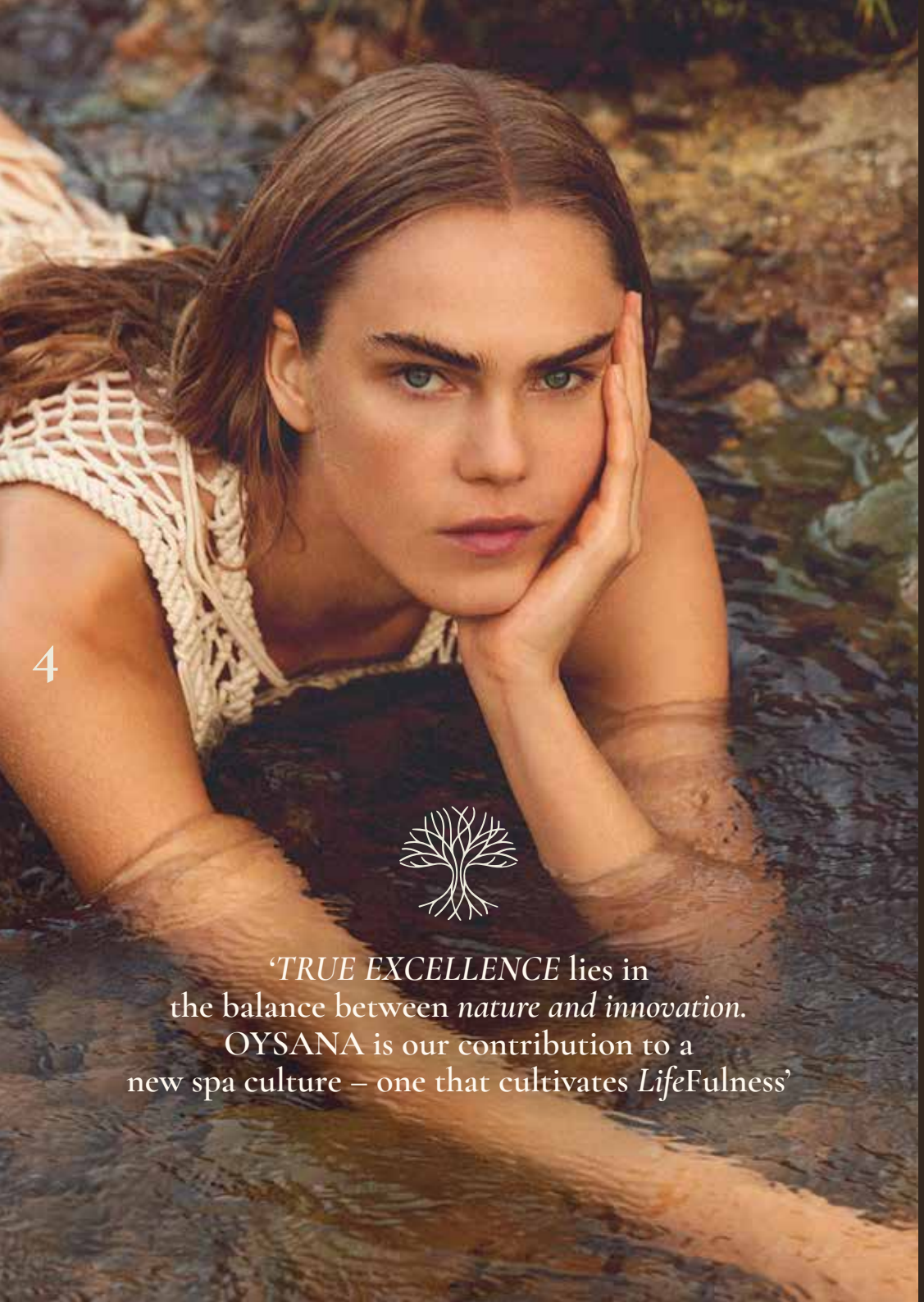
Sports & Coaching 37

Duo Experiences 38

Health Journeys 40

Facilities & Etiquette 44





‘*TRUE EXCELLENCE* lies in
the balance between *nature and innovation.*
OYSANA is our contribution to a
new spa culture – one that cultivates *Life*Fulness’

A HEALTHY BALANCE

The Art of *Life*Fulness

OYSANA embodies wellbeing as a way of life. At its heart is the philosophy of *LifeFulness* – a modern approach to living a long, vibrant and meaningful life, inspired by Blue Zone research and deeply rooted in the Terroir of the region Maas. OYSANA was born from the pure essence of nature and the vision to live in harmony with its rhythms. We believe true wellness arises when the rhythm of nature flows in sync with our own – an alignment of body, mind and spirit. Wellness is not a destination, but a personal journey guided by balance, awareness and connection.

