



OHASHIATSU®

Touch for peace

The Ohashiatsu Pavilion



*The Residence Zanzibar the first hotel spa
in the world to offer Ohashiatsu®.*



More than massage, this energy-based therapy created by Mr Wataru Ohashi combines the healing benefits of energy bodywork and powerful self-improvement techniques that will strengthen your body, quieten your mind and inspire your spirit.

In Japanese, “Ohashi” means “big bridge” - the perfect symbol for someone who has devoted his life to bringing Eastern approaches of healing to the West. Born in Japan and now living in New York, he has built a successful practice over the years, attracting such notable clients as Liza Minnelli, George Balanchine, Stan Getz, Ralph Lauren, Muhammad Ali and Henry Kissinger. Mr Wataru Ohashi has written several books and videos. He has been teaching, around the world, for more than 25 years.

The unique benefits of Ohashiatsu®

- Movement, flexibility and endurance of yoga
- Strength building and enhanced posture of Pilates
- Revitalization of your own Ki-life force energy
- De-stressing of your body and mind
- Revitalization of your spirit
- Better understanding of yourself, others and nature

Ohashiatsu® combines hands-on touch techniques, limb rotation and stretching, in a seamless flow of movement. Energy is released, revitalizing skin and ultimately, the whole body.