

Wellness Booklet

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Make your stay in the Tuscan countryside even more revitalising

With the woodland environment to immerse yourself in, breathing the fresh mountain air of the Apennines, a stay at Oasyhotel will leave you feeling relaxed and rejuvenated. There are plenty of outdoor activities to get your heart pumping and your body moving, from our swimming lido to our forest trails for e-bikes and hikes. We also offer guests a range of wellness treatments and fitness activities, which can be booked by calling our reception team or arranged spontaneously.



WELLNESS TREATMENTS

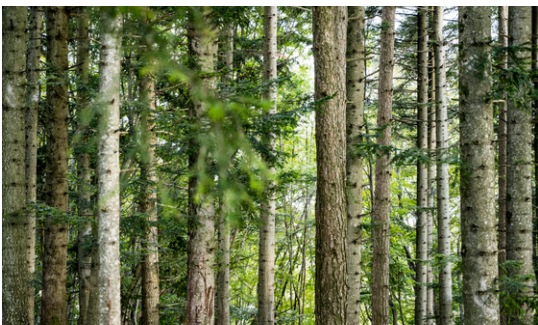
Oasyhotel features two bespoke treatment rooms and offers a small but varied menu of wellness treatments, ranging from reflexology and aromatherapy to personalised facial treatments that can be enjoyed on their own or combined with a massage. One of the highlights is the open-air massage, a deeply atmospheric experience conducted on a wooden platform beneath the trees.

Speak to our reception team to discuss your preferred treatments and schedule.



YOGA

Practicing outdoor yoga and meditation, where the air is thin, 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 tranquilly, beauty, and silence.



WOODLAND WELLNESS

Spending time among trees has been scientifically proven to help our well-being and health. Even spending as little as a few hours in a woodland setting can have a beneficial impact—reducing stress, boosting the immune system, and alleviating depression. It's an immersive experience with long-lasting effects. At Oasyhotel, we have four trails specifically designed for the practice of forest bathing—a meditative experience of relaxing in nature—that also highlight trees believed to support the health of our inner organs.

Our Treatments

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Our wellness therapies complement the natural setting of Oasyhotel, allowing you to fully relax into the experience of staying here and enhancing your physical, emotional, and spiritual well-being. We feature two treatment rooms for massages and facials, all using 100% organic and locally sourced products.

Speak with our reception team to book a treatment, and please allow 48 hours' notice.



Policies

Please arrive 10-15 minutes before your appointment, to allow time to change and speak to our therapist.

Wellness Menu

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OPEN AIR MASSAGE

50 mins - EUR 150,00

An exclusive treatment of pure relaxation performed on a wooden platform among the trees – let yourself be soothed by the fresh air and the sound of birdsong. The experience begins with a consultation with your therapist to personalise the massage. Beneath the shade of willows and black pines, this is a treat for all five senses that will leave you feeling calm, supple, and more energised.



HOT STONE MASSAGE

50 mins - EUR 110,00

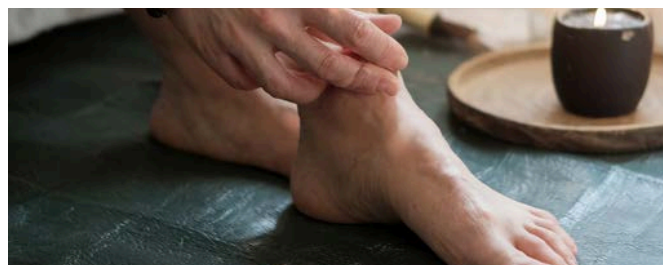
More effective than a traditional massage, this treatment is ideal for melting away tension. The therapist places hot stones on specific points along your body to promote relaxation and release deep-seated tension. The stones are also used as an extension of the therapist's hands, applying gentle pressure and gliding along your muscles. This combination of heat and pressure helps to ease muscle stiffness and calm the mind.



