

asaya

holistic sleep well

	2 DAYS	3 DAYS
Personal consultation 30 min.	1	2
Personal Fitness training, Hiking or Personal Yoga 30 min.	4	6
OTO Sleep Soundly Experience 90 min.	1	1
Dr. Barbara Sturm Revitalizing scalp massage 20 min	1	1
Dr. Barbara Sturm Exoso-metic growth factor facial 80 min.	1	1
Nutritious sleep food menu	2	3
Special Detox Tea during the Day (room setup)	2	3
Dr. Barbara Sturm good night supplement	1	2
Sauna Experience German Aufguss 20 min.	1	2
Steam bath Salt Sole detox scrub 20 min.	1	2
Alpine aromatherapy experience 90 min.	–	1
Regional Herbal Stamp Revitalization 90 min.	–	1

Our comprehensive ‘Sleep Well’ program is designed to enhance sleep quality and overall well-being. It includes a range of therapies such as massages, breathing exercises, guided meditations, and personalized fitness activities. Participants receive targeted treatments like the OTO Sleep Soundly Experience, revitalizing scalp massage by Dr. Barbara Sturm, and Exoso-metic Growth Factor Facial treatment. The program is complemented by nutritious meals and beverages that promote better sleep, access to top-tier facilities, sleep hygiene workshops, and serene room setups that foster deep relaxation. Personal guidance from our therapists or wellness director is provided throughout the program, ensuring a customized experience based on individual needs.