



Pillow and sleep menu

Choose a pillow, individually for your special requirements.

Our housekeeper will be happy to place it in your room free of charge on request and subject to availability. Available for purchase at reception.

♥ **Alpine Swiss Stone Pine Pillow**

Here, the head, neck and nape of the neck can optimally nestle in.

Filling: organic original spelt husks and Swiss stone pine flakes for the heart.

♥ **Mountain hay cushion**

100% organic, resilient and wild grown.

Filling: organic original spelt husks and original mountain hay with numerous high alpine herbs.

♥ **Relax Pillow**

Cuddly, snugly soft for an orthopaedically recommended position of the spine. With selected wild herbs, whose essential components develop fully in the natural warmth of the bed.

♥ **„Breath Free“ Cold Cushion**

Organic original spelt husks enriched with liberating herbs such as mint, thyme, St. John's wort, lime blossom and eucalyptus leaves.

♥ **Herbal sleeping pillow**

As a compact support for the spine. Uncrossed pure spelt varieties, enriched with special sleeping herbs from the natural garden.

♥ **7 Herbs Rest Pillow**

Quietly trickling millet husks, gentle and supportive. With hop cones, valerian, golden balm, mountain horsetail, yarrow, camomile and lavender.

♥ **Clear Head Pillow**

Organic original spelt husks enriched with liberating mint. Clears the mind and promotes concentration.

♥ **Immune Booster Sleep Pillow**

The five best herbs for the immune system combined in one pillow. Cistus has an antiviral effect, thyme activates the natural defences, waterwort and sage are strong herbs for the immune system and lemon balm calms.

With this pillow, we fight the virus!

♥ **Neck cushion**

Has a positive influence on the cervical spine, the sensitive vertebral bodies and intervertebral discs are protected.

♥ **Side sleeper pillows**

Supports the head and helps the body maintain a healthy and straight posture. Relieves pressure on the upper back, neck and areas around the spine that are very prone to tension.

♥ **Cumulu cushions**

Developed as a side sleeper, travel, nursing, head and neck support pillow by the sleep expert Christine Lenz. The cloud-shaped organic pillow with sheep's wool can be used universally and helps with the most common sleep complaints.



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Additional services for your restful sleep, bookable free of charge at our reception.

♥ **Down pillows 40 x 80 cm**

Our down pillow supports your neck and head and is wonderfully cozy at the same time. The down stores heat, regulates moisture and is extremely breathable. In addition, no animals had to suffer for the dhowls in our pillows.

♥ **Sheep Wool Pillow 60 x 40 cm**

The high breathability, the good climatic properties and the excellent moisture management of sheep's wool are ideal for sleepers who need warmth and tend to sweat easily. Allergy sufferers benefit from the fact that sheep's wool is naturally a material that is resistant to bed mites. Integrated herbal sachets with selected herbs from our herbal fairy.

♥ **Weighted blanket**

Brings the body to rest internally and externally due to the evenly applied pressure. The release of happiness- and sleep-hormones naturally leads the body into a state of relaxation.

♥ **White Noise Device**

White noise is a uniform sound in which all acoustic frequency ranges are equally represented. Most people are already familiar with this type of noise: the pattering of rain, a fan or picture noise on an old television. White noise reduces the difference between background noise and louder sounds. It helps you sleep undisturbed through the night!

♥ **Sleep mask**

Due to the very good darkening in every body position, you can enjoy a restful and undisturbed sleep in a quiet and dark atmosphere. The patented sleep mask, from sleep coach Christine Lenz, can also be used as a relaxation and eye mask for the wellness area.

Organic cotton velour - 100% natural.

♥ **Earplug**

Earplugs are brought to you on request. Disturbing noise, such as a snoring partner, can spoil our night's rest. With earplugs for sleeping, such annoying noises can be reduced and nothing stands in the way of a restful sleep.

♥ **Vein cushion**

The vein cushion offers pressure-relieving, tissue-friendly lying comfort for congestion, varicose veins, vein complaints, overstrain and swelling.

♥ **Bathing sofa cushions - finally closed bathing**

The sofa cushion is located next to the neck and neck area of the entire relationship when bathing.