

OTO™

In the silence comes the healing

DISCOVER OTO CBD SPA & WELLNESS



WHAT IS CBD?

From anxiety to sleep through to pain management and skin conditions, CBD (cannabidiol) is famous for its incredible ability to benefit almost every area of our lives. That's why wellness experts, medical professionals and beauty editors alike are all a flutter about its potential power.

However, this previously overlooked natural extract also faces confusion, through a lack of understanding, conflicting information and poor-quality products.

Approved by the World Health Organisation, CBD stands for cannabidiol and is a completely natural, safe compound derived from the cannabis plant.

Unlike THC (tetrahydrocannabinol) which is a different natural compound found in plants of the *Cannabis* genus, CBD has no psychoactive or intoxicating properties, meaning you will not get 'high' from using it. In fact, regulation in the UK prohibits any trace of THC in CBD products.

INTRODUCING OTO

Founded by a husband and wife team, who set up California's first legal online CBD dispensary, OTO exists to help people discover the power of CBD through thoughtful and effective products that easily and enjoyably fit into their daily lives.

OTO sources the highest-quality essential oils, botanicals, scents and flavours from around the globe, blending them with pure CBD isolate to develop their potent and ground-breaking range of exquisite products.



Two crucial sets of principles embody our brand: OTOSTRENGTH™ and #OTOMOMENTS.

OTO STRENGTH™

After months of research, OTO's team of world-class product scientists concluded that 40–60mg of CBD per day represents the optimal amount needed to deliver an effective dose to your endocannabinoid system.

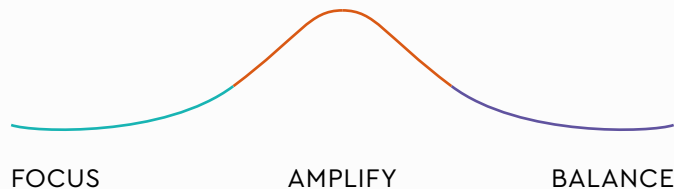
OTOSTrength™ is our promise to consumers to deliver the greatest efficacy, and ensures our products really work.

OTO MOMENTS

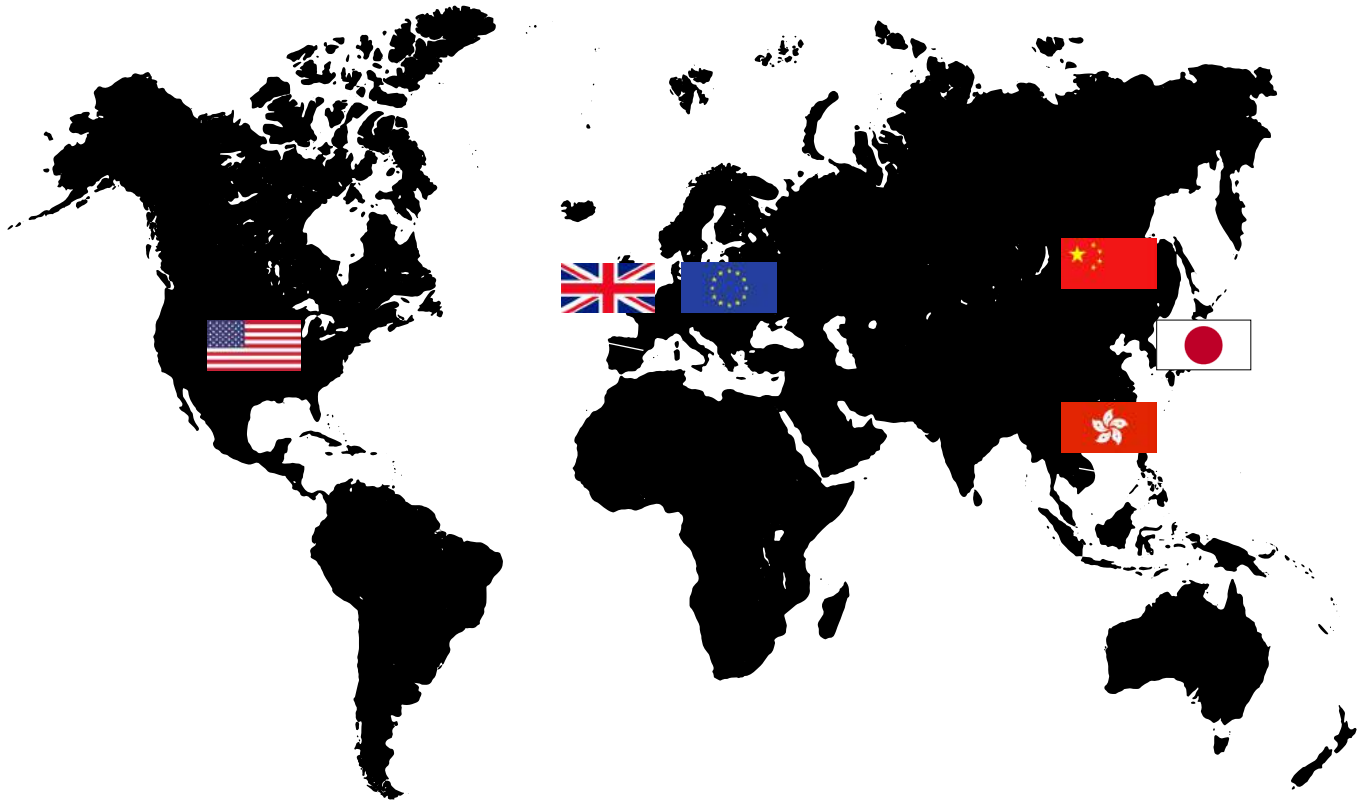
All OTO products have been designed around 3 moments: FOCUS, AMPLIFY and BALANCE.

