



oasyhotel

WELLNESS BOOKLET



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# Wellness at Oasyhotel

## WELLNESS TREATMENTS

Our wellness treatments complement the natural setting of Oasyhotel, allowing our guests to fully relax and enjoy the experience of staying here and enhancing their physical, emotional, and spiritual wellbeing.

One of the highlights is the open-air massage, a deeply atmospheric experience conducted on a wooden platform beneath the trees where the massage area is always pleasantly flavoured with wood essences.

## WOODLAND WELLNESS

The WWF Nature Reserve surrounding Oasyhotel is the ideal setting for our new woodland experiences, and our offer includes both grounding rebirth and forest bathing experiences.

Both proposals include experiences of relaxation and breathing exercises in nature with the possibility of therapeutic rituals.

Practising outdoor yoga and meditation, where the air is pure, invites the mind and the body to follow the rhythms of nature. It means becoming part of it, enjoying the here and now. After reaching one of the most exclusive points of the oasis, together with our yoga instructor, guests will enjoy the benefits of meditation in a natural environment that has the advantage of spreading tranquillity, beauty, and silence.

## WELLBEING PROGRAMMES

A journey into stillness, where nature becomes the guide: at Oasyhotel, our wellness paths are inspired by the quiet power of the forest.

Practising forest bathing means remembering an ancient connection—one that invites us to slow down, listen deeply, and return to ourselves.

Each programme is designed to support what we often neglect: grounding, breath, balance, and inner light. With the gentle presence of our Wellbeing Facilitator, you'll be guided through treatments and open-air activities that renew the body while calming the mind.

To fully embrace the benefits, we recommend dedicating two or more days to let your body and spirit align with the natural rhythm of the forest.



## Four Elements

Each massage can be seen as a gesture that responds to an inner need, a silent dialogue between the technique and the elements of nature.

### EARTH ELEMENT

#### Connective Tissue Massage

**50 mins - EUR 110.00 indoor**

**50 mins - EUR 150.00 outdoor**

For the Earth element, we recommend the connective tissue massage that, through a slow and deep touch, aims at the perception of solidity and rootedness. The connective tissue massage aims to loosen the main tensions and dissolve the various layers of impurities by stimulating the deeper tissues, such as precise connective tissue.

Our therapist will evaluate the suitability of the oriental cupping/vacuum therapy technique as a perfect pairing for this treatment.

