

Before reserving

Please read carefully, line after line, (with risk of phone questioning).

Preliminary remarks: The following text, though it represents all the truth, nothing more than **our truth**, has been written with lightness and irony, so please read it with the same predisposal.

Thanks.

During all these years we made a pity of presumption thinking that Apriti Sesamo, our organic restaurant w/B&B in Bussana Vecchia was a place for ev'rybody.

Our respect for biodifferences made us fall in the mistake of believing that here any guest could feel home and it could be enough to stay well.

Among other things, in a typical medioeval ligurian village, (typical but unique, as highest example of self-rebuilding in the world), on the top of a hill 200 meters high facing the sea, and inhabited from an international community of artists and artisans, and where, except the architectural ones, all other barriers (nationality, age, race, religion, sex, etc.) have been pulled down from long time.

But there's also another reality. There's people who don't want to feel "at home", but looks for a place where be treated maybe with fake courtesy, maybe just to see the effect it does.

That's why we like to clear some fundamental points about the kind of ospitality that we offer so that nobody can be disappointed.

Point one: If you have no intention to relax, is better not coming to Bussana Vecchia at Apriti Sesamo.

Point two: Bussana Vecchia is on the top of a hill facing the sea, and so it doesn't offer the resources of the cities (the beach and the closest shops are more than 2 Km distant, A10 outlet Arma di Taggia 4 Km, as it's railway station, the Sanremo's one 6 Km,, Montecarlo 40, Nice airport 70, Genova's one 130.

Point three: We like prepare good and organic food and drinks for our guests, but we ask them to divide their rubbish and use the separate containers as we do.

Point four: For the ones who "if it doesn't stink chlorine or ammonia it can't be clean..."; we reduce to minimum possible, when can't get to avoid it completely, all kind of aggressive chemical for our cleanings, as these products are very dangerous for the planet and cause frequent allergies for who breathes that, and for that reason our place is continuously cleaned with natural products "TEA OIL TREE" (a natural antibiotic) based, 100% biodegradable and not tested on animals.

Point five: For cobwebs hunters: we planted lavender brushes outside every room and in the inside garden of the restaurant to keep away all kind of insects; we also mounted mosquito fences on all the windows; don't stir up a scandal if you find in a corner a little cobweb built up in a few minutes from a snooky spider after our cleanings; we choosed with conviction to run this risk against the certainty of the serious pathologies created from the powerful insecticides currently used in receptive structures (mostly in bedrooms) to who breathes that.

Point six: There is no organized animation accompanying you during the stay; except the frequent music jams, the live concerts and dance performances, music and mime trough the village rows, ev'rything happens spontaneously from the cheer of who wants play and create with the others. So, the animation is also you. We like the guests bring their guitar, percussions or flute.

Point seven: List of the things that you will not find.

In our sober zen colored rooms, you will neither find tv nor fridge, but not even spring mattresses and/or synthetic pillows.

Not even the rubbish basket; as we should have placed 4 of it to separate it, we thought that it was better place that outside the rooms.

No services of any kind is available in the rooms.

Rooms are made up (w/change of sheets, pillowcase and towels) every change of guests, or in case of several days stay only two or three times a week, according w/the during of the stay; to save energy we do not iron the sheets, the pillowcase and the towels.

We do not sell Coca Cola or Campari and not even Lemonsoda (only the organic ones).

And, anyway, we don't sell tobacco's, and nobody else does it in Bussana Vecchia (you must bring it with you) and we have no inside places to smoke (but many terraces and other outdoor areas where it is possible).

Bussana Vecchia is a medioeval pedestrian island, and there isn't a parking area; you can park on the public road and enter the village by foot.

So, obviously, you won't find cars around in the village.

The rows have no public light, (we suggest you a stay next the full moon night to gather the positive aspect of it), so you better bring a little torch.

For the ones unable to stay without meat even for one meal; in our restaurant we do not serve any kind of meat (obviously not even lamb or salami) not even on demand.

