

A GUIDE TO ALPINE WELLNESS



“

MOUNTAINS, NATURE,
FREEDOM AND LOVE.
WHAT MORE DO HUMAN BEINGS
NEED TO ENJOY LIFE?

”

#myalpinelifebalance



BEST ALPINE WELLNESS HOTELS

WHERE?





V = Vorarlberg
 T = Tyrol
 S = Salzburg
 C = Carinthia
 ST = South Tyrol

The Best Alpine Wellness Hotels are situated in literally the best alpine locations and consciously focus on forming a symbiosis with nature. Hence, all across Austria and South Tyrol you can revive body, mind and soul with the power of the Alps and experience a sustainable and integrative wellness philosophy first hand.

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#MY ALPINE LIFE BALANCE



MY ALPINE SPA CONCEPT

As human beings, we constantly strive to regain balance, just like alpine nature does. The needs of every individual are as different as their personal notions of balance. And that, of course, also applies to the paths that take them there. In addition to this, one's wishes and desires are ever changing. They might, for instance, be influenced by the seasons, current sensitivities, or simply be based on spontaneous impulses. That's why it is so important to find your own path to ensure your personal well-being.

In light of all these facts, the Best Alpine Wellness Hotels has developed a spa concept utilising the power of the mountains, which both gives you a choice and guides you along the way. The different applications and packages, using herbal essences, are marked by these symbols: The wave refers to an application that has cooling and liberating effect. The mountain stands for an activating and relieving effect. The drop represents cleansing and calming applications, and the tree symbolises treatments that help to ground and centre your inner self. This is why we invite you to choose for yourself!



**COOLING &
RELAXING**



**DETOXING &
ENERGISING**



**CLEANSING &
CALMING**



**GROUNDING &
CENTERING**

BALANCE ALPINE 1000+

With Balance Alpine 1000+, the Best Alpine Wellness Hotels offer you exclusive products that have the power of the Alps themselves. Precious herbal essences taken from sustainably grown mountain herbs form the basis of the products. The result is precious, unique creams, oils and lotions for facial and body treatments that are deeply nourishing for your skin, help to rebuild it and therefore naturally emphasise your unique beauty.

Balance Alpine 1000+ body treatments help to shift tension and blockages, providing relief for the musculoskeletal system. Balance Alpine 1000+ facial treatments have a far-reaching, nourishing effect and strengthen our skin's foundations.

The natural cosmetics have no artificial colourings, preservatives, mineral oils, paraffins or parabens. So they are suitable for all skin-types; even very sensitive or irritated skin.

Additional information is available via:
www.balancealpine.at



MOUNTAIN DANDELION

Dandelion has a cooling effect for over-exerted muscles and supports regeneration. It also has a soothing, cleansing effect.



WILD THYME

Thyme provides warmth and strength for the respiratory system and supports relaxation. Giving you inner peace.



YARROW

Yarrow invigorates connective tissues and alleviates and strengthens the veins. It is also balancing and regulating.



ANGELICA

Angelica supports regeneration and has a general strengthening and invigorating, but also harmonising effect. It increases energy and vitality.



#luxuryhideaway

ALPEN PALACE

* * * * *

Hotel

ALPENPALACE LUXURY HIDEAWAY & SPA RETREAT

Dream destination in one of the most beautiful alpine regions

In the South Tyrolean Ahrntal Valley - between natural wonders, mountain vistas, and inspiring cultural diversity - the Mairhofer family has created a #luxuryhideaway that stylishly blends alpine lifestyle and Italian grandeur. Welcomed by the elegance and opulence of the 30,000 m² hotel park, guests of the Alpenpalace are captivated from the moment they arrive. Tangible harmony and stylish interiors mix with warm courtesy, defining the luxurious ambience of this holiday jewel. Nestled in the idyllic scenery of the South Tyrolean Ahrntal with its extensive hiking area and the Ahrntal Skiworld, the 5-Star luxury Hideaway & Spa Retreat exudes excellence. Enviably peaceful, superior service, and discreet privacy - even extending to a helicopter landing pad - make a stay at this retreat a unique experience.

"The Art of Beauty by La Prairie" spa, one of the Alps' most exclusive spa retreats, promises 3,000 m² of luxury for all the senses. Alpine Wellness meets Ayurveda; first-class cosmetics meet super sensitivity. Reinvent yourself at this place of tranquillity. Allow your senses to be delighted, and open the door to new vitality and inspiration.

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Discover private wellness areas in the wellness garden, get involved in the invigorating interplay of warmth and cold, relaxation and new vitality. Become part of a sophisticated spa concept that makes every moment invaluable.

Exquisite woods, finest marble, sumptuous fabrics, warm colours, and strong accents define the Alpenpalace spirit. Here, the treasures of time are combined with the richness of nature. Upon arrival, a stunning entranceway welcomes you in all its beauty. Blossoming garden architecture, festive fountains, and an air of luxury greet guests before they are welcomed with a warm smile and sincere hospitality.

Great passion and devotion allow the culinary team to create gourmet experiences that reinterpret the specialities of the region in a unique and thoughtful way. As a guest at the Tiroler Stuben you will feel the strong roots of Alpine cuisine in every bite, or you can indulge in sumptuous haute cuisine while at the Aurea Vallis gourmet restaurant, which was already awarded 14 points and one toque by Gault Millau.

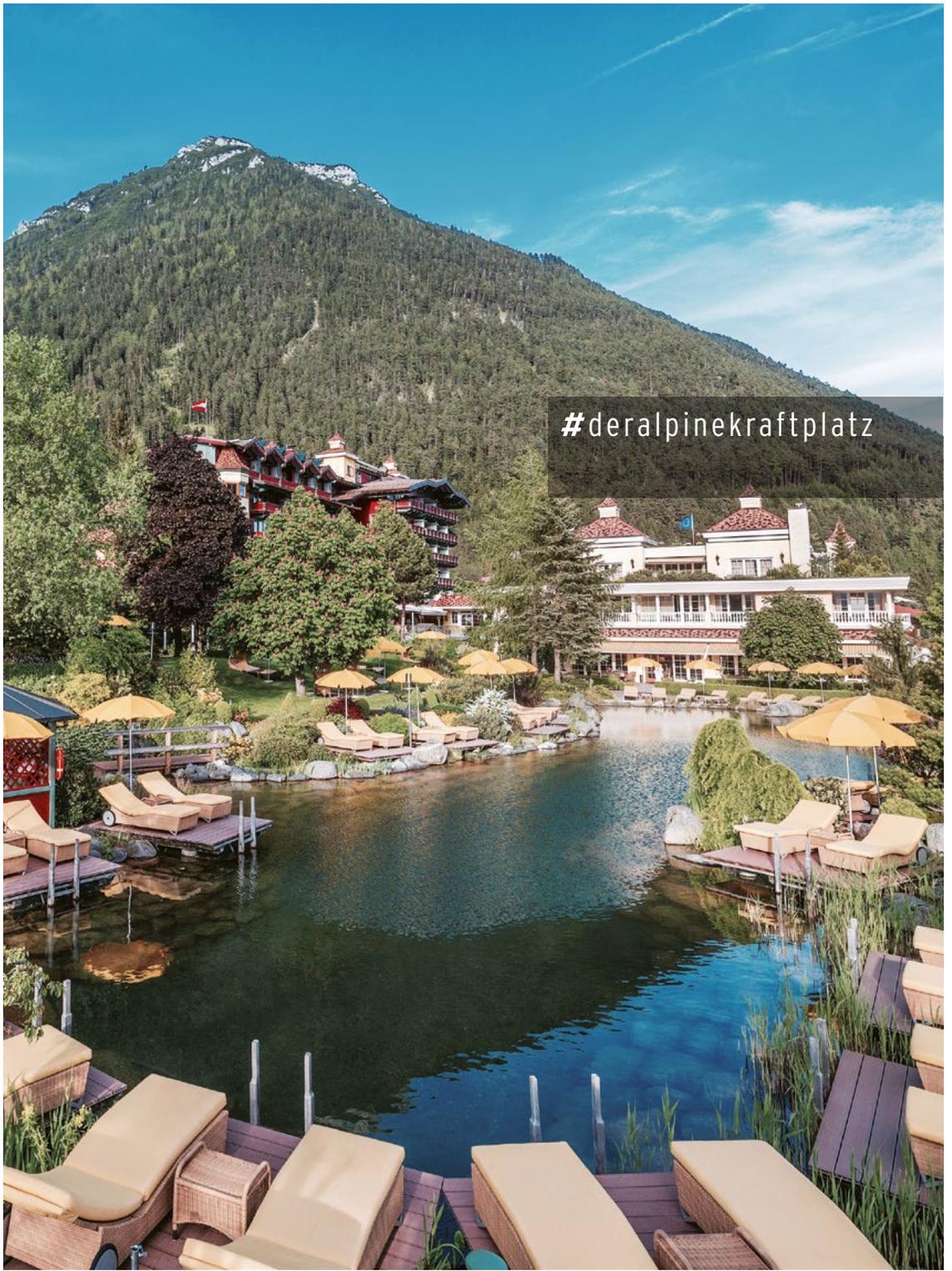
ALPEN
PALACE



Special features

Italian flair combined with alpine lifestyle, excellence across all levels, and the tangible closeness to nature spark pure enthusiasm.





#deralpinekraftplatz



DER ALPINE
KRAFTPLATZ



Alpenrose



Hotel

WELLNESSRESIDENZ ALPENROSE

02

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Info

Relax, recharge your batteries and find inspiration

Situated between the glittering Lake Achensee and majestic mountains lies the Wellness Residence Alpenrose, one of the three founding hotels of the Best Alpine Wellness Hotels group. The Kostenzer family has created a place of strength amidst Tyrolean nature. The hotel's 8,500 m² exquisite spa, sauna, and wellness area is complemented by purest alpine air, crystal-clear waters, and rugged rock formations. Here, you can enjoy relaxing massages and body treatments, interplays of light, sound and scents as well as feel-good applications – always directly connected to the power source of the Alps. Wellness becomes oneness and passive enjoyment becomes an active experience. As warm and open hosts, the Kostenzer family intends to take care of all your wishes, but at the same time motivates you to make your dreams come true yourself - by granting yourself time: time to let your own thoughts wander and new ideas emerge, whilst strengthening body and mind.