### WATER ELEMENT

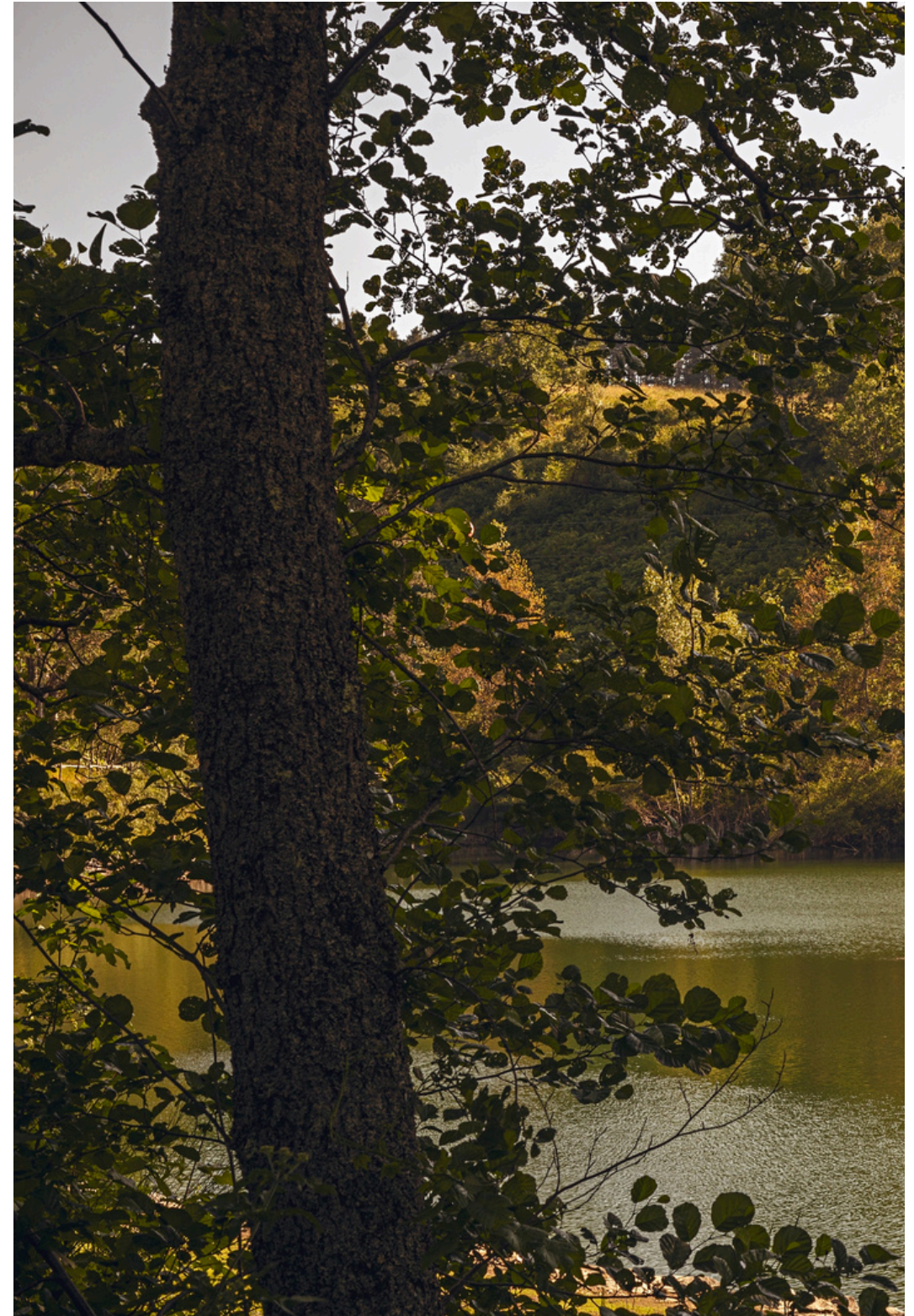
#### Draining Massage

**50 mins - EUR 110.00 indoor**

**50 mins - EUR 150.00 outdoor**

For the Water element, we recommend the draining massage that stimulates blood and lymphatic microcirculation by promoting the drainage of liquids and the elimination of toxins. This element represents the flow of life and liquids, and the draining massage focuses on removing the resistance to the flow.

Our therapist will evaluate the suitability of the ancient technique of dry brushing as a perfect pairing for this treatment.



## Four Elements

### AIR ELEMENT

#### Myofascial Massage

**50 mins - EUR 110.00 indoor**

**50 mins - EUR 150.00 outdoor**

For the Air element, we recommend the myofascial massage that has the purpose of accessing areas of blockage and tension of the muscles in order to free them to allow easier and more effective breathing. Myofascial massage aims to remove the blocks that limit the free flow of breathing by working on the elasticity, flexibility, and lightness of the muscles through stretching.

### SUN ELEMENT

#### Deep Tissue Massage

**50 mins - EUR 110.00 indoor**

**50 mins - EUR 150.00 outdoor**

The Sun element represents expansion, heat, and energy.

The massage that best aligns with this element is the deep tissue massage, which is a technique that aims to dissolve deep muscle tension and relieve chronic pain as it uses intense pressure and slow movements, focusing on the deeper layers of muscles and connective tissue.

It can be intense and sometimes slightly painful, but it helps to improve circulation, reduce inflammation and promote faster muscle recovery.