You won't find any kind of sugar (saccarosium); we use agave juice (93% fructosium and 7% glucosium) or honey to sweeten.

We don't use microwave oven, so remember that you must wait at least 10 minutes if you want us warm up anything for you in our traditional oven.

Point eight: Of course you will find other things that we considerate more important and rare to find somewhere else and even more rare to find all together.

Our italian breakfast is exclusively composed of organic products, and in the good season we serve it in our outdoor garden between bouganville, lavender and other aromatic erbes.

In our restaurant we serve only vegetables coming from our garden and other certified organic products (including also all drinks, from fruit juice to overalcoholics), and we make a great pesto and vegan desserts...

We take care of food intolerances of our guests (even celiacs) and, without extra price, we offer specific products that we know how prepare.

All the fish that we serve, from anchovies to the scampi, is fresh and comes from Sanremo's Harbour, so you will noither find bream or bass from growings served in almost all fresh fish restaurants, nor fishes coming from far away (atlantic turbot for example), fishes wich adsorbe heavy metals (tuna and swordfish for example), and, of course, not even frozen products of any kind.

We adore pets, and we accept them without extra charge (only if dogs belonging to not aggressive races, and anyway if not left alone in the rooms, there's a "dog tolerant" beach in Bussana a mare, 2,5 km far).

We have free wi-fi in the whole strcture and several sun terraces.

In the restaurant there's a vertical piano Ignace Pleyel (the preferred from Chopin and Litz) for our guests, plus guitars and percussions.

Point nine: We like to work to make ev'rybody laugh and feel good, but is important that we get it too, otherwise what a sense it could have?

But why should I come to Bussana Vecchia at Apriti Sesamo?

Apriti sesamo is a Holiday place where is possible relax in an artistic ambient, just like we are normally unable to get during the rest of the year.

Is stress the most common disease? Well, here, you can avoid it, if you wan't.

We offer you a space surrounded from nature to recharge your batteries, maybe just walking or swimming in a clean sea.

Relax on the sun terraces, reading a book, or doing absolutely nothing may be a miraculous care for many people.

All of us, living in Bussana Vecchia, choosed to live in peace and armony with the nature and our similars, so we feel plesure and personal involvement any thing or person happening here.

There's no client, but guest. Here were born friendships during years long.

We like givin' fun to people and to ourselves. We like to be and not to appear, and it makes the difference for us, and we hope also for you.

For whom is this place suitable?

Apriti Sesamo is not necessarily a place for "leftist people".

Is not a place just for young people, and not even only for ancient ones.

It hasn't been studied to be suitable to any special category of workers and professionals.

Is not a place only for ecologists, environmentalists, animals etc.

In the end, we saw dance and have fun **together** primary doctors and ecological operators, in the same way and, still **together**

people with opposite political ideas play cards and laugh.

Old and very young ones improvise jam sessions and play **together** in our restaurant.

This is the value that we would like to recover: **staying together!**

Singles like Bussana Vecchia as here is easy enlacing new friendship, couples as is a romantic and out of the time place, friends groups as they can keep on having fun together.

Prices

The double room w/private bathroom and sea view costs 70,00 € a night (35 each person) including Italian breakfast. The triple 95,00 and the quad 120,00.

For half board you must add 8,00 € for person with first vegan-macrobiotic menu, 14,00 for the vegan, 19 for the vegan-macrobiotic super and 29,00 for the fresh local fish one (excluding drinks).

If you like turning the menus just add 15 € for person and meal (always excluding drinks)

For one week stay you pay six nights (excluding Easter and August).

Bathrooms are provided with towels, hands liquid soap, bubble bath, shampoo and toilet paper.

Obviously all our products for personal care are 100% biodegradable and not tested on animals.

To reserve we ask a bank transfer of 50% of the total amount of the stay or the whole amount if for just for one night.

**We gave you the most important informations, but please do not
hesitate to call for any specific need.**

Thanks for reading till here, you have been very kind.