

FORESTIS Press Kit

South Tyrol's new refuge FORESTIS with 62 suites and rooms and the almost 2,000 m² large FORESTIS Spa on the Plose mountain above Bressanone is situated at 1,800 metres above sea level and at eye level with the UNESCO World Natural Heritage Dolomites.

How it all began

On 20 July 2020, the [FORESTIS](#) hideaway opened at 1,800 metres above sea level in Palmschoß on the Plose above Brixen/Bressanone. Surrounded by a dense mountain forest with a view of the mountain massifs of the UNESCO World Natural Heritage Dolomites and bordering the Puez-Odle Nature Park, something grew here that had already occupied the Austro-Hungarian Monarchy in 1912. At that time, they were looking for a special place of power in the mountains of South Tyrol for the construction of a sanatorium, and finally found it in the dense forests of the Ploseberg.

The pure Plose spring water, the excellent mountain air, the mild climate, and the above-average number of sunny days in the Plose area provided ideal conditions for regeneration and healing. The renowned architect Otto Wagner was commissioned to design a building that would serve as a place of relaxation in the future.

However, the outbreak of war and the resulting turmoil prevented the building from being completed according to its original plans. The result was a house made of wood and natural stone with two side wings, in which priests and clergymen found rest until the 1950s. However, what began in 1913 as a major step towards tourism, modelled on the Swiss climatic health resorts of Davos and Leysin, was never realised. On the contrary, the resort still retains its exclusivity to this day, having been spared from mass tourism.

In 2000, the South Tyrolean hotelier Alois Hinteregger discovered the house behind wild hedges during a walk in Palmschoß. Alois Hinteregger immediately sensed the extraordinary thing about this place: »From the construction and what the building radiated; it was immediately clear to me that I had come across something very special here.« A few years later his family bought the building and opened it as a hotel in 2010.

FORESTIS – a refuge for relaxation and a place of strength for people from all over the world

Now, almost 10 years later, a new chapter is being written on the Plose. The son of Alois Hinteregger, Stefan, and his partner Teresa Unterthiner develop the refuge FORESTIS. Teresa Unterthiner and Stefan Hinteregger, who spent a lot of time abroad during their education and on their travels, became even more aware of the uniqueness and beauty of their homeland South Tyrol and especially of the village of Palmschoß, far away from home. The unspoilt nature of the

FORESTIS

place, the impressive mountain scenery, the pure air and the climate, which was created by the encounter of warm Southerly winds from the Mediterranean and cooler air masses from the north, as well as the Plose spring water, one of the purest and lightest waters in the world, make this place a place of power that can be felt, experienced and seen. The name FORESTIS was chosen accordingly. [FORESTIS](#) is composed of the Italian word »Foresta« for forest and the Latin word stem roots. The hosts of the 5-star Hideaway FORESTIS, Teresa and Stefan, want their guests from all over the world to enjoy the luxury of spending time in the nature and experiencing unforgettable experiences and encounters.

Architecture – four elements are the pillars of the FORESTIS

The clear water, the pure air, the many sunny days, and the mild climate have formed the four pillars of the village on the Plose since the beginning of the 20th century, and this also applies to the FORESTIS.

The South Tyrolean architect Armin Sader and the FORESTIS interior team have reinterpreted the traditional architecture and created a natural atmosphere throughout the entire hideaway by using regional materials.

The wooden facade of the historic building, which was built entirely from natural materials from the surrounding area, is tanned by the weather and tanned by the sun. Three sculptural suite towers of different heights, which are modelled on the shape of tree trunks and rise up into the sky like trees and blend harmoniously into the forest landscape, were placed alongside the listed building. The unusual and innovative architecture of the FORESTIS is unique in the European Alps and brings the guest even closer to the natural spectacle of the Dolomites.

