

The Alpina Gstaad Introduces Integrated Wellness Programme at the Six Senses Spa



April 2016 - [The Alpina Gstaad](#) is pleased to announce the launch of Six Senses Integrated Wellness, available for guests from 3 June 2016. This initiative brings together the latest technology and in-house expertise to create personalised wellness programmes. Guests will be able to improve wellbeing and enhance their lives through nutrition, sleep, yoga, movement, meditation, mindfulness and more.

The new programme starts with a wellness screening to analyse key areas of health, including body composition, metabolism, oxygen distribution, heart function and circulation. This information, together with in-depth discussion about the guest's lifestyle, concerns and personal goals, allows the wellness expert to tailor-make a programme for the individual in order to achieve optimal results. The personalised schedule includes one spa treatment and one wellness activity per day, nutritional advice, as well as constant guidance from a Six Senses wellness expert at the hotel.

The Six Senses Integrated Wellness helps to address the most common concerns around digestion, weight loss, elimination of toxins, weakened immune system, stress relief and muscle toning. After the programme, guests will receive a personal consultation to analyse the results of their stay and to advise on how they can continue to focus on their health once at home. A follow-up wellness screening is recommended for programmes of one week and beyond.

Set against the stunning backdrop of the Swiss mountains, The Alpina Gstaad has redefined luxury and Alpine chic. Its Six Senses Spa is a true sanctuary of peace and wellbeing, inspired by Asian traditions and drawing its energy from the Alpine heart of the Bernese Oberland. Six Senses Integrated Wellness programme promises increased levels of energy, a boosted immune system and tools to help cope with everyday stress.

Prices start from 1,900 CHF (approx. £1,413) per guest for a three night package, based on two sharing a Deluxe Room on bed and breakfast basis. Package include a wellness screening at the beginning of stay, three private fitness sessions and three spa treatments per guest. Five night packages start from 3200 CHF (approx. £2,380) per guest, based on two sharing a Deluxe Room on bed and breakfast basis. Package include a wellness screening at the beginning and end of stay, five private fitness sessions and five spa treatments per guest. Meal plans are devised on an individual basis and according to the results of the wellness screening.



For more information on The Alpina Gstaad and the Six Senses Spa please visit www.thealpinagstaad.ch

Kindly note that the correct name of the Hotel is **The Alpina Gstaad****; please ensure to always mention the Hotel in your articles as such, in order to avoid any inaccuracies.**

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About The Alpina Gstaad

The Alpina Gstaad, which offers 56 suites and bedrooms, is situated on a 20,000 m² area of parkland overlooking the charming village of Gstaad. It opened in December 2012 and has already been awarded numerous accolades, including Gault-Millau Switzerland's Hotel of the Year 2013, the GALA SPA AWARDS' Best Luxury Hotel City/Resort, and the Handelszeitung's best Ski-Spa de Luxe at over 1,000 metres. The property comprises the Six Senses Spa, a Himalayan salt grotto, a Turkish bath, an indoor and outdoor pool, restaurants the Sommet (18 Gault Millau points, one Michelin star) and the Swiss Stübli, as well as Japanese gourmet restaurant MEGU (16 Gault Millau points), whose Alpina Gstaad branch is its first in Western Europe. The Alpina Gstaad is a member of Preferred Hotels and Resorts' "Legend collection", luxury travel network Virtuoso, and the association of Swiss Deluxe Hotels.

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