REBALANCING MASSAGE

60 mins - EUR 150,00

This treatment, rooted in Eastern traditions, helps you reconnect with your breath and body. The Yoga massage is a unique blend of assisted yoga, acupressure, Chinese medicine, and breathwork. It works on both an emotional and physical level, incorporating deep stretches to increase flexibility and stimulate the lymphatic system. By targeting pressure points on the body, it can help re-energise and revitalise you.



FOOT & LEG ENERGY BALANCE THERAPY

50 mins - EUR 90,00

This very relaxing treatment for the feet and legs incorporates ancient techniques to relieve tension and restore equilibrium. The process begins with a refreshing saltwater foot bath and exfoliating scrub, followed by a harmonic blend of Thai foot massage, Western reflexology, and Chinese acupressure. The therapist uses a combination of mild and firm pressure to specific places, guided by the notion that the feet are related to the entire body by energy lines, or meridians.

Wellness Menu

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VACUUM THERAPY (CUPPING)

50 mins - EUR 110,00

Vacuum treatment, also known as cupping, is an ancient method that uses gentle suction to promote circulation, relieve muscle tension, and aid in lymphatic drainage. This complimentary therapy improves the effects of therapies like lymphatic drainage massage and myofascial massage by increasing detoxification, lowering inflammation, and enhancing general tissue suppleness.



DRY BRUSHING TREATMENT

50 mins - EUR 110,00

A rejuvenating treatment that uses natural bristle brushes to gently exfoliate the skin, increase circulation, and stimulate the lymphatic system. This procedure helps to detoxify your skin, leaving it smooth, luminous, and revitalised.



BACK, NECK AND SHOULDER MASSAGE

25 mins - EUR 60,00

This massage is ideal for anyone with limited time because it targets particular areas of stress and discomfort based on your individual needs. The therapy adapts to your priorities, whether you want to target the upper body (back, neck, shoulders, and head) or the lower body (legs, foot, or specific muscle groups).



FACIAL TREATMENT

50 mins - EUR 110,00

Give your complexion a radiant boost with this rejuvenating therapy. The treatment begins with a purifying cleanse and gentle red-fruit exfoliation, followed by a black-clay mask to detoxify your skin and specific massage techniques to regenerate the epidermis. To finish, an antioxidant face cream is applied. All products used are 100% organic and locally sourced.

The treatment can be customised to suit your needs, with a short consultation with your therapist included.



EXFOLIATING BODY TREATMENT

50 mins - EUR 110,00

Choose your preferred essential oil to personalise a revitalising full-body exfoliation with Himalayan salt. This treatment is perfect as a stand-alone experience or as an addition to any of our massages.



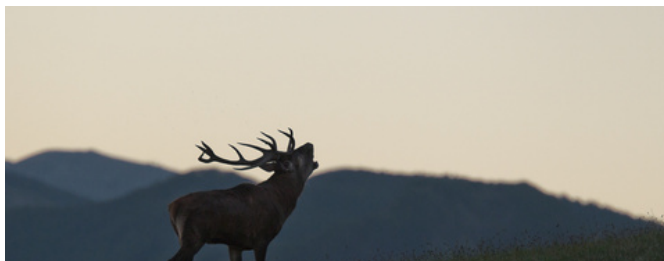
AROMATHERAPY MASSAGE

50 mins - EUR 110,00

This harmonising massage uses essential oils to enhance physical, emotional, and mental well-being. Tension melts away, leaving you in a state of blissful relaxation. The therapist combines slow, enveloping movements with personalised essential oils to soothe fatigue, relieve pain, and ease stress-related insomnia.

