

Press release: Hotel Goldener Berg Me Time 2023:

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According to the definition, "Me Time" means really taking some time out for yourself. If you ask Daniela Pfefferkorn, there is much more behind the concept: slowing down instead of increasing the pace of life even more. It's about feeling rather than doing, about people arriving at inner peace – and at her Hotel called the Goldener Berg.

Just the Arlberg, nature and me

Could there be a better place for the well-deserved me time as a hotel seated nobly above Lech, watched over by majestic stone giants in the midst of nature? In the morning, the first sunlight serves as your natural alarm. Your sleep was deep and uninterrupted. It has to be down to the good vibes of this special place. To start the day on the right note, you can choose between yoga, including breathwork exercises on the sunny terrace, and a walk on the invigorating barefoot trail before a healthy breakfast. "Feeling instead of doing - everything is possible, nothing is a must", is the motto for me time in the Goldener Berg. A holiday for the spirit.

All-round concept for body and spirit

Daniela Pfefferkorn didn't become inspired by the concept of holistic selfcare just yesterday. Over the years, she has transformed her colourful hotel into a cosmopolitan Mecca for health-conscious people. Here you escape everyday stress and can just let yourself be. For this, you can get a "jump start" on the Golden Energy Mountain: Numerous coaches and therapists are available for daily treatments and sessions. The hotelier herself dissolves spiritual blockades with the concept of energy medicine. And as the perfect finale, have your muscles loosened up in the spa and let your thoughts wander...

Good food, good mood!

"The way to a man's heart is through his stomach", which also applies to self-love: culinary arts also have their place at 1700 metres in altitude. The choice is up to



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you: basic menus with vegan vegetable soup, salad specialities and regional vegetables from trusted farmers, and to finish off, a sweet vegan dessert. Vegetarian, vegan and also ketogenic enjoyment: lose weight without missing out and all from a three-toque chef! Of course, you can always opt for good old schnitzel if it contributes to your own happiness. Everyone can shape their me time as they like. By the way, the concept also works wonderfully if you come here as couple for some "us-time".

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