

## ECO Hotel Saltus joins Healing Hotels of the World

*Sustainable South Tyrolean hotel features sky pool, forest spa*



*Cologne, Germany, June 25, 2020* -- ECO Hotel Saltus, a sustainable boutique hotel set 1,100 meters in the Italian Dolomites, has become the latest resort to join Healing Hotels of the World. This intimate family-run hotel boasts just 26 rooms and two suites, and draws on the healing energy of nature.

After months of soul searching, the hotel has also decided to restart this year with a special, even more private atmosphere: less guests, more space, more service. ECO Hotel Saltus opened its doors again on June, 20th, 2020.

Dedicated to sustainability, the ECO Hotel Saltus offers extensive relaxation programs, forest bathing, yoga and more. The hotel features a minimalist design with natural, locally sourced materials – including a larch facade, floors made with local stone, and walls crafted from clay and lime – creating a seamless connection to the outside world. “We are thrilled to have the ECO Hotel Saltus join Healing Hotels of the World,” says Anne Biging, Co-Founder of Healing Hotels of the World. “Whether you want to explore the many hiking trails or experience nature from the comfort of the hotel, it is the perfect place to relax and connect with nature – something we all need right now.” The hotel offers many transformative healing programs such as the 6-nights “**Yoga & Mindfulness**” retreat including two daily yoga sessions, meditation and Pranayama or the 7-nights “**Find Peace**” getaway to re-discover yourself. ECO Hotel Saltus retains the charm and personalized attention of a guesthouse, and is run by two generations – mother and daughters – of the Gamper-Mumelter family.

“At ECO Hotel Saltus, the forest is much more than just a beautiful backdrop – it’s an essential part of the healing experience,” says Nadja Mumelter, General Manager of the

hotel. “We’re so pleased to have found Healing Hotels, which understands the very nature of what we do, and the way in which our pristine natural environment is often the greatest healer.” Nadja Mumelter is the fourth generation of hoteliers; her great-grandfather, Franz, came to San Genesio in the 1950s and built the first hotel in the area, convinced that the mountain climate had health-promoting effects. Further generations saw the opening of two additional hotels, the Hotel König Laurin and Gasthof Tschöggelbergerhof, both of which are still in operation today. Hotel Saltus is the vision of Nadja, her sister Claudia, and their mother, Hedwig. The three women were driven to create a new kind of hotel – one that harnessed the healing power of nature and put sustainability at the heart of the mission.

“We know that just a few hours spent in nature is beneficial to our immune systems,” says Dr. Elisabeth Ixmeier, co-founder of Healing Hotels of the World. “Here, guests can go deep into the forest, guided by experts, and experience the transformative power of nature for a true healing experience.”

The on-site Forest Spa includes two sky pools – an indoor pool and an outdoor infinity pool filled with natural mountain water – as well as guided forest bathing, a sauna with views of the forest, massage, yoga, meditation, wraps and scrubs. The hotel includes a restaurant serving traditional South Tyrolean food using the freshest seasonal local produce, and catering for all dietary requirements, including vegan and gluten-free. ECO Hotel Saltus is also offering a new comprehensive Prevention Week program, which teaches mindfulness and is designed to strengthen the immune system.

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### **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. To find out more, visit [healinghotelsoftheworld.com](https://healinghotelsoftheworld.com).

### **About ECO Hotel Saltus:**

A family-run boutique hotel with just 26 rooms and two suites, ECO Hotel Saltus focuses on sustainability and the healing power of nature. Nestled in the forest at 1,100 metres, the hotel is located in the ‘Green Riviera’ of South Tyrol, between the Dolomites and Salto/Salten, and very close to Bolzano/Bozen. For details and booking, visit <https://healinghotelsoftheworld.com/hotels/eco-hotel-saltus/>