

FIVE STAR LUXURY



“Dolce Vita” surrounded by the Dolomites

Lienz, the 750 years old, yet modern, lively, small town with Mediterranean atmosphere is the capital of East Tyrol. The town lying at 678 metres above sea level is located at the confluence of River Isel and River Drava amidst fabulous scenes: surrounded by the Hohe Tauern National Park in the north, and by the Dolomites in the south. Lienz is known as the city of sun, as there's over 2,000 hours of sunshine annually. The vibrant city is made colourful by charming cafés, restaurants, bars and stylish shops, and the lifestyle in Lienz is definitely affected by the vicinity of Italy: people live their lives in the spirit of “Dolce Vita” here, day by day.



In 2013 at the 20th World Travel Awards Grand Hotel Lienz was honoured with the prize of Europe's Leading Wellness Hotel. The gala event was attended by the industry's elite, including senior executives of leading travel companies, government ministers and top tourism decision-makers. Moreover the World Travel Awards are hailed as “The Oscars of the Travel Industry”. “And the winner is” the guest...



Grand Hotel Lienz is the first five-star luxury spa hotel in Tirol, which was opened on 30th April 2009 and it has received several awards since then. The luxury hotel located on the bank of the river Isel –the only glacier river in Austria - just a few minutes from the historic city centre of Lienz is welcoming its high-standard guests with rich offers and flair.

The hotel

According to the owners, the philosophy of the Simonitsch and Westreicher families, the hotel is not only aiming to pamper guests simply by the luxurious environment, but also by paying attention to individual customer needs.

The guests are awaited by many pleasures in this magical atmosphere: elegant and stylish furniture, large rooms and suites meeting the highest desire, exquisite culinary delights and the Medical- Spa & Wellness Centre all of which are oasis for the soul.



The atmosphere of exclusivity is preserved by the 5 restaurants with a total of 640 m². In addition, a bar, a fireside salon, and an elegant hotel terrace overlooking directly the river Isel offer a pleasant stay for the guests.

Wellness & Spa

Grand Hotel Lienz has more than 1,400-square-metre spa and wellness area including an indoor and outdoor pool with 7 treatment rooms, steam rooms designed for couples, jacuzzi and with a so-called “Private Spa” relaxation room. Furthermore guests can enjoy a biosauna, Finnish sauna, several kinds of steam rooms and a romantic garden on the bank of River Isel.

The variety of treatments are rich, ranging from Serial Bath, full body pack, ayurveda, aromatherapy, hot lava stone and East Tyrolean mountain honey massage medical massages (e.g. Lymphatic Drain, Sports Massage).



Medical care

In the field of spa and wellness a so called “SymbioMed Medical Care” centre has been established which offers individual health consultations with Dr. Peter Lechleitner, a university professor and specialist for internal medicine, cardiology, diploma for sport medicine and acupuncture.

The Medical Centre offers a mixture of modern treatments and alternative therapies.

In addition they offer numerous treatments from the areas of basic and intensive medical check-up, fitness and cardiovascular check-up, anti-aging, Traditional Chinese Medicine, homeopathy, beauty, health, nutrition and weight reduction.

Culinary experiences

Mr. Flaschberger, the head chef, makes new recipes and prepares light food from old, traditional recipes. His culinary concept is based on the traditional cuisine combining seasonal and regional products and introducing a modern touch as well at the same time with knowledge acquired in modern nutrition.

The aim of the so-called “Dolomite Light” cuisine is to fully enforce the regional products from the local markets. But the head chef and his team are also aiming to meet the special nutritional needs of every guest: for example, gluten-free food can also be request. In the extensive wine cellar of the hotel, guests can find the perfect bottle to accompany every culinary delicacy, there is a selection of a total of 150 different wines to taste.

The so-called „5 Sterne Gourmetpension“, the five-star gourmet pension includes breakfast with bio-, vital- and tea corner and buffet table, and dinner with a four-course gourmet menu.

