



IL BOTTACCIO



OTZIUM
THE ART OF NOT DOING

WELLNESS



Treating yourself fondly, taking care of your body, tending towards harmony and beauty, stealing time from time, learning the Art of Dreaming...

Only an intuitive and contemplative human being can dedicate himself or herself to the noblest form of doing: that, which the Latins termed *Otium Aureum*.

Otzium, Bottaccio's Spa, is the place that can reconstitute to us the right to be creative, the right to our integrity, to our beauty, offering us the secret of all secrets: how to make a masterpiece of ourselves.



SPA TREATMENTS MENU

Ayurvedic Massage

Ayurveda means “Science of Life”. Ayurvedic medicine developed in India during over 7000 years and has been professed, throughout the millennia, the holistic vision of man, embracing a concept of body and spirit fused in an inseparable unity.

Good living habits, a healthy diet and massage are believed to be the fundamentals to maintain the energetic and psycho-physical balance of

the human body. Beyond the muscles being invigorated, a transformation of the compressed energies takes place so that the body - the physical body as well as the energetic body - can restructure itself and find its vitality and spirituality again. The massage envisages the utilisation of oil and essences on the body and under the feet according to the principles of reflexology.

€ 120,00



Shiatsu Massage

In 1955, Shiatsu was officially recognised by the Japanese Ministry of Health. It is a body mediation technique that stimulates natural abilities of recovering or for keeping one's own energetic balance. Like acupuncture, *Shiatsu* (the word in Japanese is composed of two ideograms: *Shi* = finger, and *atsu* = pressure) is essentially based on the pressure of fingers and hands along the paths of the energetic meridians. This method enables to “free” the channels along which energies run through the body, allowing the treated person to recover his or her own vital resources from deep within. The massage consists of tractions and pressures maintained for a few minutes on precise areas, and it is always performed following a gradual compensation of balance until full stabilisation is found.

€ 110,00

Meridians Massage with Oil and Essences

This is a massage with a relaxing and balance-restoring effect. It acts upon the energy that runs across the human body along its meridian paths, by applying fluid movements of variable intensity, pressures, stretches, all facilitated by the use of natural oil and essences.

€ 105,00



Meridians Massage with Gua Sha technique

This re-activation massage acts upon the energetic elements (water, wood, fire, earth, metal) and the energy of self-protection. After a preparatory phase through which the body is treated with oil and essences to be activated, the specific body parts that need to be re-activated energetically are handled with perfectly polished natural tools, abiding to the Gua Sha technique.

€ 110,00

Balance Restoring Treatment with Tibetan Bells

The treatment foresees a preparatory phase, where the body is treated with natural essential oils and a meridians massage to release tensions and activate energy flows; this, to fully welcome the further exposure to the sound vibrations of the Tibetan bells. Sound, acting upon the mind and body at deep levels, allows the body to find its own harmonic frequency, inducing relaxation and favouring a quicker recovery of a state of profound well-being.

€ 110,00



Yin/Yang Four Hands Massage with essential oils

Through pressures and fluid movements executed with oil and essences, Yin and Yang energies act upon the body meridians. The delicate Yin and the more assertive Yang actions are alternated, creating a Yin and Yang synergy which actually acts synergistically over the whole body, through the multiplying stress-releasing and relaxing effect of two massage operators working in coordination at the same time.

€ 140,00

Otzium Spa Cycle

Hamam cycle, Arabic Black Soap Scrub, traditional Hammam Glove, Sensory Shower, Herbal Teas, Relax Area.

€ 45,00