These moments naturally align with our daily circadian rhythm, and help educate consumers on when to use CBD.

All OTO products are designed to enhance these moments and thus can easily become part of your daily rituals. Our entire range is vegan, cruelty and nut-free, and extracted or distilled in conditions that preserve all their richness and natural healing properties.



OTO IS A GLOBAL LEADER



OTO IS AWARD-WINNING





OTTO
SPA

FOCUS
CBD BODY OIL

300ML - 10.56 FL OZ - 300MG CBD

INTRODUCING OTO SPA

OTO Spa has transformed the perception of CBD in the spa industry by:

- Securing international endorsement from CIBTAC for the training course
- Putting the health and wellbeing of the therapists and practitioners at the forefront, by developing experiences that minimise the risk to arms and wrists
- Developing luxurious, yet cost effective, protocols with a cost of sales less than 10%
- Combining spa and wellness in 2021 with the power of CBD, beautiful essential oil blends and the wonders of massage
- Harnessing the power of sound through soundscapes to accompany the experiences



OUR SPA EXPERIENCES

OTO AMPLIFY SIGNATURE CBD MASSAGE EXPERIENCE

Clear the mind and cleanse the spirit.

Designed to ease muscular tension and work on the deeper levels of the muscle, we use a bamboo roller as needed to deliver this. Chamomile will aid with any back pain and acts as an anti-inflammatory. CBD has many therapeutic properties in a massage, achieving muscular relaxation quickly, with the aim to balance homeostasis and ensure the body's response to stress is managed well. Combining the art of crystal with the use of red jasper, which has strong grounding energies.

To begin the CBD journey you start with a shot of our newest addition to the OTO family, the Amplify seltzer. This ultimate sensory journey will leave you feeling less lethargic and more energised.

Offered in 60 minute and 90 minute treatment options. Professional sizing 300ml pump dispenser. 25ml of oil per body experience.



OTO
SPA

AMPLIFY
CBD BODY OIL

300ML · 10.56 FL OZ · 300MG CBD



OTO
SPA

FOCUS
CBD BODY OIL

300ML - 10.56 FL OZ - 300MG CBD

OTO FOCUS CBD MASSAGE EXPERIENCE

Clarify, fortify, and energise.

This full body massage will nourish your body, revive your senses and bring you back into the "present".

The warming scent of ginger has anti-inflammatory properties and can be soothing on digestive upset. With grounding properties, black pepper helps to boost the body's natural defenses and ease aching muscles. Frankincense, with comforting properties, can help calm a busy mind, reduce the feelings of anxiety and improve your concentration levels.

CBD has many therapeutic properties in a massage, achieving muscular relaxation quickly, with the aim to balance homeostasis and ensure the body's response to stress is managed well. Combining the art of crystal with the use of aventurine, which has harmonising properties.

