

The FORESTIS Spa and the FORESTIS Tree Circle

Celtic rituals and practices make the FORESTIS Spa an extraordinary experience.

The pure spring water, the good mountain air, many hours of sunshine and the mild climate are the four pillars of the FORESTIS, which thus has its origins in nature. In Palmschoß on the Plose above Brixen lies the Hideaway FORESTIS with 62 suites, spa, restaurant, and bar. The Celts who settled in this area were already close to nature and drew their knowledge of the human body from the teachings of nature. They felt a particularly close connection to the forest. The location of FORESTIS at 1,800 meters in the middle of nature and surrounded by forests therefore allowed no other conclusion than to bring nature, the forest, and the teachings of the Celts into the FORESTIS Spa.

Human intuition leads to the right tree

There are several parallels between humans and trees, which are brought together in the treatments at FORESTIS Spa. 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; moreover, everyone brings with him or her his or her own unique physical and mental state. The applications are based on these parallels. They are adapted to the needs and preferences of the individual. Thus, no two applications are alike.

The treatments for face and body are based on the FORESTIS tree circle developed by the FORESTIS Spa team and all follow the principle of the four native trees: mountain pine, spruce, larch, and Swiss stone pine. Each of these trees has different active ingredients, frequencies and material substances that allow the human body to regenerate deeply. Each wood is assigned a specific stone and frequency.

The ceremony begins - wood and stone let energy flow

The tree circle ceremony begins with the choice of the tree. The guest faces the four pieces of wood and intuitively chooses a wood for himself after touching, seeing and smelling the scent of the wood. The scent of the wood is sprayed in the room and the purifying foot bath with bath salts and the Plose spring water begins. To prepare the body, the meridian points are stimulated. Then the massage begins, first with the wooden stick to release tension, and then with the stone. During the treatment, the stone is at body temperature and releases its energy, which flows through the body during the massage. The constant rhythm of the energy flow of the wood and stone, combined with the special technique and the warm oils from the essences of the tree, brings balance to the emotional, vital, and mental realms. The sound frequencies of the tree create

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vibrations that, when combined with healing woods and stones, release blockages and create harmony and physical activation, thus closing the circle.

Touch causes profound regeneration

Under the hands of the therapist, a profound union of time rhythms, energy flow, healing stones, healing woods and meridians is created, again attuned to the seasons. The primary power behind these rituals develops from the touch with the different materials. The touch technique specially developed for FORESTIS, in combination with the products and the frequency sounds, brings about profound regeneration and recovery.

Four pillars - Seasons - Wood - Stone - Frequency - Meridian

In the FORESTIS tree circle, the pillars of FORESTIS, are assigned to trees, stones, frequencies, and meridians as follows:

- Air - Spring - Spruce - Rock Crystal and Aventurine - Hz 639 - Heart and Small Intestine Meridian.
- Climate - Autumn - stone pine - rock crystal - Hz 417 - bladder meridian
- Water - winter - mountain pine - rock crystal and sodalite - Hz 742 - lung and large intestine meridian
- Sun - summer - larch - rock crystal and calcite - Hz 528 - liver and gall bladder meridian

Touch of the five senses

During the tree circle ceremony all senses are touched:

- The sense of smell: through the scent of the wood and the fragrance created for each wood, which is released both in the room and in the massage oil.
- The taste: before starting the treatment and after serving a drink with the syrup of the tree.
- The view: all treatment rooms are located with a view of the Dolomites UNESCO World Heritage Site.
- The hearing: with the chosen frequencies.
- The touch: with wood and stone.

Sauna sessions support relaxation and recreation

The sauna area of FORESTIS was designed according to Northern European principles and supports deep relaxation and recreation, which is favored 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. Special sauna infusions are offered daily between 4 and 7 pm. FORESTIS

guests can choose from four different sauna rituals, each lasting 15 minutes, and two of the sauna rituals are always offered each day:

- Sauna ritual Imbolc: time of awakening of nature and spirit, three gentle infusions with fan technique.
- Beltane sauna ritual: Rediscovering the fullness of life, three gentle to moderately strong infusions with fan and towel technique
- Sauna ritual Lughnashadh: Retreat, rest, time for reflection, three medium to strong infusions with towel technique
- Sauna ritual Samhain: The power of silence, liberation from all thoughts, three gentle to strong infusions with towel technique

Listen to the silence

If you don't want to take a sauna according to the FORESTIS tree circle, you can either retire to the "Silent Room" of the spa, or to one of the loungers in the outdoor area and enjoy the silence that you can literally hear on the Plose. Here, too, the senses are stimulated by the scent of the forest, the clear air and climate, and the unique view of the mountain massifs of the Dolomites, and you succeed in letting go of everything. On warm summer nights, guests can request to have the daybeds on the terraces of their Tower Suites made as beds and sleep under the South Tyrolean starry sky. An experience that remains unforgettable for most.