OYSANA works with deep respect for *people, nature and animals* – because we believe that clean products and a clean conscience go hand in hand. The power of nature is the foundation of everything we do. Our skincare is chosen for its purity, quality and proven performance. Woods_ formulations are crafted from raw, pollution-free natural ingredients, rich in anti-ageing properties, antioxidants and essential omega oils. Each product reflects our unwavering commitment to sustainability – without ever compromising on effectiveness.

OYSANA complements the multisensory experience with cutting-edge, touchless biohacks – the *SlowSync Journeys*. Infrared detox, magnesium floatation and neuroscience-based applications promote health in line with the latest scientific insights. The body’s natural rhythms are supported and synchronised at the deepest level through brain waves, bioresonance and cellular vitality.

AURORA LUME – Sculpting & Firming

Lift, sculpt, glow – non-invasive facial contouring

FOCUS
Firming, toning, circulation, glow

KEY BENEFITS
Defines contours, reduces puffiness, smooths fine lines

6

– Lift, sculpt, and glow with this revitalising facial that blends traditional Gua Sha with expert contouring techniques. Designed to visibly tone, smooth and rejuvenate, the treatment boosts circulation, reduces puffiness and enhances natural radiance.
Following a gentle cleanse and light exfoliation, the skin is treated to a hydrating mask or collagen-infused serum. A skilled massage using Gua Sha tools defines the jawline, cheekbones and brow, leaving skin visibly firmer, smoother and more luminous.

Ideal For: Dullness, puffiness or loss of tone needing a lifted, radiant finish

80 min €185





THE PURIST – Men's Deep Cleanse

Refreshed, smooth, energised – tailored for men's skin

FOCUS
Deep cleanse, exfoliation, hydration, revitalisation

KEY BENEFITS
Targets dullness, oiliness, fatigue and irritation

– Refreshed, smooth and revitalised – this facial is tailored to the specific needs of men's skin. Designed to address dullness, congestion and irritation, it combines deep cleansing with intense hydration and a calming touch. A tension-releasing facial massage boosts circulation, while hydrating actives and calming botanicals leave the skin feeling energised, soothed and impeccably groomed.

Ideal For: Ongoing skin maintenance or a quick refresh before events

60 min €145

ARTIC DEW – Hydration & Glow

Plump, dewy, radiant – glow-inducing hydration

FOCUS
Intense hydration, skin barrier repair, radiance boost

KEY BENEFITS
Replenishes moisture, smooths skin, revives dullness

– This deeply hydrating facial quenches thirsty skin and restores a healthy glow. Combining Nordic botanicals, hyaluronic acid and ceramides, the treatment layers moisture to replenish, smooth and revive tired, lacklustre complexions. After a gentle double cleanse and mild exfoliation, a concentrated serum and moisture-rich mask infuse the skin with long-lasting hydration. A soothing facial massage boosts circulation and enhances radiance, while barrier-strengthening actives leave skin soft, supple and luminous.

Ideal For: Dry, dull, or tired skin needing a moisture boost

60 min €145

FACE TREATMENT RITUALS

SCANDI DETOX – Cleansing & Purifying

Clear, balanced, purified – Nordic detox ritual with glow-inducing hydration

FOCUS
Deep cleansing, oil control, pure refinement

KEY BENEFITS
Clears congestion, refines pores, balances sebum

– This Nordic-inspired face detox ritual targets congestion, excess oil and enlarged pores. Harnessing the purifying power of activated charcoal, glycolic acid and salicylic acid, the treatment draws out impurities and rebalances the skin. A thorough double cleanse and exfoliation prepare the skin for extractions, followed by a clarifying charcoal clay mask. A lightweight hydrator and mattifying finish leave the complexion feeling fresh, smooth and visibly clearer.

Ideal For: Oily, congested or acne-prone skin

50 min €135



FLASH REVIVAL – Refresh & Replenish

Release, energise, hydrate – Quick tension-relieving ritual

FOCUS
Exfoliating, hydrating, balancing

KEY BENEFITS
Releases tension and boosts circulation

– This ritual combines a peel with deep hydration, therapeutic Gua Sha techniques and gentle massage to release tension, improve circulation and restore skin balance. The result: a healthy, hydrated glow and a visibly plumper complexion. Ideal for a quick reset before a special occasion or whenever your skin needs an instant pick-me-up.