Four Elements

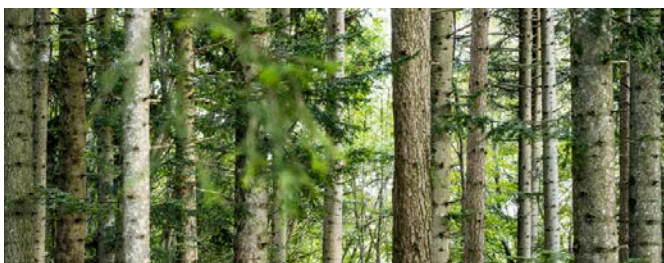
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EARTH ELEMENT: CONNECTIVE TISSUE MASSAGE

50 mins - EUR 110,00

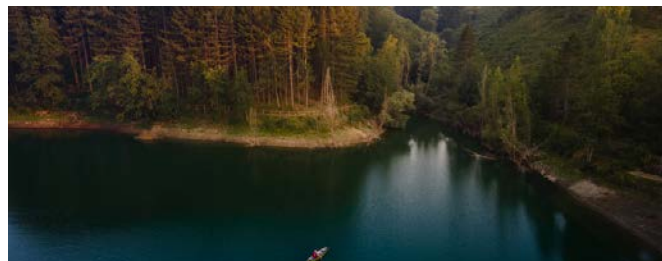
For the Earth element, we recommend the connective tissue massage that, through a slow and deep touch, aims at the perception of solidity and rootedness. This treatment is ideal for those who tend to be very mind-focused. The connective tissue massage aims to loosen the main tensions and dissolve the various layers of impurities by stimulating the deeper tissues, such as precise connective tissue. The feeling of awareness of one's body starts from the back, continues on the legs, and ends at the feet: the roots of man.



AIR ELEMENT: MYOFASCIAL MASSAGE

50 mins - EUR 110,00

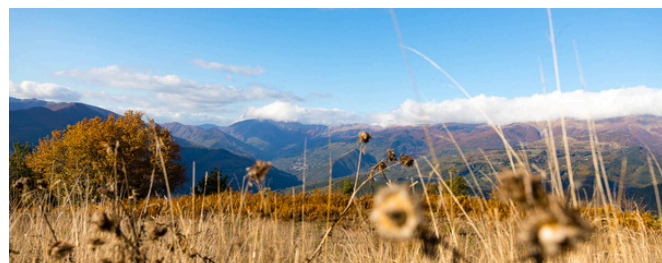
For the Air element, we recommend the myofascial massage that has the purpose of accessing areas of blockage and tension of the muscles in order to free them to allow easier and more effective breathing. Myofascial massage aims to remove the blocks that limit the free flow of breathing by working on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



WATER ELEMENT: DRAINING MASSAGE

50 mins - EUR 110,00

For the Water element, we recommend the draining massage that, with a light touch, stimulates blood and lymphatic microcirculation by promoting the drainage of liquids and the elimination of toxins. The element of water represents the flow of life and liquids, and the draining massage focuses on removing the resistance to the flow. The result is brighter, more toned, and rejuvenated skin. Lymphatic drainage also regenerates tissues by rehydrating the skin, boosts the body's immune system, and has anxiolytic and muscle-relaxing effects.



SUN ELEMENT: SPORT MASSAGE

50 mins - EUR 110,00

The Sun element represents expansion, heat, and energy. The touch associated with this element is energising and reactivating, incorporating friction and percussive techniques. The massage that best aligns with this element is the Sport massage, which is ideal for accelerating recovery after physical effort, preparing the body for activity, maintaining optimal muscular tone, and improving circulatory flow.