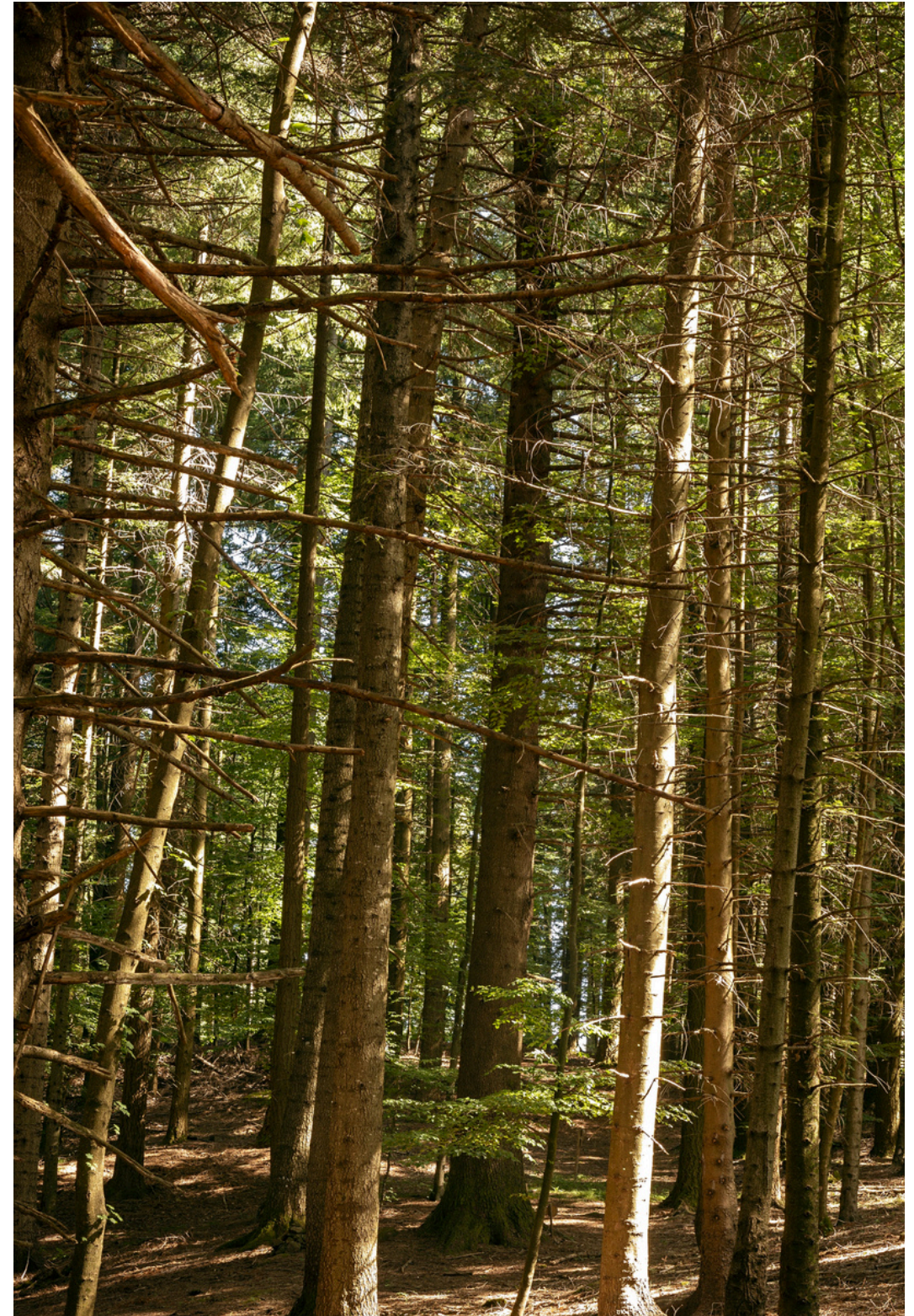
### FOUR ELEMENTS

#### Personalised Massage

**50 mins - EUR 110.00 indoor**

**50 mins - EUR 150.00 outdoor**

A massage that welcomes you in a complete way without having to choose one element, precisely because it encompasses them all. Different techniques chosen and mixed by the hands of the therapist who will be able to identify the best treatment through and during the massage.





