



The secret of *Swiss pine*

Enjoy better and above all more restful sleep
with this powerful, recuperative wood!

*Regulates your
heart rate*



Swiss pine – a miracle of nature

Swiss pine wood comes from the Swiss pine, which is a genuine survival artist. It is brave enough to put down its roots in the most lofty reaches of the Swiss Alps at altitudes of 1,600–2,700 metres, where most other trees would barely stand a chance to survive. The Swiss pine defies all adverse conditions and can grow to a height of around 25 metres, a thickness of 1.5 metres and up to 1,000 years old. Up high, it mainly fulfils an important protective function, which is guarding the forest and the valley from extreme weather. It is also an effective barrier against avalanches, rockfalls and erosion. The Swiss pine survives at these inhospitable locations despite storms and temperatures as low as -43°C , severe drought and extreme exposure to the sun.

The bark sits atop the trees' yellow sapwood, underneath of which is its core, which has a red-dish-brown hue. Numerous channels run through

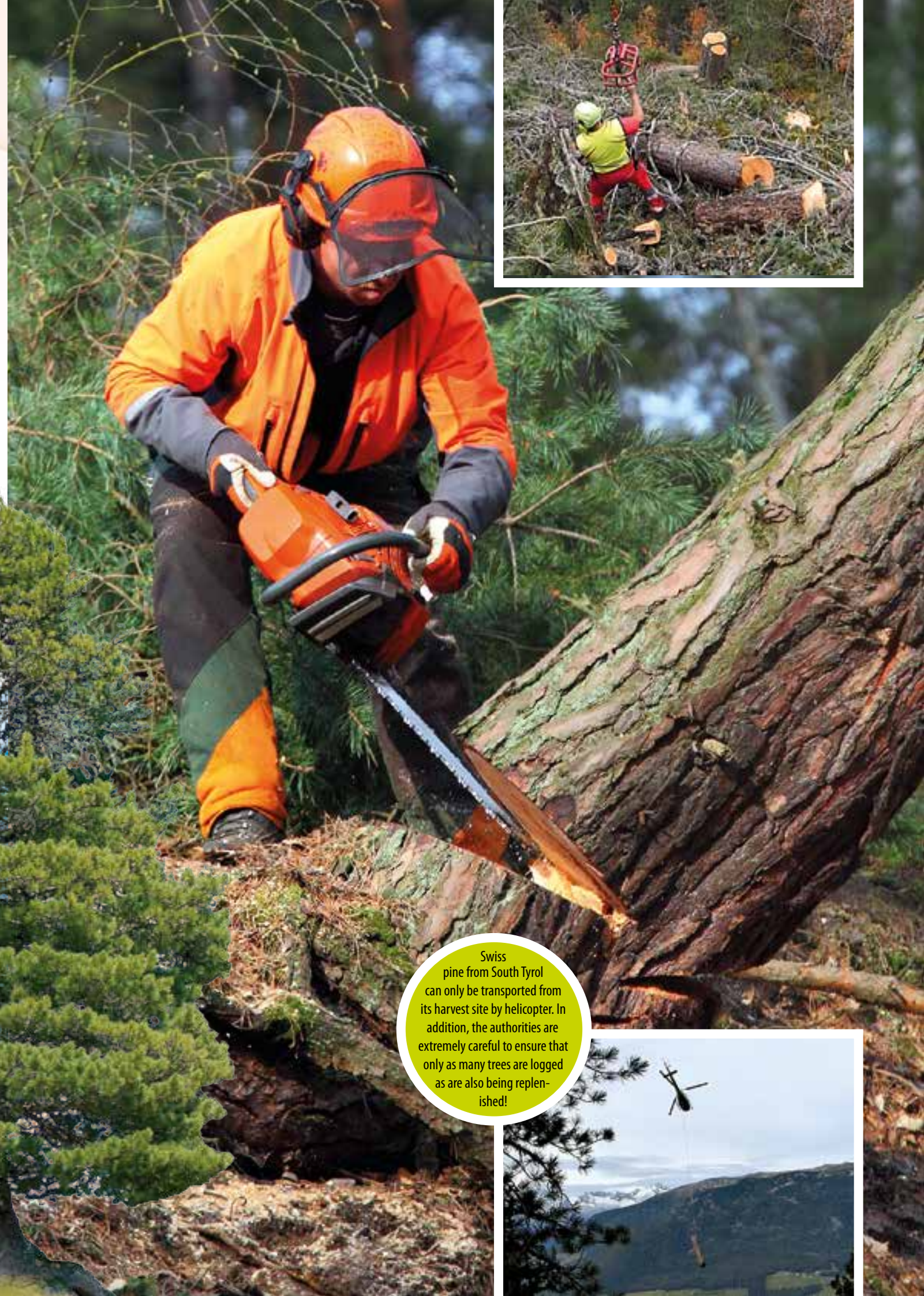
the trunk, carrying resin that is particularly coveted due to its **high contents of essential oils**. Swiss pine exudes a quintessential, warm and delicate scent. The typical fragrance remains perceptible even decades after the wood was processed. The timber industry is increasingly using wood from 400-year-old trees.