Without losing sight of their roots and down-to-earth approach, the hosts attach great importance to a courageous exploration of new experiences and value innovation. With a perfect combination of joie de vivre and a first-class staff, the Residenz has become

an Austrian wellness hotel that is unparalleled. Highest standards are on display throughout all areas of the hotel, turning your stay into a holistic, strength-imbuing wellness holiday. In addition to the splendid interiors, the exterior of the wellness hotel exudes grandeur with its lovingly maintained residence garden, which almost resembles an artist's studio. Numerous relaxation areas, a big swimming pond and natural bathing pool just for adults, decorated with water lilies and reeds, invite you to relax and breathe freely in the warmer months of the year. In winter, you can experience views of snow-covered and picturesque landscapes while you relax in the Kräuteralm adventure sauna, right in the garden.

The culinary team combines Tyrolean specialities and international delicacies, creating extraordinary and delectable treats. Whether with your entire family, with friends, with your partner, or for those seeking peace and quiet on their own - at the Alpenrose Wellness Residence, you will experience holidays of the special kind!

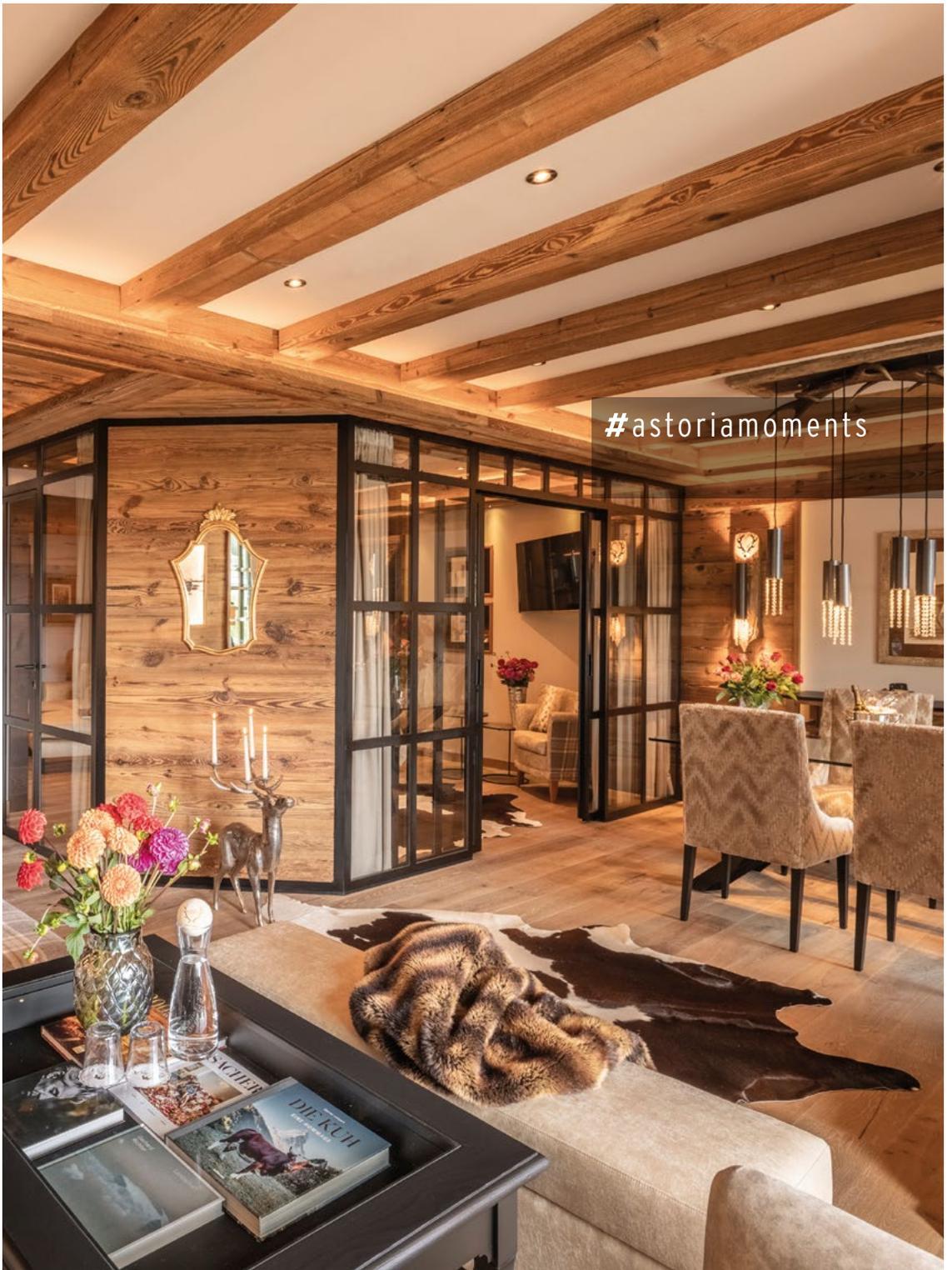


Special features

The Kostenzer family distinguishes itself by their innovative concepts and creative approach. At the same time, however, they always remain true to their principles and traditions.



#astoriamoments





A STORY A LEGEND

Hotel

ASTORIA RESORT

Info **Your personal bit of 'me time' at the ASTORIA**

Enjoy it using all of your senses - located in a quiet spot and just a few minutes walk away from the centre of Seefeld, the ASTORIA RESORT invites you to enjoy a well-deserved break. Allow yourself to relax, recharge your batteries and experience the Seefeld mountains. The ASTORIA has been family-owned since 1950. Together with her legendary team, Dkfm. Elisabeth Gürtler makes the wishes of discerning wellness holidaymakers who value the highest level of quality and standards come true. With five superior stars, the resort is one of the 24 best hotels in Austria. The alpine chic, a mix of Tyrolean rustic charm and exclusivity creates a special atmosphere, thanks to French interior designer star Pierre Yves Rochon. Natural materials like sun-browned wood, felt and loden material give the space a cosy warmth. Lovingly arranged details throughout the hotel and in the individually designed rooms and suites give the exclusive atmosphere that special something.

The spacious 4,700 m² spa area, which consists of the ASTORIA Alpine Active Spa and Spa Chalet, lies at the heart of the hotel. The spacious, interconnected indoor and outdoor pools, the heated 20-m Infinity active outdoor pool, the brine Jacuzzi, and the 800 m² Astoria natural swimming lake with alpine beach invite you to immerse yourself and relax. The stylish spa chalet with

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state-of-the-art panorama sauna, exclusive panorama treatment rooms, and luxurious private spa are the most relaxing indulgences you could long for after an active day in the Seefeld mountains. Active holidaymakers can treat themselves to wonderful moments of relaxation for body, mind, and soul after a round of golf, a hike, or a winter sports day in the renowned and world-famous local alpine and cross-country skiing resort of Seefeld. In the world of treatments your body is gently stimulated by the Astoria massage and cosmetic therapists who use products from LIGNE ST BARTH, QMS Medicosmetics, and the Balance Alpine 1000+ line that even comes with its own signature treatments. With the unique HVR (heart rate variability) check, the ASTORIA offers its guests a modern instrument to provide information about tensions and regenerative ability.

Diverse cultural evenings, exquisite and award-winning cuisine (14 Gault Millau points), which showcases the best from the region and the highest quality standards, the wine list featuring international classics, local portion sizes and delightful insider tips highlight the up-scale character of this luxurious alpine hotel.



Special features

Culture, nature, legendary characters, and discrete luxury unite, forming the unmistakable "Astoria ambience", which is quite a celebrity magnet too.





Working with the power of the Alps

CALMNESS AND NATURE ARE THE KEY TO STRENGTH.