## Tree Massages

These treatments will accompany the person on a journey of listening, rebalancing, and presence. Each touch becomes a dialogue with nature, inviting the body to remember its innate harmony.

### ROOTS

#### Foot Harmony Massage

50 mins - EUR 90.00 indoor

50 mins - EUR 130.00 outdoor

25 mins - EUR 60.00 indoor

Our feet are our roots.

Roots are essential for a tree to maintain balance, both physical and organic; they provide stability in the ground, absorb the resources necessary for growth, and allow the tree to respond effectively to environmental changes. This treatment combines techniques of foot reflexology, Chinese acupressure, and Thai foot massage to relax the feet, rebalance, and restore stability

### TRUNK

#### Rebalancing Massage

50 mins - EUR 90.00 indoor

50 mins - EUR 130.00 outdoor

The trunk holds together roots and leaves, just as the spine holds together posture and breath. This massage works on the entire body with deep manoeuvres, stretches, and joint mobilisations, helping to release tension, restore fluidity, and reorganise the central axis. A treatment to feel whole, grounded, and free in your movement.

### SAP

#### Core Massage

50 mins - EUR 90.00 indoor

50 mins - EUR 130.00 outdoor

Sap flows within, invisible but vital.

This massage works on the abdomen, breath, and meridians, releasing emotional tension and physical stagnation. It helps to reconnect with one's centre, to dissolve blockages related to internal organs, and to promote smoother digestion, even on an emotional level. An invitation to listen to the deep silence that nourishes.

### LEAVES

#### Head-Neck Massage

50 mins - EUR 90.00 indoor

50 mins - EUR 130.00 outdoor

25 mins - EUR 60.00 indoor

Like leaves that move in the wind and fall when needed, this massage slowly releases tension in the head, neck, and shoulders. Through deep and delicate touches, it promotes the release of muscle stiffness, and lightens the mind. An invitation to let go of what weighs down the mind, to rediscover space and lightness.

## Honey Rituals

The honey we use for our treatments is born here, among the flowers and plants of our oasis. An experience that nourishes the skin and reconnects the senses to the rhythm of nature

### HONEY GLOW

Exfoliating Peeling

50 mins - EUR 120.00 indoor

A natural and indulgent treatment that exfoliates, nourishes, and revitalises. Warm honey, combined with salt or raw sugar, works on the surface to eliminate dead skin cells and promote skin renewal. The friction stimulates microcirculation and oxygenates tissues, preparing the skin to better absorb subsequent treatments. After the scrub, the body appears smoother, more toned, and radiant. A simple yet powerful gesture to regenerate and awaken the skin.

### BEE FLOW

Antigravity Massage

50 mins - EUR 120.00 indoor

A treatment that works on the connective tissue. Honey is applied to the skin and worked with a manual technique inspired by "gomming," which creates a gentle suction and release. This gesture improves lymphatic and blood circulation, stimulates tissue metabolism, and promotes the elimination of toxins. Honey amplifies the effect of the massage: it activates, nourishes, and rebalances.

### GOLDEN TOUCH

Anti-Ageing Face Massage

50 mins - EUR 120.00 indoor

A regenerating ritual that relaxes features and deeply nourishes the skin. After a delicate cleanse and dry brushing to activate the lymphatic system, the face is enveloped in a warm honey mask with emollient, healing, and antibacterial properties. This is followed by a technique that stimulates microcirculation and promotes drainage, improving skin elasticity and working on expression lines. The treatment is completed with warm compresses and massages for radiant and more toned skin.

### AMBER STONE TOUCH

Face Massage

50 mins - EUR 120.00 indoor

A ritual that combines the sweetness of honey with the millennial art of jade stones to awaken the natural beauty of the skin and dissolve deep tensions. The honey, warm and enveloping, is applied with slow and ritual movements to deeply nourish and stimulate microcirculation. The stones, sliding gently, sculpt the contours, decongest, stimulates lymphatic drainage and gives a lifting effect.