Ideal For: A radiant glow for your special occasion

35 min €89

Waxing

Half leg	€39	Underarms	€30
Full leg	€49	Upper lip	€19
Back	€39	Face	€30
Full arms	€35		





Hand & Foot Care

Manicure Classic
Perfect nail shaping, removal of dead skin, nourishing cuticle oil, finished with deep hydration crème
€75

Manicure Plus
Perfect nail shaping, removal of dead skin, polish, nourishing cuticle oil, finished with deep hydration crème
€95

Cosmetic Pedicure Classic
Perfect nail shaping, removal of dead skin, nourishing cuticle oil, finished with deep hydration crème
€75

Cosmetic Pedicure Plus
Perfect nail shaping, removal of dead skin, polish, nourishing cuticle oil, finished with deep hydration crème
€95

Gel Polish Add-On	€70
Gel Polish Removal	€35





Shape & Tint

Services available in combination with a face ritual

Eyelash or brow tinting	15 min €19
Eyelash and brow tinting	20 min €30
Eyebrow shaping and definition	20 min €30
Eyebrow shaping, definition and tinting	20 min €35

Make-Up – *By Pune*

Day make-up	50 min €59
Evening glam make-up	50 min €69
Bridal by professional make-up artist	On request

OYSANA WOODS_ MOODS

Breathe. *Release*. Restore.

At OYSANA, wellness is a deeply personal journey shaped by the delicate balance of body, mind and spirit – a harmony that mirrors the natural rhythms of Mother Earth. The woods_ Moods concept captures this connection through carefully crafted essential oil blends and intuitive, bespoke touch. Each mood channels a distinct emotional and energetic state, offering a tailored sensory experience that meets you exactly where you are.

OYSANA Moods by woods_ transform a massage into ritual – a quiet moment of presence, renewal and harmony, inspired by the spirit of the North and the serene power of OYSANA.



Serenity Mood

– A soft, enveloping blend that invites your entire system to unwind. This mood gently shifts the body from stress to stillness – soothing the nervous system, easing muscular tension and preparing the mind for deep rest. Warm, calming essential oils and fluid, rhythmic strokes guide you into a meditative state. Ideal for stress relief, nervous exhaustion, or simply taking a restorative pause.

60 min €135



Aurora Mood

– Inspired by the first light of day, this mood breathes light into both body and mind – awakening the senses, lifting mental fog and energising the spirit. Especially supportive during travel, hormonal sluggishness, or seasonal dips in vitality, the combination of citrus, herbs and fresh greens stimulates blood flow, clears the lymphatic system and uplifts your energetic field. 60 min €135



Haven Mood

– A tender, heart-led blend designed to soothe the emotional body and mind. This mood is about warmth, softness and a sense of emotional support – like being held in a familiar embrace. With a unique aroma combination where floral, woody, herbal and citrus is combined. It encourages emotional release, uplifts the spirit and rekindles inner joy. Ideal during periods of sadness, loneliness, or when craving connection and care.

60 min €135



Roots Mood

– A deep, anchoring blend that reconnects you with your body and the earth beneath you. Grounding brings stillness and structure to scattered energy – soothing mental overstimulation and restoring inner equilibrium. Rooted in resins, woods and sacred earth notes, this mood centres your awareness, stabilises emotions and promotes a lasting sense of calm presence.

60 min €135

MY MOOD

My Mood

Bespoke treatment thoughtfully crafted for an exceptional experience

– Experience an ultra-personalised massage that blends the healing properties of essential oils with targeted pressure techniques. This signature mood is complemented by soothing sound loops designed to foster a holistic sense of wellbeing. The aromatic oils are applied with intention, intensifying the effects of the treatment and creating a deeply harmonious experience. 80 min €185



Kunrader® Foot Ritual

— A targeted treatment for tired feet and legs, offering both relief and relaxation. This ritual begins with a revitalising foot scrub using locally sourced Kunrader® Stone to gently remove dead skin. It is followed by a deeply relaxing massage to ease tension and restore overall wellbeing.

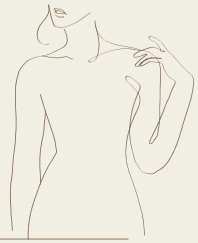
50 min €135



Pregnancy Massage Ritual

— A nurturing ritual designed to support the changing body during pregnancy. Gentle, specialised massage techniques combined with soothing oils help relieve tension, improve circulation and promote deep relaxation.

