



The Well joins Healing Hotels of the World

Modern take on the Norwegian sauna experience in the forest outside of Oslo



Connection to nature and digital detox are all part of The Well

04 August, 2022, Cologne, Germany -- The latest resort to join Healing Hotels of the World is The Well Spa and Hotel, an adults-only resort outside of Oslo. Set in the midst of an untouched pine forest, The Well offers a modern take on the Norwegian sauna experience, with 10,500 square meters of spa and wellness space, including 11 pools and jacuzzis, 15 saunas and steam baths, five lounges, and 25 treatment rooms. Aufguss rituals, yoga, meditation, a rhasoul, hammam and guided spa experiences are all on offer.

“The Well is a beautiful, serene facility, and gives guests so many different ways to detox and feel renewed – through the healing powers of hot and cold waters, the experience of an authentic aufguss ritual, or the enjoyment of one of the many spa treatments,” says Anne Biging, Co-Founder of Healing Hotels of the World. “Just as importantly, The Well invites guests to clear their minds with a digital detox; all areas of the hotel are mobile phone free to help guests reconnect with the natural world, and with themselves. We love their particularly Norwegian way of healing, and are thrilled to welcome them to Healing Hotels of the World.”

With a palette inspired by the colors and textures of nature and large picture windows to bring the outdoors in, The Well is a calm and relaxing space with 104 guest rooms. Guests can also follow a hiking trail into the forest, or enjoy viewing the owner’s large private art collection, with more than 140 works on display, including a forest sculpture trail.

Sustainability is an important part of The Well’s philosophy, with water conservation initiatives and a solar panel project helping to reduce their environmental footprint. The two restaurants and vegan café also feature local, seasonal and organic produce wherever possible.

“The rejuvenating power of soothing heat and cooling water, combined with the natural beauty of Norway, make The Well a unique modern sanctuary,” says Elisabeth Ixmeier, Co-Founder of Healing Hotels of the World. “We know our guests will love this serene setting, and we’re so glad to have The Well as our newest member of Healing Hotels of the World.”

About Healing Hotels of the World

Healing Hotels of the World is the pioneering global brand committed to healing hospitality. Founded in 2006 by Anne Biging and Dr. Elisabeth Ixmeier, the member based collection of 90+ of the best Urban and Resort Healing Hotels around the world brings holistic healing travel based on specific Healing Excellence Standards to life. Member hotels are Healing Certified, ensuring that the wellbeing of each guest is taken to a deeper dimension through their holistic program offering. Healing Hotels of the World provides expert consulting and training, empowering hoteliers to fully embrace the healing guest experience. With the online magazine JUST BREATHE MAG and the yearly HEALING SUMMIT, the leading event for the healing hospitality and holistic lifestyle community, Healing Hotels of the World has found unique ways to express and share its vision of enabling travel guests to become whole in body, mind and soul.

www.healinghotelsoftheworld.com

The Well Website

[WEBSITE](#)

To find selected photo material accompanying this press release, please click [here](#).

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