

## **Upcoming FORESTIS hotel in South Tyrol joins Healing Hotels of the World**

*Dolomites retreat offers healing through nature*



*Cologne, Germany, February 4, 2020* -- A new hotel set to open in May in the mountains of South Tyrol, Italy will be the newest member of the Healing Hotels of the World.

FORESTIS is located 1,800 meters above sea level near Brixen in the UNESCO World Heritage-listed Dolomites. The main building was built in the early 20th century by architect Otto Wagner, who designed it for the Austro-Hungarian monarchy. Three contemporary wooden towers complete the overall architectural impression. Today, the hotel is protected as a historic monument, and the clean air, exceptionally pure water, wild forests, and a sunny Alpine climate that first drew Wagner to the location still make it an ideal location for healing.

In 2000, South Tyrolean hotelier Alois Hinteregger discovered the building, which had fallen into disuse, among wild, unkempt hedges on one of his many walks in the area. He breathed new life into it and opened it as a hotel in 2010. A decade later, his son, Stefan Hinteregger, is now writing a new chapter for the hotel with his partner Teresa. The hideaway will be reimagined as FORESTIS, a refuge that draws on the natural elements inherent in the location.

FORESTIS is a tranquil retreat designed to foster holistic regeneration and wellbeing. Spa treatments, multi-day healing retreats, and outdoor activities all connect guests directly with nature.

“People have come to this special place for health and rejuvenation for more than 100 years,” says Anne Biging, Co-Founder of Healing Hotels of the World. “The peacefulness of the setting, the clean mountain air, and the breathtaking views all foster healing in and of

themselves. Stefan and Teresa have also added in beautiful programming that adds to the setting, making this a truly unique healing hotel.”

Armin Sader of the Brixen-based hotel architecture firm Asaggio is responsible for the architectural concept, which emphasizes the solitary location and the connection with nature. The 62 suites – which are between 50 and 200 square meters – have been created exclusively from local materials, and floor-to-ceiling windows mean every guest will have stunning views of the mountain scenery. Winter or summer, the views are spectacular, and outside spaces are designed for guests to soak up the energy of the mountains and enjoy the peaceful silence.

Nature will play a key role in the design and offer of the FORESTIS Spa. Spa treatments are inspired by the surrounding forest, with body and facial treatments that draw on healing trees, stones and vibrations. The spa includes a Wyda room for Celtic yoga, a gym, indoor and outdoor infinity pool, three saunas, salt steam bath, textile sauna, Kneipp bath, silence rooms, and nature meditation spaces.

Healing programs include a seven-night Vitality program, a five-night Energy program, a three-night Peace of Mind program, and a two-night Regeneration program. Additionally, upcoming retreats include a Wyda Retreat exploring Celtic yoga; a Future Walk retreat looking at self-discovery and future decisions; and several multi-day fasting retreats.

Guests can also access numerous hiking trails directly from the resort’s grounds, or ski-in and ski-out in winter. At the on-site restaurant, head chef Roland Lamprecht will offer a unique forest cuisine which is attuned to the health of the human body and which uses products sourced from farms and producers in the immediate vicinity.

“We want to offer our guests personally chosen experiences that move them and continue to resonate with them when they are back home again,” say Stefan and Teresa, owners of FORESTIS. “Joining Healing Hotels of the World helps us to drive home the core message that we are all about healing through nature at FORESTIS.”

###

### **About Healing Hotels of the World:**

Healing Hotels of the World is a global brand with more than 100 hotels and resorts worldwide committed to healing. It was founded by Anne Biging and Elisabeth Ixmeier in 2006 to promote the extraordinary potential these hotels and resorts offer to change the lives of their guests for the better. As hubs of a holistic lifestyle, Healing Hotels are comprised of passionate advocates for all facets of this lifelong and enriching endeavor. For more information, visit [healinghotelsoftheworld.com](http://healinghotelsoftheworld.com).