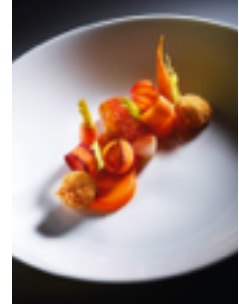
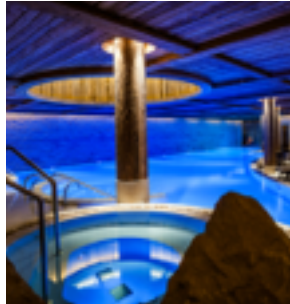




Open for Summer - Personalised Initiatives Make it a Healthier Start to the Season



June 2016 - Personalisation is at the heart of a host of new initiatives at [The Alpina Gstaad](#), which opens for the Summer Season on **3 June**. In addition to a new bespoke wellness programme in its Six Senses Spa, the luxurious Swiss hotel is now offering guests the option of Healthy-Bars in their room and a private, in-suite shopping service.

Six Senses Integrated Wellness - personalised wellbeing

The Alpina Gstaad is renowned for its discreet, personalised service, and this new Integrated Wellness programme brings together the latest technology and in-house expertise to create individualised wellness programmes. Through nutrition, sleep, yoga, meditation and mindfulness, guests can address common concerns around digestion, weight loss, elimination of toxins and weakened immune system.

Following an in-depth wellness screening and personalised consultation, a tailor-made programme is devised, that includes a spa treatment and wellness activity per day, as well as nutritional advice and support. Guests can expect increased levels of energy, a boosted immune system and tools to help cope with everyday stress.

Giving the Healthy-Bar Choice

The new Healthy-Bar initiative at The Alpina Gstaad removes the temptation associated with typical hotel room mini-bars. Offered as an alternative to all guests, the Healthy-Bar is filled daily with wholesome snacks and refreshments designed to boost the immune system and energy levels.

Health-conscious guests can tuck into gluten and additive free cakes, kale chips and 80% cocoa vegan chocolate, then wash it down with coconut water or a herbal tea. A healthy juice of the day is also available from the spa.

In-Suite Shopping - private and exclusive

This summer, The Alpina Gstaad is offering guests a bespoke "in-suite" shopping experience, enabling them to access the latest couture collections from the privacy of their suite. Guests can shop the latest trends, from the most luxurious boutiques in Gstaad without lifting a finger. "In-Suite"- shopping is available to all guests and is organised by the concierge team.



REASONS TO BOOK - SUMMER EVENTS AT THE ALPINA GSTAAD

Set against the stunning backdrop of the Alps, The Alpina Gstaad offers an authentic and indulgent Swiss mountain experience. Make the most of its spectacular setting, immerse in nature and enjoy outdoor activities from forest bathing and hiking to exploring the local beauty spots on one of the hotel's complimentary e-bikes. Summer 2016 also promises a line up of spectacular events in this dramatic mountain location.

June 23 - 26 Discover QMS Medicosmetics at The Alpina Gstaad

July 2 - Jazz Dinner at The Alpina Gstaad

July 5 - 10 Swatch Beach Volleyball Major Series

July 14 - Sept 3 - 60th Gstaad Meuhin Festival and Academy

July 16 - 24 - Credit Agricole Suisse Open, Gstaad

August 18 - 21 - Hublot Polo Gold Cup Gstaad

August 22 - 28 - Tibetan Week at The Alpina Gstaad

Sept 1 - 14 - Experience ila organic skincare at The Alpina Gstaad

Sept 9 - 10 - Gstaad Country Night

SAMPLE SUMMER PACKAGES

Six Senses Integrated Wellness: A three night package, based on two sharing a Deluxe Room on bed and breakfast basis costs start from 1,900 CHF (approx. £1,413) per guest. Package include a wellness screening at the beginning of stay, three private fitness sessions and three spa treatments per guest. Meal plans are devised on an individual basis and according to the results of the wellness screening.

Mountain Detox (Sample Programme)

Designed specifically to the client's individual needs following wellness screening and personal consultation. Healthy and delicious Alpina Spa Cuisine or a selection of juices and smoothies also complement this programme. The five-night package includes: Body Composition Analysis, Signature Hammam Experience, Second Skin Facial, Meditation, Reiki, Colonic Cleansing, Nutritional Consultation, Detox Bandage Wrap, Vela-Shape, Biorhythms, Flotation Therapy, Six Senses Detox Massage, Yoga Detox, Pilates, Tai Chi / Qi Gong and optional group classes.

Culinary Classics: Cook with a Michelin-Starred Chef, Sushi and Sweet Treats

Improve your cooking skills in a private workshop with the hotel's Executive Chef Marcus G. Lindner. During the two hour session, keen cooks can learn secrets of the culinary arts, as well as create their own Michelin star dish. Other sessions available include sushi making in MEGU and creating sweet treats using freshly picked herbs from the hotel garden and original Swiss chocolate. Experiences costs from CHF 160pp

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.

**For media enquiries please contact indigoeight:
Kath Kay (kathkay@indigoeight.com / 07790 159333) or
Mel Cutcliffe (melcutcliffe@indigoeight.com / 07961 300067)**