60 min €145



Full Body Toning Massage

— This powerful massage is designed to stimulate circulation, relieve deep-seated tension and support muscle recovery through expert, targeted techniques. *Experience renewed energy and a sense of overall wellbeing.*

60 min €145

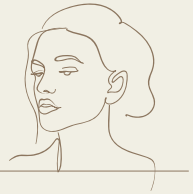


The Mommy-Care Ritual

— A deeply nurturing ritual tailored for every mother-to-be. Using precious, organic pregnancy-safe oils, this personalised experience delivers targeted relief and full-body care. It includes a gentle facial, a soothing scalp, neck and shoulder massage, and concludes with a rejuvenating foot ritual complete with nail polish. Specialised massage techniques ease tired and sore muscles, while nourishing oils infuse the skin with essential hydration, leaving you feeling relaxed, revitalised and fully cared for.

80 min €195

HEAD-TO-TOE RITUALS

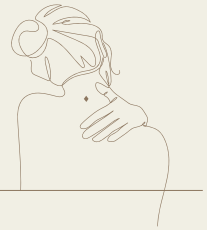


Mind Ease Gua Sha Ritual

Tension headaches, mental fatigue and scalp health

— Release, unwind and reset with this deeply relaxing ritual designed to ease stress and clear the mind. Using Gua Sha comb techniques across the scalp, neck and shoulders, the treatment relieves fascia tension, improves circulation and calms the nervous system. Following an optional essential oil inhalation and shoulder massage, the scalp is gently prepared for targeted Gua Sha strokes – stimulating pressure points and encouraging a profound sense of release. *Ideal for those carrying mental or physical stress, this ritual restores clarity and balance in just 30 minutes.*

30 min €85



Back Balancing Ritual

Stress Relief and muscle tension in the upper body

— Smooth, refined and relaxed – this clarifying ritual focuses on the back, neck and shoulders to renew the skin and release deep tension. A blend of dry body brushing and fruit acid exfoliation stimulates circulation and brightens dull, congested skin. The treatment continues with a targeted massage using nutrient-rich oils to ease muscular tightness and nourish the skin. *Ideal as a detoxifying refresh or a reset for both body and mind.*

50 min €135



THE VIRTUAL RE-CONNECTION

Touchless treatments

At Oysana, we unite the wisdom of nature with the latest in biohacking technology. Our SlowSync Journeys are touchless treatments that harmonise body, mind and spirit on a deep level of brainwaves and bioresonance. They help reduce stress, improve sleep, renew energy and build resilience, in full alignment with our philosophy of longevity and balance.

The natural rhythms of the body are restored in harmony with innovative technologies. SlowSync Journeys are journeys toward inner clarity, serenity and optimal performance.

DETOX InfraSync

Step into a new era of health & beauty with the iDome: a next-generation device treatment powered by Far Infrared Technology (FIR). This innovative infrared detox activates metabolism, strengthens the immune system and provides deep detoxification.
InfraSync supports cell regeneration, enhances vitality and restores your energy flow.

Detox InfraSync device treatment	**40 min €128**
Detox InfraSync device treatment + cooling facial massage	**50 min €155**



- **Detoxification**
- **Improved circulation**
- **Pain relief & muscle relaxation**
- **Skin health & rejuvenation**
- **Metabolism & weight management**
- **Stress reduction**



MAGNESIUM FloatSync

Float weightlessly in the warm Magnesium FloatPod to deeply relax muscles and relieve joints. A natural reset for body and mind, FloatSync supports stress relief and muscle recovery, promotes cellular regeneration and gently stimulates kidney function. *Ideal after intense physical activity – or as a calming prelude to restful sleep.*

Magnesium FloatSync experience	**45 min €69**

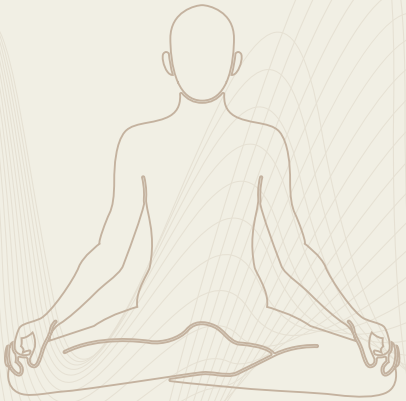


MENTAL & PHYSICAL WELLBEING

Mindful touch

Today's personal fitness extends beyond the physical. While movement and nutrition are essential, it is our mental and emotional condition that guides optimal wellbeing. And mental and physical wellbeing are the keys to long-term health. Both ancient meditation practices and modern science point to one shared truth: deep relaxation is key to cultivating clarity, tranquillity and resilience.