To begin the CBD journey you will start with a shot of our newest family member, the Focus seltzer shot. This ultimate sensory journey will leave you feeling less overwrought and more composed.

OTO BALANCE CBD MASSAGE EXPERIENCE

Rejuvenating and restorative.

The Beauty of balance is the aim with this full body massage experience. Take a breath, inhale and reset. Pause life for a moment and ensure you bring your whole self to this grounding experience.

CBD has many therapeutic properties in a massage, achieving muscular relaxation quickly, with the aim to balance homeostasis and ensure the body's response to stress is managed well. Combining the art of crystal with the use of rose quartz, which has deep, inner healing properties.

To begin the CBD journey you will start with a shot of our newest addition, the Balance Seltzer. This ultimate sensory journey will leave you feeling less unfocused and more grounded.

Offered in 60 minute and 90 minute treatment options. Professional sizing 300ml pump dispenser. 25ml of oil per body experience.



OTO
SPA

BALANCE
CBD BODY OIL

300ML · 10.56 FL OZ · 300MG CBD



SPA OILS

Each Spa oil is a blend of organic grapeseed oil and coconut oil as carrier oils.

FOCUS: Ginger, Black Pepper and Frankincense.

AMPLIFY: Bitter Orange, Grapefruit and Juniper Berry.

BALANCE: Jasmine, Basil, Fragonia, Helichrysum and Roman Chamomile.

SUPER SENSITIVE: pure organic grapeseed oil and CBD isolate.

25mg CBD per 25ml | 300mg CBD per 300ml



CBD & SPA TREATMENTS

What difference does the % of CBD make to the product and the effect on the client/therapist?

The percentage of CBD is actually an outdated way of thinking about how much CBD is in a product. It comes from when cannabis was sold only as flowers to be smoked, and the % referred to the amount of THC by weight. That same idea was transferred to CBD oils, but it leads to confusion because different bottle sizes therefore have different CBD amounts, even if they have the same percentage (e.g. a 20% oil in a 10ml bottle has less total CBD than a 10% oil in a 30ml bottle).

The better way to look at it is total CBD content in mg (the OTO Spa oils have 300mg, for example), then from that work out CBD per use. A full body massage will deliver 25ml of OTO body oil = 25 mg CBD per treatment

At OTO we aim to give 40–60mg in any combination of our products, so that daily use builds up a resilient amount in your body.

Are all CBD spa products the same?

Simply put – no. Most companies add CBD to hemp oil or low quality carrier oils that are less effective at absorption and carry over-powering or unpleasant aromas. This problem is sometimes worsened by the further addition of terpenes. OTO CBD Spa treatments are specially designed with a natural, scientific formulation of highly effective carrier oils, aromatic essential oils, and pure CBD isolate (crystallite).

How much CBD should a treatment deliver?

OTO Spa treatments are an immersive experience, designed to deliver the optimum effective amount of CBD in a single treatment. Through the power of CBD, these bespoke treatments have been carefully designed to bring you maximum balance and calm.

OTO CBD products are always safe to use, whether on their own or in combination. Any CBD that your body does not need, it will naturally remove. While UK guidelines currently recommend no more than 70mg of CBD per day

in food and drinks, skin or cosmetic treatments do not have a similar limit.

OTO Spa products take the guesswork out of CBD. During your treatment you will enjoy CBD via our refreshing OTO Seltzers, or as part of a coffee, juice or delicious mixers with our OTO CBD Booster or Bitters. Those portions of your treatment will not exceed the recommended 70mg of CBD. Your skin and muscles will also be absorbing OTO CBD and curated essential oils during your treatment massage, and through our targeted OTO roll-on oils.

The result is a holistic experience of regeneration and relaxation through your entire mind and body.

How will CBD affect the therapist?

Using OTO Spa oils throughout the day will result in a small amount of CBD absorption through your hands. Again, this is entirely safe. Daily use of OTO Spa products, following our protocols, will actually help prevent hand and wrist soreness through CBD's anti-inflammatory properties.

POWER DROPS

Start your day with the ultimate morning boost – discover the power of the highest quality CBD, alongside the perfect blend of blood orange, carob seed extract and cacao husk for enhanced mood, digestion and immunity. With a smooth and mellow citrusy flavour the Power Drops will leave you feeling fresh and ready to take on the day ahead.