Historical and cultural heritages

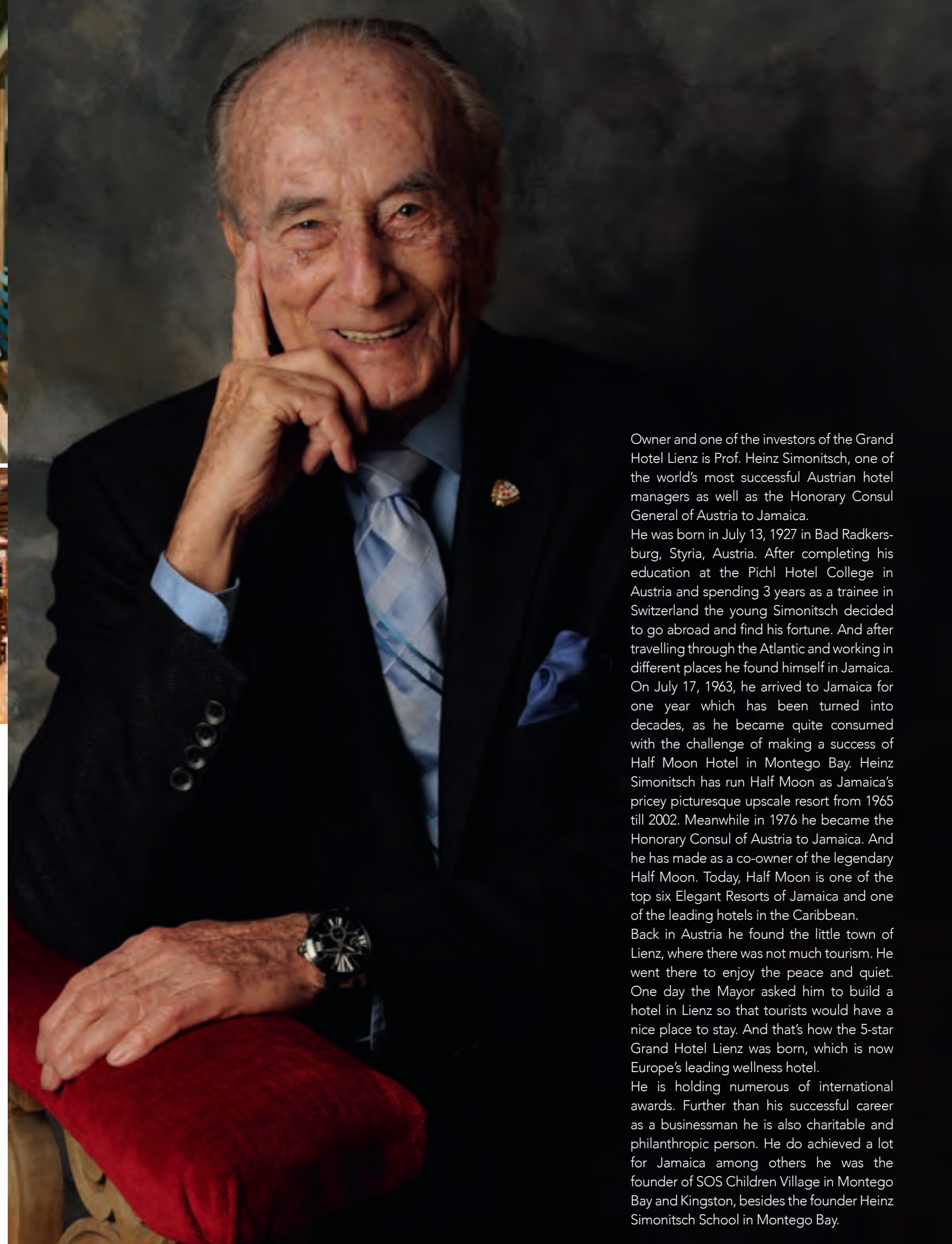
The town of Lienz has a rich historical and cultural heritage. The attractions include Schloss Bruck, the ancient castle of Lienz, which is the symbol of the city as well. The huge castle was built in 1252. It became the property of the town in 1943 and it has been providing home to the city museum since then.

Aguntum

The Romans were the first who permanently settled in the Valley of Lienz and established Aguntum, the only Roman town in Tyrol which had its golden age during the reign of Emperor Claudius as it was made an autonomous town. The exhibition in the museum in Aguntum, located 4 kilometres to East from Lienz, provides an insight into these times and the fascinating world of Roman culture.

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Owner and one of the investors of the Grand Hotel Lienz is Prof. Heinz Simonitsch, one of the world’s most successful Austrian hotel managers as well as the Honorary Consul General of Austria to Jamaica.

He was born in July 13, 1927 in Bad Radkersburg, Styria, Austria. After completing his education at the Pichl Hotel College in Austria and spending 3 years as a trainee in Switzerland the young Simonitsch decided to go abroad and find his fortune. And after travelling through the Atlantic and working in different places he found himself in Jamaica. On July 17, 1963, he arrived to Jamaica for one year which has been turned into decades, as he became quite consumed with the challenge of making a success of Half Moon Hotel in Montego Bay. Heinz Simonitsch has run Half Moon as Jamaica’s pricey picturesque upscale resort from 1965 till 2002. Meanwhile in 1976 he became the Honorary Consul of Austria to Jamaica. And he has made as a co-owner of the legendary Half Moon. Today, Half Moon is one of the top six Elegant Resorts of Jamaica and one of the leading hotels in the Caribbean.