The historic house is connected to the three wooden towers by a partly underground passage. The façade architecture of the towers also picks up on nature through wooden façades, reminding us of tree trunks and bark. The vertical tower construction takes up as little space as possible in the forest, and each tree that was felled was replaced by two new plantings. The horizontal building elements were integrated with great restraint, so that their actual width only reveals itself inside. In general, the architecture withdraws itself and leaves the stage to the view. From all the suites in the historic building and the suites and penthouses in the three towers, guests will be able to see the imposing mountain massifs of the Dolomites. The terraced restaurant below the listed building also offers each guest a free view of nature and in the evening of the spectacular sunsets in the Dolomites. In summer, guests can enjoy the clear air and the impressive panorama on a spacious green area in front of the building ensemble.

Interior Design – Natural materials and the right light create a cosy atmosphere

The four causal elements, spring water, good air, sun, and mild climate, are juxtaposed with four natural materials in interior design and architecture.

FORESTIS

Spring water gets its purity from the rock through which it flows. The stone, dolomite, is a central material in FORESTIS. The dolomite lumps, which were removed during the construction work, were ground to rock flour in a stone mill and then finely sieved. Mixed with water and loamy earth, a soft and compact mass is created, which is applied wet with a spatula and then sealed with beeswax. In this way the dolomite found its way into the restaurant, the spa, the pool, the bathrooms, artistic elements and the four spring water wells, which are located in the restaurant, at the reception, at the entrance and in the sauna area of the spa.

The good air is represented by the transparency of glass. Glass emphasises the clarity of the air and brings nature into the house through floor-to-ceiling windows. The guest is thus in the middle of the forest, at eye level with the monumental and colourful UNESCO World Natural Heritage Dolomites.

The sun strengthens and warms, so natural, warm materials have been used that radiate comfort. The mild climate favours the growth of lush natural landscapes of dense forests and extensive alpine meadows. Therefore, wood is traditionally the most used natural material.

The walls and ceilings in the tower and penthouse suites are made of spruce. The spruce wood is untreated and left natural. The scent and the essential oils of the wood have a calming effect and spread a pleasant feeling. A local carpenter carefully selected the wood and made all the furnishings for the FORESTIS according to the designs of Armin Sader.

By using natural materials, the FORESTIS can almost completely do without decoration, because the materials create the atmosphere. The fabrics for cushions, couches, armchairs, chairs and carpets come from a weaving mill in Trentino. These natural materials give the suites and penthouses a character that reflects the tranquillity and durability of nature. The furnishings are characterised by simple elegance - far away from alpine kitsch.

In the listed building, which is reminiscent of a large manor house, elements such as the wooden coffered ceilings and the windows were not allowed to be altered. The wood of the façade also remained unchanged and tells of the history of the building.

All this is put into perspective by the Italian company Viabizzuno from Bologna. Viabizzuno developed the lighting concept for FORESTIS. The imperceptible light sources focus on the materials with natural authenticity. The lighting elements of Viabizzuno have been chosen to create an artistic yet very natural, warm atmosphere.

FORESTIS

Suites

All [suites](#) of the FORESTIS embrace nature. Due to their south-facing orientation they are sun-kissed all day long and offer guests a wide view of the mountain massifs of the UNESCO World Natural Heritage Dolomites. The natural materials of the interior design, light earth tones and the clear style of the furnishings convey a feeling of relaxation in the surrounding nature.

Suites in the historic house

The 13 suites in the historic building are 50 m² in size and have one or two bedrooms with a king-size box spring bed and a walk-in wardrobe with safe. The separate living area is equipped with a comfortable couch, a desk and smart TV. The bathrooms each have a rain shower and a toilet with bidet. Unique: The guest bathes or showers with the hotel's own spring water, whose water quality is identical to that of the Plose spring water. A terrace with table and seating opens to the south. The minibar in all suites of the FORESTIS is stocked with, among other things, a selection of cabbage mountain apple juices, which are produced with passion in Ritten/South Tyrol, either pure or as cuvées and Grand Cru, and Oberhöller chocolate from the South Tyrolean Sarntal.

Tower Suites

The 44 Tower Suites, which are spread over the three towers, are each 55 m² in size and have a bedroom with a king-size box-spring bed and floor-to-ceiling windows that offer the best view of the UNESCO Natural Heritage Dolomites. The adjoining wardrobe is walk-in and equipped with a safe. The living area is furnished with a couch, armchair, coffee table, desk and a traditional South Tyrolean tiled stove, smart TV and mini bar. The bathroom has a bathtub, a rain shower, and a separate toilet with bidet. Here too, the pure in-house spring water flows through all pipes. On the terraces of the suites there are comfortable daybeds.