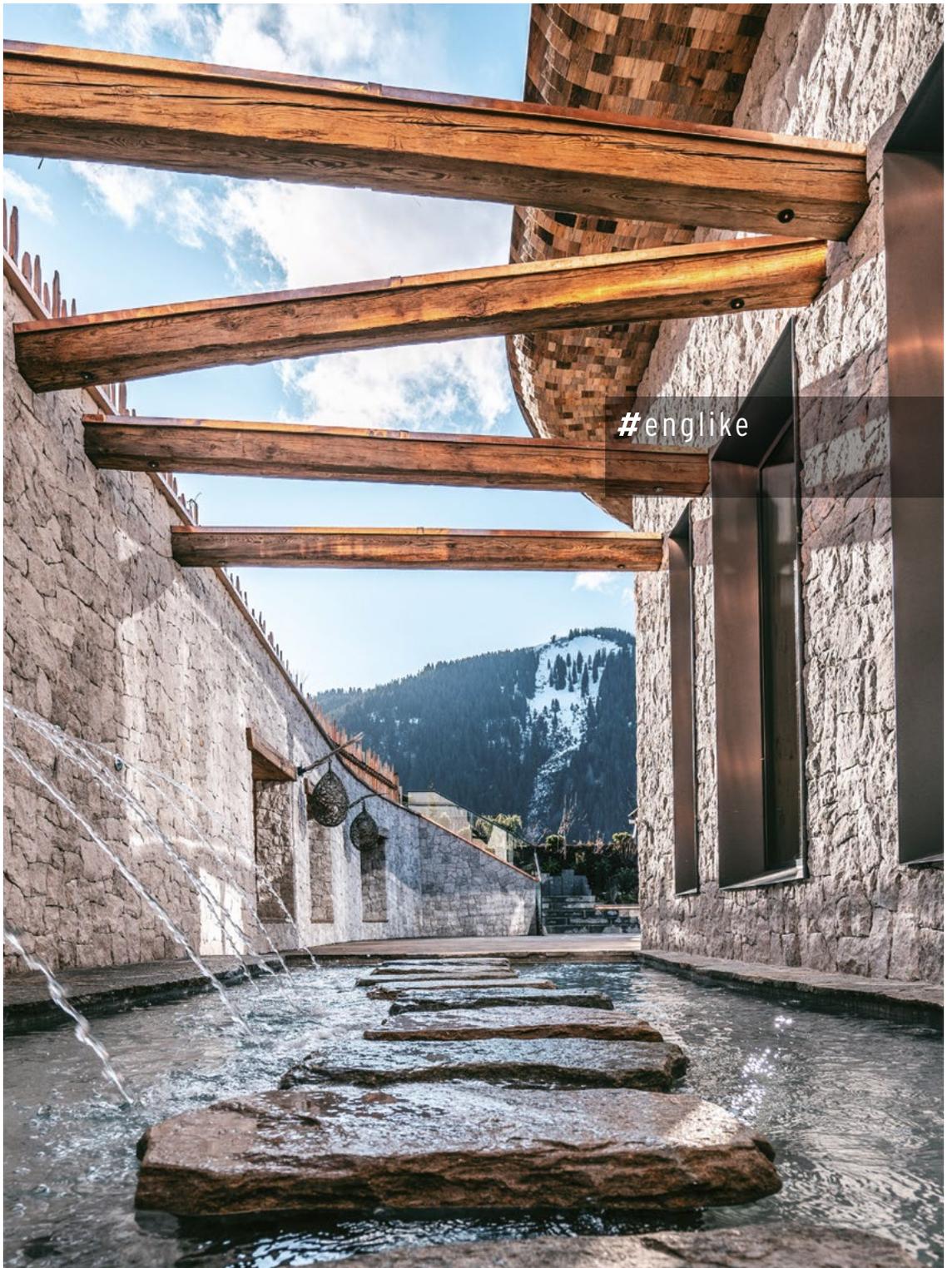
Meaningful encounters are the icing on the cake. They warm both heart and soul, and bring joy to one's life, especially when good conversations lead to lifelong friendships. This is the recipe for success of the Best Alpine Wellness Hotels: With strength from the heart, great passion, and genuine hospitality, we have upheld these values for generations. As a guest you become part of this family. Enjoy the feeling of being welcomed by a radiant smile in the morning and a sincere „good night“ at the end of the day.

And since the hosts of the Best Alpine Wellness Hotels all have this sense of family, their staff feels it too. Thoughtful and attentive treatment will make you fully appreciate the staff during your wellness holiday. Authentic, motivated, and with lots of charm and esprit, they inspire our guests anew every day.



**LOOKING FOR AN
ALPINE WORK BALANCE?
APPLY NOW!**

wellnesshotel.com/karriere



#englike



Hotel

WELLNESSHOTEL DER ENGEL

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Info **Heavenly pleasures**

The Engel Wellness Hotel in the Tyrolean Tannheim Valley is an oasis for people who appreciate the special hospitality of family-run hotels and enjoy a wide range of premium-quality wellness and culinary delights. #englike has been inspiring several generations of hosts and guests since 1748. The Mattersberger-Zimmermann family has been carrying on the Engel's destiny true to the motto 'When angels fly, they seek out an extraordinary place full of harmony and moments of happiness, with wonderful people and special moments of comfort and relaxation.'

A talented mix of Tyrolean tradition and modernity gives the hotel's special ambience its character. It is partly the different rooms, some of which are centuries old, that create the homely atmosphere at the Engel that guests love so much. But it is also the local materials used for the furniture and furnishings, such as loden material, wood, leather and stone which, interpreted in a modern way, give a 'heavenly' feel.

Guests can take a wonderful wellness break in the newly built 'PURE ORGANIC SPA' and are spoiled with many hard-working angels in the wellness area. With a lot of intuition, expertise and many years of experience, these angels create wonderful moments of relaxation for you.

Whether this is one of the soothing massages from around the world, premium-quality skincare treatments using products from SENSAL (Kanebo), LIGNE ST BARTH, Balance Alpine 1000*, or romantic hours in the baths as a couple - let yourself be inspired! A mix of varied dry and steam saunas at different temperatures, as well as a unique outdoor pool with relaxing whirlpools ensure an even greater sense of well-being, more comfort and relaxation in the new 'PURE ORGANIC SPA' wellness area. Your sauna session becomes a real experience in the large event sauna, which offers special acoustic and visual effects! You will be fit for the Tannheim mountains with the PURE Active by Engel programme, taking you even closer to heaven.

The Engel wellness hotel offers stylish indulgence combined with excellent service and a large range of leisure and relaxation activities over more than 8,000 m², including the Engel's own mountain lake. Indulgence-lovers can also look forward to an excellent gourmet offering. In a total of 15 rustic wood-panelled rooms, the Engel kitchen brigade indulges you with the finest food made from exquisite ingredients, produced by local farmers where possible. It's easy to fly above it all!



Special features

In this heavenly house, guests can literally grow “wings”. The incomparable “welcome-home” feeling is omnipresent and tangible all around.



#dorfdergenuesse



GENUSSDORF



GMACHL

1787

Hotel

GENUSSDORF GMACHL - HOTEL & SPA

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Info **Indulging in a village of pleasures**

Holidays, original and genuine, that's what the Gmachl family, now in their 7th generation, promises with their Gmachl Genusssdorf - Hotel & Spa in the rural-urban village of Bergheim, only 3 km outside the gates of the city of Mozart: Salzburg. The pleasure village lives the principles of village life with conviction: keeping a down-to-earth approach, respecting nature, appreciating people, and preserving genuine moments of pleasure with all your heart. Here, guests can enjoy their holidays with all their senses and in a variety of ways: romantic wellness weekends for couples, pleasure vacations with friends, cultural journeys, or exciting city trips. The Gmachl is a hotel that has soul. With lots of love for details, the Gmachl family has turned dreams into a space that can be experienced. Natural materials harmoniously blend with a contemporary ambience. State-of-the-art rooms, excellent interiors, and exclusive ideas exemplify the perfect marriage of tradition and modernity.

The spacious Village SPA extends over several floors. Emerge from the rooftop infinity pool and take in an unobstructed view of the Hohensalzburg Fortress. Enjoy the harmony of nature as the green of the garden in full bloom meets the blue of the sky, or simply hang out on the hillside, where relaxation - at

literally the highest level - is an honest promise. The Vitarium offers a wide range of cosmetic and body treatments from massages to Ayurveda. The journey continues... from February to August 2020 the Village SPA was extended and improved. The new 25-metre garden pool and the innovative Village SPA Hillside provide new attractions for those seeking relaxation.

Here, exhilarating experiences in the Salzburger Land region uniquely blend with relaxing Genusssdorf moments. Those who appreciate nature can fully take in a lifestyle that combines the finest essences of enjoyment. Culinary highlights are provided by the hotel's Gault & Millau award-winning cuisine, and by the regional food on offer at the FRANZ restaurant, where you can enjoy the FRANZ home-brewed and natural beer as well as the savoury FRANZ delicacies right on site. There's even a butcher and a broad selection of other products that are available in the village's own DORFLADEN shop. In line with old regional traditions, the Gmachl family takes care of almost anything and does so with great dedication. This is what makes the Genusssdorf village so unique.



Special features

The estate's essence is that guests can immerse themselves into a world filled with the finest luxuries, while enjoying a magnificent view of Salzburg. Everything is presented, of course, with intuition, passion, & devotion!





#hochschobern



HOTEL HOCHSCHOBER

Hotel

HOTEL HOCHSCHOBER

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Info **Be inspired**

Experience highest levels of hospitality in the Superior 4-Star Hotel Hochschober. At an altitude of 1,760 metres on the Turracher Höhe in Carinthia, this is not just a catchphrase: the height has health-promoting and invigorating effects on the body during any activity in the magnificent natural surroundings, no matter what the season. Where Lake Turrach, the beautiful larch and Swiss stone pine forests, and the gentle Nockberge Mountains meet, those seeking peace and quiet as well as people, who enjoy outdoor activities, will find their bliss. Being in motion is what determines the holiday philosophy at Hotel Hochschober; after all, travelling opens new perspectives and paths. During their Hochschober holidays, guests are therefore tempted to travel from one special place to the next, through regions and cultures. This is what the hosts in their third generation, Karin Leeb and Martin Klein, describe with the phrase „HochschoberN“. The Hochschober Hotel therefore pampers you with extraordinary wellness and natural beauty and amazes you with original ideas and quiet wonders.

A heated swimming pool in a cold lake? An oriental hamam with aroma grotto facilities and a Chinese tower in the middle of the Alps? Yoga on a platform right on Lake Grünsee? An open-air rock bath and a

sauna directly next to the mountain lake? A library of over 4,000 books? The Hotel Hochschober is a holiday retreat that will surprise you. The 5,000 m² Hochschober wellness space is beautiful, generous, and provides a uniquely diverse experience. The Crystal Spa offers over 70 treatments to choose from, including Chinese massages, Far Eastern Ayurveda, innovative Haki®, and cosmetic treatments with products from Balance Alpine 1000+, Pharmos Natur, REVIDERM, and LIGNE ST BARTH.

As a family-run business, the Hochschober hotel has always focused on sustainable and responsible actions, both as regards people and nature. This is manifested in all areas of the hotel on a daily basis, be it in the choice of materials and furnishing elements or in the excellent cuisine with gourmet menus, concentrating on regional, seasonal products. In the Hochschober Hotel you live and spend your vacation in a sociable atmosphere, while enjoying enriching encounters at eye level. The #hochschobern philosophy thus creates a special and unforgettable wellness stay with a unique touch.



HOTEL
HOCHSCHÖBER



Special features

Inspired by the world, appreciating the region's beauty, especially the heated, all-year lake pool and the Chinese Tower with tea house.





