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OTO ANNOUNCES FOUR MONTH SPA RESIDENCY AT CLIVEDEN HOUSE



October 2021, Award -winning luxury CBD brand OTO is delighted to announce a new four -month residency at Cliveden House in Berkshire. From the 1st November 2021, guests visiting the luxury country house hotel will be able to enjoy overnight OTO spa retreats and spa day experiences in the exclusive Cliveden Spa.

A member of the Iconic Luxury Hotels' collection, Cliveden House is a place of unparalleled luxury in which to escape, renew and refresh. Honouring over 350 years of illustrious history, the Cliveden Spa is set within a secluded walled garden, screened by mellow brick walls covered with scented roses, where guests experiencing the OTO retreats will discover a tranquil oasis, offering a true sense of wellbeing and relaxation.

Commenting on the residency, Helen Cain, Head of Spa at OTO said: *"This collaboration is a dream come true as Cliveden House embraces all that is wellness within the spa industry. We are very excited to bring the power of CBD within the sensory massage experiences to life here and work closely with*



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Iconic's Spa Director, Kerry Hudson to ensure maximum opportunity for everyone to 'find their space' with OTO CBD Spa'

The OTO spa offering at Cliveden House will include two overnight spa experiences and a spa day package:

The OTO Sleep Experience includes: an overnight stay with breakfast, 90 -minute personalised OTO CBD deep relaxation massage, the choice of a 60 -minute private yoga or private sound healing session, use of Cliveden spa facilities, access to the 376 -acre National Trust Estate and a luxurious OTO sleep selection set, including night face mask, pillow mist and the balance CBD oil.

The OTO Invest in Yourself Experience also includes an overnight stay with breakfast, a 90 -minute personalised OTO CBD re -energising massage. the choice of a 60-minute private yoga or private sound healing session, use of Cliveden spa facilities, access to the 376 -acre National Trust Estate and a curated OTO gift to take home.

On selected dates throughout the four -month residency, the **OTO Spa Day** will be available for non-residents. As well as the use of exclusive spa facilities at Cliveden House, the spa day includes a 60-minute OTO bespoke massage treatment, lunch or afternoon tea in the Spa Kitchen, selected complimentary refreshments and an OTO gift to take home. The bespoke treatment range created by Helen Cain, can re -energise and ease muscle tension; help to refocus busy minds and they are deeply restorative and an aid to sleep.

Kerry Hudson, Spa Director for Iconic Luxury Hotels is delighted to welcome OTO to Cliveden, "*OTO answered all my CBD questions. It was important that the CBD was ethically sourced and their consolation approach mirrors our already bespoke treatment menu, and partnering with a British premium range was essential. I believe we could all benefit from using OTO products as we enter a new chapter and the benefits of CBD will intensify our treatment offering at Cliveden House.*"

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Notes to Editors:



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OTO Sleep Experience is available from 1st November - 31st December and the OTO Invest in Yourself Experience is available from 1st January - 29th February. Both retreats start from £823 based on single occupancy and £1056 based on double occupancy, available Sunday-Thursday.

OTO Spa Day costs £305 per person and is available on the following exclusive dates:

17, 18 & 23 November 2021, 7, 8 & 16 December 2021, 11, 19 & 27 January 2022, 1, 9 & 17 February 2022.

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About Cliveden House

Cliveden House is a five-star luxury hotel; the building is owned by the National Trust and operated under a long lease arrangement by Iconic Luxury Hotels. Less than 45 minutes west of London and 20 minutes from London Heathrow Airport, the hotel has 47 spacious rooms and suites in the main mansion plus Spring Cottage, a summerhouse on the banks of the River Thames, together with boathouse and boats, luxurious spa and a range of sporting and leisure facilities. The Cliveden Dining Room is complemented by the relaxed informality of The Astor Grill, together with a range of private dining, banqueting and meeting facilities. Cliveden is unique, the setting, architecture and interiors all speak eloquently of extraordinary extravagance and remarkable refinement. There is a palpable sense of history for this is a house that for well over 350 years has been dedicated to the pursuit of pleasure, power and politics.

Cliveden House is a member of Iconic Luxury Hotels, a collection of England's finest iconic hotels which also includes: Chewton Glen in the New Forest, Hampshire; 11 Cadogan Gardens in the heart of Chelsea; The Lygon Arms in the Cotswolds and The Mayfair Townhouse in London. Each property has its own character but they share a common commitment to delivering outstanding experiences.

About OTO & CBD

OTO was born out of a personal desire to share the wonder of CBD with as many people as possible, through luxurious products and meaningful experiences. Founded by husband and wife team, Gemma Colao and James Bagley, who set up California's first legal online dispensary. Gemma first discovered the power of CBD whilst working in the fast-paced fashion industry as a way to manage



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her own anxiety and hormonal acne. Upon returning to the UK, Gemma and James teamed up with a group of friends that include world-leading scientists and designers to create OTO; their aim is to redefine the UK's CBD sector with their sophisticated, simple and enjoyable products that fit into your daily lives.

OTO has recently won awards including: 'The best CBD brand for Skincare' and 'The best CBD brand for Sleep'. OTO's team of world-leading scientists and botanists have sourced the highest quality essential oils, botanicals, scents and flavours from around the world, blending them with an unparalleled quantity of pure CBD isolate to create a range of luxurious and extremely effective beauty and wellness products, which easily fit into your daily rituals.

Each of OTO's products are centred around the brand's three pillar philosophy of RITUAL, Amplify and Balance, with the intention of bringing presence and calm to every moment of the day; whilst their TM OTO Strength Guarantee ensures each of their products deliver the recommended daily dose of 40-60mg of CBD. Every step of their design process is taken with care and uncompromising attention to detail.

CBD stands for Cannabidiol. It is one of the main cannabinoids in the hemp plant. CBD is similar to cannabinoids naturally produced in our own bodies. They help to promote homeostasis – or balance – in the body. They also help regulate physiological functions like pain, inflammation, sleep, mood, stress and anxiety. Our own cannabinoid levels can deplete and as such our sleep may suffer or we may feel higher levels of anxiety or pain. By supplementing our natural cannabinoids with plant-based CBD, it can help restore the balance. Sleep is crucial to our health and happiness. Stress and anxiety are a major cause of disease.

These stresses are shown in our skin and our bodies, sometimes creating pain and inflammation, and further exacerbating stress and anxiety. The need for natural, powerful remedies like CBD has never been greater. A growing body of evidence is revealing how CBD can help with sleep, stress, mood and certain skin conditions, as well as pain management and inflammation.