Sleeping under the starry sky

In the summer, the daybeds of the Tower Suites can be made up for the night on request. The nights under the starry sky of South Tyrol are a special adventure and a relaxation for body and soul.

Penthouse Suites

In each of the two outer towers is a two-storey 200 m² penthouse suite with a spacious living area with open fireplace, a custom-made couch and a large dining table, smart TV and bar and a guest toilet. The bedroom is equipped with a king-size box spring bed and a walk-in wardrobe with safe. Through a glass front that extends across the entire width of the bedroom, guests can also enjoy the most beautiful view of the Dolomites from their beds. The bathroom is equipped with a

FORESTIS

bathtub, a rain shower, and a separate toilet with bidet. To the south is the spacious terrace with table and seats. A staircase leads guests to the upper floor, where there is a pool (3 x 6.5 metres), a spruce wood sauna with a view of the Dolomites, sun loungers and a rain shower, from which fresh spring water naturally flows again.

Rooms

In the historic building there are three rooms in addition to the 13 suites. Like all the suites, the 35 square meter rooms have a view of the UNESCO World Natural Heritage Dolomites, they have a king-size box spring bed, a closet with safe and a bathroom with rain shower and WC as well as a seating area, table, TV and mini bar.

Spa

The [FORESTIS Spa](#) extends over an area of 2,000 m² underneath the three towers and is spread over two floors with a view of the UNESCO World Natural Heritage Dolomites. Guests from the listed building reach the spa through a direct connecting corridor, guests from the three towers reach the spa through a lift from each tower.

On the ground floor level there is the reception and a 20 x 4.3 metre indoor pool, which is connected to a 22 x 5 metre outdoor pool. There is also a brine steam bath (65°C), a Finnish sauna (85°C), a bio sauna (70°C), a textile sauna (Finnish sauna with 45°C) and an outdoor sauna (Finnish sauna with 90°C) in a traditional South Tyrolean wooden house. The Silent Room, with a fireplace in the middle, keeps what its name promises - here guests are supposed to enjoy the silence after their sauna session. The Tea Lounge with its own curated library is the second retreat. Here eight of our own tea blends from South Tyrol as well as light snacks are served.

On the first floor of the spa there are four treatment rooms, a »Private Spa« for couple treatments and two cosmetic rooms and relaxation rooms. There is also a gym with state-of-the-art Technogym equipment of the latest generation and the spacious Wyda area, the European version of yoga. All rooms have daylight and an unobstructed view of nature.

FORESTIS Spa Concept – FORESTIS Tree Circle

The pure spring water, the good mountain air, many hours of sunshine and the mild climate form the foundation of the FORESTIS, which thus has its origin in nature. Already the Celts who settled in this area were very close to nature and drew their knowledge about the human body from the lessons of nature. They felt a particularly close connection to the forest, which they made their teacher. The location of the FORESTIS at 1,800 metres above sea level in the middle of nature and surrounded by forests therefore left no other conclusion than to bring nature and especially the forest to the FORESTIS Spa. The FORESTIS treatments all follow the principle of the four

FORESTIS

indigenous trees: mountain pine, spruce, larch, and Swiss stone pine. Each of these trees possesses different active substances, frequencies and material substances that allow the human body to regenerate deeply. The treatments for face and body are based on the [FORESTIS Tree Circle](#) developed by the FORESTIS Spa team. The guest chooses the tree species that suits his or her current constitution. The sound frequencies of the respective tree generate vibrations which, in combination with healing woods and stones, release blockages and create harmony and physical activation.

There are several parallels between people and trees, which are brought together in the treatments. Like the human body, the tree follows the seasons and various cycles. In summer, for example, an organism responds to different essences and points of contact than in winter. First and foremost, however, each individual person brings his or her individual physical and mental state of mind with him or her. The treatments are based on these parallels. They are tailored to the needs and preferences of everyone. In this way no two applications are alike.

