

HEALING HOTELS
OF THE WORLD



IT IS OUR VISION

THAT GUESTS OF A **HEALING HOTEL OF THE WORLD**

BECOME WHOLE AGAIN IN BODY, MIND AND SOUL,
FREEING THEM TO ENJOY THE ABUNDANCE

AND SACREDNESS OF LIFE.

Anne Biging and Elisabeth Ixmeier
Founders of HHoW

WELCOME TO HEALING

HEALING HOTELS OF THE WORLD is a quality brand and it is our mission to select the finest, most beautiful and exclusive hotels and resorts, guaranteeing a sophisticated holistic healing experience.

Healing Hotels are set in exquisite and nourishing natural settings. We believe that when we are on the path of healing our connection to nature is paramount. Each hotel is unique and has a specific healing focus.

Here you can totally relax and connect with yourself.

Professional holistic health practitioners and certified life-style coaches will guide you through your personal Healing Retreat. You can look forward to nutritious and tasty food to boost your overall wellbeing.

It is our understanding that each person is unique and can always learn more about his or her own individual path to a balanced life-style.

We wish that staying at one of our Healing Hotels will nourish your soul, fill you with vibrancy inside out and bring serene peace to your mind.

The healing retreats are set-up in such a way that this change and new learning will reach far beyond your stay. A guest at one of our Healing Hotels shared:

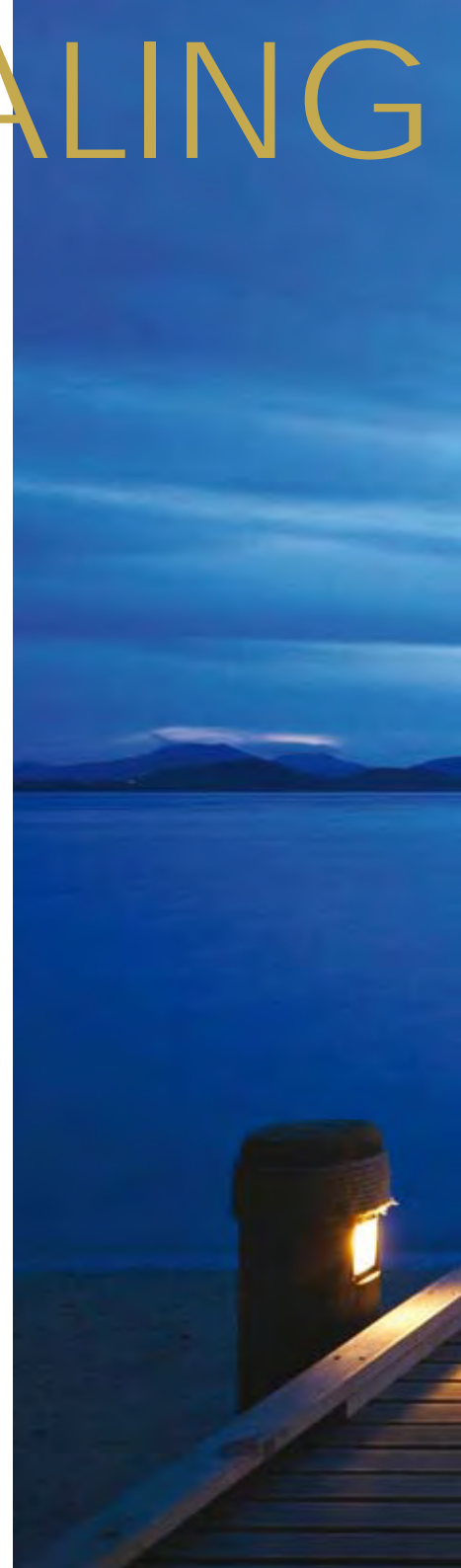
"My experience at Kamalya went far beyond my expectations. It opened my soul to love and creativity."

Jacqueline Bayne, Vancouver Canada, October 2006

COME AND TAKE A JOURNEY WITH US!

Anne Biging and Elisabeth Ixmeier
Founders of Healing Hotels of the World

Healing Hotels of the World invites you to contact us at any time and we are happy to assist you in choosing the Healing Hotel that fits you and your individual needs best.



HOTELS OF THE WORLD



"We believe strongly in the concept of the Healing Hotels of the World, uniting properties with a similar ethos. It is a safe endorsement where I confidently feel guests can have faith and trust, knowing they are guaranteed a place of heart and solace."

Gregg Cave, Director/General Manager, Gaia Retreat & Spa, Australia

"I would like our guests to experience the calm that we provide at The Lyall Hotel & Spa through our design and unobtrusive, caring service like an invisible embrace. An urban escape from life in the fast lane."

Rowina Thomas, Owner, The Lyall Hotel & Spa, Australia

"My goal at Six Senses Destination Spa Phuket is to provide my guests with an opportunity of total immersion into wellness. For this I provide all-encompassing facilities and expert services in a beautiful and relaxing environment to guide guests towards transforming their lives and to develop healthy habits."

Ana Maria Tavares, Managing Director, Six Senses Destination Spa Phuket, Thailand

"It is a beautiful task to set the right impulses for people on their life-journey towards their healthy becoming."

Andreas Wieser, Owner, Lanserhof, Austria




“Kamalaya in Koh Samui was created to provide an innovative answer to the growing needs of people who feel disillusioned, dissatisfied, disconnected, unwell and unhappy. Conceived as a place for healing and transformation, Kamalaya's integral wellness approach is a synergy of healing therapies from East and West, a sublimely beautiful natural environment, inspired healthy cuisine, holistic fitness practices, group retreats and individual wellness programs. Our intention is to enrich people's lives and nurture their potential by offering the space, guidance and support to reconnect internally and live a more authentic, fulfilling and vibrant life.”

Marc-Antoine Cornaz, General Manager, Kamalaya, Thailand

“It is my intention to help people on vacation to regain their inner balance in an environment of contemplation and reflection. This is facilitated by a special ambience, holistic therapeutic approaches backed by integral medical competence, a range of sports programs matched to this concept and spiritual stimulation through cultural activities. All this, supported by a unique location marked by calm and strength, constitutes healing.”

Renate Brune, Owner, Gut Klostermühle, Germany

An aerial photograph of a tropical coastline. The image shows a long, narrow strip of land with a white sand beach on the left side, transitioning into a dense line of green vegetation. The water is a deep turquoise color, with some white foam visible near the shore. The overall scene is serene and idyllic.

“Chiva-Som offers lifestyle transformation for guests to achieve optimal wellbeing. Integrating Eastern philosophies with Western diagnostics, delivering caring Thai service and underpinning all of this with healthy cuisine defines its holistic approach. Through Healing Hotels of the World, Chiva-Som aims to reach new guests looking for holistic solutions to improve their way of life.”

Paul Linder, General Manager, Chiva-Som, Thailand

“The conscious and health-stimulating handling of a human being in its integrity is the central point of our philosophy “Life Balance“: trying to find the balance between body, mind and soul through healthy tension vs. agreeable relaxation.”

Anne Stauder and Thomas Gerstgrasser, Owners, Arosea Life Balance Hotel, Italy

A tropical landscape featuring several tall palm trees and a thatched-roof building, possibly a pavilion or gazebo, situated near a body of water. The scene is reflected in the calm water in the foreground. The sky is clear and blue, suggesting a bright, sunny day.