Back in Austria he found the little town of Lienz, where there was not much tourism. He went there to enjoy the peace and quiet. One day the Mayor asked him to build a hotel in Lienz so that tourists would have a nice place to stay. And that’s how the 5-star Grand Hotel Lienz was born, which is now Europe’s leading wellness hotel.

He is holding numerous of international awards. Further than his successful career as a businessman he is also charitable and philanthropic person. He do achieved a lot for Jamaica among others he was the founder of SOS Children Village in Montego Bay and Kingston, besides the founder Heinz Simonitsch School in Montego Bay.

Land of contrasts

Namibia is a country of distant horizons, solitude, bleak, yet beautiful and attractive deserts and craggy mountain-ridges. Visitors are grabbed by its natural beauty, in spite of its unkind and sometimes rough climate and the lack of rain, only the hardiest vegetation is able to survive here. Yet a lot of fields seem to be surprisingly rich. Although the area of the country is big, it's rarely populated and the inhabitants are rather versatile. There are twelve ethnical groups who have kept their traditions and language. At one time this area used to be the most valuable colony of the Imperial Germany, which later South-Africa managed to invade. However, after many vicissitudes and prolonged guerrilla wars, in 1990, Namibia fought for its independence and became an independent state. It was the first country in the world to include environmental protection in its constitution.





Namibia lies on the western coast of the southern corner of Africa. In the north, it is divided from Angola and Zambia by the River Kuene and the Okavango. In the west, it is surrounded by the Atlantic Ocean along 1500 kilometres. In the south, it borders the Republic of South Africa. The geographical spine of the country is the inner highland which is surrounded by the Kalahari, the most ancient desert in the world, and the Namib Desert in the west. As opposed to a general belief, the desert is not at all as monotonous as it is thought to be. The Namib Desert is the most beautiful desert in the world where all visitors are enchanted by the sudden rising of the high ridged red dunes. The Namib Naukluft National Park is not only famous for the highest dunes in the world but also because of its very rare plants. One of the most peculiar plants in the world, the *Welwitschia Mirabilis* can only be found in some parts of the Namib Desert. *Welwitschia* has a fascinating past: it probably derives from a 300 million-year-old plant which was the ancestor of today's conifers. It usually lives in narrow strips of land, fifty kilometres from the coast.

Some of the plants live to be a thousand years old so each and every plant is protected. The Kalahari Desert stretches from South Africa to Namibia and Botswana. It's a world of sparse bushes, thorny acacia, lions and elephants. In effect it is a boundary area between the desert and the woody-bushy savannahs. Although Kalahari Desert does not have huge sand dunes, dreadful torrid conditions are still one of its characteristics in the summer months of December, January and February. There are some places where there are only a few millimetres of rain annually. In the south, huge sand dunes are created by the wind, sand dunes which are dissected by temporary rivers, stretching as far as the ocean. The golden, endless sandy deserts are interspersed by salt lakes and moors and criss-crossed by underground rivers with green grass on the surface above them. The longest river of the southern plateau of Namibia is the 800-km serpiginous Frish River which cut a 25 km wide valley at some places in the ancient landscape. The Frish River Canyon can only be compared to the Grand Canyon in the world. In Africa, its dimensions

are only outweighed by the Blue Nile – flowing from the Ethiopian high ground. The flora and fauna of the country are also typical of its geological and climatic features. In the desert only the hardiest lichens and dwarf shrubs are able to survive, whereas on the plateaus there are mainly acacias. The rainier areas are populated by the plants of savannahs, including red ebony trees and tik trees. The fauna of Namibia is also very versatile. Big games and unique insects all survived here, thanks to the ancient desert. The country with one of the most beautiful natural endowments of the World has twenty national parks among which Etosha National Park is the largest – over 22 000 square kilometres – and it is the third largest national park in the world. This ancient place, which is a big, dried-out white basin today, was a lake millions of years ago where the inhabitants used to fish. Nowadays, it only fills with water in the rainy season. Swakopmund is the largest and the most popular holiday resort in Namibia – and it is also the home of many German settlers. Although occasionally the east wind rises and whips the coasts with sand it doesn't deter holiday-makers from

