



## **AWARD-WINNING ALPINA GSTAAD INTRODUCES INTEGRATED WELLNESS**

### **Six Senses Spa New Approach Offers Personalized Wellness & Fitness Plans**

GSTAAD, Switzerland, April 13, 2016 – As an award-winning luxury hotel, The Alpina Gstaad is known for taking very good care of its guests. They sleep in soft Swiss linens on huge ecologically-certified beds, dine on Michelin-starred cuisine, and the staff anticipates their every desire. This summer, the newest luxury hotel in Gstaad is aiming higher. Kicking off June 3, the hotel's Six Senses Spa will introduce [Integrated Wellness](#) providing guests with real benefits and guidance by personalizing every aspect of their stay, all imminently adaptable when they return home.

A three-night package including a daily spa treatment (80 minutes) and fitness activity with a personal trainer (60 minutes), a follow-up consultation and accommodations in a Deluxe Room starts at 2300CHF (about US\$2,405) for an individual and 3800CHF (US\$3,975) for two persons in a double room.

Each stay starts with a 60-minute wellness screening (170 CHF) by a naturopathic doctor, yoga instructor and fitness trainer who use advanced technology to analyze key physiological biomarkers (body composition, metabolism, oxygen distribution, heart function, circulation and stress parameters.) Based on the results, a program is personalized for each guest.

A typical day of the Fitness Program might begin with a guest sipping lemonade ginger tea, followed by a brisk Nordic track walk. Next: a "fitness-focus" breakfast and then a personal training session dedicated to mobility and core strength. A relaxing foot bath while the guest catches up on her reading would be followed by a late fitness lunch. Later in the Spa, after time in the Wet area, the guest will enjoy a deep-tissue massage. A "superfood" smoothie will prepare the guest for a meditation session. For dinner, the guest can opt for the fitness menu

or one from Alpina Spa Cuisine, a juice program from the hotel's partner Detox Delight, or indulging in contemporary Japanese in MEGU, traditional Swiss in the Stübli or award-winning cuisine at Restaurant Sommet.

Four programs are being offered:

- **Sleep & Resilience** – No energy? Always fighting a cold or headache? This program will help rest the mind and rejuvenate the body by combining yoga and meditation with relaxing spa treatments, wellness therapies, low-intensity training and nutritional advice.
- **Trim & Fit** – Blending high and low-intensity training with soothing treatments, meditation, sleep and nutrition, it is designed to help lose weight, improve stamina, tone the body and address specific movement-related concerns .
- **Full Potential** – Already in good health and want to move to the next level? The most flexible program allows the Spa to prepare a personalized program based on an initial assessment and a guest's personal goals.
- **Mountain Detox** – The focus is on non-invasive techniques of yogic cleansing and detox combined with low-intensity training, massages, reflexology, detoxifying therapies and meditation to improve your digestive system, boost your immune system and achieve clarity of thought and peace of mind.

In developing Integrated Wellness over a two-year period, Six Senses brought together some of the world's most highly-respected doctors and wellness gurus including clinical psychologist and sleep medicine expert Dr. Michael J. Breus, Ph.D., nutritionist Dr. Steven R. Gundry and noted cardiothoracic surgeon (New York Presbyterian Hospital), professor, author and television personality Dr. Mehmet Oz.

"Our guests' happiness and health are paramount to us at The Alpina Gstaad," said Managing Director Eric Favre. "If we can enhance their wellbeing and their lives, they will be returning to our hotel for many years," explained Favre.

All rates include daily spa treatments and wellness/fitness activities, accommodations in a Deluxe Double Room, daily breakfast, 100 CHF culinary credit, all taxes and VAT, and access to in-house wellness experts for advice and guidance



throughout the stay. Five-night programs start at 3850CHF (US\$3,990) for one guest and 6400CHF (US\$6,695) for two persons in a double.

For more information about [Integrated Wellness](#) at the Six Senses Spa at The Alpina Gstaad, please visit [The Alpina Gstaad](#).

### **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, a bar and lounge, wine-tasting room, private cinema, cigar lounge, a ballroom and several boardrooms. 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 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. 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. Restaurant Sommet received its first Michelin star in November 2013.