## Soil Power

The peat we use for our treatments comes from the depths of the earth, where water, plants, and time merge in a silent embrace and it is the result of centuries of patience and transformation.

### PEAT THERAPY

#### Localized Peat Compress

**50 mins - EUR 130.00 indoor**

A targeted treatment designed to relieve deep muscle tension and localised joint pain. A warm peat compress, rich in minerals and natural substances, is gently applied to a specific area such as the back, neck, or legs, promoting tissue relaxation, stimulating microcirculation, and reducing joint inflammation.

### PEAT ESSENCE

#### Peat Face Treatment

**50 mins - EUR 130.00 indoor**

**25 mins - EUR 80.00 indoor**

An exclusive facial treatment that harnesses the extraordinary purifying and rebalancing properties of peat.

Gently applied, it draws out impurities, refines skin texture, tightens pores, and restores radiance and firmness.

Rich in natural antioxidants, peat helps counteract the signs of ageing, soothes redness, and leaves the skin feeling fresh, smooth, and deeply hydrated. Ideal for all skin types, including the most sensitive, this ritual is perfect for those seeking a radiant, relaxed, and visibly revitalised complexion.

### DEEP EARTH

#### Peat Rebirth Ritual

**80 mins - EUR 150.00 indoor**

Our Peat Ritual is an experience designed for those who wish to regenerate body and spirit.

Peat, rich in precious minerals, humic and fulvic acids, acts as a powerful natural detoxifier.

Its enveloping warmth stimulates microcirculation, promoting cellular oxygenation and lymphatic drainage for an immediate sensation of lightness and vitality. The relaxing effect of peat soothes muscle tension, relieves joint pain, and instills a profound sense of wellbeing.

The ritual concludes with a customised massage, designed to seal in the benefits of peat.



## Woodland Wellness

### FOREST BATHING

Guided by our Wellbeing Facilitator

**120 mins - EUR 180.00 per lodge**

Forest Bathing, or "Shinrin Yoku", is a practice born in Japan in the 1980s. It is not only a therapeutic method, but above all a form of prevention accessible to everyone. Immersing yourself in the woods through Forest Bathing is a powerful way to reduce stress, improve well-being, and restore your energy.

Since ancient times, we have known that contact with nature is good for us—but today, scientific studies confirm it. Recent research has shown that both humans and plants emit electromagnetic fields, and these fields interact with each other, producing mutual and beneficial effects. Additionally, plants release natural chemicals that support the nervous, circulatory, and immune systems, among others. Here at Oasyhotel, our eco-designer and bioresearcher Marco Nieri has mapped and selected the most beneficial trees and paths within the Reserve, specifically designed to interact positively with the human body.

Our Wellbeing Facilitator is available to guide you through this unique and regenerating experience.



## Woodland Wellness

### GROUNDING

120 mins - EUR 220.00 for 1 person

180 mins - EUR 330.00 for 2 people

The greenery surrounding Oasyhotel provides the perfect setting for our new wellness trail.

Our grounding experience begins with a short walk in the woods, guided by our Wellbeing Facilitator, with rooting and breathing exercises to deeply connect with nature.

Once returned to the hotel, a warm and relaxing herbal tea introduces the Ground Ritual.

The ritual opens with a warm foot bath enriched with salt and smooth heated stones, a symbolic act of grounding that relaxes and anchors body and mind. This is followed by the use of defatigating oils for the foot massage and a personalised outdoor massage, designed to release accumulated tensions and restore harmony.

This activity is a regenerating journey that revitalises the body and restores balance, leaving you deeply renewed.



## Body Practices

### DEEP RELAXATION SESSION

**60 mins - EUR 110.00 per lodge**

An individual experience immersed in the silence of nature.

Guided by our Wellbeing Facilitator, you will be gently led through slow movements, conscious breathing and deep release techniques, allowing the body to enter a state of profound calm and regeneration.

Ideal for those who wish to slow down, restore balance and rediscover a sense of both physical and mental lightness.

