

Pillow menu

**SOUL
SISTERS**

place to stay

**Good
evening,
good
night.**

All pillows
are available for
purchase at
reception.

There's a herb for everything - including your sleep.

We are convinced: good, restful sleep is the key to more balance and well-being.

We have compiled a selection of our high-quality herbal pillows for you. Find your personal natural pillow and deposit your wish at the reception. And already tonight you draw strength from the rich abundance of our nature.

Did you sleep well?

So good that you would love to take your pillow home with you right away? Ask at the reception for opportunities to buy your dream pillow and take a little piece of your holiday home with you.

Sleep well.

Basic fillings

Both basic fillings ensure a pleasantly fresh sleeping climate and the ideal orthopaedic position of the spine.

Organic spelt husks



fixed

Soothingly firm,
yet pliable and cuddly, relieves tension
through massage effect, pleasantly
permeable to air

Organic millet husks



soft

Cuddly soft due to the fine-grained lightness,
wonderfully cooling in summer,
air-permeable and heat-retaining during
the cooler seasons.



7-Herb Relax Pillow

Seven calming herbs
Basic filling organic millet husks



The blend of seven selected herbs has a calming, mood-lifting and anxiety-relieving effect. Its pleasant fragrance makes it easier to let go and ensures a deep and peaceful sleep.

Filling

Lavender blossoms, golden balm leaves, marigold blossoms, St. John's wort, rosehip, betonica herb, hop cones, organic millet husks

Manager pillows

Herbs and Swiss stone pine
Basic filling organic spelt husks



solid

Do you sometimes find it difficult to let go of your work during the night?

Swiss stone pine flakes reduce the heart rate and have a calming effect on the entire cardiovascular system. Betonika herb deters hectic dreams and promotes a peaceful sleep. The invigorating thyme supports self-confidence and a strong will. The cooling peppermint clarifies and refreshes, and the valuable sage counteracts night sweats. A restful and regenerating sleep provides new energy and greater ease during the day.

Filling

Swiss stone pine flakes, betonia herb, thyme, peppermint, sage, organic spelt husks



Immune booster cushion

Immune system strengthening herbs
Basic filling organic millet husks



soft

The five best herbs for the immune system. To support the body's own powers, we offer a carefully selected herbal composition that activates the natural defences with its inherent modes of action.

With the help of nature's fragrant support, the body's defences are strengthened and regenerated.

Filling

Cistus, water tuber, lemon balm, thyme, sage, organic millet husks



Headache Relief Pillow

Peppermint
Basic filling organic spelt husks



A "pillow" in the truest sense of the word. The natural menthol of real mint stimulates the circulation and thus relieves congestion and headaches. It clears and frees the mind, opens the airways and relieves irritating coughs. The slightly cooling effect of peppermint refreshes and thus contributes to relaxation.

Filling
Real mint, organic spelt husks

Our small manufactory

In the middle of the Bregenzerwald (Bregenz Forest), soothing sleeping pillows are created from the precious treasures of nature. We lovingly handcraft our own mixtures from over 40 herbs and process them into wonderful natural pillows.

As a family business, we attach great importance to social interaction and sustainability in dealing with regional resources. Each of our pillows is freshly and carefully filled by hand. This particularly gentle handling preserves the natural potency of the herbs. We particularly appreciate the cooperation of people with disabilities. With their talents, they enrich our business.

With every purchase of our products you support "Together Green", a project for the reforestation and conservation of the rainforest.

himmelgruen.at/gemeinsamgruen

HIMMEL
Grün



**We wish you fragrant nights and
a relaxing stay.**

Your hosts and the Himmelgrün team