Friends

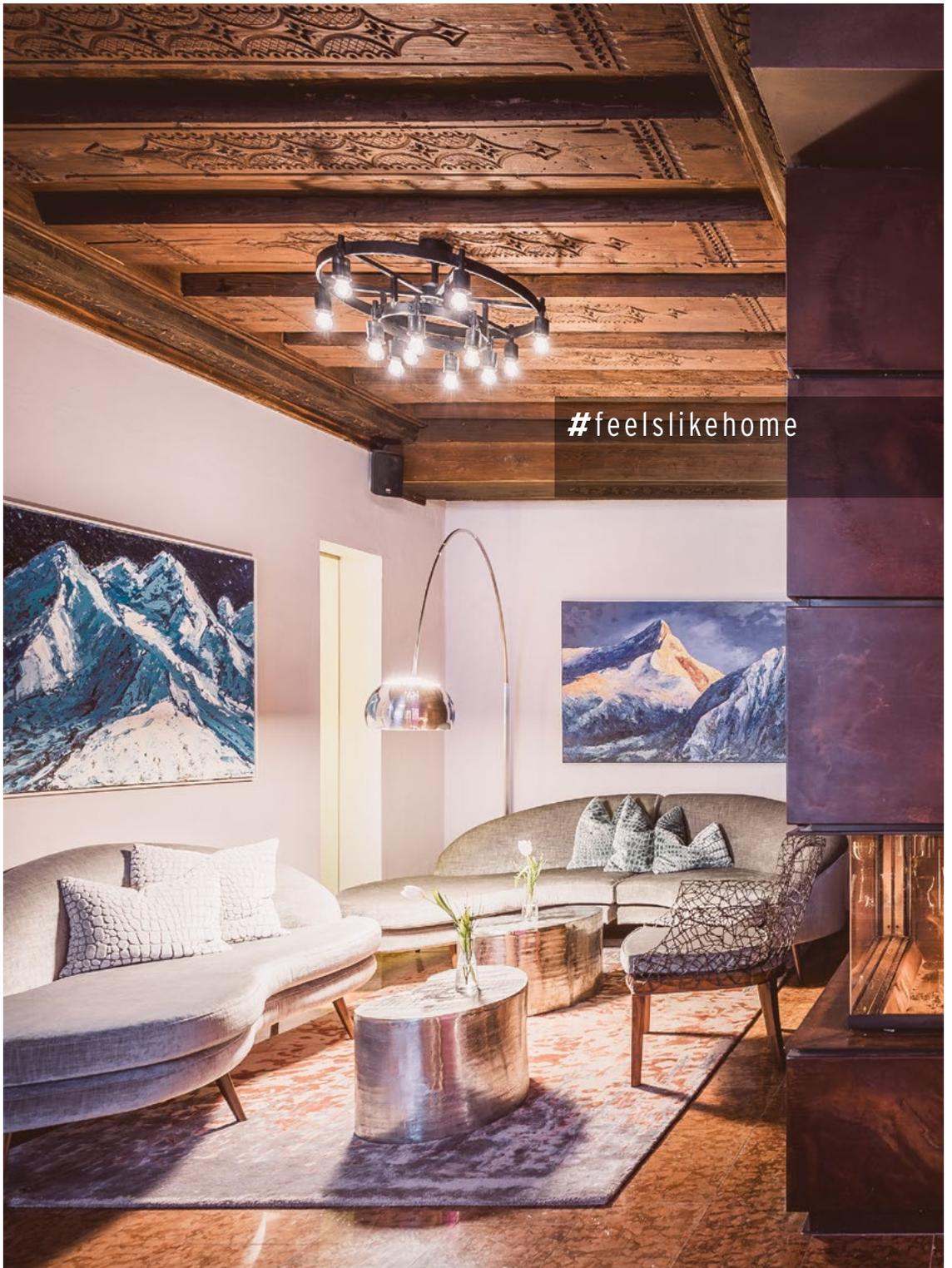


You are an enthusiastic guest at the Best Alpine Wellness Hotels? Then become a member of our Best Wellness Friends Club and benefit from and during your stays in all member hotels

*Interest
aroused?*

More information and registration at
BESTWELLNESSFRIENDS.COM





#feelslikehome



Hotel

KRALLERHOF

Info

The place to be.

Hotel Krallerhof has stood for true luxury and attention to detail for over four generations of our time. The time that only exists at the Krallerhof. Hotel Krallerhof is a factory for the things that make life worth living. For refined cuisine, which is distinguished by exquisite artisanship, and which punctuates its own character through uniqueness. The Krallerhof inspires with the finest materials and fascinating combinations of regionality, sustainability, and boundless spirit. It provides unforgettable experiences for the senses. That is what we believe in. To punctuate one's own character with exclusivity and luxury, while opening up space in every room for inspiration: That is our objective at the Hotel Krallerhof.

Regardless of whether you desire special colours, exclusive materials, or details yet to be discovered: This way every individual sensibility finds its own personal expression and desire. An atmosphere that invites discovery down to the smallest detail. We say it is an expression of personality when time and space turn into timelessness.

07

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HERE. I AM. MYSELF. According to this motto you are the priority in our spa area. Experience holistic relaxation. Our SPA area at the Krallerhof offers you unique treatments that represent the art of holistic eastern and western wellness philosophies. With numerous treatments like massages, beauty applications, personal training, soothing hot stone, shiatsu, Ayurveda, body treatments with exclusive product lines, oil baths, salt baths, and treatments in the soft pack lounge.

At the Hotel Krallerhof we believe that our view of art provides us with a new and unique perspective of the world and our environment. The Krallerhof offers space for new perspectives and inspiring encounters. Let us inspire you as you discover yourself anew in the here and now. Our love of art is both an inspiration and a means of expression for us, allowing us to turn every room into a unique space. Join us and continue your journey of discovery at the Krallerhof.



Special features

Comfort, cosiness, lived family sense, & unmistakable charm with artistic accents create incomparable experiences.





#diegästeflüsterer



Hotel

HOTEL NESSLERHOF

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Info **A desirable location in one of the most beautiful alpine regions**

In the middle of the Hohe Tauern national park, in the valley of mountain pastures, hosts and #guestwhisperers Tina and Hermann Neudegger indulge guests in their 4-star superior Nesslerhof hotel. Pure exclusivity, charming interiors, elegant design and a true connection to the country in which it is located make it a unique retreat in the mountains, with a convenient location at the Großarl cable car valley station, which takes you to the Großarl-Dorfgastein ski area in the Ski Amadé region. Meaning wellness and indulgence-lovers will be staying at the source when it comes to beautiful, inspiring experiences in nature.

At Nesslerhof, you'll find a tailored combination of experience, relaxation and enjoyment. You can dream and 'find yourself' in the stylish ambience of the rooms and suites decorated with premium-quality regional materials. With the impressive 'TWENTY SIXTEEN' extension project, the Nesslerhof hotel has set new standards when it comes to the feeling and spaciousness of the rooms. The Nesslerhof features extensive spa zones with various relaxation rooms as well as a natural swimming pond, a heated outdoor infinity pool and an outdoor salt water pool with massage tables. Relax in the pine sauna, the reclaimed

wood sauna and the event sauna. The extensive number of massage and beauty treatments with products from St. Barth, Comfort Zone and BALANCE ALPINE 1000+ will leave nothing to be desired. In fact, you will actually find yourself inspired.

The Neudegger family lives their passion for their guests every single minute and also have big hearts when it comes to children. The barn with livestock from the original farmhouse guarantees a relaxed, nature-focussed break for young and old alike. It also conveys the host family's dedication to sustainable and regional food production.

Guests are also greeted with generosity and diversity in a very different direction in the restaurants. Sophisticated straightforwardness, refined and understated, is combined with simple alpine elements and grandiose views of the nature in the Großarl valley. Local ingredients are of course used for the fine modern delicacies on offer. The wine cellar houses more than 250 premium-quality labels, which Tina Neudegger - a trained sommelier - put her heart and soul into choosing. As you can expect from a real #guestwhisperer!



Special features

Friendly people, idyllic nature - all of this and even more goes into the Nesslerhof phenomenon. With heart, vision and an appreciation for the spa experience!





#myalpinehideaway



HOTEL POST

Lermoos • Zugspitze

★ ★ ★ ★ S
Superior

Hotel

ALPINE LUXURY GOURMET & SPA HOTEL POST

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Info **Switch off and relax - simply hideaway**

Devoted to our home region and down-to-earth. Cosmopolitan and international. Exquisite and tasteful. This is how the family-run Alpine Luxury Hotel Post Lermoos presents itself as a tasteful alpine hideaway in Lermoos, at an altitude of 1,000 metres. There's hardly any other place, where the Zugspitze summit is revealed in such splendour. Whether it's a hike in this natural paradise, a round of golf on the Tyrolean Zugspitze golf course, joining a Tyrolean mountain hunting party, or a skiing day that starts right outside your doorstep - the possibilities are as multifaceted as the hotel itself.

The Superior Four-Star hotel, managed by Angelika and Franz Dengg, welcomes its guests with a combination of Alpine luxury, wellness, sports, and gourmet treats. The luxury retreat invites guests to relax, unwind and enjoy, and captivates them with its alpine architecture. Old Tyrolean craftsmanship harmoniously blends with contemporary alpine style, featuring exquisite fabrics and finest materials. Amidst the sophisticated alpine architecture, crackling romance and energising tranquillity unfold in a wonderfully stimulating way.

Wellness de Luxe is promised by the spacious 3,000 m² PostAlpinSpa with its generous Post-Vitalwelt. The 1,000 m² panoramic garden, with „AdultsOnly“ brine pool and sauna house, has its own RelaxDreamRoom that focuses on the soothing power of Swiss stone pine wood and offers a view of the Zugspitze. This world of water and vitality inspires with, among other things, indoor-outdoor pool, Jacuzzi, laconium, herbal steam bath, brine steam bath, and a Zugspitze ice grotto. Completely separate is a family area with sauna and steam bath. Massages and beauty treatments complete the wellness offer. Balance Alpine 1000+, QMS Medicosmetics, VINOBLE Grape Cosmetics, and ALPIENNE are the four highest-quality product lines that are used in our treatments.