MY HEALING RITUAL

Ewa Biging *Manager Sales & Marketing, Healing Hotels of the World, Age: 28*

- I always start the day with drinking 1 or 2 glasses of water to flush and nourish my body. Right after this I will have my beloved cup of coffee – freshly brewed with just a little hint of beautifully foamed and warm milk.
- At least 10-15 minutes Yoga every morning are an absolute must to start up my system and to get a clear mind and flexible joints for the day.
- I am an absolute water fanatic. I drink up to three liters every day. To keep things interesting I sometimes mix it with some fresh lemon or a little splash of fruit juice.
- During the week, I always try to have a light lunch in order to keep up and running and not to crash in the afternoons.
- I believe in functional food and the benefits of eating well. However, I eat what I think is good for me, if it is red meat or vegetarian, fruits or ice cream – if you eat well and balanced, your body will always tell you what it wants. Too many restrictions may distort this great ability.
- Sports are very important for my general wellbeing. Thus, I try to get a decent workout at least twice a week.
- In my private time I love to keep a balance between quiet nights in and big nights out with my friends.
- I laugh a lot – I believe it keeps you young and is an easy and cheap tool to look beautiful.
- Appearance also has a great impact on my general state of feeling well. I love to spend time with me and my body. As I am the most valuable person in my life, I take great care of myself and wear my most expensive perfume – every day!
- A simple cup of lovely herbal tea. Everywhere, anytime.

OUR HOTELS

AMERICAS

Hermitage Bay
Rosewood Mayakobà
Rancho la Puerta Fitness Resort & Spa
The Sullivan Estate & Spa Retreat
Parrot Cay
Jade Mountain
Tabacón Grand Spa Thermal Resort

ASIA

Uma Paro
Ananda In The Himalayas
COMO Shambhala Estate / Bali
The Banjaran Hot Springs Retreat
Anantara Si Kao Resort & Spa
Chiva-Som
Kamalaya
Mandarin Oriental Dhara Dhevi
Six Senses Destination Spa Phuket
The Farm

AUSTRALIA

Gaia Retreat & Spa
Lake House
The Lyall Hotel & Spa
Pinctada Cable Beach Resort & Spa

EUROPE

Alpine Palace New Balance Luxus Resort
Lanserhof
Wellnesshotel Lindenwirt
Villa Astra
Ayii Anargyri Natural Healing Spa Resort
La Clairière Bio & Spahotel
Dorint Hotel-Park Ambiance
Gut Klostermühle
Strandhotel Georgshöhe Spa- und Resorhotel
Engel Dolomiti Spa & Resort
Zum Kurfürsten Vital & Wellnesshotel
Villa Faros
Adler Thermae Spa Resort
Adler Dolomiti Spa & Sport Resort
Arosea Life Balance Hotel
Bagni di Pisa Natural Spa Resort
Fonteverde Natural Spa Resort
Lefay Resort & SPA Lago di Garda
Petriolo Spa & Resort
Villa Eden
Mardan Palace
liebes Rot-Flüh

MIDDLE EAST

Evason Ma'In Hot Springs & Six Senses Spa

INDIAN OCEAN

Frégate Island Private
Shanti Ananda Maurice

AMERICAS

HERMITAGE BAY

Antigua

At Hermitage Bay, people are welcome to retreat from the stresses and pressures of their lives and to reflect and restore themselves – mind, body and soul, in touch with the beauty and tranquility of the location. The unique private island like magic of the location, developed with artistry and sensitivity to the spirit of the place, is part of what makes Hermitage Bay so special. Added to this is the combination of high levels of care, comfort and luxury with being at one with nature and a warm, friendly, human attitude.

Location: West Coast, Antigua

Details: Resort & Destination Spa with 25 spacious, freestanding Cottage Suites.



ROSEWOOD MAYAKOBA

Mexico

The resort is situated along a mile-long stretch of white sand beach on Mexico's Riviera Maya and is infused with the unique spirit and culture of the Yucatán Peninsula. The SENSE Spa is centered around a cenote, a natural surface opening in the subterranean rivers that flow throughout Yucatan. A rich site of Mayan ceremony, a cenote is an emblem of the energy and renewal that await guests at this intimate, indulging spa. The spa menu features therapeutic treatments using indigenous ingredients made from local plants such as aloe and agave cactus.

Location: Riviera Maya, Mexico

Details: Resort & Destination Spa with 128 lagoon / jungle or beachfront suites.

RANCHO LA PUERTA

FITNESS RESORT & SPA



Mexico

Rancho la Puerta is a haven of 3,000 acres of private mountains and meadow. It is a peaceful retreat where the finest organic vegetarian cuisine, a world-renowned fitness program, individual cottages set in colorful gardens, and a deep spiritual connection with mystical Mt. Kuchumaa attract guests from around the world. The resort offers a full range of healing treatments, such as energy work, Yoga, meditation, Ayurveda, hydrotherapy and many more.

Location: Baja California, Mexico

Details: Destination Spa & Health Retreat with a village of 87 very-private tile-roofed "casitas".

THE SULLIVAN ESTATE & SPA RETREAT



Hawaii

Aloha and welcome to the world of senses and OlaLoa (Hawaiian for long life). This beautiful private home is the ideal place to relax and enjoy short- and long-term results, in a safe, luxurious and welcoming environment. The SPA Retreat for the Seven Senses™ provides its exclusive guests with a variety of specially designed treatments to enhance their health, vitality and life force. In the JK7-SPA Sensator™ they will embark on a journey that will transform the body, mind and spirit, freeing them from the negative thoughts and impressions of the past.

Location: Oahu, Hawaii

Details: Private Estate with 6 bedrooms and extensive 5 ½ acre landscaped grounds.



Turks and Caicos Islands

PARROT CAY

A private island in the Caribbean – a perfect escape to rejuvenate and invigorate. It's a place to rediscover the softer rhythms of long days, easy nights, and the salve of peace. It combines unspoilt nature - 1000 acres, including a mile-long powdered beach - with relaxed style and the awardwinning COMO Shambhala Retreat, offering Asian-inspired holistic therapies, such as Thai massage, Reiki, Yoga, Pilates, meditation, as well as authentic Ayurvedic therapies.

Location: Turks and Caicos Islands

Details: Resort & Destination Spa with 58 rooms and villas.



Caribbean JADE MOUNTAIN

A haven between heaven and earth... Jade Mountain enables guests to experience a new sense of space and openness, living amidst the sensuality of lush Caribbean nature. The sensitive and nature-oriented architecture, holistic treatments and diligent service create a new and heightened awareness of being. Each private Sanctuary has a chromotherapy whirlpool mounted on pedestals to give the best possible view while influencing the human bio-rhythm and life equilibrium through colour therapy.

Location: St. Lucia, Caribbean

Details: Resort & Destination Spa with 24 individually designed infinity pool Sanctuaries and 5 Jacuzzi suites.



TABACÓN

Costa Rica

GRAND SPA THERMAL RESORT

The resort's unique hot thermal mineral springs emerge directly from the volcano cascading to form waterfalls, streams, tranquil pools and ponds surrounded by lavish tropical gardens within the resort's property. The Grand Spa takes advantage of its prime location in the rainforest, the thermal mineral waters and the active volcano to offer therapies and treatments that are highly energetic and holistic. Experience a spiritual and physical cleansing during the ancient contemplative therapy of Temazcal, a pre-Hispanic steam bath ritual, led by a Shaman.