Under the healing hands of the therapist, a profound combination of time rhythm, energy flow, healing stones, healing woods and meridians is created, again adjusted to the respective seasons. The primary power behind these rituals develops from the contact with the different materials. The specially developed touch technique of the FORESTIS Spa, in combination with the products and the frequency sounds, causes a profound regeneration and recovery.

The specially developed FORESTIS face and body care line is used for each application. Its composition is also based on the doctrine of the tree circle and incorporates fragrances and essences of the four element trees.

The sauna area was designed according to Northern European principles and supports deep relaxation and recuperation, which is favoured by the climate, air, and water. The natural wood of the saunas enhances the relaxation effect through the essential oils of the wood released in the heat.

Wyda, the yoga of the Celts, brings additional energy, flexibility and inner centering. The movement exercises and meditation go back to the druids, the spiritual elite of the Celts. The druids were characterised by great age and health, which they owed to Wyda. Just as the Chinese practice Qi Gong and the Indians practice Yoga, Wyda teaches in the Traditional European Medicine to calm the mind, trains concentration and perception, releases blockages and harmonizes the flow of energy. Wyda can be tailored to the individual needs of the guests. Furthermore, guests can easily continue the exercises at home.

If the weather is fine, Wyda takes place in the open air, otherwise in the Wyda room of the spa with a view of the mountains.

FORESTIS

Retreats

The Alpine location of the FORESTIS at 1,800 m, the climate, the air, the sun, and the pure spring water provide ideal conditions for maintaining health, strengthening the constitution and recovery in terms of preventive and high-altitude medicine. In cooperation with experts, a wide range of retreats have therefore been developed, which incorporate the value of the environment and the effects of nature in their preventive and healing measures. Already after a short time, the situation has a positive effect on the body and a holistic regeneration sets in. The FORESTIS offers various [retreats](#) throughout the year.

FORESTIS product line

Both the products that guests find in their suite, i.e. soap, shower gel, shampoo, conditioner, body lotion and bath salts, and the products used in the FORESTRIS Spa have been specially developed for FORESTIS in South Tyrol. The plant-based products, which are rich in natural vitamins and minerals, also contain various active ingredients from the four trees: mountain pine, spruce, larch and Swiss stone pine.

Activities

Due to its location at 1,800 metres above sea level, the FORESTIS offers a variety of [activities](#) in nature. Ski-in/ski-out is the magic word that makes skiers' hearts beat faster. No nerve-racking approach to the ski area - just put on your ski boots, get on the boards, and follow a forest path directly from the ski room of the FORESTIS to the piste. The 45 kilometres of slopes in the Plose ski area have a balanced ratio of blue, red and black runs. There are also toboggan runs and winter hiking trails for non-skiers.

On request, the FORESTIS hiking guide leads the guests on snowshoes over frozen streams, snow-covered woods, and untouched snowfields through the Puez-Odle Natural Park, which is adjacent to the FORESTIS. A ski tour from the FORESTIS to the Gabler with a subsequent descent to the south is part of the off-piste skiing experience.

All year-round guided hikes of all levels of difficulty take place from the FORESTIS. Hikes into the sunrise are particularly impressive. There are four bike routes on the Plose mountain, which mainly lead through extensive and dense forests. Here, sport becomes an intensive experience of nature.

Wyda, the Celtic movement theory, aims at the unity of man with nature and leads through the path of mindfulness to inner harmony and contentment. In FORESTIS, Wyda takes place in the open air in the forest, along streams or mountain rocks in good weather. Otherwise the European way of Yoga is offered in the FORESTIS Spa.

Restaurants

Below the historic house is the »Restaurant«, which has been laid out in terraces so that every table has a clear view of the Dolomite mountains. In summer guests can also sit on the directly adjoining terrace. The restaurant offers breakfast and à la carte meals in the evening. The bar and the »lounge restaurant« with a large terrace are in the listed building. Small fireplaces inside and outside provide a particularly cosy atmosphere in the evening with an aperitif or digestif. In the lounge restaurant guests choose from the menu »FORESTIS 24h« and in the evening additionally from the FORESTIS menus. Dogs are also welcome in the lounge restaurant.

