

Meet the Minds Behind Alpine Wellness: The Experts Shaping Austria's Mountain Retreats
From sauna masters and longevity physicians to chefs and mountain guides, the specialists behind Austria's leading wellness hotels reveal how the Alps are evolving into year-round destinations for health, nature and restorative travel.

As the Alps evolve from purely ski destinations into year-round wellness landscapes, the people behind the experiences are becoming as important as the resorts themselves. Across Austria's leading alpine wellness hotels, a diverse group of specialists, from spa directors and longevity physicians to chefs and mountain guides, are redefining what a modern mountain retreat can offer.

For journalists exploring themes such as wellness travel, longevity, sauna culture, alpine cuisine and nature-based wellbeing, the following experts are available for interviews and commentary.

STOCK Resort

Barbara Mitterer: Executive Assistant & Marketing Director, Barbara Mitterer has been part of STOCK resort for more than 25 years and plays a central role in shaping the resort's guest experience and long-term vision. Working closely with the Stock family, she combines operational expertise with deep knowledge of the evolving wellness and hospitality landscape. Her work focuses on balancing tradition with contemporary alpine wellness, family travel and lifestyle-led tourism.

Expertise available for media:

- Alpine hospitality trends
- Wellness-led luxury travel
- Multi-generational resort experiences
- Destination positioning in the Alps

Jens Wittmann: Physiotherapist & Massage Therapist, Jens Wittmann has worked at STOCK resort for over two decades and specialises in treatments designed to support recovery, mobility and regeneration. His approach bridges the gap between spa relaxation and functional wellbeing, making him a credible voice on recovery after active holidays.

Expertise available for media:

- Recovery after skiing and mountain sport
- Physiotherapy and therapeutic massage
- Movement and mobility in wellness travel
- Functional wellness treatments

Jean Wiedebusch: Fitness Trainer & Ice Bathing Expert, Jean Wiedebusch leads movement and fitness programmes at STOCK resort, with a particular focus on cold

exposure and ice bathing, practices that are gaining popularity within the wider wellness sector. His approach emphasises resilience, circulation and recovery rather than extreme performance training.

Expertise available for media:

- Ice bathing and cold exposure
- Winter fitness and resilience
- Recovery and circulation
- Accessible strength and movement training

Jan Vostrovsky, Head Chef: Jan Vostrovsky has led the kitchen at STOCK resort for more than two decades. His culinary philosophy focuses on seasonal produce, Alpine flavours and balanced menus that support both indulgence and wellbeing.

Expertise available for media:

- Alpine cuisine
- Food as part of wellness travel
- Seasonal and regional cooking
- Culinary hospitality

Martin Saurwein: Hiking & Active Guide, Martin Saurwein has been guiding guests in the Zillertal region for more than 20 years and specialises in accessible mountain experiences that allow guests to reconnect with nature.

Expertise available for media:

- Alpine hiking and winter walking
- Soft adventure travel
- Nature-based wellbeing
- Outdoor experiences for non-skiers

The Stock Family: Owners and Hosts, The Stock family, David, Christine, Barbara and Josef Stock, have hosted guests in the Zillertal for more than 50 years, building the resort into one of Austria's leading family-run alpine wellness destinations.

Expertise available for media:

- Family-run alpine hospitality
- Multi-generational tourism
- Evolution of alpine resorts
- Wellness tourism in the Alps

Wellnesshotel Warther Hof

Markus Roiderer, General Manager: Markus Roiderer leads the strategic vision of Wellnesshotel Warther Hof, focusing on authentic alpine hospitality and the integration of adventure and recovery. His expertise lies in developing high-altitude wellness concepts that combine ski access, spa culture and nature-based experiences.

Expertise available for media:

- Alpine wellness tourism
- Ski and spa crossover travel
- Hospitality leadership and guest experience
- High-altitude wellness concepts

Asli Keskin: Assistant General Manager & Marketing Lead: Asli Keskin oversees brand positioning, communications and guest experience development at the hotel. Her work focuses on translating the hotel's alpine wellness philosophy into modern hospitality experiences.

Expertise available for media:

- Luxury hospitality marketing
- Destination branding
- Wellness travel trends
- Guest experience design

Maria Roiderer: Spa Lead: Maria Roiderer oversees the hotel's holistic spa programme and guest wellbeing philosophy. Her approach centres on regeneration, balance and recovery, particularly for guests combining active alpine sports with spa experiences.

Expertise available for media:

- Spa design and programming
- Wellness recovery after sport
- Alpine healing traditions
- Holistic wellbeing

Alessa Rexroth: Sauna & Ritual Lead, Alessa Rexroth specialises in alpine sauna culture and guided ritual experiences. She leads daily sauna ceremonies combining heat, music and aromatherapy, an increasingly popular wellness experience in European spa culture.

Expertise available for media:

- Sauna culture and rituals
- Thermal wellness traditions
- Experiential spa design

Chris Albersdörfer, Head Chef, Chris Albersdörfer leads the culinary programme at Wellnesshotel Warther Hof, focusing on seasonal menus and regional sourcing.