Location: Arenal Volcano National Park, Costa Rica

Details: Resort & Destination Spa with 114 luxurious guest rooms.

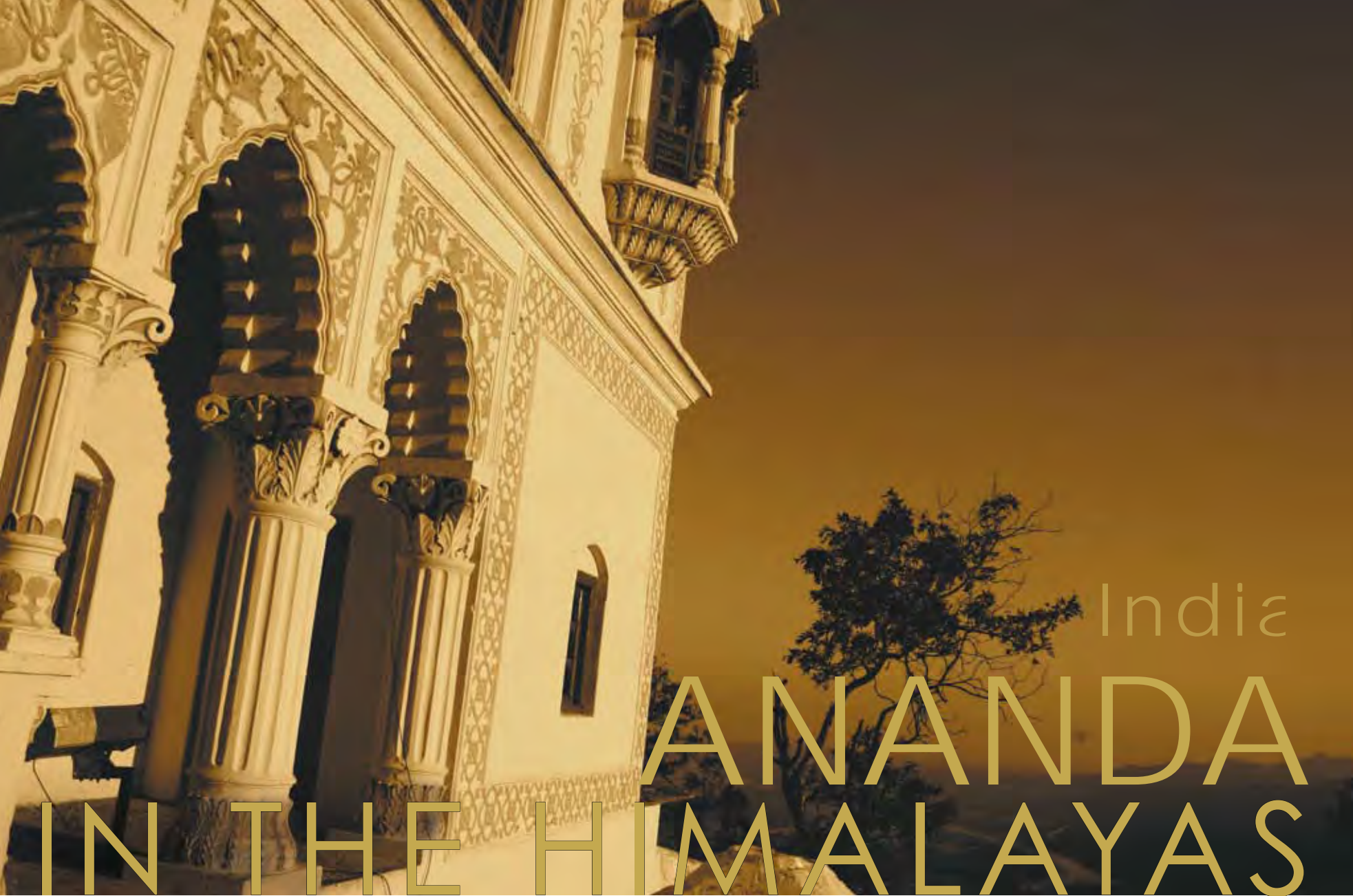
ASIA



UMA PARO Bhutan

A place for perfect contemplation. Simply gaze across the valley the morning you awake. Sense a powerful spiritualism in the way people live. Views are unbeatable and include pine forest, villages, fields and rivers set into a mountainous enclave. COMO Shambhala Retreat - Uma Paro's holistic heart - is a place to better physical and mental equilibrium by way of sophisticated, bespoke treatments, including Asian-inspired therapies, Yoga, massage and Ayurveda. It also makes extensive use of natural ingredients and age-old remedies, working with Bhutan's hospital of Traditional Medicine.

Location: Paro, Bhutan **Details:** Health Retreat with 29 lodge rooms.



India

ANANDA IN THE HIMALAYAS

Swirled in the sacred mists of time, nestled in the Himalayas is Ananda, once the residence of Maharaja of Tehri-Garhwal. The calming integration of lush greenery, fresh mountain air, Himalayan spring water, the luxurious therapy rooms overlooking the holy River Ganges and the mystifying Himalayas, provides the ideal environment for rejuvenation of the body, mind and soul. With unique focuses on the traditional Indian sciences of Yoga and Ayurveda, Ananda Spa creates the skilful synthesis between age-old therapies and modern spa technology.

Location: Uttaranchal, India

Details: Destination Spa with 70 deluxe rooms and 5 suites.



Indonesia

COMO SHAMBHALA ESTATE

The Estate is a residential health retreat occupying an extraordinary 23-acre location on a jungle-covered riverbank known for The Source, a natural spring locally revered for its healing properties (used in all Estate facilities). The purpose of The Estate is to help individuals find a sense of wellbeing through the continuous process of learning and rebalancing. The holistic concept and philosophy is brought to life by a team of consultants and specialists, who believe that issues of wellbeing are as manifold as the guests are individuals, and involve diet, activity, education, therapies and relaxation.

Location: Bali, Indonesia

Details: Destination Spa & Retreat with 31 suites including 5 residences and 10 villas.

Malaysia



THE BANJARAN HOTSPRINGS RETREAT

With its own natural hot springs, nestled amongst the lush tropical jungle and majestic Limestone hills of Tambun, the Banjaran Hot Springs Retreat is the ultimate haven for relaxation, rejuvenation and spiritual time-out, offering lifestyle enhancement and self-improvement programs inspired by authentic Malaysian practices. The extensive spa and wellness menu includes treatments unique and true to Malaysia's rich cultural heritage of Chinese, Indian and Malay traditions and includes diagnostic consultations and tailor-made therapies. The spa uses only natural, organic and certified Halal skincare and body care products.

Location: Ipoh, Malaysia

Details: Destination Spa & Retreat with 25 villas.



ANANTARA Thailand SI KAO RESORT & SPA

Anantara Spa Si Kao provides a haven of calm and serenity where you can leave behind the stresses of everyday life and begin to synchronize the subtle energies of your being. Take inspiration from the natural serenity of the surroundings to renew your health in a meaningful way. The Anantara Wellness 360 is a total lifestyle concept designed to restore balance to everyone whose life is suffering from the effects of physical, emotional and environmental strains. Each treatment journey is tailor-made by a qualified naturopath and may include Ayurveda, cleansing programs, health food choices and relaxation techniques.

Location: Sikao, Thailand

Details: Resort & Retreat with 138 guest rooms.