### YOGA

**60 mins - EUR 140.00 per lodge**

Elevate your sense of peace and wellbeing with our outdoor and indoor yoga sessions.

Taking place at some of the most panoramic locations within the reserve, these sessions allow you to synchronise with the natural rhythms of the environment.

### GENTLE MOBILISATION

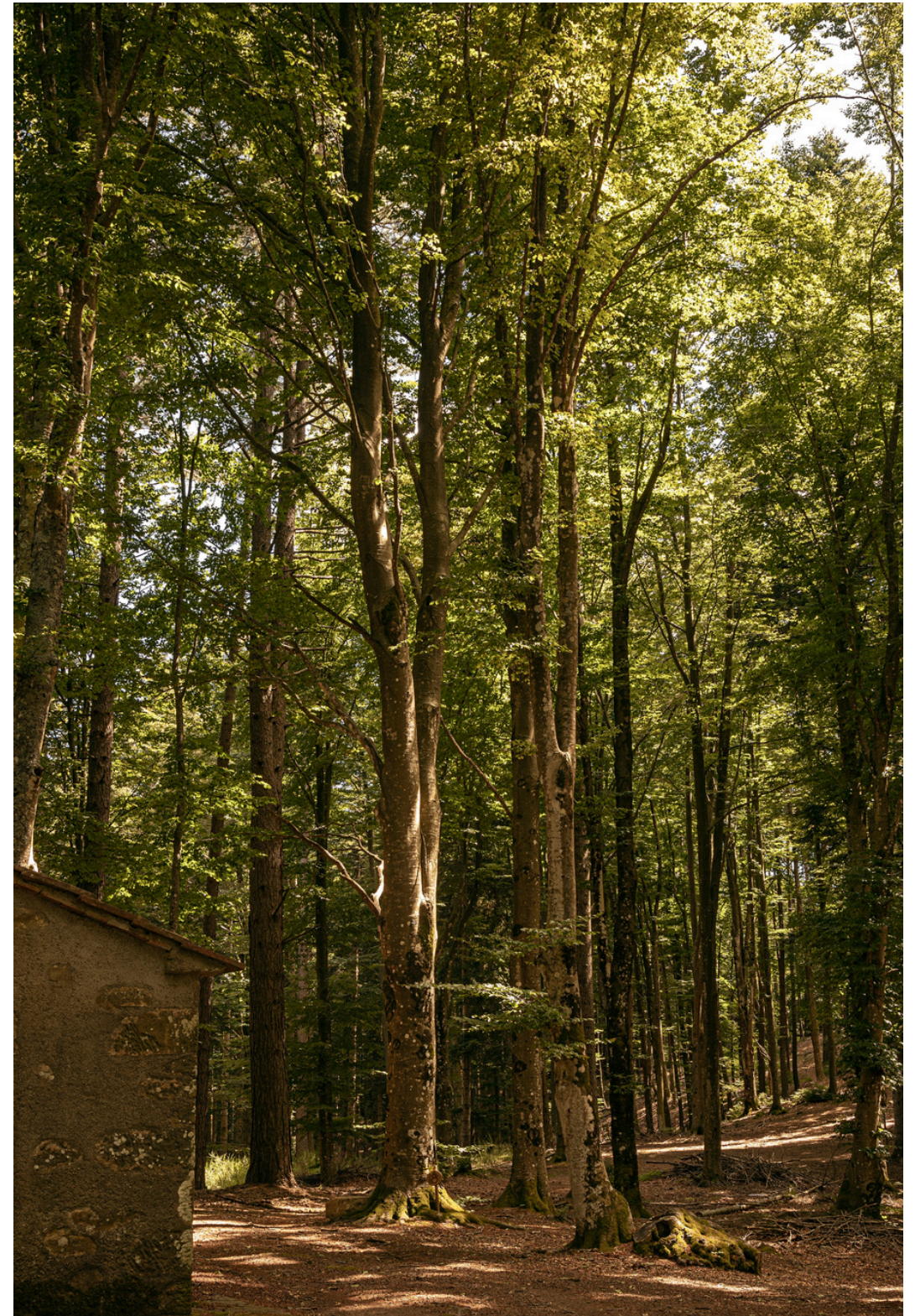
**60 mins - EUR 110.00 per lodge**

A practice dedicated to spinal health and joint mobility, guided by our Wellbeing Facilitator. Using body weight and a few simple supports, this session combines gentle active mobilisation with passive release. Ideal for restoring postural balance, easing muscular stiffness and oxygenating deep tissues. An accessible practice, especially welcome after a hike or a day outdoors. A gentle alternative to yoga.

### PILATES

**60 mins - EUR 140.00 per lodge**

A practice that combines strength, control and breath in a harmonious flow. Pilates sessions outdoors or in the quiet of your lodge will help you strengthen your core, improve your posture and restore physical and mental balance. Every movement is performed with precision and deep attention. Ideal for those seeking stability, centredness and strength.



## Wellbeing Programmes

In the woods, you are neither a stranger nor a spectator—you are simply part of it, deeply rooted in its silence and rhythm.

Our wellbeing programmes are born from this very idea. Each journey is an invitation to listen, to be present, and to make contact. Every treatment is designed to restore what we often miss the most: grounding, breath, energy, and light. Each path, enriched by an open-air activity, becomes a personal dialogue with nature—an encounter we need.

The silence that surrounds us becomes the heart of the experience. Not silence as absence, but as an opportunity—a space to be filled with something new or perhaps something ancient.

Our Wellbeing Facilitator will gently guide you through this process of reconnection with the natural world while allowing space for personal emotions and sensations to emerge.