Forest Walk

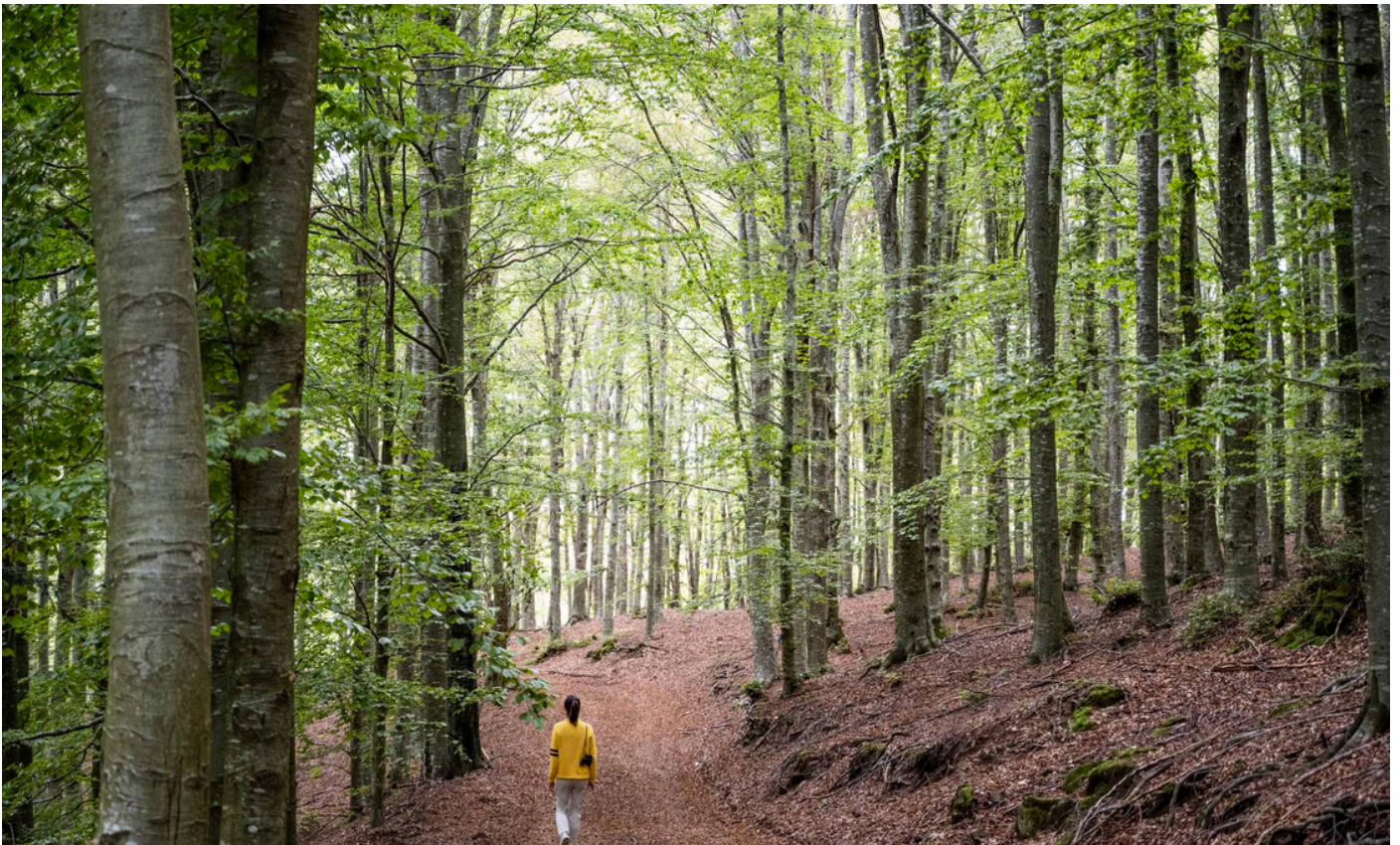
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120 mins - EUR 220,00

As modern scientific research widely confirms, plants release molecules called phytoncides, which are extremely beneficial to human beings. These anti-pathogenic substances help relax the parasympathetic nervous system and enhance the activity of the immune system.

The WWF Nature Reserve surrounding Oasyhotel provides the perfect setting for our new Forest Path. This experience begins with a 20-minute walk through the woodland near the lake, guided by our therapist to assist with physical exercises, stretching, and encourage deep breathing. Once fully immersed in nature, the therapist will lead a 30-minute pre-massage ritual, including reflexology, herbal wraps, and relaxing teas. The experience culminates with a 50-minute open-air massage, completing this holistic wellness journey.

This 2-hour activity is designed to rejuvenate the body and restore physical balance, leaving you feeling refreshed and revitalised.





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