Thailand

A woman in a white dress is meditating in a lotus position on a blue mat on a sandy beach. In the foreground, a person's hands are seen playing a guqin, a traditional Chinese zither. The background shows the ocean and a clear sky.

CHIVA-SOM

With a real sense of privacy, luxury and exclusivity Chiva-Som takes a holistic approach to your wellbeing to encompass mind, body and spirit. With a name meaning "Haven of Life", this retreat is a pioneer in combining ancient Eastern therapies with the latest Western techniques. The holistic health modalities include Traditional Chinese Medicine, the ancient Indian system of Ayurveda, Western Naturopathy, energy therapies and many more. Each guest is individually considered of their immediate mental, physical and spiritual needs, encouraged to embark on and be guided to a healthier, happier lifestyle.

Location: Hua Hin, Thailand

Details: Destination Spa & Health Retreat with 58 rooms including 33 Ocean View rooms, 17 Thai Pavilion rooms and 8 suites.

KAMALAYA Thailand



Kamalaya is a place where you can discover yourself, within a sanctuary of natural beauty, holistic health specialists and inspired teachers. Centered around a monk's cave that once served Buddhist monks as a place of meditation and spiritual retreat, Kamalaya's essence is expressed in its name, 'Lotus (kamal) Realm (alaya)', an ancient symbol for the growth and unfolding of the human spirit. Kamalaya is offering holistic medicine and complementary therapies from Eastern and Western traditions. It is also a place where you can relax and enjoy nature, complemented with art, healthy cuisine, and community spirit.

Location: Koh Samui, Thailand

Details: Destination Spa & Health Retreat with 60 rooms.



Thailand



MANDARIN ORIENTAL DHARA

With the grandeur of an authentic Northern Thai palace and named after the Star Goddess, guardian of longevity and spiritual enlightenment, the Mandarin Oriental Dhara Dhevi combines the experience of royalty with services that range from the latest in diagnostic technology to treatments based upon local and ancient healing techniques. The holistic approach takes into account the whole of one's life: career, family, social activities, environment, nutrition, exercise, mental frame and spiritual life. Specialists provide personalized care and attention, through effective, natural therapies explaining the "how" and "why" of issues related to health.

Location: Chiang Mai, Thailand **Details:** Resort & Destination Spa with 123 luxurious teak wood villas, including colonial suites and signature residences with 6 bedrooms.

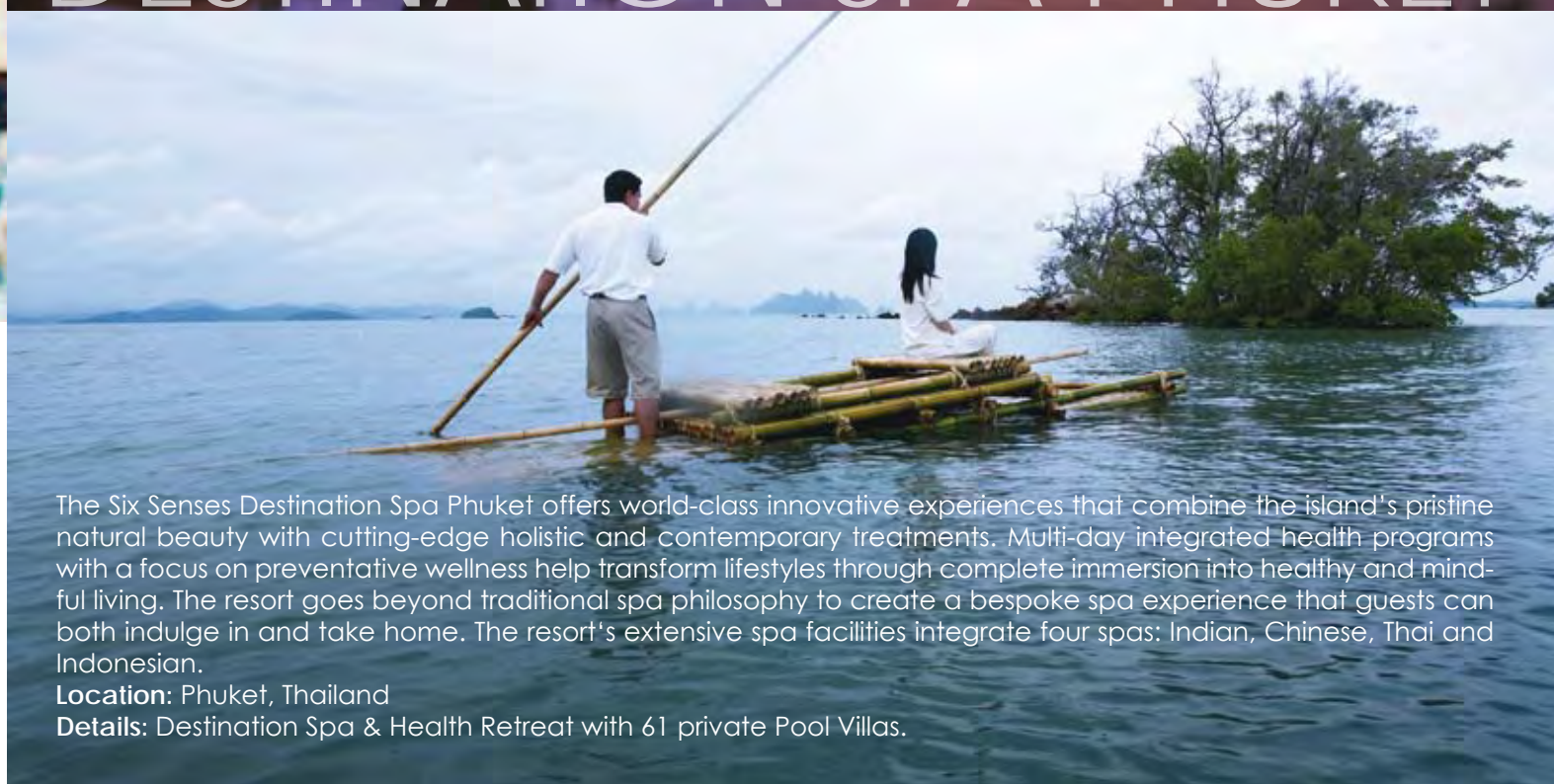


Thailand

SIX SENSES

DESTINATION SPA PHUKET

DHEVI



The Six Senses Destination Spa Phuket offers world-class innovative experiences that combine the island's pristine natural beauty with cutting-edge holistic and contemporary treatments. Multi-day integrated health programs with a focus on preventative wellness help transform lifestyles through complete immersion into healthy and mindful living. The resort goes beyond traditional spa philosophy to create a bespoke spa experience that guests can both indulge in and take home. The resort's extensive spa facilities integrate four spas: Indian, Chinese, Thai and Indonesian.

Location: Phuket, Thailand

Details: Destination Spa & Health Retreat with 61 private Pool Villas.

The Philippines



The Farm is gently nestled in the foothills of Mount Malarayat on 48 verdant hectares of gardens, ponds, mountains, rivers, lagoons and waterfalls with an abundance of tropical flowers and plants. The effectiveness of the holistic medical and spa therapies, the pureness of the cuisine and nutritional programs, the healing power of the spring water and natural environment and the love and nurturing care offered by the employees are the pillars of the experience at The Farm. The resort advocates a preventive approach to health, whereby the health and wellness programs are transformative journeys filled with balance, discovery and awakening.