We recommend integrate grounding, forest bathing, or outdoor yoga into your preferred wellbeing programme to enhance its benefits and deepen your connection to nature.

Our wellbeing programmes are thoughtfully designed to be enjoyed over the course of two or more days, allowing our guests to fully benefit from the restorative rhythm of nature.



# Wellbeing Programmes

## Deep Roots Path

**EUR 280.00**

When: you feel agitated, overwhelmed

Benefits: helps you regain stability and connection with your body

Includes:

- Connective Massage (EARTH)
- Rebalancing Massage
- Foot Armony Massage
- 1 hour of activity in nature to be advised by our Wellbeing Facilitator.

## Natural Detox Path

**EUR 320.00**

When: you feel swelling, retention, heaviness

Benefits: promotes drainage, free from fatigue

Includes:

- Drainage Massage with dry brushing (WATER)
- Connective with Vacuum Therapy (oriental cupping)
- Antigravity Massage
- 1 hour of activity in nature to be advised by our Wellbeing Facilitator.

## Air and Breath Path

**EUR 280.00**

When: blocked energies, anxiety, mental stress

Benefits: Free your breathing, relax your mind and muscles

Includes:

- Myofascial Massage (AIR)
- Core Massage
- Head-Neck Massage
- 1 hour of activity in nature to be advised by our Wellbeing Facilitator.

## Active Energy Path

**EUR 320.00**

When: you feel contracted, tired, with pains

Benefits: dissolves muscle tension and gives strength

Includes:

- Deep Tissue Massage (SUN)
- Antigravity Massage
- Personalised Massage
- 1 hour of activity in nature to be advised by our Wellbeing Facilitator.



## Bookings & Cancellations

### Appointments

We recommend booking activities well in advance of your arrival to accommodate your preferred schedule.

Requests made with short notice are subject to availability and cannot be guaranteed.

Appointments for indoor treatments are available daily from 10:00 AM to 7:00 PM, with the last booking at 6:00 PM.

We kindly ask you to arrive at least 10 minutes prior to your appointment.

