Chemicals? No, thank you – remain sustainably young!

Darmstadt, November 3rd, 2017 *** The possibilities of cosmetic products have expanded permanently over the last years. Even surgery has become commonplace by now. We eat a more healthy diet than our parents, we do more sports, but we also have children much later and are still exposed to everyday stress at the age of 50. Can we still afford not to look like 30 anymore? Of course, everybody has to decide for oneself if and how one wants to counteract the aging process. We show you some natural methods and interesting examples of how body and cells can regenerate already during a trip.
Self-healing by means of detoxification

The OCÉANO Hotel Health Spa is situated on Tenerife with a panoramic view of the Atlantic Ocean and the evergreen Anaga Mountains. Here, a professional team of therapists and physicians takes care of guests from all over the world. The detoxification after Franz Xaver Mayr is the key element of its wellness program. Its aim is an intestinal sanitation to activate the self-healing-powers: As we know by now, healthy intestines benefit a beautiful and healthy skin texture and can be a genuine help in fighting allergies. In addition to the nutrition concept, guests of the OCÉANO relax due to the power of the ocean in the form of a thalassotherapy. Algae, mud and brine are applied in energizing treatments. These ingredients contribute to the detoxification process and thereby help to gather new energy. Other forms of therapy such as Ayurveda, Osteopathy, Shiatsu, massages and natural cosmetics complete the anti-aging-program.

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Ayurveda in a castle

The Wellnesshotel Seeschlößchen can be best described as a retreat for holistic health measures. Situated in the heart of the lake district of Lausitz, directly at the shore of Lake Senftenberg with views of an island that is under conservation, guests are offered excellent ayurvedic wellness treatments and cures. The Seeschlößchen’s specially trained team helps paving the way to more vitality and better health by means of a carefully chosen selection of treatments following a precise analysis. The therapy is complemented by an elaborate ayurvedic nutrition concept as well as a comprehensive range of Hatha yoga and meditations. During her so-called yoga cure “Pushti”, Upula Rathnayaka, who is a specialist in Aryuveda, develops a schedule with personalized yoga exercises. In order to be able to carry on with the concept at home, guests are given recipes, ideas for treatments and exercises to take with them.
Respect for Mother Nature

The Tongsai Bay on the island Kho Samui in Thailand is still considered one of the most beautiful places of the island. Built by Khun Akorn Hoontrakul, a real pioneer in terms of sustainability, 30 years ago, the resort is today managed by his son Thanakorn together with his wife Saisiri. The spa of Tongsai Bay is located in a tropical garden and offers a selection of therapeutic, healing and restoring treatments. Their focus lies on stress prevention or the reduction of stress vulnerability, which increases with age, negatively affecting the body’s acid content and being able to accelerate the aging process. For example, the “Samui Dream” vitalizes tired skin with coconut oil and local herbs. During the 2.5 hour “Return to Prana” Spa Escape guests can deeply and sustainably relax.
Chinese medicine meets Medical Wellness

The Vital- & Wellnesshotel Zum Kurfürsten on the Mosel River is specialized in wellness and TCM. With a lot of ambition, passion and attention to detail, its team lives a new interpretation of lifestyle that makes health its top priority. The so-called MaXX TCM system, which has been developed at the wellness hotel Zum Kurfürsten, combines Chinese medicine with medical wellness and is professionally employed by highly qualified therapists. All treatments focus on the guest’s individual aura, which is taken care of by the Chinese physician or healer. Mind, soul and body are incorporated into the therapy. All activities integrate the principles of MaXX TCM and ensure a holistic concept in which a nutrition based on the five elements is just as important as for example the colors and forms of the hotel’s design.

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and restaurants in a global data source.

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