Darmstadt, November 1st 2018 *** Today, we explore the greenest spa hotels in Germany and Austria, outlining each hotel's highlights! From hay bathing to soul massage, natural pool or salt grotto – each of the spa hotels is characterized by its own approach to wellbeing; promoting methods for health improvement. Wellness and spa can be more than just well-being and relaxing massages, namely a holistic health concept – proven by these hotels every day anew.
Rush of the sea – Thalasso Spa

The car-free North Sea Island Juist is famous for deceleration and health-promoting sea air. In the unique setting of the Strandhotel Kurhaus Juist, guests are pampered with massages – whether classic, with mud wrap, Asian herbal stamps or the Hawaiian style. On water massage beds, guests enjoy body treatments inspired by the power of the sea according to the Thalassic principle: algae peeling, sea salt peeling, sea water bathing, sea mud, or seaweed wrap. A nourishing lagoon bath containing water lilies and microalgae, a goat milk bath, or a Cleopatra oil bath also soothe the skin of the spa visitors. Specific Thalasso cures detoxify, revitalize, re-mineralize and relax while contributing to the wellbeing and health of the guests at the same time.
Wellness between vines

In the beautiful wine region Moselle in Germany’s West, the *Lifestylehotel Zum Kurfürsten* specializes in Traditional Chinese Medicine (TCM). The holistic method consists of consulting, acupuncture, nutritional advice, herbal therapy, cupping, moxibustion as well as relaxation and exercise, such as Qi Gong. Aligning to TCM, the hotel’s culinary concept is according to the 5 Chinese elements fire, earth, metal, water and wood. Even short-term guests can perceive TCM and carry on at home. 4,000 m² spa area offer guests relaxation in various saunas, pools and at treatments. For a special thrill Sha Zhi, a fan brush massage, soothes the sensory nerves releasing the hormone serotonin for a feeling of pure relaxation.

Alpine beauty and mountain air

Exhausted legs and feet can recharge at the nature spa at the *Naturhotel Outside* after extensive hikes in the Austrian region Matrei amidst the East Tyrolean Mountains. Besides a revitalizing “Outsider Massage” for drained muscles, classic massages, foot reflexology massages or lymphatic drainage are offered. A highlight for those looking for relaxation: the Hawaiian Lomi Lomi Nui massages activating self-healing power. Fans of the Alps can get an Alpine Stone Massage, an interplay of cold and warm stones for better circulation, an Alpine herbal pack made of lavender, chamomile, peppermint and marigold, a bath in Defregger healing water brine, a goat butter milk bath as well as a cramp-solving and immune-strengthening hay bath. Besides the natural spa with natural bathing pond, guests can also find a wide range of natural beauty treatments; the specially developed organic natural cosmetics line TINAPUR (TIroler NAtur PUR, English: pure Tyrolean nature) uses the soothing power of nature and contains many local plants and herbs. For a holistic short holiday, guests can also base fast here.
Ayurveda meets cowbells

In the middle of the Allgäu, traditional Asian knowledge of health and Bavarian idyll merge in a small oasis. The HUBERTUS Alpin Lodge & Spa offers tailored treatments for guests focusing on healing, relaxation, nutrition, exercise, and mental strength with yoga, Ayurveda, diet plans, or massage – depending on individual needs. In addition, guests will also find an extensive spa area including saunas, steam baths, pools, barefoot paths, power places and various resting places. The hotel's own Holistic Touch applications, promote a holistic approach to body massages and skin treatments based on neurological and Ayurveda principles.
Cleansing the mind

A holistic approach can also be found at the Hotel Lindenwirt in the Bavarian Forest: A hideaway helping guests unwind and find their inner balance. The holistic treatments range from massage, facial treatments to nutritional advice. Even younger guests can enjoy a special kid’s spa. The specially developed cosmetic line Tilia Spa Cosmetics pampers the skin and senses during facials, Ayurveda or energizing massages, and other relaxing treatments. Cleansing occurs either during the Russian bathing ritual Banja, which relaxes the muscles and strengthens the immune system, or special detoxification programs, among them magnetic field therapy or Silver Quartz body scrub. A relaxing bath in the natural pond, a walk into the sauna or the bathhouse with steam grotto makes it a perfect relaxing stay at the Hotel Lindenwirt.

Carved in stone

The extensive spa area of the Mawell Resort extends over 4,500 m2; architecture and surroundings reassemble here: embedded in a million-year-old rock, harmony between nature and human is essential here. Body and mind also find their connection – no matter if enjoying the natural pool, the infinity pool with its stunning view, the sauna, salt grotto including salt pool, or in the ice fountain with experience showers. Anyone who prefers a more personal spa can relax in a private sauna area in a suite including whirlpool, ultra red cabin and barrel sauna or, alternatively, in the “sauna nest”, a combination of living and spa room as well as private terrace,
overlooking the Jagst Valley.

Touching the Soul

Several years ago, a wellness paradise emerged in the dreamy Black Forest: the spa-village by the Hotel Lamm invites guests to experience recreation and selfness. The spa-village consists of several sauna houses made of moon-phase harvested wood, traditional bathing facilities, a relaxation pavilion and a large lawn for sunbathing. The body is treated like a temple here: gemstone salt scrubs, honey treatments, purifying chalk wraps, basic body treatments for inner balance, spring water and fresh fruit for the palate. At the Hotel Lamm, the Rosen-method is offered, specifically suitable for people seeking access to their soul. Deep relaxation gets a different meaning: gentle touches of certain muscles help to release the captured areas of “the subconscious” moving to ”the surface,” into the consciousness and thus help to relax.

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