The special Post Hotel full-board pampers wellness holidaymakers with the finest culinary delights and 2-toque dinner menus (15 Gault & Millau points). Chef-de-Cuisine Thomas Strasser combines a sense of style and creativity with love of his homeland. Flavoured with contemporary nuances and spices of the world, alpine haute cuisine is created here. For an entirely unique experience we recommend a visit to the Post Hotel Gourmet Parlour. The Post Hotel Wine Cellar with more than 1,000 positions was even rated one of Austria's best.



Special features

Here you can experience how freely and refreshingly farsightedness can be presented – as well as how down-to-earth and fine life can be enjoyed at the same time. Experience warm hospitality, discreetly presented.





#feelronacher

Hotel

DAS RONACHER THERME & SPA RESORT

Info **Feel, touch and internalise the enchanting indulgence**

The DAS RONACHER Therme & Spa Resort is embedded in the beautiful landscape of the Carinthian Nockberge mountains. It is known for its wellness expertise, its own healing water and its dedication to art and culture with the 'Festival for the Soul' in March as well as the culture guest performances in October. The fate of the hotel has been steered by the Ronacher family for several generations.

The rooms in the 5-star resort promise breathtaking views of the Nockberge mountains, a unique landscape that is incomparably versatile all year round. You will find peace and balance in the private 5,500 m² wellness oasis with its healing thermal water. Choose between five thermal pools, the extensive sauna village and many rest & relaxation oases.

Experience the magic of the 2-storey mountain hut sauna and the heat of the innovatively-designed pine sweat lodge with body-shaped loungers. The special mystique of the amethyst grotto ensures soothing relaxation. The private bio-sauna is an absolute highlight for those special moments as a couple as it indulges with light, fragrance and sound therapy. After visiting the sauna, enjoy soothing

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moments on the swing beds made from fragrant pine wood, or take some time out in the water beds. #feelronacher with every fibre of your being!

The PHYSIO-GYM fitness centre, which offers you 200 m² of balance, stretching, endurance and strength, is simply unique. In our YOGA & MEDITATION PAVILLON, you can experience guided meditations and yoga based on your individual needs and the new 'FIRST CLASS ROOM' multimedia library with cuddly beds and screens for your favourite film, audiobook or music invites you to snuggle up in your bathrobe.

In the DAS RONACHER Therme & Spa Resort, slow food meets gourmet cuisine, creating a perfectly natural, seasonal symbiosis.

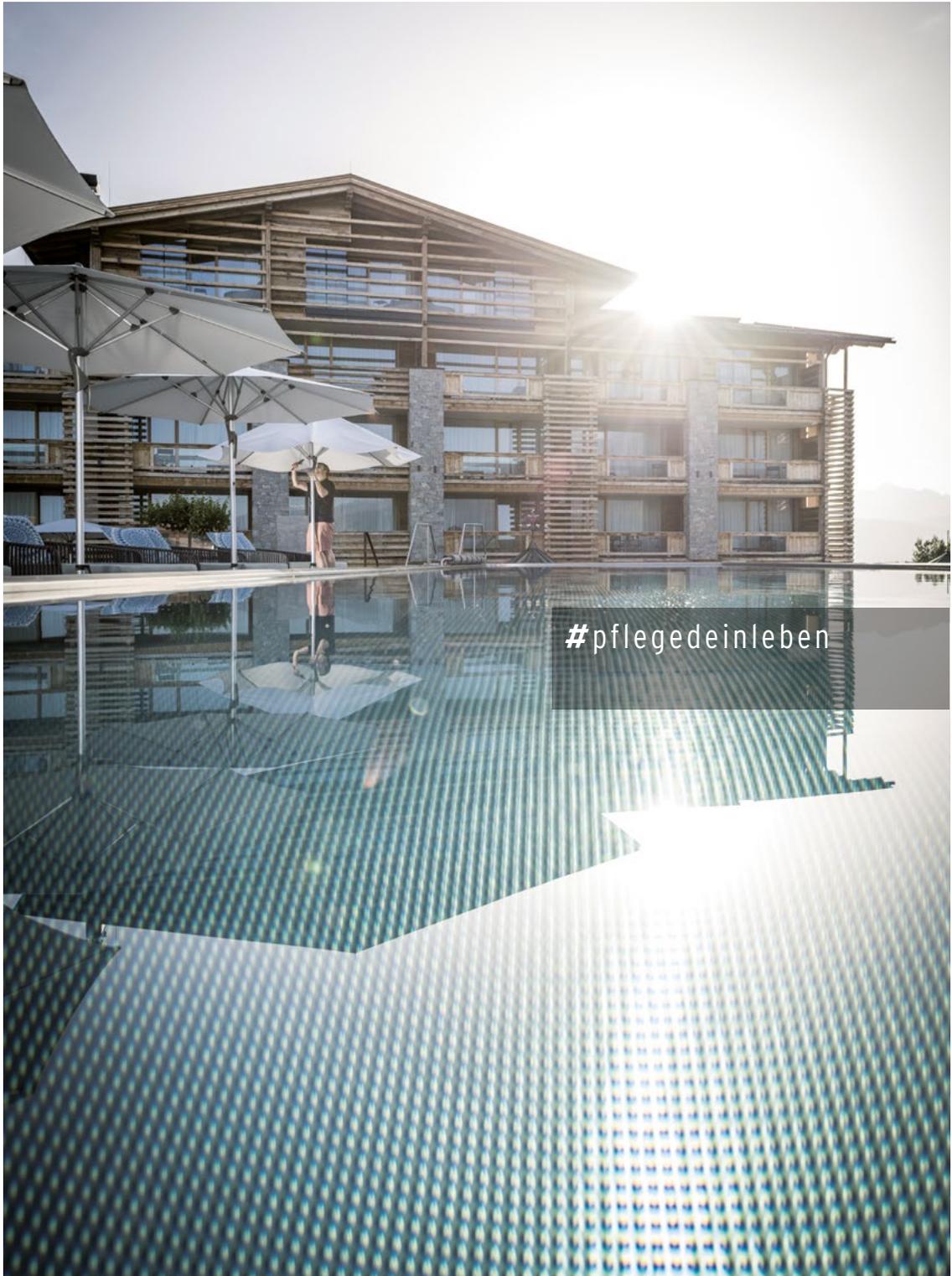
This includes the Imperial BREAKFAST BUFFET with brunch dishes that can be enjoyed up to 12pm and the 6-course GOURMET DINNER with vegetarian and vegan options, which will really appeal to foodies.



Special features

Take a dip in Austria's first salt water thermal bath with underwater music and work out in Europe's first physio gym, with Aqua BEboard or Aqua Bike. Simply #feelronacher!





#pflagedeinleben

Hotel

ALPENRESORT SCHWARZ

Info

A wellness & health idyll

The Alpenresort Schwarz, founding member of the Best Alpine Wellness Hotels, is run with lots of heart and a long tradition by the Pirktl family. Once a simple inn, today it is one of the most exclusive wellness and health resorts in Europe. The award-winning hotel on the Mieminger Sonnenplateau captivates guests with its warm atmosphere, the exclusive and at the same time cosy ambience, as well as with its idyllic location amidst a magnificent garden on an impressive 32,000 m² estate. Here, wishes of holiday-makers of all generations are fulfilled.

The 5,500 m² ME SENSE Spa offers first-class wellness programmes and provides plenty of space for relaxing amidst spacious water worlds and the sauna village, where you will find 7 saunas and cabins, 7 relaxation rooms, a warm water pool, and a mountain lake for swimming. The water worlds offer nine indoor and outdoor pools, divided into the relax water world (accessible from age 12 and above) and the family water world.

“Care for your life” is the philosophy of the exclusive organic certified natural cosmetics line ME SENSE. LIGNE ST BARTH and Balance Alpine 1000+ products

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are also used for soothing treatments. The offers of the ME SENSE Spa aim to create a sustainable state of well-being for all our guests. As part of the holistic 7-day ME health programme, the resort’s doctors and health experts help to strengthen the resources needed to create and maintain your own health. To support this, 5 exercise and relaxation programmes are offered in the spa daily, and yoga is offered 9 times a week as well as part of regular multi-day intensive retreats with guest teachers.

The region attracts visitors with numerous leisure activities, such as the 27-hole golf course right outside the hotel and fantastic hiking and bike trails. A petting zoo and the 92-metre water slide are absolute highlights for all younger guests.

The cuisine is diverse and combines regional, seasonal and sustainably-produced food with top international products. In addition to Schwarz cuisine, vegetarian wholefood cuisine is also on offer. The inviting ambience of the Schwarz world of enjoyment gives a wonderful view of the beautiful nature on offer.



Special features

The guiding principle of The Schwarz Alpine Resort is: "We design the space for warm encounters, well-being and personal development". This can be felt in every detail.





