

TRAVEL



Fresh Picks | Green Getaways

FOUR has teamed up with Green Pearls® to handpick a selection of unique luxury destinations that also promote sustainable practices, so you can help preserve the world for future generations.

Wellness in the mountains at Arosea Life Balance Hotel, South Tyrol

The Eco wellness and nature hotel Arosea Life Balance in the South Tyrolean Ultental perfectly combines traditional values with modern trends and ideas. The Arosea's holistic approach bases on mindfulness and health. Therefor only natural materials like pine wood, slate rock and sheep's wool have been used for the construction and decoration. The kitchen uses seasonal and regional organic ingredients. Fresh spices and herbs are not only used for seasoning but also as natural herbal remedies.

The Ultental in midst of the Stilfser Joch, offers many opportunities for activities in the nature: hiking, climbing, swimming, Stand up paddling or mountain biking — everything is possible here. The Arosea Life Balance Hotel also has a direct access to the breathtaking Zoggler Stausee.

The Spa is the perfect counterpart to activities in nature. Guests relax at the hotel's own 700 m2 nature swimming pool, in one of the many different saunas like the herb-stone-sauna or enjoy the variety of beauty and wellness treatments. A traditional wellness specialty is the sheep wool ceremony, where guests are wrapped in warming sheep wool accompanied by a relaxing and clearing scent of local mountain herbs.

[Arosea Life Balance Hotel](#)



Sustainable luxury at Gili Lankanfushi, Maldives

For many people the Maldives are the epitome of paradisiacal nature. With its pristine beaches, crystal clear lagoons and the turquoise water, it is the best place to relax and reconnect to the inner self. Conserving the sensitive ecosystem while offering the utmost comfort is what drives the team at Gili Lankanfushi.

Having to import most of the food is one of the challenges small islands have to face when it comes to operating sustainably. The Gili Lankanfushi found a perfect solution by installing a rocket composter and using the emerging compost to build an extensive organic garden with all kind of vegetables, herbs and fruits to be used in the resort's restaurants. Fish, meat and additional ingredients are purchased by local Maldivian suppliers, fishermen and farmers.

The newly launched restaurant Kashiveli pampers the guests with a diverse range of signature dishes celebrating the heritage and talent of Gili Lankanfushi's culinary team, reaching from Sardinia, to Madagascar and of course to the Maldives. With the Gili Culinary Journey, a rotating selection of international dishes, guests enjoy a global tasting tour without stepping foot off the spectacular beaches of the North male Atoll.

[Gili Lankanfushi](#)



Holistic recreation at CGH Earth SwaSwara, Kerala, India

Ayurveda, yoga and meditation are the core values of the SwaSwara resort at the Om Beach in Gokarna. Everything here was built and designed to ensure guests can focus on their own healing, self-discovery and rejuvenation while being in harmony with the environment that surrounds them. A true holistic and transformational experience.

Guests stay in traditional Konkan villas amid acres of greenery and enjoy a yoga deck on their own. While the healthy and organic food is prepared according the rules of Ayuverda and helps to recharge the body, the mind is being refreshed with a regimen of yoga, mediation and art therapy.





SwaSvara as well as the whole CGH Earth group cares deeply for the nature and the local communities. All activities and initiatives ensure that locals benefit from the resort and the surrounding nature is being preserved. Therefore the team of SwaSvara focuses on indigenous plants, creates gardens where butterflies can flourish, uses only herbal pest control and favors suppliers following environmental and social practices as well. At the same time they promote local schools, supports small businesses as well as grey water recycling units in the area.

CGH Earth SwaSvara



Authentic rainforest experience at Inkaterra Reserva Amazónica, Peru

In the Southern Peruvian rainforest, close to the Bolivian and Brazilian borders guests will find an extraordinary tropical environment. Nestled in the middle of the forest lies the Inkaterra Reserva Amazónica – remote and yet easily accessible for guests.

Founded in 1975 Inkaterra has been an ecotourism pioneer from the beginning: Peru's first carbon neutral tourism enterprise encourages scientific research, whilst it contributes to biodiversity conservation, education, and the economic growth of local communities. The associated NGO Inkaterra Asociación provides ecotours through the rainforest with specialized explorer guides to finance research on flora and fauna.

The 35 eco-luxury cabañas of the Inkaterra Reserva Amazónica are built according to the traditional architecture of the Ese Eja culture. Guests cannot only see up to 540 bird species being home in the surrounding nature of the Eco lodge, but also enjoy a privileged view from the Inkaterra Canopy Walkway in 30 meters height.

Inkaterra Reserva Amazónica



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