The time it takes for these trees to grow make this wood anything but cheap timber. And it is certainly worth the wait if we consider the many features and properties of Swiss pine!

We have been conducting comprehensive research on Swiss pine – especially its use in bedrooms – since 2014. Managing Director Erhard Seiler personally travelled to the Tirolean Alps to hike through the mountains with an expert on Swiss pine to take a look at these powerful and gnarled trees. He is also regularly on-site during logging and processing operations to keep an eye on our wood.

Swiss pines can grow to a height of 25 metres, a width of 1.5 metres and an age of 1,000 years. It can withstand temperatures as low as -43°C and harsh weather.

Swiss pine from South Tyrol can only be transported from its harvest site by helicopter. In addition, the authorities are extremely careful to ensure that only as many trees are logged as are also being replenished!





After transport by helicopter, their journey down to the valley continues by truck. Once there, it is important for the wood to be properly stored.

Sawn into thick planks, Swiss pine needs to be left to dry for around 2 years before its processing can continue. But once fully seasoned, the wood is used to fashion exquisite Swiss pine furniture.



Scientifically proven: The positive effects of Swiss pine.

The positive effects of Swiss pine have been known and appreciated for centuries. Several in-depth scientific studies have already substantiated and confirmed these properties.

Highly concentrated, pinosylvin is a thick fluid that accumulates in the wood, needles and resin. Not only does it produce the scent typical of Swiss pine – which develops its full fragrance when used for construction, preserving the timber for decades – **it also improves our sense of well-being, health and restful sleep.**

What's more, Swiss pine is extremely resistant to parasites and fungi – and also maintains its anti-bacterial properties for decades as well. A fact that is sure to benefit allergy sufferers especially.

A miracle cure for restlessness and disturbed sleep.

Swiss pine is particularly popular for use in bedrooms, as many people in Germany suffer from sleep problems. **In these cases, Swiss pine can significantly improve the quality of sleep. People experience deeper sleep above all during the first phase, which has a positive influence on the body's vegetative recovery.**



Restful for you – and your heart!

It is not hard to imagine that this wood with its mild scent can be very calming indeed. But it has the same – scientifically proven – effect on the heart as well.

Swiss pine reduces the heart rate by around 3,500 beats per day, saving our most important organ approximately 60 minutes of work in every 24 hour period (or 15 days per year and nearly 3 years over a lifetime).

Healthy sleep is a fact, and not just an advertising slogan!

Many people who sleep in rooms containing Swiss pine report an **improvement in general well-being** and more **zest for life**. In addition, they wake up **feeling much more rested and relaxed.**

Our ancestors were already aware of this effect. A mere glance into the bedrooms and kitchens of old farmhouses reveals that these rooms were crafted almost entirely from Swiss pine. Even back then, people knew of the health-promoting and calming effects of this unique wood.



We keep a watchful eye over our Swiss pine wood starting from the very place where it grows in South Tyrol, throughout the period it carefully processed and right up until it reaches your bedroom!



The fragrance of Swiss pine calms your heart! Reducing its frequency by up to 3,500 beats!

Becoming more active – finding more balance.

You will feel more **rested, alert and fitter**, simply due to the significantly **improved quality of sleep**. There'll be no more tossing and turning or difficulties getting up.

