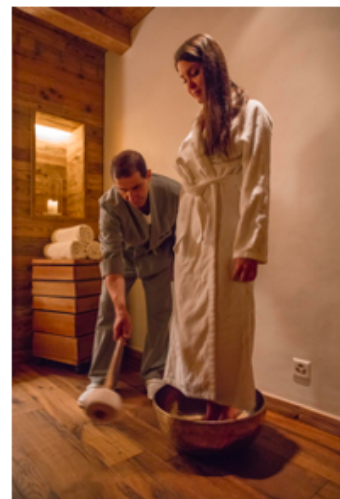




THE ALPINA
GSTAAD

AT-HOME WELLNESS TIPS & NEW SPA PROGRAMMES FROM SWITZERLAND'S LEADING SUSTAINABLE HOTEL



02 December 2020: As we emerge from lockdown and head into the depths of Winter, we feel a need to both enliven and protect ourselves. For those who can, a wellbeing escape in the sunshine, light and air of the fresh Swiss Alps promises to provide the ultimate in rejuvenation. The vast Six Senses Spa (and only one in Switzerland) at [The Alpina Gstaad](#), has always offered exceptional healing programmes, from 'Yoga for Sleep' and 'Energy Sound Healing', to 'Holistic Anti-Ageing' – think neuroscience meets ancient wisdom. Now, when we need it most, the spa has created **two new programmes** to help lend support and comfort both emotionally and physically.

And, for those unable to get to Switzerland, the spa's Head Therapist, Antonis Sarris, has put together his [Top Ten Alpine Inspired Wellbeing Tips](#) for not just surviving but thriving through what -

on paper - looks to be a challenging season ahead. As Antonis says, *"Keep smiling; your smile is radiant, use it."*

THE ALPINA GSTAAD'S TWO NEW SPA RETREATS

Designed to put a positive spring in your step for 2021 and set you on a mindful path.

POWER VIBRATION RETREAT: 5 or 10 days

Turn negative energy into positive through a blend of vibratory sound and energy healing treatments, sophisticated daily mindfulness sessions and breathing techniques. The body's subtle energy vibration is explored with different methods in order to rebalance, revitalise and reconnect with the inner self. A deep immersion into mindfulness, meditation and spiritual practices.

Benefits: Ideal for anyone who needs to de-stress, this programme is about deep rest. It helps to build inner resilience and inspires more ease, peace and happiness.

From CHF 7416, including 6 nights' accommodation.

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CLEANSING IMMUNITY BOOST: 1- 5 days

A focused cleanse which combines customised treatments and nutritional supplements with personalised face and body treatments and the latest anti-ageing technologies, including a skin analysis.

Benefits: Cleansing helps to boost and support your natural immunity, raises energy levels and can prompt a shift in excess weight.

From CHF 5857, including 4 nights' accommodation and 3 lunches. A one-day taster is also available from CHF 802.

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TOP TEN ALPINE INSPIRED WELLBEING TIPS

Raise your vibration, concoct a herbal bath, dine al fresco or learn from Tibetan Medicine – these are just some of the wonderful suggestions from Antonis Sarris, Head Therapist at the Six Senses Spa at The Alpina Gstaad. For the full lowdown, please go to our website and check out his [Top 10 Alpine-Inspired Wellbeing Tips](#)

The Alpina Gstaad reopens on 11 December. www.thealpinagstaad.ch



** ENDS **

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NOTES TO EDITORS:

About The Alpina Gstaad

Featuring 56 rooms and suites, the hotel nestles in 20 hectares of park grounds just above the charming centre of Gstaad village. Opened in December 2012, it is already the recipient of numerous awards:

2020 - Forbes Travel Guide Star Award

2020 - #2 in the Swiss newspaper Handelszeitung (of 40 spas, hotels, resorts located in the Alps & Schwarzwald)

2019 - Preferred Hotels & Resorts' 'Hotel of the Year: Europe' 2019

2019 - Forbes Travel "World's Best Hotel Bar Awards" / "World's Best Rooms" and five star rating

2018 - GALA SPA AWARD "Best Luxury Hotel City/Resort"

2018 - Handelszeitung magazine "Best Ski Spa de Luxe above 1000 metres"

2018 - The Prix Bienvenu

2018 - TripAdvisor Travellers' Choice Award (#1 in the category 'Luxury Hotel' in Top 25 Luxury Hotels)

2018 & 2017 - #1 in the new hotel rating published by Switzerland's NZZ

The hotel also regularly appears in lists of best hotels published by renowned magazines, such as SonntagsZeitung, Travel + Leisure (best 100 hotels worldwide), and the Condé Nast Gold List

The Alpina Gstaad has also recently joined the 'Out Now' travel trade association - the world's largest LGBT travel trade association.

The hotel is justifiably proud of its Six Senses Spa with Himalayan Salt Grotto, Hammam steam room and indoor and outdoor pools, as well as of the Sommet restaurant (18 GaultMillau points, 1 Michelin star), Swiss Stübli restaurant, and Megu Japanese gourmet restaurant (16 GaultMillau points, 1 Michelin star) – the latter is the first iteration of this famous concept in western Europe. The Alpina Gstaad is a member of the Preferred Hotels & Resorts Legend collection, the exclusive Virtuoso travel network, and Swiss Deluxe Hotels. The hotel is also a member of the NOW Force for Good Alliance and certified Silver by EarthCheck.

Gstaad is easily accessible by train, with frequent services from London with easy changes in Paris, Lausanne and Montreux. The scenic journey takes 10 hours.

A Note About Health & Safety

The Alpina Gstaad is following the regulations and guidelines set up by the Swiss Federal Office of Public Health

(FOPH) in relation to hygiene, health and safety.