Harmonise your brainwaves and calm your nervous system with our cutting-edge, touchless therapy. NeuroSync helps fight mental fatigue, reduce stress sustainably and restore emotional balance and resilience.



Meditation Energy

Inner peace and mindfulness

The ideal one-off module

Six-session series: over 6 consecutive days

KEY BENEFITS
Leave behind the noise of everyday life and create a space for reflection and clarity.

Basic programme – first session
_Energetic Cleansing and Tension Release

Subsequent programmes can be selected individually:
_Physical and Mental Detox
_Grounding
_Mind Body Regeneration
_Releasing Stored Stress
_Energy Meridian Balance

1 session	**25 min €75**
6-session series	**25 min €450**

Breathing

Coping with stress

The ideal one-off module

Six-session series: over 6 consecutive days

KEY BENEFITS
Learn to consciously control and adjust your breathing, creating a deeper connection to your body.

Basic programme - first session
_Energetic Cleansing and Tension Release

Subsequent programmes can be selected individually:
_Physical and Mental Detox
_Grounding
_Mind Body Regeneration
_Releasing Stored Stress
_Energy Meridian Balance

1 session	**25 min €75**
6-session series	**25 min €450**



Chakra Balance

Balance the energy centres in your body for physical and emotional wellbeing

Targeted session: Choose the programme aligned with the chakra currently out of balance

Full chakra tune-up: Six-session series over 6 consecutive days

KEY BENEFITS
Release blockages in your energy fields to promote a sense of balance and vitality.

_Root
_Sacral
_Solar Plexus
_Heart
_Throat
_Third Eye

1 session	25 min €75
6-session series	25 min €450

Vibrational Wellness

Enhance self-worth and emotional positivity

Designed for single session use

KEY BENEFITS
Sessions utilise scripts from positive psychology and more intense vibrational elements, focusing on mind-body wellness and healing.

Emotional Healing	*voice-guided*	20 min €65
Mind Body Detox	*non-guided, deep tissue vibration*	16 min €55
Mindful Relaxation	*non-guided meditation, minimal music*	24 min €75
Cellular Massage	*voice-guided visualisation of cellular healing*	50 min €130



Sleep Wave

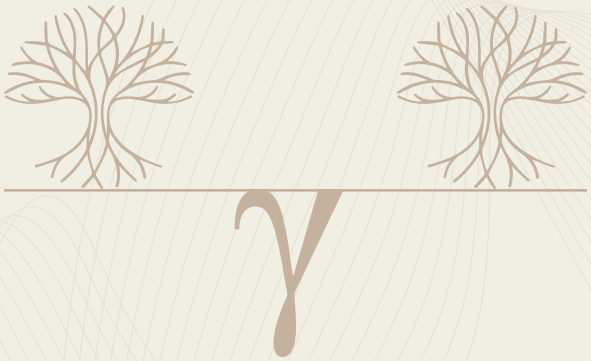
For those with busy mind syndrome

Brainwave stimulation programme: the more frequently it's experienced, the more the brain is trained to achieve deep, restorative sleep

Use as needed to promote rejuvenation – whether through a short nap or a full, deeply restorative 60-minute sleep session

KEY BENEFITS
Designed to redirect the busy mind from thinking mode into deep sleep mode – quickly and effectively

Power Nap	20 min €65
Delta Sleep	60 min €140



Gamma

Increased cognition, concentration and mental clarity

Gamma programmes are recommended only for guests with consistent experience in other programmes

Not intended for relaxation or stress reduction

KEY BENEFITS
Enhances mental performance and creativity

4-session series	25 min €300



36

Weight Management

Indicated for weight loss and weight management

Seek ideal weight

Choose healthy foods and activity

See yourself healthy and fit

Love and care for yourself

KEY BENEFITS
Supports both the physical and mental aspects of weight loss

4-day programme: 4 sessions, 20 min each
4-session series €260

1 To 1 Session

Personal training	60 min	€120
Lifestyle coaching	60 min	€120

Group sessions

Easy flow yoga	60 min	€24.50



Duo Floatpod Experience

— Float therapy affects the body and brain in ways that are both immediate and measurable. It starts with the environment: warm, mineral-rich water saturated with magnesium sulphate, held at skin temperature, in a space free from light and sound. Floating shifts the body into parasympathetic dominance – activating the nervous system's natural rest, repair and digest functions. It's particularly beneficial for those managing stress or muscular tension.