It is a wonderful experience to feel fresh and alert in the morning – and furniture made of Swiss pine will faithfully ensure you do for many decades to come. **The way we feel first thing in the morning sets the mood for the whole day.** And you'll never want another material once you've discovered how invigorated you feel with Swiss pine. You'll be up on your feet much faster and **able to fully concentrate quicker than normal.**

The general effects of the special essential oils on the body and spirit **have an enlivening effect, improve mood, stimulate the grey cells and leave us feeling more positive.** You inhale the fragrance



while you are asleep, allowing the health-promoting constituents to spread gently and act in their many different ways.

All of these things are important elements that promote emotional well-being and enable us to live happier lives. Swiss pine has always been known as the **"Queen of the Alps"** – and rightly so we believe!

No other type of wood satisfies the desire for naturalness and health to quite the same degree. The essential oils contained in Swiss pine improve our sense of well-being. So it's no surprise that the wood has been used and appreciated for centuries in the manufacture of trunks, cupboards, beds, cots and wood panelling.



The benefits of Swiss pine

- Throughout its lifetime, it exudes a mild, immediately recognisable, fragrant scent.
- It is calming and relaxing in times of physical or mental stress.
- It lowers the heart rate, saving your most important organ around one hour of work per day.
- It speeds up vegetative recovery and regulates the heart rate.
- It stabilises the circulatory system.
- It prevents sensitivity to the weather.
- It hugely improves quality of sleep and leaves us rested and fit.
- It makes us more sociable and communicative.
- It creates a sense of harmony and improves our general well-being.
- It has a significantly more powerful anti-bacterial effect than other woods, which it maintains for decades.
- It provides lasting protection against fungal infestation.
- Moths dislike the wood and steer well clear.

Other uses:

- A bread bin made of Swiss pine keeps bread fresh for longer, protecting it from mould and bacteria.
- Cupboards and clothes hangers built from Swiss pine ward off moths (they really do not like Swiss pine) and transfer their fragrant scent to the clothes. After all, our forbears had good reason to manufacture their clothes trunks and cupboards from this wood.
- Pillows or bedside-table containers filled with Swiss pine shavings help us to relax and recharge our batteries. These items can also be sprinkled with Swiss pine oil to freshen them up again. A rule of thumb is that the more Swiss pine, the more powerful the effect.
- The mild fragrance of Swiss pine helps babies and infants to fall asleep faster in their cots or beds and also helps them sleep through the night with fewer interruptions.
- Some people tend to snore less in the presence of Swiss pine, and the effect is even greater when using both Swiss pine furniture and pillows.
- Many people have noticed a clear reduction in their sensitivity to the weather. This has also been studied and confirmed scientifically.
- Common circulatory problems are also alleviated, as the Swiss pine has a positive effect on the entire cardiovascular system.



INFORMATION BOX

How do you recognise Swiss pine?

Habitat – appearance:

The Swiss pine is a coniferous tree that can grow to a height of 25 metres. Young trees have a straight trunk tapering to a slender crown. Fresh shoots have reddish-yellow, felt-like hairs that turn greyish-black after the first winter. Especially solitary old trees often grow into bizarre shapes, and many of them carry low-hanging, heavy branches.



The needles:

The flexible needles of the Swiss pine grow to a length of 10 cm. Each shoot has several bushels of up to five needles that are usually arranged around the tip of the branch (unlike the Scots pine, which has two needles on each leaf base).

The flowers and cones:

The trees flower from May to July. Around 5–9 cm long, the violet female pollen cones have short stems and grow individually or in groups at the tips of long shoots. They are found mainly in the outer regions in the upper third of the crown. The yellow to violet male pollen cones form in place of short shoots at the base of young long shoots. They mainly grow in the lower third of the crown. Mature after about a year, they change colour to light brown before falling off in their third year.



The beneficial symbiotic relationship between spotted nutcrackers and Swiss pines.

Spotted nutcrackers were culled until the 1960s due to the widespread belief that they damage the trees by stealing the seeds. But eventually the Alpine farmers took a closer look and realised that the birds are not at all harmful. On the contrary: Birds and trees actually help each other! To survive the long winter in the mountains, spotted nutcrackers need to gather plenty of provisions, and so they hide up to 100,000 Swiss pine seeds and hazelnuts. They store them in numerous small depots to accumulate sufficient food for the winter and for their young in spring. The birds have amazing memories, as the hiding places are very small and spread over a large area. They dig tunnels through the sometimes 1.5 metre thick snow with pinpoint accuracy – recovering 75–85 percent of their provisions. But some they do forget, and these seeds grow, replenishing and spreading the population of Swiss pine. Often the birds hide these stashes in less frosty, snowy and windy places, ensuring an ideal location for the Swiss pine to germinate.