Our Power Drops have been designed to enhance your morning ritual and leave you fresh, focused and ready for your day. Optimum-strength CBD, cultivated from organically grown hemp plants, has been combined with a bespoke range of vitamins, essential oils and botanical extracts, carefully selected to complement the effects of CBD to help with mood, digestion and immunity to promote energised calm.

Press button to release half dropper under tongue and hold for 30 seconds as part of your morning ritual or when needed throughout the day.

1125mg CBD per 15ml

RRP: £49





SLEEP
DROPS
10x CBD

OTO
15mL e
0.53FL OZ

PILLOW MIST

OTO™
30x CBD
9mL

REAL

SLEEP RANGE

Sleep Drops

Highest quality CBD infused with lavender and field mint botanicals for a sound night's sleep.

Release half dropper under tongue and hold for 30 seconds before bed for optimum effect.

1500mg CBD per 15ml

RRP: £69

Pillow Mist

Highest quality CBD infused with lavender and chamomile to help you sleep soundly and wake invigorated.

Shake well and spray 2-4 times on pillow before bed.

1600mg CBD per 8ml

RRP: £98

PULSE POINT RANGE

Focus 20% CBD Oil

This stimulating oil will help to boost concentration with a combination of CBD, Rosemary, Ylang Ylang and Peppermint.

Amplify 20% CBD Oil

Designed to help you feel more present in the moment, concentrated CBD is combined with Bergamot, Bitter Orange and Sandalwood to improve mood and enhance energy.

Balance 20% CBD Oil

This harmonious blend of Lavender, Chamomile and Cajeput helps you to find calm and balance during a busy day, as well as aiding sleep.

Roll on temples or wrists 3 times a day for optimum effect.

1600mg CBD per 8ml

RRP: £79





RITUAL SKINCARE

Serum

Highest quality CBD infused with Petitgrain Oil, Argan Oil and Aloe Vera to moisturise, soothe and energise the skin.

Massage onto the face and neck as required.

750mg CBD per 30ml

RRP: £69

Day Cream

Highest quality CBD infused with Rose, Pomegranate and Blue Tansy to heal, nourish and soften the skin.

Apply generously to clean skin, allowing the moisturiser to soak in.

750mg CBD per 30ml

RRP: £69

Hand Balm

Focus on healing and repairing skin daily. This rich moisturising balm blends CBD with Shea Butter, Essential Oils and Aloe Vera to protect, heal and moisturise.

Apply generously to hands daily for optimum effect.

750mg CBD per 75ml

RRP: £29

Lip Balm

This rich, moisturising balm blends highest quality CBD with Essential Oils, Shea Butter and Cocoa Butter to heal and protect.

50mg CBD per 5ml

RRP: £19

BALANCE SKINCARE

Night Eye Treatment

Infused with Carrot Seed, Lavandin and Helichrysum Oils to help rejuvenate, heal and restore balance to the delicate skin around the eye.

Apply gently to the delicate skin around the eye daily for optimum results.

750mg CBD per 15ml

RRP: £49

Night Face Cream

Infused with Aloe Vera Butter and Rosehip Oil to help relax, rehydrate and restore balance to your skin as you sleep.

Apply generously on the face and neck area for optimum effect.

1250mg CBD per 50ml

RRP: £98

Night Face Mask

Infused with Rosehip, Baobab and Helichrysum Oils to help restore balance to your skin as you sleep.

Apply generously on the face and neck area and leave on for 6–8 hours as you sleep.

Use 2–3 times a week for optimum effect.

800mg CBD per 50ml

RRP: £109





BALANCE
BODY OIL

OTO
LONDON

AMPLIFY
BODY OIL

OTO
LONDON

FOCUS
BODY OIL

OTO
LONDON

BODY OIL RANGE

With 1000mg of CBD infused with vitamin and mineral-rich essential oils, OTO CBD Body Oils are hydrating, soothing and stimulating; helping to even skin-tone and reduce the signs of aging.

Focus 10% CBD Body Oil

CBD Body Oil infused with Ginger, Black Pepper and Basil Oil to help you bring the day into focus.

Amplify 10% CBD Body Oil

CBD Body Oil infused with Kanuka, Bergamot and Bitter Orange to help you amplify the moment.