45 min €125 (for 2)

Duo Experience 160

— Indulge in a blissful escape with our *Room for Two* couples massage 2-in-1 ritual, designed to enhance intimacy and connection. This experience invites you and your partner to unwind side by side, enveloped in soothing aromas as tensions and muscular aches melt away. Our skilled therapists tailor the massage to your individual needs, utilising Nordic organic oils that nourish the skin and promote deep relaxation. The ritual concludes with a personalised facial, with products customised to suit your skin's condition.

160 min Duo Treatment by Woods: massage and facial + Floatpod experience

€360 pp

Duo Experience By Woods

— Indulge in a blissful escape with our *Room for Two* couples massage 2-in-1 ritual, designed to enhance intimacy and connection. This experience invites you and your partner to unwind side by side, enveloped in soothing aromas as tensions and muscular aches melt away. Our skilled therapists tailor the massage to your individual needs, utilising Nordic organic oils that nourish the skin and promote deep relaxation. The ritual concludes with a personalised facial, with products customised to suit your skin's condition.

100 min Duo Treatment by Woods: massage and facial **€240 pp**



WELLBEING JOURNEYS

Customised to your needs

40

De-stress Journey

_1 MIND EASE Gua Sha Ritual
_1 Energetic Cleansing & Tension Release NeuroSync Session
_1 Releasing Stored Stress NeuroSync Session
_1 SERENITY MOOD Ritual
_1 KUNRADER® Foot Ritual
_SpaBar Mood Bento Lunch

3 days €593

Detox Journey

_1 SCANDI DETOX Facial
_1 BACK BALANCING Ritual
_2 DETOX InfraSync Device Treatments
_1 Magnesium FloatSyn Experience
_SpaBar Mood Bento Lunch

3 days €683

Performance Journey

_2 Personal Training Sessions
_4 GAMMA Neurosync Sessions for increased cognition, concentration and mental clarity
_1 MAGNESIUM FloatSync Experience
_SpaBar Mood Bento Lunch

4 days €727

Mental Health Journey

_1 AURORA MOOD ritual
_1 VIBRATIONAL WELLNESS NeuroSyn Mindful Relaxation Session
_1 NeuroSync Session Emotional Healing
_1 MIND EASE Gua Sha Ritual
_SpaBar Mood Bento Lunch

3 days €448

Prices per person excluding accommodation

OYSANA

SPA & SPORTS

- Indoor and outdoor relaxation areas
- Cosy relaxation lounge with fireplace
- Finnish sauna (90°C)
- Bio sauna (60°C)
- Turkish steam bath (45°C)
- Cold plunge pool
- Technogym Sports
- Yoga and group training area
- SpaBar with refreshments and mood food

Reservations

The minimum age for admittance to the Oysana Spa is 14 (when accompanied by an adult). If you are pregnant, please let us know your due date when booking: not all treatments are suitable during pregnancy. During your treatment, please also let us know of any wishes, preferences or discomfort to help us achieve the best possible results for you.
Please let us know of any medical conditions or allergies at the time of booking. We wish to ensure that all treatments are suitable for your needs and health.

Arrival

We suggest you arrive at least 30 minutes prior to your treatment time so that you can relax, unwind and enjoy your unique Oysana Spa experience to the full.
Out of consideration for guests who have appointments after yours, we will have to curtail your treatment if you arrive late. The full charge will still be payable.
Should you wish to cancel, please notify us at least 48 hours before your appointment.

Safety and Hygiene

Please respect the privacy and tranquillity of other spa guests. The use of mobile phones, photography, and audio recording devices is not permitted in the spa. For hygiene reasons, we kindly ask you to shower before entering the plunge pool, saunas, or steam bath. Please wear slippers and a bathrobe in the lounge and relaxation areas. Please be considerate of the other spa users' right to privacy and tranquillity. The use of mobile phones, photography and sound recording equipment is not permitted in the spa. In the interest of hygiene, we request that you take a shower before entering the baths, saunas, steam baths, pool and other facilities. Please wear slippers and a bathrobe in the lounge and rest areas.

Opening Hours

Facilities: 7am - 10pm
Gym: 24/7
Treatments: 9am – 6pm
Book a treatment via +31 43 240 0040 / spa@vanoys.com

BREATHE IN CALM, EXHALE THE WORLD.

VAN OYS
MAASTRICHT RETREAT

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