



Der Pfälzer Weg zum Wohlbsein

wellVINESS –The Palatinate way to wellbeing

A time-out from everyday life rich of experiences in the midst of forests and vineyards, gaining new vitality by the original forces of this climatically preferred region: This is the Palatinate way of Wellness.

The Palatinate way to wellbeing entices to consumption with an additional health benefit arranges for a holistic "round around indulging experience" with special treats as well as an appropriate wellbeing and activity program. The Palatinate guidance product, the wine, fresh products of the Palatinate Garden Eden and special products of the grape vine and other anti-aging-stars – used internally and externally - are pleasant companions. wellVINESS forms an innovation from yesterdays tradition. The synergy force of the grape vine, as historical traditions of antique and medieval medicine testify, causes a thrust of vitality in its original form. Even the Romans said: In Vite Vita - in the vine the life...

wellVINESS has a versatile program with various scopes for design. The light wellVINESS kitchen offers a feast and at the same time consumption without regret, which is supplemented by wellVINESS experiences from the basic areas of Body and Beauty and the alternatives "Body Specials" or "wellVINESS Spa".

An eventful wellVINESS day begins with a "grape seed - berry-strong" breakfast. Mandatory is for example crispy fresh grape seed bread or rolls with grape jelly, grape vinegar mash or jam made of Palatinate figs. Afterwards "Vinorobic" makes you fit for the day, a balanced spinal column friendly gymnastic, developed by copying the work of a winegrower in the yearly circle. After this merry "working in the vineyard" an indulging program to unite body, spirit and soul is announced. A relaxing "Trester-Schlamm-packung" on a soft pack couch for example, helps us to enjoy the ease of living. The wellVINESS guest can select between an animating wellVINESS body peeling, a wellVINESS packing (warm, moist wine vinegar packing with grape seed cushions as heat carrier), or a combination of different massage techniques and treatments. In connection with special grape vine products, e.g. vinegar with medical herbs (medi-line) or grape seed oil, a treatment-mix with elements of reflex zone and meridian massage, Shiatsu and La-Stone-therapy is offered. wellVINESS Spa entices you with sensual baths, like the "Weinköniginnen bath" or "Dionysos bath", to float between time and space. Inhalation with Medacetum (wine vinegar with medical herbs) for example, is most pleasant in the steam shower, and an indispensable element for the stabilization of the strength of the respiratory system in the context of the "wellVINESS cure". "wellVINESS wine-maker tea" and the recommended moderate wine consumption provide for good mood on the Palatinate way to wellbeing. As digestive or aperitif we recommend a sip of Gourmet wine vinegar from the Palatinate wine vinegar manor Doktorenhof or a sip of Zimtacetum from the medi-line.

A wellVINESS Candlelight Dinner contributes to the harmonious end of a Palatinate wellbeing day. After a fresh vineyard salad with wine vinegar and grape seed Dressing and Croutons marinated with Palatinate chestnut honey, a winegrower pie or wine aspic is served. Home made wellVINESS Pasta tastes best with burgundy roast or trout coated with grape seed flour (naturally roasted in grape seed oil). Trester sorbet, wine vinegar ice cream or grape terrine accompanied by small sweet yeast dumplings made of grape seed with wine sauce made of "Gewürztraminer" are served as dessert.

wellVINess hotels designated by the shared trademark are renowned guarantors of cultivated Palatine hospitality. They offer the demanding guest an unmistakable niche with the Palatinate way to wellbeing among the numerous offers on the Wellness market. For the wellVINess idea and concept the Palatinate journalist Judith Ziegler-Schwaab and the "Verein Südliche Weinstrasse Maikammer e.V." (Chief of office Christiane Schneider) were awarded with the special price of the French-German innovation competition "„Die Zukunft im Visier – L’AVENIR POUR OBJECTIF“. Medical advisor of wellVINess is the physician and trained winegrower Dr. Willy Sebastian, member of the forum "wine and health".

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