Location: Batangas, The Philippines

Details: Medical Resort & Health Retreat with 24 uniquely designed accommodations.



AUSTRALIA

Queensland

GAIA RETREAT & SPA

Gaia Retreat & Spa is a unique boutique experience far from the maddening crowds and hustle and bustle of modern day life. It is a place to renew, refresh and restore. Individual tailored packages and tailor made meals are designed with maximum health and vitality in mind. Surrender to the tranquility, indulge in the Day Spa, or simply embrace as much or a little as you like. The Amala Day Spa attracts some of the country's most sensitive healers and therapists, offering an extensive range of treatments from the standard to the deep and intense.

Location: Byron Bay Hinterland, Queensland **Details:** Health Retreat with 16 cabins and 2 suites.

A man in a white shirt and dark vest stands on a wooden balcony of a house, surrounded by lush green trees and foliage. The scene is bright and sunny, with sunlight filtering through the leaves.

Victoria

LAKE HOUSE

With the largest number of naturally occurring mineral springs in Australia, Daylesford in Victoria has been known as a place of healing since the earliest Aboriginal Dreamtime. Here, nestled on the shores of idyllic Lake Daylesford is The Lake House. Fresh country air, a blissful spa, healthy and nutritious cuisine – for the lovers of good living the Lake House is heaven. The Salus Spa, created out of the belief in the efficacy of hydrotherapy, offers the latest natural therapies and several detox retreats.

Location: Daylesford, Victoria

Details: Resort & Destination Spa with 33 rooms and suites.



THE LYALL HOTEL & SPA

Victoria

Touched by the warm and uplifting atmosphere, guests enjoy this tranquil island in the midst of Melbourne. The Lyall Hotel and Spa is redefining standards set at the luxury end by combining all facilities and services of a 5 star city hotel with the lifestyle benefits of an exclusive resort. The Lyall is famous for its refined service that is tailor-made to the individual guests' needs and make you feel at home away from home. The Lyall Spa offers a holistic approach to health and wellbeing with nurturing relaxation techniques, advice and programs for an improved lifestyle.

Location: Melbourne, Victoria

Details: Urban Healing Hotel with 40 suites.

PINCTADA

CABLE BEACH RESORT & SPA

WA



Inspired by *Pinctada maxima*, the shell that nurtures the world's most beautiful pearl, Pinctada Cable Beach is created to nurture you. To experience Pinctada is to journey beyond its elegant ambience to the landscape and spirit of the Kimberley. As with all Kimberley experiences, it's personal - a time to connect and reconnect, a journey that bonds people and place under endless horizons. The Pinctada Spa features spa care from the Aboriginal Dreamtime, based on Australian native botanicals and taps into 40,000 years of indigenous plant wisdom and holistic healing to rejuvenate the spirit.

Location: Broome, Western Australia

Details: Resort & Destination Spa with 72 rooms.

A night-time photograph of a resort pool. The pool is illuminated with a blue light, and steam is rising from the water. In the background, there is a wooden building with a snow-covered roof and warm interior lights. The sky is dark blue, and there are trees and mountains in the distance.

EUROPE

ALPINE PALACE

Austria

NEW BALANCE LUXUS RESORT

The Alpine Palace combines state of the art interior design, deep respect for the nature of the Alpine region and its healing properties and the dedication to present the best health programs for prevention and regeneration. Alpine Palace houses the Institute of Vitality Medicine. With a team of highly qualified and experienced vitality and health specialists, this institute creates an unique place for individual needs. The institute offers amongst others programs for vitality and weight loss and has a special diabetes care centre.

Location: Hinterglemm, Austria **Details:** Resort & Health Retreat with 82 rooms.



LANSE RHOF Austria

Flowing forms, seamless floor, light, air, transparency: The architecture of the Health Center Lanserhof opens heart and soul and allows feelings to float. Lanserhof's comprehensive diagnostics unite not only further developed F. X. Mayr Medicine but also integrates the elements of modern and natural medicine. The LANS_MED Concept mirrors the medicine of the future, which is oriented toward the human being as an individual with personal competence and intelligence and says farewell to the symptom repair of the past. Prevention and regeneration, modern Mayr Medicine, nutrition, energy, movement and beauty form a symbiosis in a new whole.

Location: Lans, Austria

Details: Medical Resort & Health Retreat with 90 beds.



WELLNESSHOTEL

Germany

LINDENWIRT

The Lindenwirt is located in the calm, unspoiled nature of the Bavarian Forest, the largest forest in Central Europe, and combines modern, fresh design and a deep nature experience with genuine health benefits. Wellness at the Lindenwirt means to harmonize body, mind and soul and to take a break from the everyday rush. The various health treatments and relaxation programs, combined with the natural opportunities presented by the Bavarian Forest and the numerous activities in the surrounding area, provide the ideal prerequisites to help guests find their balance and regain their health.

Location: Bavarian Forest, Germany

Details: Resort with 67 rooms and suites.



Croatia

VILLA ASTRA

Within the special natural beauty along the Opatija Rivijera and the extraordinary and holistic atmosphere in the Historic Spa Hotel Villa Astra, you can combine the luxury celebration of life simultaneously with a deep connection to your inner self. Personal health coaches and pure organic cuisine help you to make the most out of your stay. Within this very private, descend, sophisticated and warm atmosphere, surrounded by an overall holistic life approach, you can find your inner peace as well as the joy and beauty of life.

Location: Lovran, Croatia **Details:** Health Retreat with 6 rooms.





CYPRUS AYI ANARGYRI NATURAL HEALING SPA RESORT

Set in a valley of mature trees, the resort offers a unique retreat, a place of profound calm and the opportunity to enjoy the health-giving waters which have attracted visitors for hundreds of years. Today the resort provides the means to benefit from the time-tested remedies of the mineral rich waters in a luxurious but ancient atmosphere. The waters are helpful in treating rheumatic and cardiovascular diseases, chronic inflammations and much more. The surrounding nature pursuits outdoors like cycling, walking and bird watching, which are just a few other possibilities to make your stay a tonic for body mind and soul.

Location: Pafos, Cyprus **Details:** Health Retreat with 56 rooms, bungalows and suites.

La Clairière is the perfect spot to bathe in the great outdoors of the ancient Elzac mountains, taking walks in the surrounding forest, and to experience a perfect blend of nature's four elements, the fundamental basis of natural harmony. La Clairière's concept of holistic wellbeing captures this harmony and presents it in an ideal setting, with effective and natural spa and ayurvedic treatments designed to replenish your vital energy, the finest organic cuisine, complete yoga retreat programs and the cosmic and terrestrial vibrations of the surrounding forest.

Location: Parc Naturel des Vosges du Nord, France

Details: Health Retreat & Destination Spa with 50 rooms.

France



LA CLAIRIÈRE

BIO & SPAHOTEL



Germany

DORINT HOTEL-PARK AMBIANCE

Bliss is ubiquitous in the privately-run hotel in Rügen, Germany's largest island at the Baltic Sea. Experience joy and healing in a residence, where the holistic philosophy is realized through the excellent spa „vitAmbiance“ and an outstanding healthy cuisine, which only uses high quality and mainly locally produced products. The hotel's own cooking school teaches guests how to remain healthy and to enjoy cooking, even after the stay. The spa offers personalized treatments including amongst others certified Ayurveda and authentic Indian rituals. You will be enchanted by the Wilhelmian seaside-resort architecture and the nativeness of Rügen.