Expertise available for media:

- Alpine cuisine

- Sustainable food sourcing
- Mountain food culture

Annemarie Kogler: Food & Beverage Lead, Annemarie Kogler oversees beverage concepts and the overall dining experience at the hotel.

Expertise available for media:

- Alpine wine and beverage culture
- Culinary hospitality design

Nina Dengel: Activity & Outdoor Guide, Nina Dengel leads guided mountain experiences including hiking and mindful movement programmes.

Expertise available for media:

- Soft adventure travel
- Alpine hiking culture
- Nature-based wellbeing

Yana Aleksandrova, Kids Club & Family Experience Lead, Yana Aleksandrova develops family wellness programmes and children's experiences.

Expertise available for media:

- Family wellness travel
- Multigenerational hospitality

Wellnessresidenz Alpenrose

Holistic Wellness & Longevity Experts: Barbara Neuhauser, Managing Director, Barbara Neuhauser has over three decades of experience in international hospitality and leads the long-term vision of Wellnessresidenz Alpenrose. Her philosophy centres on creating environments where wellbeing feels natural and balanced rather than prescriptive.

Expertise available for media:

- Leadership in wellness hospitality
- Longevity and wellbeing philosophy
- Multigenerational travel

Ágnes Gajdos: Wellness & Longevity Lead, Vitality Temple, Ágnes Gajdos oversees all spa treatments and sauna rituals at the hotel's Vitality Temple. Her work focuses on restorative treatments, stress recovery and longevity-focused wellbeing.

Expertise available for media:

- Sauna culture

- Nervous system regulation
- Stress recovery and burnout prevention
- Longevity wellness programmes

Robert Wank; Head Chef, Robert Wank leads the Alpenrose kitchen, focusing on regional ingredients and authentic Austrian cuisine.

Expertise available for media:

- Alpine culinary traditions
- Wellness cuisine
- Sustainable gastronomy

Martin Geyer: Head Chef – Cocoon Alpine Luxury Restaurant, Martin Geyer blends Alpine flavours with subtle Asian influences, creating a contemporary interpretation of mountain cuisine.

Expertise available for media:

- Contemporary alpine cuisine
- Fine dining in the Alps
- Wine pairing and culinary innovation

René Delmas: Sports & Outdoor Experience Lead, René Delmas leads hiking, cycling and mountain experiences designed to reconnect guests with nature and movement.

Expertise available for media:

- Outdoor wellness
- Movement in nature
- Alpine adventure travel

Janine Heim, Children's & Youth Club Manager, Janine Heim leads children's programmes designed to combine creativity, nature and wellbeing.

Expertise available for media:

- Child-focused hospitality
- Family wellness tourism

Alpenresort Schwarz

Dr Heidi Pirktl: Longevity Physician, Dr Pirktl is part of the resort's medical team supporting preventative health and personalised wellness programmes.

Expertise available for media:

- Preventative medicine

- Longevity health programmes

Dr Irene Brunhuber: Medical Wellness Specialist, Dr Brunhuber focuses on integrative health and medical wellness consultations.

Expertise available for media:

- Integrative medicine
- Health diagnostics in wellness tourism

Dr Julia Cordin: Medical Advisor – Wellness Programmes, Dr Cordin contributes to the resort's longevity and health diagnostics initiatives.

Expertise available for media:

- Medical wellness
- Lifestyle medicine

Hotel Post Lermoos

Dengg Family: Owners and Hosts, The Dengg family has operated Hotel Post Lermoos for three generations, shaping the property into a destination known for alpine hospitality, gourmet cuisine and spa culture.

Expertise available for media:

- Family-run alpine hospitality
- Tourism heritage in the Alps

Thomas Strasser: Executive Chef, Thomas Strasser leads the hotel's gourmet kitchen, which has earned three Gault & Millau toques and is widely recognised for its refined Alpine cuisine.

Expertise available for media:

- Alpine fine dining
- Regional gastronomy
- Sustainable sourcing

Media enquiries

The experts featured in this release from the Best Alpine Wellness Hotel Group are available for interviews, commentary and feature contributions across topics including wellness travel, longevity, alpine cuisine, sauna culture and nature-based wellbeing. The experts featured in this release represent leading alpine wellness hotels across Austria including Wellnesshotel Warther Hof (Arlberg), Wellnessresidenz Alpenrose (Achensee), Alpenresort Schwarz (Mieming Plateau) and Hotel Post Lermoos (Tiroler Zugspitz Arena).

Together they reflect a growing trend within European travel: the transformation of alpine resorts into year-round wellness destinations that combine outdoor adventure, spa culture, gastronomy and preventative health. As demand grows for restorative travel experiences centred on nature, movement and wellbeing, the Alps are emerging as one of Europe's most compelling wellness landscapes.

www.wellnesshotels.com/en

Notes to Editors: For further information on Best Alpine Wellness Hotels, press trip requests, image requests or interview opportunities with hotel leadership and wellness specialists, please contact:

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