swimming in the refreshing water. The city is popular among surfers, fishermen and those who enjoy hunting sharks, paragliding and hot-air ballooning. It is a real paradise for whale riders and anglers. Quadbike fans can race among the sand dunes in the desert as much as they like. Windhoek, the capital, is located almost in the geographical centre of the country. Business life and public administration are both concentrated here. There is a remarkable German influence on the capital, especially on architecture and social events. The majority of the people speak German and Afrikaans in restaurants, even though the official language is English. Walking in the streets of Windhoek, you can discover a dozen of different local cultures. The streets of the city show a very colourful picture with all the different nationalities: the Ovambo, the Herero, the Dama and the Bushman – and the air is filled by the confounded languages of Babel. The city is surrounded by hills which give a protection even against the strongest winds coming from the east. Considering the past decades, Namibia is the most successful country in Africa. ■

Ayurvedic panchakarma program in Bohinj

Lake Bohinj is located in the Triglav national park, surrounded by mountains which look like that part of the Himalayas in Tibet where Ayurveda comes from. Bohinj is an excellent starting point for numerous holiday activities in all seasons. In the warm months, Bohinj offers abundant opportunities for water sports (rafting, kayaking and canoeing, canyoning, hydrospeed, mountain biking, walking, trekking and sports climbing for example. If there are sufficient sunny days in the summer, the lake warms up and is suitable for swimming. Apart from the lake, there are many streams in Bohinj. Their abundant fish population makes Bohinj a fishing paradise for fishermen. There is no better place like pure nature, clean rivers, fresh air to detoxify the body with the 6000 years old healing system Ayurveda. "Ayu" means life and "veda" means knowledge. Panchakarma is a part of Ayurveda, it is known as the most ancient cleansing system of the body.

When waste-products have accumulated in the body, the metabolic system is disturbed. This reduces the functioning of the nervous, immune, and endocrine systems. This disturbs the orderly functioning of digestion, and the absorption of nourishment and minerals becomes weaker. It leads to abnormal deposits of unused fats and carbohydrates in the body. The microcirculation of the periphery tissues will decline causing stagnation or Oedema. The body becomes unprotected against infections.

The accumulation of waste in the body takes quite a long time. In the modern world it starts in early childhood. The signs of metabolic disorders can already be seen at the age of 25-30. During these years the protective forces of the body are strong enough to fight toxins on their own, however, we usually do not give up our destructive eating habits damaging our biological rhythm due to the lack of a proper daily routine. We quite often forget about relaxation trying to gain energy for a second or maybe a third job, or what is even worse for night entertainment in order to compensate for our physical and mental exhaustion.

The meaning of panchakarma is 5 actions (pancha) and 5 treatments (karma) to cleanse the body. Scientists examining this procedure have come to an unanimous agreement that panchakarma is a scientifically grounded, effective method for cleansing the body at cell level. The proper use of panchakarma in clinical practise has brought stunning results. Therefore, in 2001 WHO (the World Health Organisation of the UNO) recommended the use of panchakarma as an effective healing preventive method in curing heart and vascular diseases and metabolic disorders.

The aim of the Panchakarma program in the Calendula Ayurvedic Treatment and Yoga Studio is to free the organism from the toxic materials and the physical and mental barriers accumulated over time. As a result of the release, physical, emotional and mental health is restored to the patient. This program can cure any existing diseases and prevent upcoming ones. During the program, the toxic materials produced in the metabolic process are released (and removed) from the body tissues; this restores the body's self-healing ability.

The cleansing process is based on the following principles:

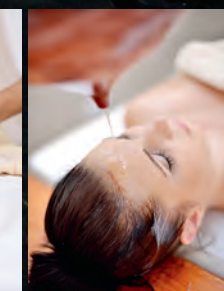
1. The use of special medicinal oils with dissolving, absorbing and detoxifying properties that reach deep tissues through the skin and the digestion system.
2. A complex system of thermo-procedures (healing steam, dry heat, hyperthermic baths, infra-, and ultraviolet light, ultrasound etc.) The application of thermo-procedures leads to a strong microcirculation and perfusion of blood in the tissues and to the expansion of blood and lymphatic vessels. It accelerates metabolism, while due to special preparations the secretion of bile, mucus and intercellular liquids becomes activated in the intestinal and digestive system. At the same time the absorbed and dissolved toxins get back to the digestion system, the very place from where they have started their treacherous journey in the organism. And now the time has come to start the four of the five procedures that drive the toxins out of the body.

