



## Get Summer Ready with The Alpina Gstaad's Mountain Detox Programmes

The Six Senses Spa launches three new programmes of varying levels



4 March 2014 – The [Six Senses Spa](#) at [The Alpina Gstaad](#) is introducing new summer Mountain Detox programmes to increase energy, vitality and recalibrate the mind and body from 6 June to 25 September 2014.

The three detox programmes range from the purely nutritional and cleansing Mountain Detox Delight to a Mountain Detox MediCheck with Heart Rate Variability analysis and blood test. Additional benefits for Spa goers include gentle exercise classes and Alpine nature training in the purest of air and most unspoilt area in Switzerland while relaxing at the luxurious five star Alpina Gstaad.

The Mountain Detox programmes vary from three to six days and range in suitability for beginners to experienced Detoxers.

**Mountain Detox\*\*:** This six day programme is tailored to suit the individual's needs and is the perfect starting point for improving health on all levels. A full range of elements are included from specific treatments designed to support the detoxification process, Detox cuisine, nutrition and gentle exercise. Spa goers receive a body composition analysis as part of their arrival and departure consultation. Detoxifying treatments range from body wraps, colonic cleansing and rejuvenation, Velashape and a variety of massages. There is also a choice of nutrition programmes – guests opt for either the Alpina Spa Cuisine or 'Juice & Dinner Delight' from sister Detox Delight programme\*. The six day programme with Alpina Spa Cuisine (half board) starts from CHF 6,540 (£4,440) for single occupancy.

**Mountain Detox MediCheck:** Situation, environment and internal stimuli such as thoughts, illness and emotions affect variations in the heart beat which impacts on the nutrients in the entire body. The six day Mountain Detox MediCheck includes a non invasive Heart Rate Variability measurement (HRV Analysis) to assess the stress caused to the heart and a two and a half month course of micronutrient supplements. Micronutrient supplements have been proven to have a positive impact on the ratio of stress to recovery phases. Each guest's level of micronutrients (antioxidants, vitamins, trace elements) and deficiencies is measured by the Salusmed® system. A prescribed course of micronutrient supplements is mixed specifically from the insights provided by the HRV screening profile and Salusmed® analysis for optimum effect.



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Two Mountain Detox MediCheck packages are available. The Premium package includes blood tests conducted in laboratory conditions under the supervision of a doctor. A six day Mountain Detox MediCheck starts from CHF 5,500 (£3,659) for a single deluxe room.

**Mountain Detox Delight\*:** The ideal detox for beginners, experienced fasters and detoxers. Detox Delight is a natural and nutrient rich diet that supports and stimulates the body's self-purifying powers. Based on age old principles of cleansing diets, it has been adapted to suit modern lifestyles. All meals are prepared using fresh, and wherever possible, regional and seasonal ingredients – a must for a successful detox experience. Guests undergoing the full programme experience the treatments and exercise regime of the Mountain Detox\*\*. The Mountain Detox Delight is a six day residential programme with meals for the seventh day given to guests on departure. From CHF 5,210 (£3,464) for a single deluxe room.

**The Detox Delight** nutrition programme can be ordered independently for guests staying at The Alpina from 3-12 days from CHF 370 (£246).

The Mountain Detox and MediCheck includes access to pools, saunas, steam-baths and relaxation areas at the Six Senses Spa, parking, service charge, all taxes and VAT.

For more information please visit [www.thealpinagstaad.ch](http://www.thealpinagstaad.ch)

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### **About The Alpina Gstaad**

The Alpina Gstaad opened on 2 December 2012, the first newly built five star hotel in Gstaad in 100 years. Located in an exclusive hill top area in Oberbort, the property development has an investment volume of SFR 300million and includes a hotel, 14 private apartments and 2 private chalets. The Alpina Gstaad hotel offers 56 rooms and suites with magnificent views of the Bernese Alps and the Saanenland, and will establish a new level of distinction offering a modern yet distinctive Swiss alpine guest experience which is warm, authentic, discerning and beyond the expected. The Alpina Gstaad has been awarded a Five Star Superior Hotel rating by Hotellerie Suisse and is a member of the Preferred Hotel Group and Virtuoso's Preview programme.

### **About Six Senses Resorts & Spa**

Six Senses Resorts & Spas has earned a global following, providing award-winning guest experiences in some of the world's most beautiful locations. With properties under management in Asia, the Middle East, the Americas and Europe, the name Six Senses is synonymous with a unique style of luxury – authentic, relaxed and in tune with the surrounding environment. Each spa has been designed to reflect the ability to adapt seamlessly to host cultures in surroundings, which evoke relaxation and rejuvenation. Six Senses Spas offer a wide range of holistic ace and body therapies and beauty treatments administered under the guidance of



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expert therapists. Spa products are made only from natural ingredients in harmony with the environment.

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