Our Swiss pine furniture – an investment in your health and quality of sleep!

We personally monitor the progress of the Swiss pine used in our furniture from its place of origin and over the entire period of its growth, transport and processing. Our Swiss pine is exclusively sourced from the Alps of South Tyrol, where the conditions are ideal for obtaining extremely high-quality wood containing a large quantity of essential oils.



Our Swiss pine beds 3 models – 9 options

Our Swiss pine beds are available as bespoke solutions and can be designed to meet your specific requirements. Simply select one of the 3 base frames and the 3 headboards to put together your perfect bed. There's something for every taste! Entirely natural, the wood for the bed frame is cut to measure with exacting precision and then machined to add the dowel joints.

The three base frames:

1. The Swiss pine bed **OrthoDorn®** ZirbenHeim Standard

A frame made of thick, solid Swiss pine from South Tyrol with rectangular feet make this model a popular classic. All parts are joined together by dowel joints.

Available in any size!



2. The Swiss pine bed **OrthoDorn®** ZirbenHeim Float

The concealed legs make this bed into a real highlight as it appears to float above the floor. This bed is also built using dowel joints to join its parts. The side sections are crafted from thick, solid Swiss pine from South Tyrol.

Available in any size!



3. The Swiss pine bed **OrthoDorn®** ZirbenHeim Exclusive

A very special dowel joint adds a personal touch to the Exclusive model, giving it the feel of a safe haven. It is also fashioned from thick, solid Swiss pine from South Tyrol.

Available in any size!



The headboards

Three headboards – many options: Whether you prefer a modern, classic or rustic look – the three replaceable headboards allow you to create your own personal bed and design it to meet your personal requirements. Whatever you prefer.



The three headboards:

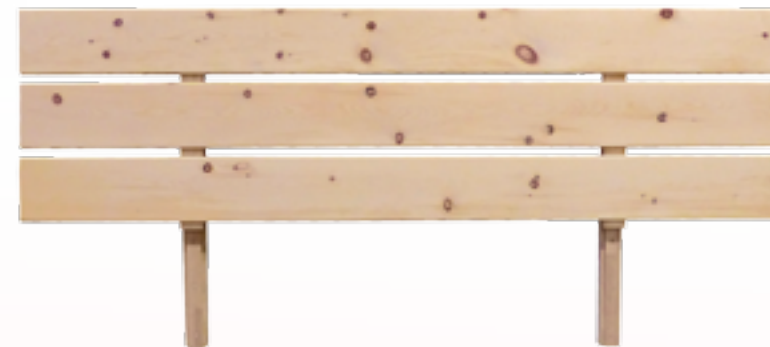
1. Headboard **OrthoDorn®** ZirbenHeim Modern

Built from a large section of solid Swiss pine from South Tyrol



2. Headboard **OrthoDorn®** ZirbenHeim Classic

Built from 3 solid Swiss pine planks from South Tyrol, with a small gap in-between



3. Headboard **OrthoDorn®** ZirbenHeim Rustic

A genuinely unique piece! The headboard is built from a single plank of solid Swiss pine from South Tyrol, preserved in its natural form.



OrthoDorn ZirbenHeim Standard



Standard bed
with Modern headboard



Standard bed
with Classic headboard



Standard bed
with Rustic headboard

OrthoDorn ZirbenHeim Float



Float bed
with Modern headboard



Float bed
with Classic headboard



Float bed
with Rustic headboard

OrthoDorn ZirbenHeim Exclusive



Exclusive bed
with Modern headboard



Exclusive bed
with Classic headboard



Exclusive bed
with Rustic headboard

The Swiss pine bed "OrthoDorn Brixen"

You like the really rustic look? If so, our "Brixen" bed, which is made of solid, original Swiss pine is precisely what you need. 100 percent Swiss pine from South Tyrol is used to craft this bed.