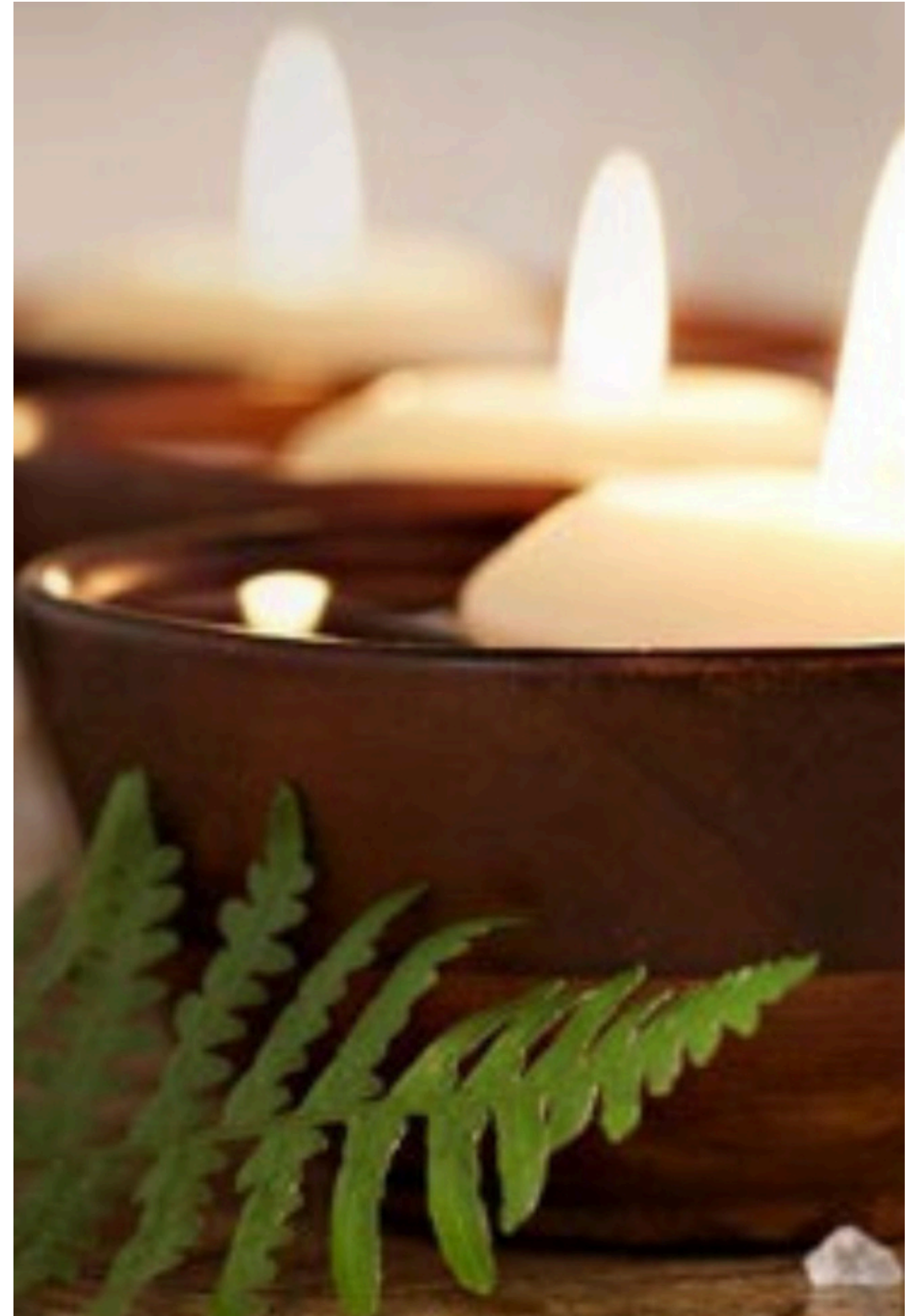
Please make your way to the reception, where your therapist will be waiting to welcome you.

### Cancellation Policy

Cancellations must be made at least 24 hours prior to the scheduled activity to avoid charges.

For yoga sessions, a minimum of 7 days' notice is required for cancellation without penalty.

Late cancellations may be subject to full charges.





# oasyhotel

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*Wellbeing Collection*

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