WYDA - The Yoga of the Celts

In spiritual teachings and wisdom of the Far East, holistic movement teachings are something quite common. In part, these teachings are still part of medical treatments today. For example, we know yoga from India, Qi-Gong from China or Shinrin Yoku (forest bathing) from Japan. All these teachings have ancient traditions and roots, some of which are documented in writings.

Teachings from Western culture are almost unknown, but there are some treasures that can be discovered upon closer examination. One of these treasures is WYDA, a holistic movement and mediation teaching of the Celts. WYDA is the movement teaching of the Druids, the spiritual elite of the Celts, which aims at the unity of man with nature and leads to inner harmony and contentment through the path of mindfulness. In its exercises, Wyda is partly like QiGong and yoga. It is believed that the teachings developed in parallel and have their origin in the Indo-European tribes.

It is said to be due to the movement exercises of Wyda and meditation that the Druids were characterized by old age and health. Just as the Chinese practice Qi Gong and the Indians practice Yoga, Wyda in Traditional European Medicine teaches to calm the mind, train concentration and perception, release blockages and harmonize the flow of energy.

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It should also be noted that the exercises were developed in such a way that they can develop their full effect only if the exercises are performed with a certain regularity.

The hands are the link between man and heaven

The hands connect us humans, as the Druids said, with heaven. Therefore, correct hand posture is important. There are two ways of holding the hands in WYDA: open or closed into the druid fist. The druid fist represents a core element of WYDA and is important for the energetic effect.

This is how the Druid's Fist works: spread the arms out to the sides, stretching the fingers. Move the arms towards each other in front of the chest and close the hands into a fist. The hands or knuckles touch each other without exerting stronger pressure. The thumbs also touch. This closes the circuit to a good flow of energy.

Daily Wyda and meditation

For the guests of the FORESTIS daily Wyda and meditation is offered, in good weather always in the open nature and at special power places. Thus, the daily WYDA sessions, mediations and weekly WYDA excursions are part of the program to help the guest find himself. Wyda can be completely tailored to the individual needs of the guests, and most importantly, the exercises can be easily continued at home.

About the FORESTIS

On July 20, 2020, the Hideaway FORESTIS opened at 1,800 meters above sea level in Palmschoß on the Plose above Brixen, surrounded by a dense mountain forest with a view of the mountain massifs of the UNESCO World Natural Heritage Site Dolomites and the adjacent Puez-Odle Nature Park. A listed building dating back to 1912 has been joined by three sculptural suite towers of varying heights, modeled on the shape of tree trunks, which rise into the sky like trees and blend harmoniously into the forest landscape.

All 62 suites of the FORESTIS embrace nature. Due to their southern exposure, they are sunny all day long and offer guests a wide view of the mountain massifs of the UNESCO World Natural Heritage Site Dolomites. The sustainable construction and the natural materials of the interior design, light earth tones as well as the clear style of the furnishings, convey a feeling of relaxation during the surrounding nature. The FORESTIS Spa extends over an area of 2,000 m² below the three towers and is distributed over two floors with a view of the UNESCO World Natural Heritage Dolomites.

The cuisine at FORESTIS bears the signature of Roland Lamprecht, whose passion is natural cuisine, which he also likes to call "forest cuisine". The FORESTIS kitchen team will gather herbs and natural ingredients, especially in the summer months, which are immediately processed for

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dishes or dried and pickled according to ancient tradition. The products come from farmers in the nearby area, the region and all over Italy. All breads are home-baked at FORESTIS and jams are cooked and preserved according to our own recipes.

Further information

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

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

Partners: American Express Fine Hotels and Resorts, Hideaway Hotels, Small Luxury Hotels

Rates: from € 800 per suite per night including breakfast based on double occupancy

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

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