**SHOP
& VOUCHER**

MYBESTWELLNESS.COM



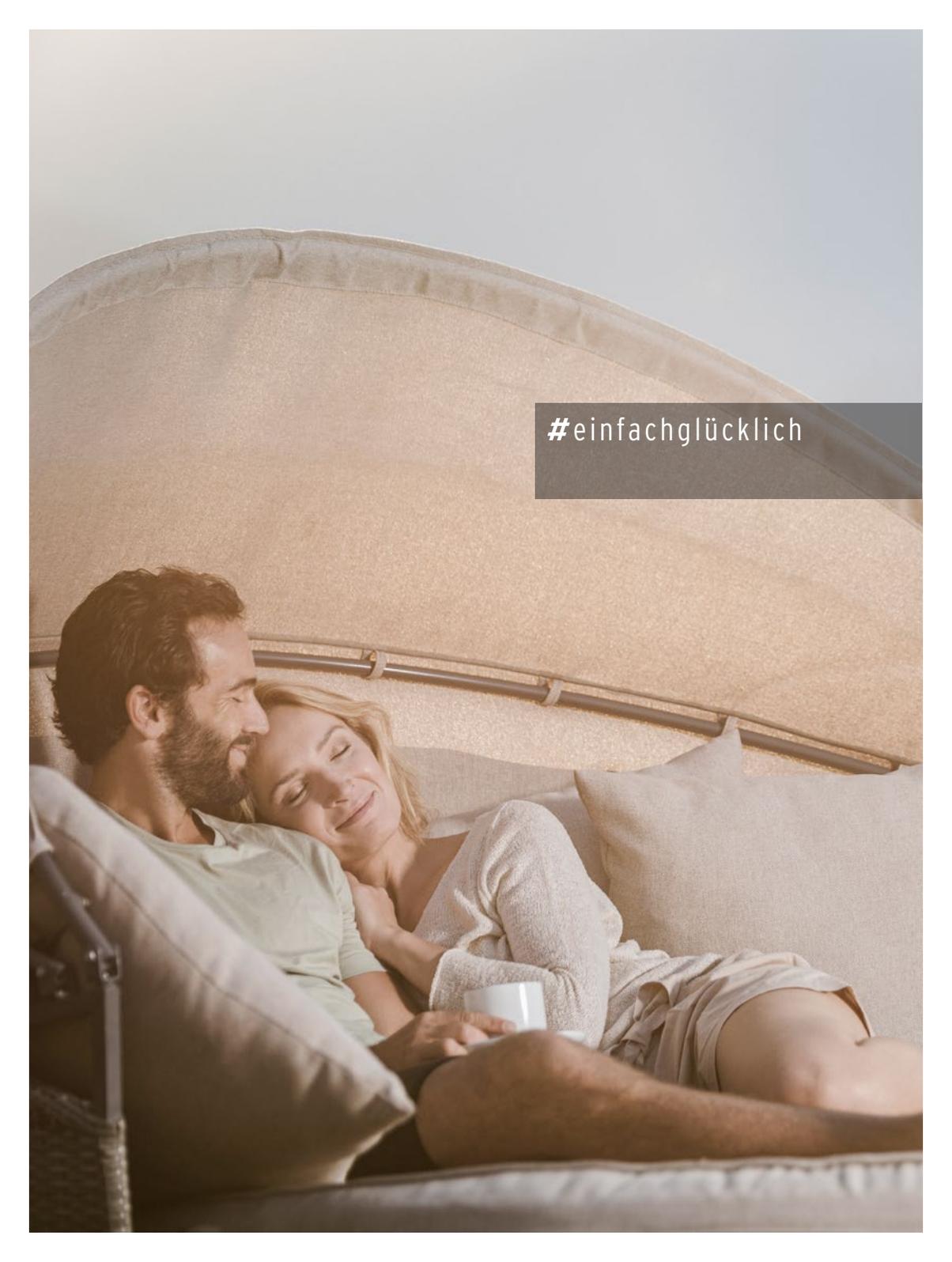
ONLINE SHOPPING FOR:

WELLNESS *@* HOME

Anticipation! What else is so beautiful and invigorating? When browsing the online shop of the Best Alpine Wellness Hotels, you can look forward to the most exciting days of the year and even give the gift of wellness at the same time. No matter whether it's a voucher, redeemable in all member hotels, sportive cycling outfits, the high-quality products of our very own Balance Alpine 1000+ care series, or unique gift ideas for your personal wellness moments at home; here with us you will find what you are looking for!



RELAX &
BEAUTY
ACTIVITY
PLEASURE
FAMILY
VOUCHER

A man and a woman are sitting on a light-colored sofa under a large, curved beige umbrella. The man is on the left, wearing a light green shirt, and the woman is on the right, wearing a light-colored top and shorts. They are both smiling and looking towards each other. The woman is holding a white mug. The background is a clear, light blue sky. The overall mood is relaxed and happy.

#einfachglücklich

Hotel

STOCK RESORT

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6292 Finkenberg/Zillertal
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Info **Goose bumps, excitement and the joy of life**

One of the founding members of the Best Alpine Wellness Hotels and located in the natural gem of the Zillertal Valley in Tyrol, the STOCK resort radiates tradition and celebrates family togetherness. Its concept is inspired by the Tyrolean way of life, exudes hospitality, and – together with exquisite cuisine and luxurious moments of beauty – creates something unique: the special Stock feeling! It's exactly this feeling that makes everyone simply happy, as the Stock family's esprit and authenticity is absolutely contagious. The mountainous world of the Zillertal is awe inspiring and the perfect alpine stage for the STOCK active outdoor vitality programme with guided hiking and (e)Bike tours as well as with your own personal skiing guide.

Time and again, the STOCK resort enchants with its extraordinary ambience. Each room and each suite tells its own story with its individual characteristics and unmistakable charm. Numerous awards show that the Stock family and their team are masters of their craft at all levels, especially when it comes to pampering and inspiring you! Let yourself be immersed in the elements of fire and water in the 5,000 m² aqua and sauna world with 12 saunas, 11 water areas, and separate Family SPA. Various massages and baths,

from classics to special, all the way to alpine Ayurveda treatments, will relax your body after sportive activities in our pristine nature. The hotel's beauty treatment highlight is the STOCK DIAMOND cosmetic line, which is unique worldwide and inspires discerning guests. However, our treatments also offer products of Maria Galland, Tyroler Steinöl, QMS, and Balance Alpine 1000*.

The culinary delights of the STOCK Cuisine create a varied world of pure pleasure. Down-to-earth and just as creative, authentic Tyrolean and at the same time courageously international. Every day the STOCK "KOCHEREI" culinary team celebrates new varieties of regional and sustainable haute cuisine as well as vegan and vegetarian dishes. Our own MOUNT STOCK wine collection tastefully and richly reflects the character of the hotel. Thanks to the many facets of the STOCK resort, sports enthusiasts, active holidaymakers, gourmets, and especially families will be delighted to be among guests who love the casual luxury of this innovative traditional establishment. You can always be sure: With the Stocks you can expect the most beautiful feelings of life in the Alps!



Special features

Whether getting up with the first rays of sunshine or spending the evening bathed in moonlight, you'll always feel the special STOCK feeling.



#einortdesguten
geschmacks





Hotel

THERESA WELLNESS- GENIESSER-HOTEL

Info

Authentic and affectionate

In the heart of the Tyrolean Zillertal, people have entirely devoted themselves to good taste. In the 4-Star Superior Hotel THERESA the view that guests can enjoy extends across 150,000 m² meadows up to the majestic mountain peaks and lets wellness holidaymakers and gourmet lovers revive, inhale deeply, and enjoy life to the fullest. For three generations, the Egger family has pampered their guests and created a feeling of warmth and hospitality. Known as a place of good taste, the THERESA has been elegantly expanded over the years and has shown that historical Tyrolean craftsmanship can be harmoniously blended with modernity. The combination of typical regional furniture and glass works of art from Murano is a skilful mix of styles that couldn't be more beautiful.

The 3,500 m² spa landscape with 5 pools - including a 25-metre sports pool and a panoramic brine pool (35°) - as well as a sauna and relaxation area, is individually designed to meet guests' needs. With a maximum guest capacity of 130, there is plenty of space and time to balance body, mind, and soul. The massages and applications are multifaceted and the product range delights with renowned cosmetic brands such as Balance Alpine 1000⁺, LIGNE ST BARTH, Maria Galland, Phyto 5, and Alpienne.

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Region

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As a traditionally sustainable hotel, the THERESA hotel is well aware of nature's importance for well-being. Therefore, sustainability is a key element, which is why all the energy for the wellness area is generated by a 150 m² solar panel system. Virtually no chlorine is used for the pools, which are gently cleaned using an oxygen ozone system.

Accompanied by delicious gourmet creations made with the exquisite ingredients of the region, a wellness holiday at THERESA becomes a truly all-encompassing experience of pleasure. Chef-de-cuisine Stefan Egger, who also oversees 12 bee colonies, is responsible for the culinary side in the THERESA hotel. The hotel's focus is on regionality and sustainability, which are preconditions of the cuisine's original tastes. These provide the basis for innovative creations such as Alpine Sushi, which, together with the concept of the Metabolic Balance kitchen, skilfully combine proven and new elements. The regional (organic) ingredients, which are grown, refined, and processed in the Alps, are always accompanied by outstanding wines, which are specially selected by Diploma Sommelière Theresa Burkia-Egger applying lots of expertise and a passion for taste.