Cuisine – Mediterranean cuisine meets alpine ingredients

The kitchen in the FORESTIS bears the signature of Roland Lamprecht, whose passion is natural cuisine, which he likes to call »[forest cuisine](#)«. His guests should above all enjoy and feel better after their meal. Roland showed interest in food and cooking as a child. The forest was his playground, and with his mother he discovered mushrooms, berries, herbs, nuts, flowers, simply everything that the forest could provide. Together with her he stood at the cooker, prepared the spruce honey for the winter season, or marinated the game, with wild berries. His final thesis on cooking was about the mountain pine native to South Tyrol and its use in the kitchen.

The kitchen team of the FORESTIS will collect herbs and natural ingredients, especially in the summer months, which will be immediately processed for dishes or dried and pickled according to the old tradition, in order to offer the guests of the FORESTIS the flavours of their homeland also in the winter months.

The products come from farmers in the surrounding area who, exclusively for the FORESTIS, replant old vegetable varieties. Fruit, citrus fruits, fish, meat, sausages and ham, oils and dairy products are also sourced from selected farmers and suppliers from the surrounding area and all over Italy. All types of bread are home-baked at FORESTIS and jams are cooked and preserved according to our own recipes. The honey is supplied by the neighbouring Mairhof.

Roland Lamprecht combines Mediterranean cuisine with Alpine ingredients. The ingredients from the forest have special properties that prevent many diseases caused by incorrect nutrition. The menus are put together a new every day to offer the guest a variety. Although the dishes often have similar basic ingredients, they are always different.

Bar

In the bar, too, ingredients from the region will play a major role. Herbs, berries, nuts, barks, tree needles and shrubs from the surrounding forests will give the drinks, cocktails and mocktails a special touch.

FORESTIS

Rooftop Bar

The Rooftop Bar is located on the middle of the three wooden towers and is the highest Rooftop Bar in the world. An open lounge area with a fireplace forms the centre of the bar, which will be open all year round in good weather. From here the guests have an unrestricted and unique view of the UNESCO World Natural Heritage Dolomites. Especially at sunset this will become the hot spot in the FORESTIS. Nowhere else in South Tyrol is one so close to nature and its beauty. The Rooftop Bar can also be rented exclusively for special occasions and will provide unforgettable experiences.

Sustainability

For FORESTIS and its people, sustainability is a mission and a matter of the heart. Building materials such as stone, wood, fabric, and glass are used not only because of their climatic compatibility, but also because of their positive material properties and visual aspect.

CO2 neutral construction also applies to the FORESTIS. The wooden façade of the historic building is a listed building and was built with durable natural materials from the immediate surroundings such as (pine) wood and stones from the Ploseeberg. The old South Tyrolean wooden ceilings and the staircase of the old house have been preserved and staged. Surrounded by unspoilt nature, the wooden towers have grown upwards from the mountain forest to protect the ecology as much as possible. Felled trees were used for fences around the FORESTIS and for each felled tree two new plantings were made. The stone walls in the outside area were built from stone that had been removed and ground up, and the bathrooms were filled in. The energy supply is provided by a separate plant and a pellet heating system or 100% renewable energy. Artificial light sources in the garden are replaced by open fireplaces wherever possible.

A separate garden with herbs, roots and edible flowers has also been created. The product selection for the kitchen of the FORESTIS is made with care. Roland Lamprecht, a native of South Tyrol, is the head chef at FORESTIS and shows his love of his homeland and passion for natural cuisine in his product selection. The focus is on local products from local suppliers as well as products from all over Italy.

For Roland Lamprecht, Clean Eating does not only mean cooking healthy fresh products, but also paying attention to packaging waste, water pollution or food wastes. With the FORESTIS-Foodbox, which is used again and again, the goods are delivered or collected from the farmer. All in all, the FORESTIS operate according to the no-waste principle.

Also, for the interior decoration in the FORESTIS, local materials are used everywhere, and the contract was awarded to South Tyrolean companies.