Location: Rügen, Germany

Details: Hotel & Resort with 55 rooms, including 23 suites in five buildings.



Germany

GUT KLOSTERMÜHLE

Set in the midst of tranquil forests, alongside a romantic lake, lies Gut Klostermühle, a solitary place where Carthusian monks have lived for centuries choosing this place for its positive earth energy. Today you will find here an exquisite resort with a contemporary holistic approach to well-being, health and inner balance supported by the silence and unspoiled nature of this historic part of Germany. BRUNE BALANCE med at Gut Klostermühle is a centre for integrative medicine, which strives to enable you to become an active designer of a natural and healthy lifestyle.

Location: Alt Madlitz, Germany

Details: Resort & Health Retreat with 80 luxurious rooms and suites.



Germany

STRANDHOTEL GEORGSHÖHE SPA- UND RESORTHOTEL

Take a long stroll on the beach with nothing but wind, waves and sand; return refreshed and revived to the sanctuary of the hotel's wellness island. Experience the forces of nature with a new awareness of who you really are. It is an open setting by the sea, within reach of the sea spray, exactly where the North Sea air is at its most restorative. At Strandhotel Georgshöhe North Sea wellness means in-depth experience with Thalasso treatments with the health giving benefits of North Sea water. Other treatments range from oriental to western health, relaxing and beauty treatments.

Location: Norderney, Germany **Details:** Hotel & Resort with 131 luxurious rooms and suites.



Italy

ENGEL DOLOMITI SPA & RESORT

Be at ease... at the privately run hotel with a privileged view over the majestic Dolomites. Peace, privacy, security, as well as kindness and charm make the Engel Dolomiti Spa & Resort your new home. The Vita Sana Health Spa offers a harmonious combination of PhysioMed and healthcare, enhanced by European and Far Eastern natural healing therapies. With well-being and quality of life in mind, the uniqueness of each guest is honored. The warmth of the hotel is also ubiquitous in the award winning cuisine, where the fresh ingredients come directly out of the organic gardens and surroundings.

Location: Welschnofen, Italy **Details:** Resort & Health Retreat with 35 Junior Suites, 4 Suites and 26 double rooms.



Germany

ZUM KURFÜRSTEN VITAL & WELLNESSHOTEL

Located above the famous Moselle Valley in a climate well known for its positive effects on health, guests enjoy the experience of Traditional Chinese Medicine (TCM) on the highest level of expertise. The profound knowledge of TCM influences the entire environment, ranging from the location's positive energy to effective health and beauty treatments. Based on the knowledge that food is medicine, you can enjoy the energy-enhancing "five elements" cuisine and learn more about "functional food"- the healing properties of food.

Location: Bernkastel-Kues, Germany

Details: Health Retreat with 40 rooms.



VILLA FAROS Greece

Situated on a private peninsula surrounded by the deep blue waters of the Mediterranean Sea, Villa Faros offers peace, tranquility and complete privacy for those in search of holistic wellbeing. The villa offers two private beaches, an indoor and outdoor pool and 5 hectares of cultivated private gardens containing Mediterranean plants, flowers and a wide range of organic fruits and vegetables. Holistic guidance and customized treatments can be arranged according to your personal needs.

Location: Lesvos, Greece

Details: Private Villa that can accommodate up to 16 people.



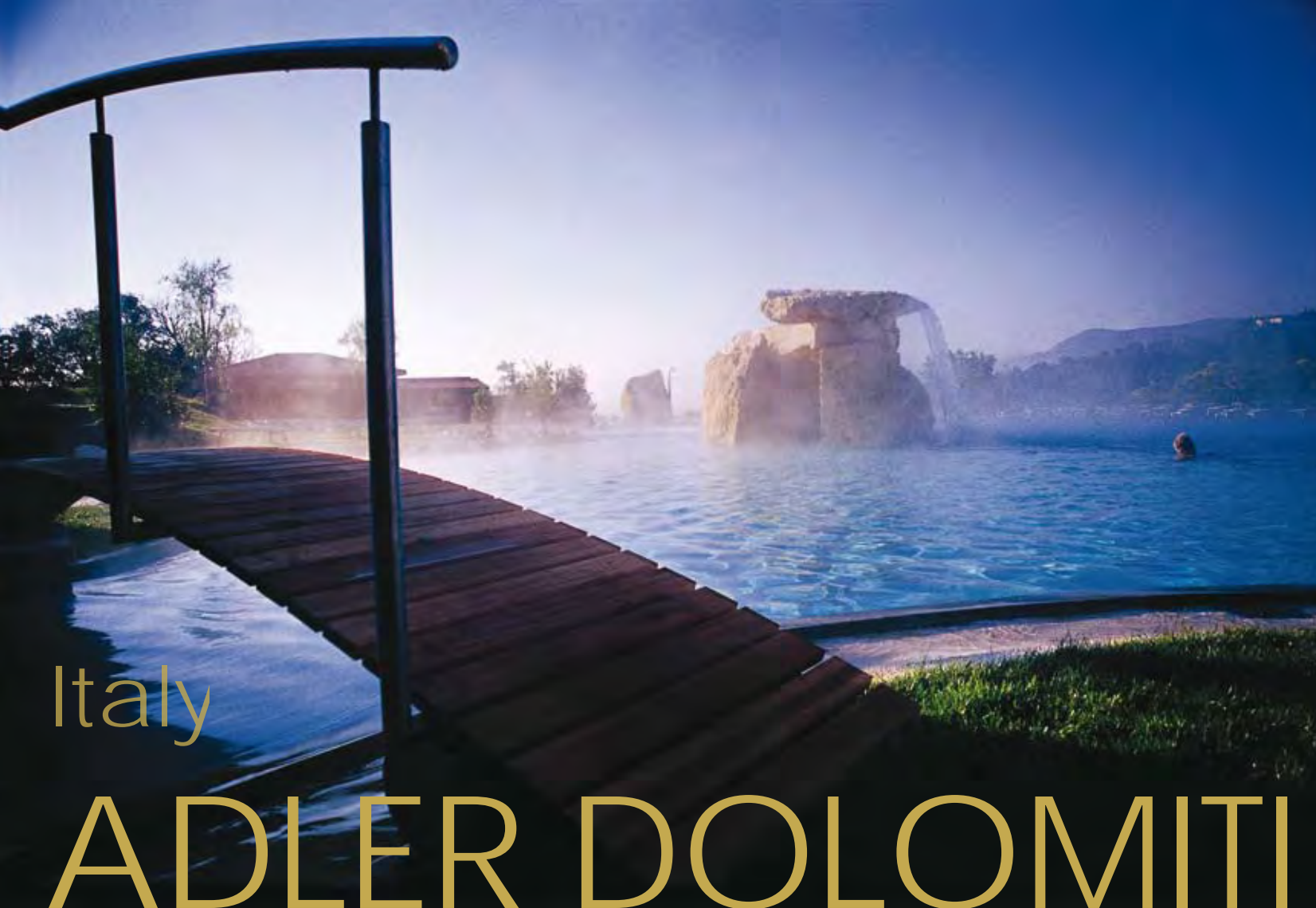
Italy

ADLER THERMAE SPA RESORT

Follow the footsteps of the ancient Etruscans and aristocratic Romans who knew about the curative and healing powers of the thermal waters. Adler Thermae continues this old spa tradition, combined with modern luxury in a beautiful natural setting. The curative properties of the thermal water are put to effective use in various beneficial treatments including Watsu, Aqua Tonic, Thalasso therapies and underwater massage. Adler Thermae has a medical competence centre that helps you to develop a new health awareness leading to a new vitality and joy in life.

