

Woodland wellness at Oasyhotel

Trees are essential for the wellbeing of the planet, but they are also good for our health. We know the benefits of exercise, but recent scientific studies have shown that simply spending time in woodland – as little as 15 minutes – can be beneficial for us.

It's a chance to turn off and immerse yourself in nature, away from other distractions.

Trees are all around Oasyhotel, and they play an important part of the experience here. We encourage you to take a little time out to walk among our beech woods, with no other purpose than to be outside in the fresh air, to breathe in deep and relax.

We have created four different paths through the trees: this map will guide you along the different routes – and explain the woodland wellness concepts of *Forest Bathing* and *Bioenergetic Landscapes*.

A Woodland Wellness Map For Four Forest Walks



Via Ximenes 662
51028 San Marcello
Piteglio (PT)

+39 0573 171 60 62
info@oasyhotel.com

Forest Bathing

You may already enjoy Forest Bathing, or have heard about it.

Forest Bathing is the practice of spending time among trees, opening up your senses, enjoying the silence, and harnessing the healing powers of the forest. Despite the name it doesn't involve any water, but is an immersive experience that originated in the 1980s in Japan, where it's known as *shinrin yoku*.

All you need to do is put your devices away and walk among the trees, stopping by ones that attract you and breathing in deeply. Research has shown that even as little as 15 minutes spent among trees can lower cortisol levels, alleviate depression, boost the immune system and reduce anxiety. Two hours' walking among trees is thought to be more beneficial than antidepressants, with the effect lasting up to 30 days.

It's thought that this effect is partly caused by chemicals called phytonicides, or monoterpenes, which trees emit to ward off disease and insect attack.

Beech trees – one of the main species of tree around the Oasyhotel – produce high levels of this substance, particularly from the end of spring and throughout summer, when leaf development is at its best, up until the end of October.

To maximise the health benefits, the ideal is to spend at least 10 to 12 hours in the forest over a period of three days – with individual visits lasting roughly three hours.

But any amount of time is beneficial.

Just follow a route and walk slowly, stopping at the trees that attract you most and spending time with them.

Take long, deep breaths, and keep your eyes open; you can stand or sit, or even lie down, whichever feels most comfortable. Try to stay mindful and focussed on the environment around you.

A quick guide

- Forest bathing is the meditative practice of relaxing among nature. It has been scientifically shown to help boost wellbeing and reduce stress.
- All you need to do is walk slowly among the trees, stopping at whichever one attracts you. Leave your devices at home or turn them off.
- Spend as long as you like next to the trees you stop at. Stay standing or sit down, and breathe in deeply and slowly.
- Keep your eyes open to appreciate the colours of the forest, and stay mindful and focussed on your surroundings: try not to think of plans or things you need to do.
- The ideal time to spend forest bathing is around three hours a day over three days, but any amount of time will be beneficial.

Bioenergetic Landscapes

Bioenergetic Landscapes is a way of explaining why spending time immersed in nature can be good for us.

It's a concept that goes back to the 1960s, although recent studies have developed the theory. Basically, it looks at how the electromagnetic fields emitted by plants create a zone of wellbeing that can be beneficial for our internal organs.

In Italy, the Bioenergetic Landscapes approach has been developed by the Bologna-based Marco Nieri, who founded the Bioenergetic Landscapes Laboratory to examine

the phenomenon, and designs bioenergetic gardens and parks for hospitals and private houses.

It's more than simply 'tree-hugging'! It's thought that staying 10 minutes or more in these bioenergetic zones can reduce stress and nourish the well-being of our immune system, liver, circulation and other parts of our own biosphere.

Our certified expert has measured the bioenergetic properties of certain trees around the Oasyhotel wilderness reserve, which are listed here along with the parts of the body they may benefit. So take some time out and go for a walk in the woods. Oasyhotel has the luxury of having this wonderful natural environment around it.