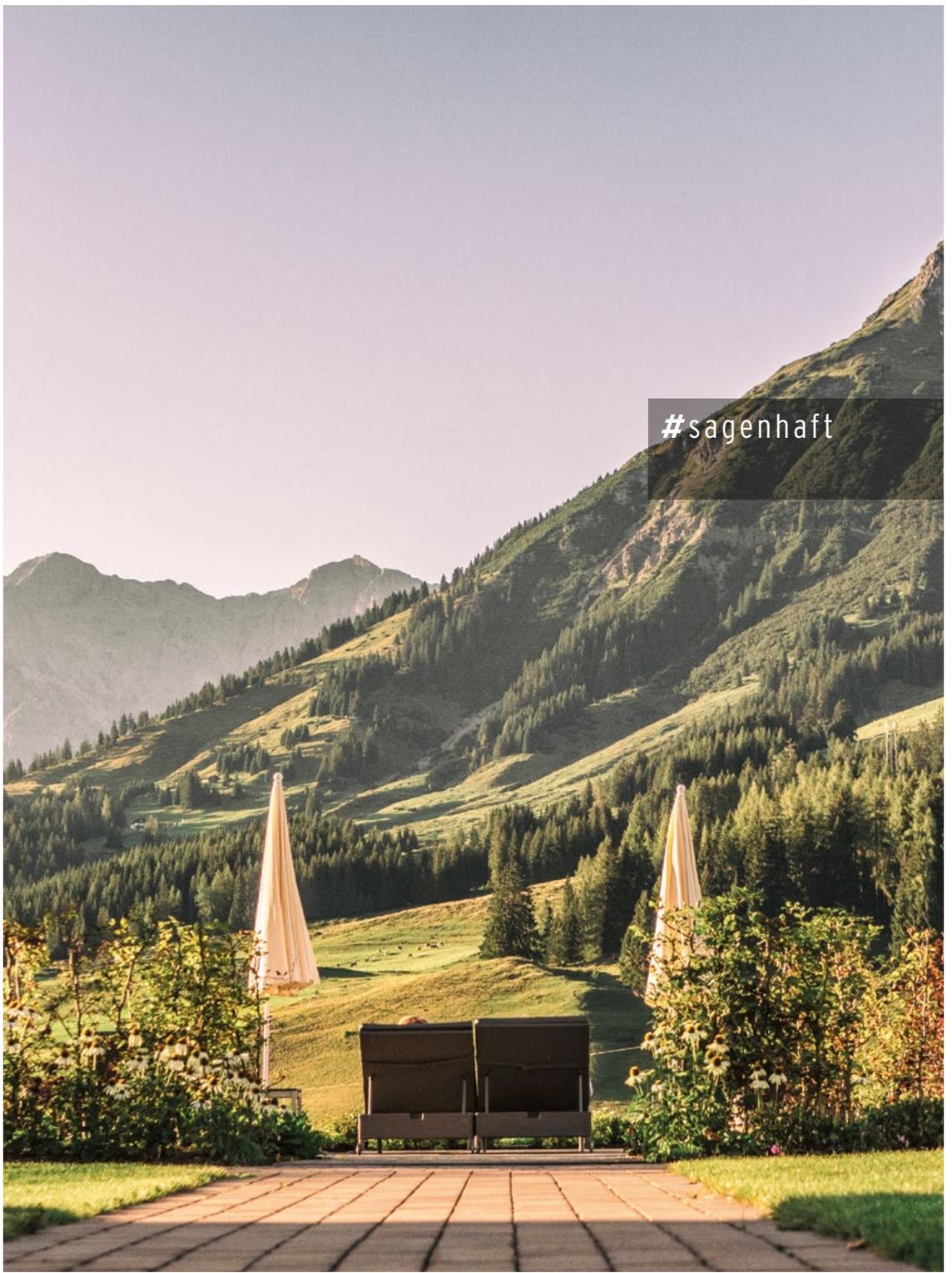


Special features

The unique location, the affectionate cordiality, and the exclusive hospitality of a traditional family business will turn your holiday into a wonderfully natural experience with a wellbeing guarantee.



#sagenhaft





Hotel

ÜBERGOSSENE ALM RESORT

Info **Holiday pleasures & in-depth relaxation**

The Burgschwaiger family and the entire Alm team welcome their guests in Dienten am Hochkönig in the Salzburger Land at an altitude of 1,250 metres with wonderful views and cosmopolitan flair. Its name is derived from the legend of the Übergossene Alm, which has been skilfully brought into the present day with esprit and a fresh touch. Situated directly at the mighty Hochkönig, the Übergossene Alm Resort blends into Salzburg's picturesque scenery. In the Hochkönig SPA, relaxation meets vitality in a modern setting. Where pleasure-seeking alpine dairymaids used to bathe in milk, guests can now indulge in wellness and epicurean pleasures.

Not only unique because of the interesting connection to the old Salzburg history – the location of the Übergossene Alm Resort is both breath-takingly beautiful and equally advantageous. Situated directly on the skiing slope and in the heart of a hiking area, you need not venture far after a cosy breakfast when willing to start your favourite leisure activity.

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UebergosseneAlm

The fantastic panorama accompanies you on every excursion. Should you be unsure what to do, you can simply choose one of the numerous activity programme offers. Children and young people particularly enjoy the 3,250 m² indoor and outdoor Kinderalm, incl. chill-out area.

Sustainability and the relationship to nature are important concerns for the Burgschwaiger family when it comes to hotel management, finances, architecture, and cuisine, as well as to the modern wellness area, where you can relax and unwind both with a clear mind and conscience. Where the pleasure-seeking dairymaids used to bathe in milk, you can now enjoy peace and quiet. No wishes remain unfulfilled in the sauna village as sauna master Reini professionally heats up and services the various facilities. Whether a mild caldarium or a fiery devil's sauna visit, heated hearts beat faster here. Countless pampering massages and treatments can also be enjoyed to the fullest, thanks to the spacious 1,800 m² wellness area.



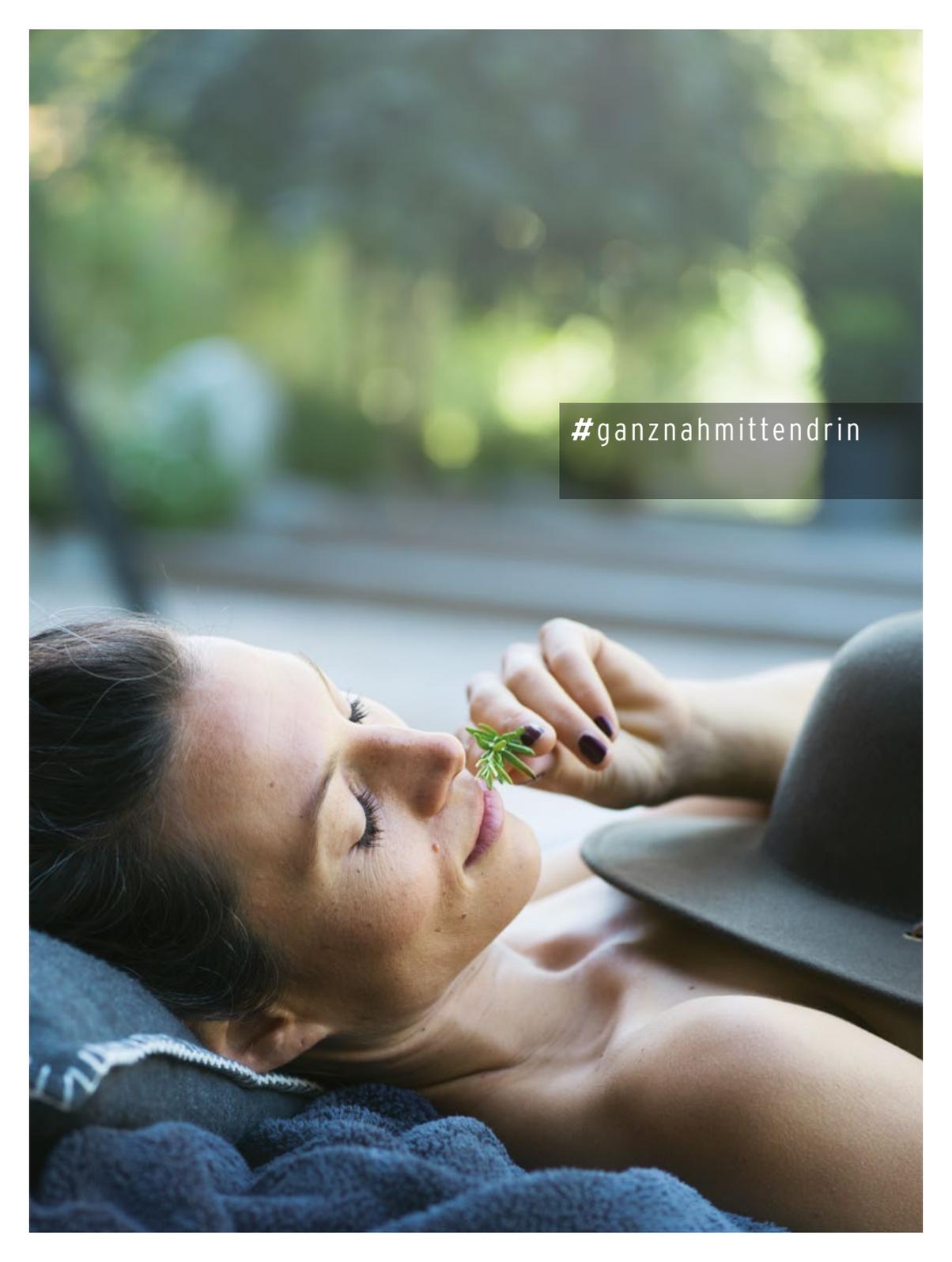
ÜBERGOSSENE
ALM RESORT
HOCHKÖNIG | *****



Special features

The Übergossene Alm Resort takes its name from an old Salzburg legend. Discover a unique place, where tradition and modernity are skilfully harmonised.



A close-up, low-angle shot of a woman lying down, her eyes closed in a state of relaxation or meditation. She is holding a small, fresh green herb stem near her nose. She is wearing a dark hat and a dark towel. The background is a soft-focus outdoor setting with green foliage and a wooden railing. A dark grey rectangular box is overlaid on the right side of the image, containing the text "#ganznahmittendrin" in white.

#ganznahmittendrin



NATURHOTEL

WALDKLAUSE

Hotel

NATURHOTEL WALDKLAUSE

Info

Rooted, grown, crowned

When staying at Naturhotel Waldklausen, the only wood Hotel of Best Alpine Wellness Hotels, your holiday starts with a special interplay of light. Once you see the sun gently blinking through treetops, you have reached your destination. Meet your inner self. The forest provides peace. It generates tranquillity and forces us to listen attentively. To yourself. To nature. To the sounds of the forest's animals and the gentle rustle of the leaves in the wind. Celebrate these special moments in the pristine nature of the Ötztal Valley. Green alpine terraces, wild mountain landscapes, and slopes covered in deep snow make the joy of being active come alive all year round.

Your hosts, the Auer family, have always been ahead of times. Drawing strength from nature and respecting the habitat in the impressive forests of the Tyrolean Längenfeld are notions deeply rooted within the region. The Naturhotel Waldklausen, the first nature hotel in Tyrol, has grown over the years thanks to lots of love. Like a tree with its many annual rings forming in the stem, this jewel, now crowned as a design hotel, stands strongly in the here and now. Right within nature - at the very centre. The warmth and enthusiasm for nature is omnipresent in the Naturhotel Waldklausen and creates retreats with

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many individual oases. Only the best of wood, stone, and clay has been used for the Nature Spa and its treatment rooms. Pure products made from high-quality ingredients from the Alps are used for your holistic well-being across a 1,800 m² wellness space. Find peace and quiet in the tree sauna with a view of the forest, regenerate in the Tyrolean herb sweat room, or relax in the brine Jacuzzi with a view of the mountains.