1. **Vaman** – (induced gentle vomiting that eliminates mucus, infection tribes and dissolved toxins from the fat lymphatic tissues).
2. **Virecsan** – (administration of special purgative substances which eliminate bile, acids and cholesterol deposits while purifying the small intestines. In this phase the blood and muscle tissues will be purified).
3. **Nasya** – (cleansing of the forehead, face and nose) As a result, toxins quit from the facial holes and sinuses, the intracranial pressure decreases and chronic infections in the upper respiratory tract disappear.
4. **Basti Niruha** – Healing purifying enemas. These enemas of special concoctions gently and consistently remove the toxins through the large intestine. They also clean the intestinal walls and in addition to that, the metabolites quit from the bone, nervous and reproductive tissues.
5. **Basti Anuvasan** – Enemas that restore the tone of the large intestine and normalize its pH value besides having a strengthening effect on the body.

Of course such therapy can exclusively be applied in an effective and proper way by doctors and Ayurveda specialists in a specially equipped environment with the assistance of well-trained, qualified personnel. Based on the experience of Ayurvedic clinics all over the world and our own clinical experience of more than 20 years as well as the observation of more than 1,800 patients in our Clinic who have gone through a complex cleansing procedure, we can definitely declare that Panchakarma solves several problems at the same time. First of all it helps to prevent infectious and cancerous diseases. Secondly it has a very good effect on the look of a person: it improves the condition of the skin, it helps lose excess weight for good, cellulite and (both the objective and subjective) signs of rejuvenation become perceptible. In case of chronic diseases the need for allopathic products decreases significantly. As a result, we also experience increased physical and mental tolerance and a stronger ability to work. The purgation heals our soul as well: we become much calmer, more balanced and happier, we can say good-bye to depression and the quality of our life greatly improves. Calendula Treatment and Yoga studio offers Panchakarma programs from 7-21 days in the 4-star Hotel Kristal. It is developed by Calendula Ayurvedic and Medical Clinic in Hungary based on its 20- year-long experience in combining modern medicine and Ayurvedic healing methods.

Have you lost your pep?
Has your sexual appetite disappeared?
Are you not satisfied with the picture you see in the mirror?
Are you are taking more and more medicine without any results?
Are you dreaming of healthy children?
Are you above 30 and want to become pregnant?
Do you want to stay young and beautiful as long as it is possible?

If there is at least one question you answered with "yes", then your body needs to be cleaned of metabolites (excrement materials, fat deposits, and the by-products of your life activities).



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Pampering spa treatment in a bottle

Do you need reminding that Hungary's thermal waters can restore your lust for life? Probably not. But how about reminding you of the fact that you can have all the curative powers of water as part of your beauty regime too? The luxurious Omorovicza Cosmetics products, employing the thermal waters of Budapest, feel like a pampering spa treatment locked in a bottle.

The Omorovicza story began over 2,000 years ago, when the curative properties of Hungary's healing waters were discovered and the first baths were built in Budapest. The mineral-rich healing waters of the city have been prized for their healing powers ever since.

In the 1800s, the Omorovicza family built the beautiful Racz Spa on the site of a medieval healing spring. Some two hundred years later, Margaret and Stephen de Heinrich de Omorovicza met in Budapest. Relaxing at the Racz Spa and other ancient thermal baths, the couple were amazed by the effect the mineral rich healing waters had on their skin and saw their potential to be harnessed in a skincare range. „The inspiration to launch a cosmetic

brand in Hungary originally sprung from many afternoons soaking in the thermal baths of Budapest with my husband.” recalls Margaret de Heinrich de Omorovicza, co-founder of the eponymous premium skincare range.

Much is already understood about the beneficial effects of thermal waters on bathers. However the absorption of minerals into the epidermis and the dermis presents a significant challenge due to the limited bio-availability of minerals. The couple teamed up with a team of Hungarian scientists from a Hungarian Nobel-prize winning Laboratory of Dermatology, and developed a delivery system that reconfigures the molecular structure of the minerals in the healing waters. Minerals are absorbed by the deeper layers of the skin.

At the heart of each Omorovicza product is the patented Hydro Mineral Transference™ delivery system.

From the bed of Lake Heviz to the peak of the Andes Mountains, Stephen and Margaret travelled the globe to source its finest natural ingredients. Each product is fragranced with natural scents crafted just for Omorovicza in Grasse, in the south of France. Omorovicza Cosmetics was launched in Budapest. Today the products can be found around the world in the most prestigious stores and spas such as Harrods, Bergdorf Goodman and Four Seasons Hotels. Located in the heart of Budapest, the Omorovicza Flagship Spa offers face and body treatments as well as all the products in the range.



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