

SERENITY IN THE SWISS ALPS

The Alpina Gstaad's Six Senses Spa Offers Tibetan Healing, Silent Retreat & Yogic Sleep

GSTAAD, Switzerland, January xx, 2016 – In the three years since its opening, the Six Senses Spa at The Alpina Gstaad has made a splash in the Swiss mountain village. Its Alpine ambiance blended with Eastern flair have appealed to hotel's guests as well as residents. In positioning itself as a leading spa destination, [The Alpina Gstaad](#) has also offered special areas of wellness and therapies – like sophrology – new to some American travelers. This year through March 20, the award-winning luxury hotel is offering another new innovative program and the popular yogic sleep program and the Tibetan Healing Retreat will return.

- From March 7 to 9, a Tibetan scholar and teacher will lead guests through a three-night, three-day [Silent Retreat](#). After studying for 17 years at India's Sera Monastic University, Lharampa Tenzin Kalden Dahortsang gained the title of Rabjampa and reached the highest level of the Gelug tradition, the Lharampa. He will conduct a one-hour meditation session twice a day in English. The retreat also includes detox yoga classes, Kundalini back treatment, flotation therapy and Tai Chi. Guests who choose to replace speaking with silence, wear the Silent Pin or Bracelet. (4,555 CHF or US\$4,525 in a single room.)
- The hotel's acclaimed therapist, Antonis Sarris will lead a two-day [Tibetan Healing Retreat](#) featuring Hor-me therapy, an ancient remedy to relieve stress, fatigue and even panic attacks. Tiny poultices of nutmeg and cumin seed in oil are applied to pressure points of the body. Also included: Tibetan yoga, a session with Tibetan signing bowls, Ku nye massage using salt packs, cups or stones and mediation. (2,565 CHF or US\$2,545 per person, double occupancy, and 3,500 CHF or US\$3,475 single occupancy.)
- The [Yogic Sleep](#) Program was so popular with guests, it is back for a second year. By combining *yoga nidra*, an ancient relaxation practice, with gentle stretching yoga poses and *pranayama* (breath regulation), guests arrive at a



deep state of well-being. A selection of calming and energy balancing treatments works to ensure a better and more restful night's sleep. The three day, three-night program starts at 3,350CHF or US\$3,355 per person, double occupancy and 4,900CHF or US\$4,910 single occupancy.

All rates include accommodations in a Deluxe Room Schönried, daily breakfast, 100 CHF culinary credit, all taxes and VAT plus all activities, instruction and spa treatments as outlined above.

For more information about the spa programs at the Six Senses Spa at The Alpina Gstaad, please visit [The Alpina Gstaad](#).

The Alpina Gstaad

The Alpina Gstaad is set on five acres in Oberbort, the exclusive hilltop area of the village, which is in Saanenland in the heart of the Bernese Alps. Part of a CHF300 million-luxury development which includes private chalets and apartments, The Alpina Gstaad is a contemporary interpretation of traditional Swiss architecture incorporating local materials and authentic Alpine style. The luxury hotel has three restaurants: Restaurant Sommet, a Michelin-starred restaurant serving contemporary cuisine; MEGU, a Japanese restaurant and a traditional Swiss stübli. There is a bar and lounge, wine-tasting room, private cinema, cigar lounge, a ballroom and several boardrooms. The 56 spacious rooms and suites – all with balconies – range from 333 square feet to 4,305 square feet.

The Alpina Gstaad is a member of Virtuoso and is part of the Legend Collection of Preferred Hotels and Resorts. In January 2016, the hotel was named to Conde Nast Traveler's Gold List. It has made Conde Nast Traveler's "Hot List," Travel + Leisure's "It List" and The Robb Report's "Best of the Best" for 2013. Schweizer SonntagsZeitung (the Swiss Sunday Newspaper) named The Alpina Gstaad one of the "Top Ten" best holiday hotels in Switzerland and Handelszeitung (a Swiss German newspaper) anointed it, "Best hotel in the Ski-Spa" category. [Gault Millau](#) Swiss named [The Alpina Gstaad](#) "Hotel of the Year 2013." The hotel was a finalist in Virtuoso's "Best of the Best" awards for excellence in design and in November 2013 won European Design Hotel of the Year from the European Hotel Design Awards. Restaurant Sommet received its first Michelin star in November 2013.