As an eco-hotel with great love of design, style, and charm, the natural building materials ensure a pleasant, healthy room climate. The light-flooded architecture distinguishes the Naturhotel Waldklausen, fulfils highest aesthetic demands, and makes use of the elements of Feng Shui. Contemporary design and Ötztal originality form a symbiosis here. The innovative Tyrolean-style natural cuisine is characterised by its use of finest products from regional sources, produced in the immediate vicinity. This way, gourmet menus can be created both purely and genuinely. Wines from young Austrian winegrowers are served in addition to classic wines from all over the world.



Special features

Wood, glass, and stone blend into a design concept that always appreciates nature. Consistently close to the environment, keeping an eye on sustainability at all times.





#urlaubdersinne



WELLNESSHOTEL WARTHER HOF

★★★★★

Hotel

WELLNESSHOTEL WARTHER HOF

16

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Info

Mountains for the senses

The Roiederer & Jäger families await you at the 4-Star Superior Wellness Hotel Warther Hof in the charming mountain village of Warth in the Vorarlberg region. Here, on the Arlberg Mountain, you will experience a soothing Alpine idyll and are surrounded by a mountain backdrop that will put a smile on your face, no matter what the season. Mountains that stimulate the senses can be discovered here, as the most beautiful hiking trails, wonderful mountain lakes, and Austria's largest contiguous skiing area are all accessible right from your doorstep. The Wellness Hotel Warther Hof pampers all your senses: take in the mountain panorama, smell fresh mountain herbs, taste alpine delicacies, feel how your soul rebalances during our spa treatments, and enjoy the harmonious sounds of nature far away from the hectic schedules and stress of everyday life. The result is a holiday that touches and entrances active holidaymakers, pleasure-lovers, and families alike.

The 3,000 m² spa area has lots to offer. Enjoy holistic wellness in our new sauna landscape in modern alpine style with brine steam bath, vitality sauna, new cosy relax rooms, our mountain view event sauna, and much more. You can refresh yourself under our event showers, in the plunge pool, or at the crushed ice

fountain, in the indoor mountain lake, or on the open-air terrace in healthy mountain air. The exclusive care products from Babor, Balance Alpine 1000+, Vinoble, and LIGNE ST BARTH will surely flatter your senses when undergoing massages as well as spa and health treatments. The fitness & sports offers, such as personal training or yoga, sensually round off the feel-good atmosphere.

The restaurant, held in the style of chic, rustic parlours, and the sun terrace with breath-taking views from 1,500 metres above sea level all promise delicious creations. The culinary team uses recipes from the old days, when great value was put on regional and local products from the Alm. International ingredients are always combined in refined style. With lots of passion, highest gastronomic arts unfold, and epicureans can go on a culinary journey full of the finest aromas and incredible tastes every day. Exquisite wine from the Warther Hof wine cellar together with affectionate hospitality make the perfect indulgence complete.



WELLNESSHOTEL
WARTHER HOF



Special features

With the powerful nature of the mountain in its heart, caressing all the senses, the Warther Hof is a place of well-being, characterised by extraordinary spaces and dreams.





ESSENTIAL:

BODY & SOUL

Extraordinary meals are another important pillar of holistic wellness holidays. We invite you to pamper both your body and soul with amazing culinary delights. Enjoy delicious food and drinks and experience these treats with all your senses. Our focus hereby is on regionality and seasonality: local products from organically managed producers are more than concessions to our home. Gault Millau bonnets, Falstaff forks, A La Carte stars and a multitude of other awards honor the restaurants of our wellness resorts for these efforts.



	GOLFCLUB	DISTANCE	HOLES	DISCOUNT	HANDICAP LIMITATION	GOLF COURSES	HOTEL SHUTTLE
ALPENPALACE	GC Pustertal	20 km	9	20 %	-	yes	yes
	GC Alta Badia	50 km	9	15 %	-	yes	-
	GC Dolomitingolf	90 km	27	15 %	-	yes	-
ALPENROSE	GC Achensee	4 km	18	20 %	-45	yes	yes
	GC Achenkirch	9 km	9	-	-	-	-
	GC Zillertal Uderns	25 km	18	-	-	yes	-
ASTORIA	Golfacademy Seefeld	3 km	9	-	-	-	for free
	GC Seefeld-Wildmoos	7 km	18	25 %	-	-	for free
	Golfpark Mieminger Plateau	25 km	27	-	-	-	surcharge
	GC Innsbruck-Igls/Rinn	30 km	18	-	-	-	surcharge
ENGEL	GC Sonnenalp	35,5 km	18	-	-	on request	-
	GP Oberallgäu/Kurzplatz Gundelsberg	36 km	18 + 9	-	-	on request	-
	GC Oberstdorf e.V.	47,5 km	9	-	-54	on request	-
GMACHL	GC Klessheim	7 km	9	10 %	-36	yes	-
	GC Eugendorf/GC Römergolf	12 km	2 x 18	10 %	-45	yes	-
	GC Gut Altentann	18 km	18	10 %	-36	-	-
	GC Berchtesgadener Land	18 km	18	10 %	-	-	-
	GC Am Mondsee	30 km	18	10 %	PE	-	-
KRALLERHOF	GC Urslautal	15 km	18	25 %	-	yes	surcharge
	GC Brandlhof	15 km	18	30 %	-	yes	surcharge
	GC Zell am See-Kaprun	27 km	36	-	-54	yes	surcharge
	GC Kaiserwinkl Kössen	35 km	18	-	-54	yes	-
	GC Wilder Kaiser Ellmau	39 km	27	-	-45	yes	-
	GC Kitzbühel-Schwarzsee-Reith	42 km	18	-	-45	yes	-
NESSLERHOF	GC Gastein	48 km	18	-	-	yes	-
	GC Goldegg	24 km	18	-	-	yes	-
	GC Tauerngolf	39 km	18 + 9	-	-	yes	-
	Open Golf	20 km	2 x 9	-	-	yes	-

GOLFWELLNESS.AT

	GOLFCLUB	DISTANCE	HOLES	DISCOUNT	HANDICAP LIMITATION	GOLF COURSES	HOTEL SHUTTLE
POST	GC Zugspitze-Tirol	2 km	9	30 %	-	yes	ja
	Golfpark Mieminger Plateau	38 km	27	-	-	yes	-
	GC Garmisch-Partenkirchen	22 km	18	-	WE	yes	-
	GC Seefeld-Wildmoos	50 km	18	-	-	yes	-
RONACHER	GC Bad Kleinkirchheim	4 km	18	yes	-54	yes	-
	GC Millstatt	26 km	18	yes	-54	yes	-
	GC Moosburg-Pörtschach	39 km	18 + 9	yes	-54	yes	-
	GC Finkenstein	47 km	18	yes	-54	yes	-
	GC Senza Confini Taryvisio (IT)	66 km	18	yes	-45	yes	-
	GC Royal Bled (SLO)	78 km	18 + 9	yes	-54	yes	-
	GC Zugspitze-Tirol	35 km	9	-	-	-	surcharge
SCHWARZ	Golfpark Mieminger Plateau	0 km	18/9	yes	-	yes	-
	GC Seefeld-Wildmoos	20 km	18	yes	-	-	surcharge
	GC Innsbruck-Igls/Rinn	35 km	18	yes	-	-	surcharge
	GC Innsbruck-Igls/Lans	35 km	9	yes	WE	-	surcharge
	GC Zugspitze-Tirol	35 km	9	-	-	-	surcharge
STOCK	GC Zillertal Uderns	23 km	18	20 %	-	yes	-
	GC Achensee	46 km	18	-	-45	yes	-
	GC Innsbruck-Igls	73 km	18	-	-45	yes	-
THERESA	GC Zillertal Uderns	8 km	18	20 %	-	yes	yes
	GC Achensee	35 km	18	-	-54	yes	surcharge
	GC Achenkirch	46 km	9	-	-	yes	surcharge
	GC Mittersill	45 km	18	-	-	yes	surcharge
	GC Wilder Kaiser Ellmau	40 km	18	-	-54	yes	surcharge
ÜBERGOSSENE ALM	GC Salzburg - Anlage Brandlhof	25 km	18	-	-	yes	-
	GC Mittersill-Stuhlfelden	55 km	18	-	-	yes	-
	GC Goldegg	30 km	18	-	-	yes	-
	GC Salzburg - Anlage Brandlhof	25 km	18	-	-	yes	-
	GC Mittersill-Stuhlfelden	55 km	18	-	-	yes	-
WARTHER HOF	GC Lech	5 km	9	-	-	yes	yes
	GC Bludenz-Braz	38 km	18	-	-	yes	-





BEST QUALITY

The standards that we set for ourselves are high. With detailed mystery checks, we are constantly improving our services and processes, and via guest and employee surveys we are gathering feedback, which provides an important basis for our further development, and is used to improve our services. Hygiene checks are carried out by independent testing institutes annually; the strict HACCP rules hereby guarantee our guests the highest possible safety both as regards kitchen and wellness areas.

WE FOCUS ON YOUR AND OUR HEALTH

Even the location of the Best Alpine Wellness Hotels is a privileged one: Outside the hotel doors, mountains are all around, but also in the gardens, there is peace, space, and many options for sports, relaxation, and enjoying water pleasures. Additionally, the extensive wellness facilities allow for soothing spa pleasures.

At the Best Alpine Wellness Hotels we look out for each other: a respectful interaction in the restaurants, at the buffets, and in the wellness areas helps us all to stay healthy. At each hotel you will find detailed information about the current necessary precautions due to the Covid-19 pandemic, and in every hotel you will also meet a contact person that provides information on health issues.



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