Location: Tuscany, Italy

Details: Resort & Destination Spa with 73 Superior Rooms, 5 Junior Suites and 12 Family Suites.



Italy

ADLER DOLOMITI SPA & SPORT RESORT

The healing effects of crystal clear alpine air and majestic mountain views combined with medical competence and holistic health programs. The ADLER DOLOMITI Spa & Sport Resort is located in the picturesque village of Val Gardena, right in the heart of the South Tyrolean Dolomites. In the ADLER BALANCE® Residence you will find the effective path to lasting vitality, youthful energy, improved performance and greater enjoyment of life. After a personal consultation, a competence team offers guidance with a holistic approach to mental, spiritual and physical regeneration and cleansing.

Location: South Tyrolean Dolomites, Italy

Details: Resort & Health Retreat with 29 superior double rooms in the ADLER BALANCE RESIDENCE.



AROSEA

LIFE BALANCE HOTEL

In a remote valley high in the south Tyrolean Alps you can fulfill your dream of being in solitary unspoiled nature while enjoying a sophisticated modern environment and inviting hospitality. Health-stimulating pine wood, cozy sheep's wool and natural shale characterize and design the atmosphere in the Arosea living spaces, and support your wellbeing and relaxation in a natural and healthy way. To improve your wellbeing you find ancient local healing methods as well as the latest bio-energetic diagnostic methods, naturopathic consultation and life-balance medicine.

Location: South Tyrol, Italy

Details: Resort & Destination Spa with 51 double rooms and 12 suites.

BAGNI DI PISA

NATURAL SPA RESORT

Italy



Bagni di Pisa is a glorious 18th century residence restored to its former splendor with impressive fresco rooms. In Bagni di Pisa old European history merges with holistic therapies from East and West. For millennia the restorative thermal waters have been welling up – and it is from the thermal waters that a series of programs and treatments spread out like concentric circles. Assisted by a team of doctors and beauty experts you can choose between Oriental, Antioxidant and Mediterranean treatments to regain energy and healthy habits.

Location: Pisa, Italy

Details: Medical Resort & Health Retreat with 40 rooms.

FONTEVERDE NATURAL SPA RESORT

Italy



Discover a renaissance of the five senses through the beauty of the Tuscan landscape, the art of wellbeing and the Italian style of hospitality. Fonteverde, a former residence of the Medicis, combines the ancient traditions of healing mineral waters with holistic western and eastern treatments. It offers more than 100 different treatments from medical diagnostics to consultation on nutrition, from traditional Chinese medicine, Asian relaxation techniques to the ancient Mediterranean spa.

Location: Tuscany, Italy

Details: Medical Resort & Health Retreat with 65 rooms and 13 suites.

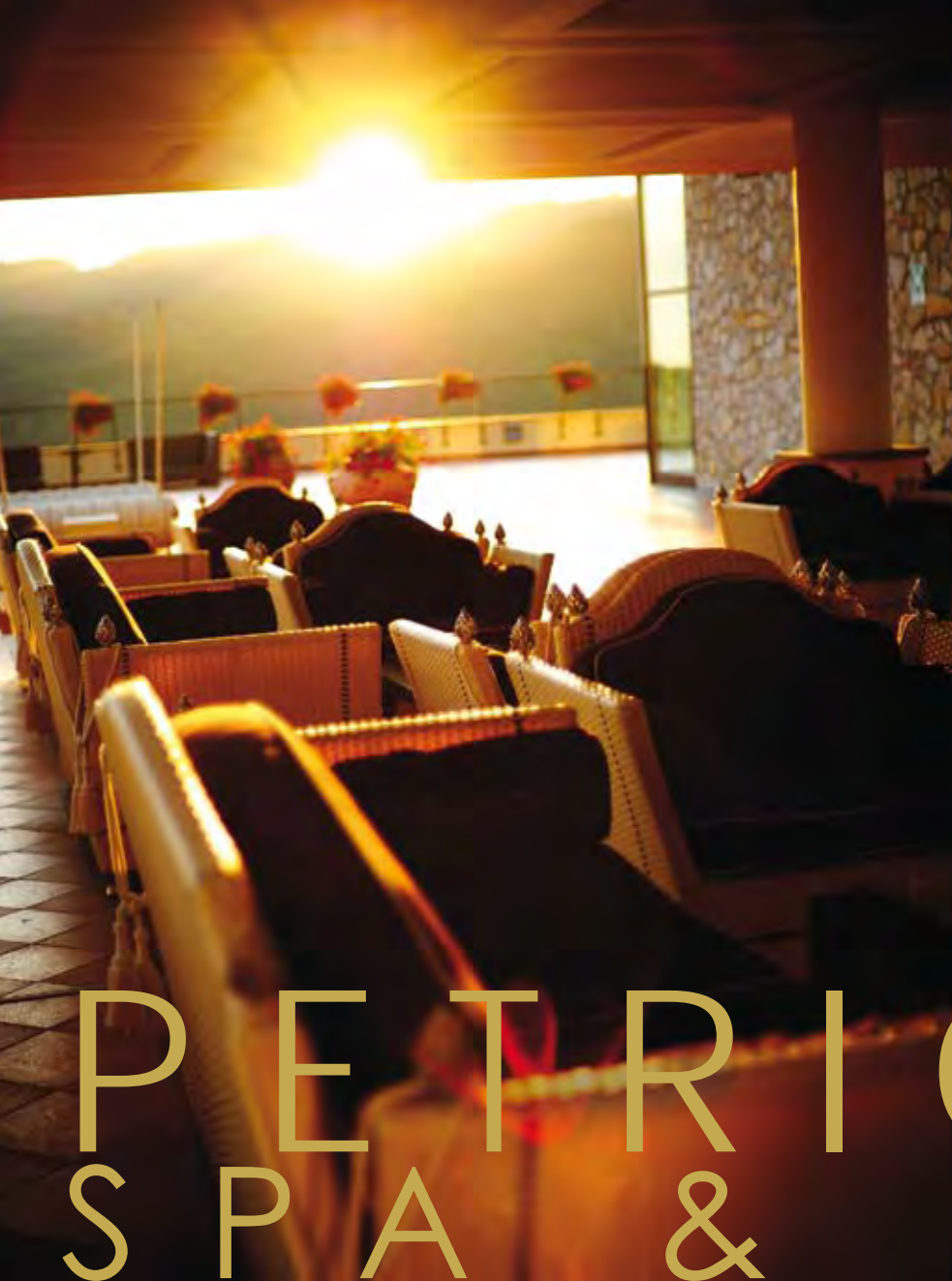


LEFAY RESORT & SPA LAGO DI GARDIA Italy

At the Lefay Resort & SPA Lago di Garda personal wellness is strictly connected to environmental wellness offering guests excellent holistic programs in environmentally friendly surroundings. The stylish resort is situated inside an 11 hectares natural park in the heart of the spectacular and renowned Riviera dei Limoni, enclosed by gentle hills and natural terraces rich in olive trees, overlooking the lake. The Lefay SPA Method combines the ancient principles of Classical Chinese Medicine with Western scientific research aiming at recovering vital energy.