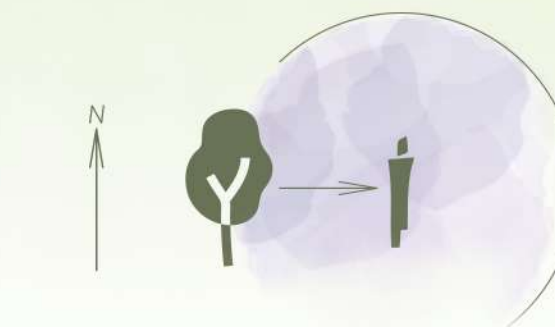
A meditative walk among the trees, stopping by trees and enjoying the living silence all around, is an easy way to reconnect with nature and with yourself.

A quick guide

- It's thought that all plantlife emits a bio-electromagnetic field that can benefit our body.
- Spending just 10 minutes among the trees and plants can reduce stress and nourish the well-being of our immune system and internal organs.
- Certain trees around the Oasyhotel have been measured for their bioenergetic potential.

Bioenergetic properties

Measured trees



1. Beech 01 NW Cardiovascular system, coronary arteries, thyroid, immune system, bladder

2. Beech 0 NW Lymphatic system, small intestine, duodenum, pituitary gland, nervous system

3. Beech 1 NW Mucous membranes, lymphatic system, stomach, adrenal glands, limbic system, cardiovascular system

4. Beech 2 W Immune system, kidneys, rheumatism (contrasting function), nervous system

5. Beech 3 N Nervous system, ovaries, thyroid, immune system, kidneys

6. Beech 4 NW Lymphatic system, liver, nervous system, small intestine, duodenum

7. Beech 5 N+NW Eyes-hair-skin, kidneys, hypothalamus, immune system

8. Beech 6 N+W Lymphatic system, gallbladder, adrenal glands, mucous membranes, eyes-hair-skin, kidneys

9. Beech 6 bis W Stomach, cardiovascular system, coronary arteries, adrenal glands, eyes-hair-skin, thymus

10. Fir 11 N+SW Immune system, kidneys, nervous system, hypothalamus

11. Fir 10 SW Bones, immune system, small intestine, duodenum, hypothalamus, nervous system

12. Fir 9 W Nervous system, small intestine, duodenum, hypothalamus

13. Beech 23 W Lymphatic system, cardiovascular system, coronary arteries, thyroid, rheumatism (contrasting function), liver

14. Fir 12 N+NW Mucous membranes, ovaries, pancreas, metabolism, adrenal glands, lymphatic system, gallbladder, thyroid, limbic system

15. Fir 13 W Lymphatic system, liver, small intestine, duodenum, pancreas, metabolism

16. Fir 14 bis N+W Mucous membranes, immune system, kidneys, nervous system, adrenal glands

17. Pine 14 N+NW Ovaries, pancreas, metabolism, small intestine, duodenum, eyes-hair-skin

18. Fir 7 W Bones, lymphatic system, uterus, nervous system, thyroid, prostate, cardiovascular system, coronary arteries

19. Fir 7 bis W Mucous membranes, cardiovascular system, coronary arteries, hypothalamus, eyes-hair-skin, kidneys, pituitary gland

20. Beech 8 SW Lymphatic system, stomach, adrenal glands, uterus, cardiovascular system, coronary arteries, limbic system.

21. Beech 15 NW Eyes-hair-skin, nervous system, thyroid, small intestine, duodenum

22. Beech 17 W + **23. Beech 16 bis** N (confluent areas, average measurement) Bones, cardiovascular system, coronary arteries, stomach, adrenal glands

24. Beech 16 N+W Lymphatic system, kidneys, hypothalamus

25. Fir 18 NW Ovaries, immune system, adrenal glands, stomach, kidneys

26. Fir 19 NW Liver, cardiovascular system, coronary arteries, lymphatic system, gallbladder, thymus

27. Pine 22 SW Eyes-hair-skin, immune system, bladder, thyroid, stomach

28. Fir 20 W+NW Ovaries, immune system, pancreas, metabolism, kidneys, limbic system

29. Fir 21 W+NW Mucous membranes, bones, immune system, nervous system, bladder, pituitary gland, cardiovascular system, coronary arteries

30. Beech 24 N Lymphatic system, nervous system, small intestine, duodenum, thyroid, bones, gallbladder