The headboard is fashioned from a single trunk – just as nature created it. The Swiss pine trunk was merely sawed and then planed smooth.

This bed frame is built from 7–9 cm planks that reflect the structure of the wood. It also uses a special dowel joint to keep the bed as natural as possible.

We will gladly accommodate your special requirements and needs.



The original ZirbenHeim plate slatted frame

We are committed to ongoing improvement. That's why we have considered ways to continue increasing the proportion of Swiss pine used in bedrooms.

The design and engineering used in the creation of this base ensure outstandingly comfortable rest. The special pivot point bearing system at the centre of the plate springs accommodates inward and outward movements up to an angle of 45° and is a revolutionary development in the field of plate spring systems.

The individual plates adapt smoothly to the shape of the body and respond sensitively to a person's movements during sleep.

The original ZirbenHeim plate slatted frame is a sensible addition to the ZirbenHeim beds. It is mainly designed to support specific parts of the body, to cushion movements during sleep and additionally to fill your bedroom with the pleasantly fragrant scent of Swiss pine. What's more, our original ZirbenHeim plate slatted frames ensure the necessary air circulation around the mattress. Beautifully designed and engineered, they are built to high quality standards and ensure restful and comfortable sleep. The 5-zone frame enhances the bearing capacity of each mattress and makes for ultimate comfort when it comes to body-bed contact **thanks to another, spring-mounted shoulder comfort zone**. This brings the spine into an ideal, ergonomic position.

The original ZirbenHeim plate slatted frame is the ideal addition to the ZirbenHeim beds.

We can also accommodate your individual wishes – as all frames can be custom made to any size.



Original ZirbenHeim plate slatted frame: **non-adjustable (NA) model:** The slatted frame and plates are made of Swiss pine.



Original ZirbenHeim plate slatted frame: **manually adjustable (MA) model:** The slatted frame is made of beech and the plates of Swiss pine.



Original ZirbenHeim plate slatted frame: **electrically-adjustable (EA) model:** The slatted frame is made of beech and the plates of Swiss pine.

Cupboards built from Swiss pine

Turn your bedroom into an oasis of Swiss pine well-being. Include a cupboard or a chest of drawers made of Swiss pine to benefit from the wood's highly beneficial properties. You can select your favourite from our range or request a bespoke solution – we will be happy to accommodate any wishes. Built-in wardrobes are not a problem, either!

We will be happy to visit your home to offer our advice and draw up an individual quote.



Classic bedside tables



Add-on shelves





Swiss pine panels

You can't get enough of our unique Swiss pine from South Tyrol and its delightful fragrance? Would you like to enjoy even more of this special wood and its beneficial properties? In this case, why not turn your bedroom or living rooms into a "ZirbenHeim"? You can create precisely the atmosphere you envisage with bespoke Swiss pine parquet flooring and wall panels. We can measure the dimensions of your home and are of course able to fit all the pieces individually or deliver them ready for you to install. Simply visit our showroom for inspiration and ask for a personal quote.

Swiss pine pillows

The original ZirbenHeim pillows permanently improve the quality of your sleep and regulate your heart rate as well! Put it in your bed to make sure that you notice all the benefits of its scent. The pillow is filled with Swiss pine shavings from South Tyrol, which exude a very particular fragrance. The beneficial properties of its scent act for a long time and can be renewed with pure Swiss pine oil whenever you like. Dimensions: approx. 45 x 26 cm.



Swiss pine boxes

You can use our Swiss pine boxes wherever you like and renew their scent them with our Swiss pine oil whenever necessary. They are particularly suitable for use as short-term, intense remedies, for instance to treat colds or during stressful periods – simply sprinkle regularly with pure Swiss pine oil, inhale their scent or place them next to your bed at night – they help you recover and enjoy healthy sleep.

Swiss pine bowls

No matter whether they are used as decorative items, fruit bowls and bread dishes – your experience will be exclusively positive. They exude the unique fragrance of Swiss pine, while also keeping fruit and bread fresh for longer and protecting it from mould infestation in your Swiss pine bowls.



Swiss pine bread bins

Your bread will stay fresh for longer in a bread bin made of Swiss pine, which considerably extends the protection from mould infestation at the same time. What's more, the bread does not dry out so quickly, acquiring a pleasantly discrete hint of Swiss pine as well. This is yet another blessing for your health.