Location: Gargnano, Italy

Details: Resort & Destination Spa with 90 junior, exclusive and family suites.



PETRIOLO Italy SPA & RESORT

Amidst the breathtaking Tuscany countryside you will find one of the oldest thermal springs in the world. Petriolo Spa & Resort presents an exciting alchemy that has transformed old traditions into modern therapy to restore and protect your mental and physical wellbeing. The Spa offers a very special holistic approach, combining natural and alternative medicine with traditional medical therapies, resulting in a wide range of personalized treatments and programs to satisfy the needs of each individual guest.

Location: Tuscany, Italy

Details: Medical Resort & Health Retreat with 87 elegantly furnished rooms and suites.



VILLA EDEN

Italy

Villa Eden is an ideal place to relax, reflect and to recognize and reclaim your own beauty and health. The resort specializes in spiritual rejuvenation, healthy weight loss or total tune up for body and mind. By interacting with each other the beauty department and the medical VECS department (Villa Eden Scientific Committee) pursue the same goal: REGENERATION of the organism through an energetic rebalance. Vacations at Villa Eden are an experience that redefines your image of quality of life and spans a curve from the moment of your arrival to your daily life at home.

Location: Merano, Italy **Details:** Medical Resort & Health Retreat with 25 rooms and suites.



Turkey

MARDAN PALACE

Live in the fairytale of the Ottoman Empire and have the luxury to be healed with the most outstanding Thalasso therapies in the world, where sea salt water is pumped out of the ocean and used in the latest Thalasso therapy treatments. Mardan Palace is one of the largest and most luxurious hotel developments in Europe. Perched on the sparkling Mediterranean, it brings historic and modern luxuries together for an unforgettable experience. Enjoy the beautiful beachfront with uplifting energy and enchanting views over the ocean.

Location: Antalya, Turkey

Details: Destination Spa & Resort with 560 rooms in European, Anatolian and Ottoman style.

Austria



LIEBES ROT-FLÜH

The healing properties of the spectacular alpine landscape, combined with sensitive design and careful attention to detail, provides guests with ideal conditions for relaxation and healing. The resort offers timeless elegance, modern ambience, playful noblesse and youthful esprit in a fairytale atmosphere. Energy is all around, as the 250sqm pool is filled with energy water, enriched with oxygen and the energy of semi-precious stones. The spa offers amongst others Ayurvedic consultancy and treatments, medical health and fitness checks and nutritional advice.

Location: Haldensee, Austria

Details: Resort & Destination Spa with 101 double rooms and suites.

MIDDLE EAST

Jordan

EVASON
MA'IN HOT SPRINGS
& SIX SENSES SPA

Soothe out at night on your own private balcony, while a crescent moon is hanging over the silvery waters of the Dead Sea and far away you can spot the lights of Jerusalem. The resort is set 264 meters below sea level – amid the dramatic terrain of brown hills spotted with sheep herds and tents of ancient nomadic families. In this calming sanctuary spirituality is ubiquitous. The use of local ingredients, the therapeutic properties of the mineral-rich waters of the Ma'In hot spring waterfalls and deep sea healing therapies combined with Six Senses' signature treatments, ensure pure rejuvenation.

Location: Ma'In, Jordan **Details:** Resort & Destination Spa with 97 rooms and suites.



INDIAN OCEAN

Seychelles

FRÉGATE ISLAND PRIVATE

On a private island in the Indian Ocean an ecological sensitive resort nurtures native fruits, flowers and spices which may be harvested by guests to be used in their own bliss-inducing spa treatments. The Seychelles' first indigenous nature spa emphasizes a holistic spa approach using predominantly island grown ingredients. The peace and the power of an abundant and healthy nature brings you back to the true core of life. Designed to coexist within a fragile ecosystem that shelters some of the world's most endangered species, Frégate Island Private offers the utmost in luxury – tempered with caring responsibility.

Location: Seychelles, Indian Ocean **Details:** Resort & Destination Spa with 16 island villas.



Mauritius

Located on a natural beach setting surrounded by lush forests, Shanti Ananda epitomizes the best of real Mauritius and highlights the beauty of the south and most unspoilt part of the island. The Ananda Spa, located in a beautiful garden surrounded by water and featuring an enchanting tea pavilion at its centre, is the perfect place to restore harmony and balance. The Shanti Ananda Maurice has extensive spa and recreation programs for kids and teens and thus, is a perfect retreat for both singles and families.

Location: Chemin Grenier, Mauritius

Details: Destination Spa with 61 spacious suites and villas.

SHANTI ANANDA MAURICE

MY HEALING RITUAL

Anne Biging *Founder and CEO of Healing Hotels of the World, Age: Fifty-something*

Weekdays: I love to get up early when the world is still and fresh.

In the morning: Several cups of hot water with lime and ginger.
15 minutes Yoga practice.
30 minutes meditation.
Breakfast is decaf latte and either organic yoghurt and fresh fruits or during the winter time I love warm porridge with cinnamon, cardamom and dried fruits prepared from an ayurvedic recipe.

During the day: Several Gratitude breaks (counting my blessings) between "serious business" to keep me fresh and motivated. There have to be "silly breaks" with lots of gossip and non-business matters. I love to run around the office and think of the beautiful places I will visit soon. Lunch is vegetarian with vegetables and whatever is available according to season. Mid-afternoon is "eyes wide open" for some healthy or not so healthy sweets. There are fruits and decaffeinated teas and lots of water with lime and ginger throughout the day.

Evening: Depending on the season, location and climate – walks or runs, reading or writing or sometimes taking out my study book "How to play the guitar" and practice for a while.
Dinner may be none or very light.

Once a week I have a 1½ hour Yoga class with a fantastic teacher and a holistic spa treatment.

Weekends: Everything is possible; no restrictions in any way, there may be friends or the joy of sweet nothing.

Overall: Always coming from the heart gives me the joy and strength to move on in my life.

MY HEALING RITUAL

Elisabeth Ixmeier *Founder and Managing Partner of Healing Hotels of the World, Age: 57*

I get out of bed fairly early and meditate every morning. Sometimes I do 15 minutes of Yoga with a DVD.

For breakfast I have warm spelt porridge with fruits, sunflower seeds, pumpkin seeds, sesame seeds (contains iron) some nuts if available, cinnamon and Hildegard von Bingen's galgant powder (is good for digestion).

Busy day. If problems occur I pause. I detach from the situation by asking myself: "What is really important in life?" As I believe in the wisdom of the sages that "the most important thing in life is love", I remember to stay connected to my heart.

I have several cups of warm water with ginger and lemon during the day (comes from Ayurveda). Ginger is said to be a great all-rounder and tastes good!

I haven't had any sugar for the past 6 months. I notice that my skin has become more refined and I feel that my life has become more focused.

As I am a vegetarian, I eat as many vegetables as possible and assure my iron intake. For dinner I often eat a miso soup with vegetables, parsley and morels (is the leading super food for iron).

One activity I like to do for retreat is painting. When I paint I become aware of a vital part of myself. Painting gives me the experience of being connected with myself.

I go to a great Hatha Yoga class once a week and I enjoy walking in the forest.



Anne Biging



Elisabeth Ixmeier



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