



Sonnenberg Health Hotel joins Healing Hotels of the World
Regenerative Health in the Swiss Alps



Where alpine serenity and plant-powered healing reimagine detoxification, immune resilience and inner balance.

January 21, 2026, Cologne, Germany / Schwellbrunn, Switzerland -- Healing Hotels of the World announces the addition of Sonnenberg Health Hotel to its global collection of leading holistic health destinations. Set in the Appenzell hills of Switzerland, Sonnenberg represents a regenerative approach to well-being that places prevention, biological medicine and sustainable health transformation at its core.

As modern lifestyles increasingly challenge physical and mental resilience, Sonnenberg Health Hotel supports the body's natural capacity to regenerate through medically guided therapies, conscious nutrition and restorative time in nature. What really sets Sonnenberg apart is the integration of a dedicated Biomedicine Department, offering in-depth diagnostics and personalised therapeutic programs aimed at strengthening health, resilience and long-term prevention.

"At Sonnenberg, our commitment is to create space for meaningful transformation, supporting a sustainable process of inner renewal and authentic well-being that extends far beyond a guest's stay. Unlike conventional hotels, Sonnenberg offers in-depth medical and preventive health programs through its dedicated Biomedicine Department." - Dr. med. Thomas Rau

Nutrition forms a central pillar of Sonnenberg's philosophy. The hotel offers a fully plant-based, gluten-free and sugar-free cuisine, prepared with certified organic ingredients. All meals are freshly prepared from scratch, without substitute products or industrial alternatives, and are designed to support metabolic balance, detoxification and overall vitality.

Located at 972 metres above sea level, Sonnenberg is surrounded by pristine alpine landscapes whose tranquillity plays an integral role in the healing process, encouraging mental clarity, nervous system regulation and deep rest.

By joining Healing Hotels of the World, Sonnenberg Health Hotel becomes part of a carefully curated international collection dedicated to authentic, medically grounded and transformative health experiences. The partnership reflects a shared commitment to depth, integrity and approaches to well-being that extend far beyond the concept of a traditional hotel stay.

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 two collections of Urban and Resort Healing Hotels around the world bring 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

Sonnenberg Health Hotel, Switzerland

Sonnenberg Health Hotel is a small, privately run regenerative health retreat in Schwellbrunn, Switzerland, offering an intimate setting with only a limited number of rooms. This deliberately reduced size allows for a highly personal, focused approach to health, prevention and regeneration. Specialising in biological medicine, medically guided programs and plant-based nutrition, Sonnenberg combines therapeutic depth with the tranquillity of its alpine surroundings, supporting guests in restoring balance, resilience and long-term vitality on a physical, mental and emotional level.

[WEBSITE](#)

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