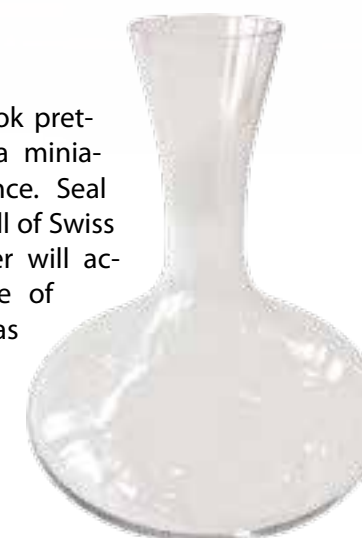
Swiss pine balls

Whether used as decorative items or to flavour drinking water – Swiss pine balls have many uses. Just give them a go! They are also nice gift ideas and eye-catchers!



Carafe

Not only does it look pretty, it also creates a miniature taste experience. Seal the carafe with a ball of Swiss pine, and the water will acquire a slight taste of the wood within as little as an hour as an absolutely fascinating alternative thirst-quencher.



Artistic Swiss pine lamps

Completely individual and each one a unique piece: Our artistic Swiss pine lamps. The entire insides of a Swiss pine trunk are carved out ... and then there are no limits to your creativity and imagination: glimmering holes or atmospheric levels on the inside – these lamps are a sure invitation to relax!



Swiss pine oil

Water vapour is used to gently extract the precious oil from the shredded wood. This Swiss pine oil is 100 percent essential, naturally pure and entirely without **additive oils or preservatives**.

Available in 10 ml and 20 ml bottles.

Possible uses:

- **Aromatherapy:** Sprinkle your pillow or a piece of wood with Swiss pine oil and place it next to you during the night.
- **Balm for the soul:** Swiss pine oil eases fear, encourages, energises and helps to alleviate depression.
- **Common colds:** Drizzle the Swiss pine pillow and breathe in the scent frequently. Swiss pine oil is also ideal for use in steam inhalation. Simply add a few drops to hot water – it's effective against coughs, runny noses and headaches and inhibits inflammation as well. Also suitable for use as bath salts.
- **Edible:** You can also experiment with Swiss pine oil in the kitchen. Whether in tea or cakes – just give it a go and strengthen your immune system at the same time!
- **Sauna infusion/fragrance lamps:** These items give you a particularly intense experience of the extravagant scent.
- **As a rub:** Swiss pine oil works magic on bumps, pulled muscles, sprains, muscle aches or inflammations and is delightful as a massage oil (to stimulate the circulation) – just mix with high-quality massage oil and rub into large areas of the skin.





The company **OrthoDorn®** develops high-quality sleep systems that are purpose-built to suit the individual needs of each customer and to ensure an ideal resting position. **OrthoDorn®** was founded in November 2006 and has since experienced rapid growth. The successful company is headquartered in Rosenheim. As part of this expansion, it has founded its first international branches in Austria and Switzerland.

Erhard Seiler, founder of **OrthoDorn®**, has investigated Swiss pine for some time now and is completely convinced of its positive properties – so much so that he immediately included high-quality solid wooden beds and bedroom furniture made of Swiss pine in his portfolio. After all, physical, mental and emotional health are at the heart of what **OrthoDorn®** does. The unique effects of Swiss pine on our sleeping patterns add the finishing touch to the company's programme.

Healthy sleep is an important and topical issue. After all, one thing is true: Only a rested body can perform well and withstand stress. A good night's rest is restorative and a source of energy for our bodies and minds.

This is why people are increasingly attaching a lot of importance to achieving the best quality of sleep. This includes perfect sleeping conditions and an ergonomic bed for the night that is tailored to individual requirements.



Together with headaches, back pain is the most common complaint in Germany. So it is advisable to invest a little more when buying a slatted frame and the mattress to stop these problems in their tracks. After all, they represent an investment in personal health and well-being.

You can be certain that OrthoDorn® will find the ideal solution you need for healthy and recuperative sleep.



Sleep systems, mattresses, slatted frames, blankets, pillows and Swiss pine furniture – all from a single source.

We can gladly fulfil bespoke wishes and individual dreams as well – in whatever size you need.

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