

## **Looking Ahead to 2018: The Alpina Gstaad Announces New Wellness Program & Movement Test Spiritual Awareness & Mental Balance to De-stress and Restore Balance**

GSTAAD, Switzerland, December 5, 2017 – While decking the halls for the holidays for the big reveal on December 8, The Alpina Gstaad is also thinking ahead to January and all those New Year's resolutions guests will make. A new program to boost energy and a movement test to optimize fitness – are being introduced for the winter season that runs through March 17.

Who doesn't need the new four-night, three-day [Energy Healing](#) program designed to restore vitality, boost energy and provide mental clarity, releasing tension and energy blockages. Guests who experience it can start 2018 with a fresh sense of wellbeing. Incorporating ancient massage techniques, a Kundalini Back Treatment balances the nervous system through channeling the dormant energy at the base of the spine (the Kundalini) using Chakra and sound healing. The package starts from 4750 Swiss francs (CHF) (about \$4,850) for one person in a Deluxe Room Schönreid (CHF 7040, or \$7187 for two persons) and also includes daily yoga classes, meditation sessions, an Amethyst Wrap, a holistic massage and Pranayama breathing exercises as well as four nights' accommodations, daily breakfast, a daily credit of CHF100 per person, per day for food and beverage in the hotel's three restaurants, free access to pools, saunas baths and relaxation areas at the Spa, parking, service charge, all taxes and VAT.

Also new this year, The Alpina Gstaad offers guests a state-of-the-art scientific screening that measures movement patterns and then identifies a



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person's strengths and weaknesses. With its groundbreaking technology and 95 percent accuracy, the **Alpina Movement Efficiency Analysis by Fusionetics** can show how to optimize fitness and movement to increase performance. It also illustrates how to avoid injuries and physical problems. After taking the 45-minute test (CHF 105, or about US\$106), a personalized workout plan can be devised for each guest who can opt for sessions with a private trainer (60-minutes for CHF 150, or about US\$152).

### **The Alpina Gstaad Welcomes Swiss Skincare Products**

New this season at the hotel's Six Senses Spa are products and treatments from the Swiss luxury skincare company, [Dr. Burgener](#). Founded almost 60 years ago by Dr. Marc Burgener, a noted plastic surgeon and skin specialist, the company has been led since 1995 by his daughter-in-law, Dr. Pauline Burgener. An advocate for health, fitness, good nutrition and the virtues of natural ingredients, Dr. Burgener believes "beauty comes from within." Combining cutting-edge Swiss technologies with natural active ingredients such as Green Caviar, gold, pure collagen, fruit acids and Royal Jelly, Dr. Burgener created a new luxury skincare concept and treatment line. The company's "small batch production" allows for customization of its skincare products assuring freshness and purity.

Facials with Dr. Burgener products offered at The Alpina Gstaad include the Swiss Anti-Ageing Jewel, Luxury Green Caviar Advance Facial or the Men's Skin Fitness Facial. VitaSkin ultrasound which uses acoustic waves of different frequencies to improve the skin condition and slow down the aging process can be added to these facials. For a truly indulgent body treatment, guests can opt for the Chardonnay Antioxidant Ritual, which uses chardonnay grape seed extracts for their powerful anti-aging properties. A body scrub and wrap are followed by a massage using champagne that leaves skin glowing and rejuvenated.

## **SUP Yoga and Fitness**

For guests who want to think ahead to summer, the hotel continues to feature [Stand-up Paddleboarding Yoga and Fitness](#) throughout the winter. Guests work their core, strengthen their legs and calm the mind with floating meditation. The 60-minute sessions (CHF 150 or \$152) can be booked with the yoga instructor or personal trainer and can be practiced in the indoor pool, or for those more rugged guests, the outdoor one.

For more information about winter packages and programs at The Alpina Gstaad, please visit [The Alpina Gstaad](#), email [info@thealpinagstaad.ch](mailto:info@thealpinagstaad.ch) or call 011-41-33-888-9888.

## **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 Michelin-starred Japanese restaurant and a traditional Swiss stübli. There is a bar and lounge, wine-tasting room, private cinema, cigar lounge, a ballroom, several boardrooms and a stunning contemporary art collection. 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 July 2016, The Alpina Gstaad was voted one of the "World's Top 100 Hotels" by the readers of *Travel + Leisure*. 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. In November 2017, Switzerland's most prestigious newspaper, *Neue Zürcher Zeitung* named The Alpina Gstaad the country's top hotel. In July 2017, *BILANZ*, the Swiss business magazine listed the hotel as the country's top resort. *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.