Balance 10% CBD Body Oil

CBD Body Oil infused with Fragonia, Helichrysum and Chamomile to help you find calm and balance.

Massage into skin 2 times a day for optimum effect.

1000mg CBD per 100ml

RRP: £69

CBD DRINKS

Cocktail Bitters

Introducing the world's first premium CBD cocktail bitters, made using 1800mg of CBD, and distilled with a rich array of Ayurvedic botanical extracts and purified water. These all-natural, sugar-free botanicals, which include bitter orange, bergamot, liquorice, lemongrass, cinnamon, cardamom and cacao, elevate alcoholic and non-alcoholic cocktails. With a high-concentration of CBD and 0% ABV, it offers a functional benefit alongside its truly world-class flavour and taste. This versatile product can be a great menu add-on to any cocktail or an ingredient in various low/no ABV cocktails.

Add 4 large dashes to tonics, cocktails, coffee or juices twice a day for optimum benefit.

1800mg CBD per 100ml

RRP: £79

Coffee Booster

OTO has developed the world's first pump-action CBD Booster, designed to enhance your teas, coffees and juices with a soothing blend of CBD and Ashwagandha. This flavourless, clear and water-soluble elixir is designed to help you feel calmer, more focused and in the moment, ready to tackle life's daily ups and downs.

Add 1 pump to any drink for optimum effect.

1000mg CBD per 500ml

RRP: £1 per pump





CBD DRINKS

Botanical Seltzers

To complement their range of CBD products, OTO has launched these unique and sophisticated **CBD Botanical Seltzers**. Containing 25mg of CBD, health-boosting adaptogens and an array of handpicked Ayurvedic botanical extracts, these trend-leading infusions can help you feel more focused, present and balanced throughout the day.

Focus: Sencha Tea – Fresh Mint – Kampot Pepper

Amplify: Bitter Orange – Goji Berry – Habanero Chilli

Balance: English Elderflower – Cucumber

25mg CBD per 250ml | RRP: £2.99

OTO IS A THOUGHT LEADER

THE SPACE

Being a brand is about so much more than products. This February, OTO launched a free, digital self-care portal to help our community find their space during a time when it's more important than ever to prioritise self-care. **The Space** Portal is an evergreen one-stop-shop for wellness resources and life-tools.

OTO is a lifestyle. We listen, we understand. We are here to help – findyourspace.tv

VIRTUAL CONSULTATIONS

OTO are here to advise and educate. Our mission is to help people discover the power of CBD and demystify the consumer landscape. Since February, our customers have been able to access tailored 1-1 Virtual Wellness consultations.

WELLNESS RETREATS

OTO has launched unique virtual Wellness Retreats to help customers through the pandemic and educate consumers. The online retreats include a guided virtual experience, working with OTO ambassadors to provide an at-home sanctuary. From setting your intentions, to bringing your mind and body to focus, working up a sweat and escaping into a sound bath heaven. What's more, selected OTO products are tied-in beautifully with the Focus, Amplify and Balance pillars throughout the day. Finally, fresh ingredients and recipes are provided for nutritious and balanced meals, alongside talks hosted by well-known fitness leaders.



Find Your Space



Skincare Consultations



Virtual Retreats

THE PEOPLE BEHIND OTO

'I first encountered CBD when working as a designer in the fast-paced fashion industry. The long days, late nights and crazy deadlines were starting to take their toll; and a friend suggested I try CBD to help with my anxiety and poor sleep. I was hesitant at first but, within a few days of trying CBD, I felt my anxiety levels improve. The dread I felt on my morning commute disappeared, deadlines became more manageable, I was able to focus more and ultimately feel more present. It changed my life and I started to love my work again. It was all down to the therapeutic effects of CBD.'

A handwritten signature in black ink that reads "Gemma". The script is fluid and cursive, with a small flourish at the end.

Founder, Chair &
Creative Director



Gemma Colao
Founder, Chair &
Creative Director



Tom Lorimer
Global Sales Director
& Co-Founder



Helen Cain
Head of OTO SPA



Will Turnage
Operations Director



Stephanie Tu
China Lead



James Bagley
CEO &
Co-Founder



Rosie Joly
Beauty & Wellness
Director & Co-Founder





Rina Bhansali
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