At FORESTIS, sustainability is also lived for the employees. Freshly prepared team catering, new and modern accommodation with a view of the Dolomites or the forest, further training

FORESTIS

opportunities and work-life balance, i.e. a 5-day week and leisure activities with many discounts, are an important part of the concept.

The spa products consist of 100% natural ingredients and also the spa's own spring water, the quality of which is identical to the well-known Plose spring water, is served in the spa in recycled pet refill bottles.

The air on the Plose is characterised by a high oxygen content. Benefited by the mountainous location and the direct access to the forest, the guests of the FORESTIS can enjoy this air quality. Exercise in the fresh air activates the circulation, improves the blood flow and is good for body and soul.

All construction measures also followed the strict requirements and specifications of the State Office for Monuments in Bolzano.

After the opening in summer 2020, the FORESTIS will be certified by the KlimaHaus Agency, an auxiliary body of the Autonomous Province of Bolzano.

The people behind FORESTIS

Teresa Unterthiner and Stefan Hinteregger, owner, and host, learned the hotel business from scratch. After studies at home and abroad and various professional stations in Italy and Switzerland, they moved back to South Tyrol. During their stays abroad they gained a new perspective on their home country and its uniqueness. With the FORESTIS they would now like to show people from all over the world this special place of power in Palmschoß / Plose. The experiences that the two of them had gained in various hotels and resorts around the world in the meantime they are now putting into practice in the FORESTIS. Together with their team, they put mindfulness towards people and nature at the centre of their work. With the FORESTIS, Teresa and Stefan bring the first 5-star hotel to the Eisack Valley region.

Roland Lamprecht, head chef at FORESTIS, loves his homeland South Tyrol and everything that the local nature has to offer. Born in Brixen, he showed his preference for cooking and ingredients from the forest as a young man. In 2002 he completed his training as a chef and earned his spurs in various establishments in South Tyrol, Germany and Switzerland, where he got to know the star cuisine at the Hotel Bad Schörgau, Tantris in Munich and the Restaurant Köhlerstube and Schwarzwaldstube in Baiersbronn. Nature, local farmers, and selected suppliers from Italy find the key to his heart with their products. Roland likes to refer to his cuisine as »forest cuisine«. He finds many flavours of his homeland in the forest in the form of mushrooms, berries, herbs, barks and bushes and preserves them so that they can be used all year round.

FORESTIS

The Plose

The Plose is not only home to one of the best and purest spring waters drunk in the FORESTIS and gushing from all taps and shower heads, the Plose is also one of the most beautiful skiing and hiking areas in the Dolomites. Most of the ski area is situated at over 2,000 metres above sea level and for the guests of the FORESTIS it starts right at the front door. The 360° panoramic view is one of the most impressive views in the European Alps. The pistes have a balanced ratio of blue, red and black runs. There are also toboggan runs and winter hiking trails for non-skiers. In summer, guests can go hiking directly. The FORESTIS will also offer guided hiking and mountain tours. The extensive garden of the FORESTIS is the ideal place for deep relaxation and recreation in the middle of the most beautiful landscape and mountain world of South Tyrol.

Location & Arrival

Already the journey by car is an experience. From Bressanone, a well-maintained road winds through the woods up to over 1,800 metres above sea level. The last few bends offer a view of the UNESCO World Natural Heritage Dolomites. It is here at the latest that the traveller becomes aware of the importance and power of the place. The last metres of the mountain road, which is reserved only for guests of the FORESTIS, lead directly in front of the listed building to the check-in. The car is driven by an employee to the carport, which is only a few metres away.

Otherwise there is a railway connection from Germany to Brixen. From the train station in Bressanone the guests are picked up by the FORESTIS shuttle and brought to Palmschoß in 20 minutes.

The arrival by plane is via Verona, Innsbruck, Munich, Milan, and Venice.

Further information

Homepage: <https://www.forestis.it/>

Bookings via: +39 0472 521 008 or reception@forestis.it

Partners: Healing Hotels of the World, Hideaway Hotels, Small Luxury Hotels

Prices: from € 500 per suite and night including breakfast and dinner for double occupancy

High-resolution image material at: <https://www.forestis.it/de/presse/hd-bilder>

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