

## THE ALPINA GSTAAD OFFERS MOUNTAIN DETOX PROGRAMS FOR SUMMER

### Gstaad's Newest Luxury Hotel Aims to Be Leading Spa Destination

GSTAAD, Switzerland, March 2014 – Continuing to position itself as one of the Alps' leading spa destinations, The Alpina Gstaad is introducing new innovative programs so guests may increase energy and vitality and recalibrate their minds and bodies. Beginning June 6 and running through September 25, 2014, the Six Senses Spa at The Alpina Gstaad will offer three six-day detox programs ranging from an individualized nutritional and cleansing course of therapy to a more medically-stringent regimen with blood tests and Medical Heart Rate Variability (HRV) analysis.

- **Mountain Detox** – This six-day program is tailored to the needs of each guest who will receive personal consultations on arrival and departure and a body composition analysis. Each day there is a schedule of detoxifying treatments, a variety of massages and gentle exercises. Guests may choose either the Alpina Spa Cuisine for two meals per day or the "Juice & Dinner Delight" nutrition program from Detox Delight. Rates begin at CHF 6,540<sup>[D1]</sup> (about US\$7,500 ) for single occupancy in a Deluxe Room.
- **Mountain Detox MediCheck** – This six-day program includes an HRV measurement, blood tests conducted in a laboratory under doctor supervision and Salusmed® analysis as well as all the activities listed in the Mountain Detox package. Based on the results, a micronutrient menu will be designed for each guest and they may continue on a micronutrient supplement for another two months. Rates begin at CHF 6,540 (about US\$7,456) for single occupancy in a Deluxe Room.
- **Mountain Detox Delight** – This six-day program has the same treatments and activities of "Mountain Detox" except that it features a seven-day Detox Delight nutrition program. Rates begin at CHF 4,560 (about US\$5,199) for single occupancy in a Deluxe Room.

All the three programs include a daily schedule of therapies in the Six Senses Spa including massages, wraps, scrubs, the signature hammam experience, colonic cleansing, lymphatic drainage, the saltero, or salt room, steam, sauna and hot and cold plunge circuit, flotation therapy and Chakra-balancing and Reiki treatments. The Spa also offers the

VelaShape treatment that contours and tones targeting adipose areas by combining vacuum, infrared light and radio frequency with a roller massage.

In addition to outdoor activities such as nature training in Gstaad's pristine Alpine environment, The Alpina Gstaad offers yoga, Pilates, Tai Chi, Qi Gong, group fitness and aqua gym classes, circuit and suspension training and walking meditation.

The Alpina Gstaad features a choice of nutrition programs: the **Alpina Spa Cuisine** or "Juice & Dinner Delight" from **Detox Delight**. This natural and nutrient-rich diet stimulates and supports the body's self-purifying powers. Detox Delight has adapted these principles in a healthy, contemporary way and developed effective and appetizing menus prepared from fresh seasonal and regional ingredients. Guests at The Alpina Gstaad may also order this nutrition program independently of the detox programs. A three-day Detox Delight begins on Mondays, Wednesdays and Fridays and costs CHF 370 (about US\$425).

The 21,500 square-foot Six Senses Spa at The Alpina Gstaad features 12 treatment rooms, a fitness center, an 82-foot lap pool and a relaxation area. For more information about The Alpina Gstaad, please visit [www.thealpinagstaad.ch](http://www.thealpinagstaad.ch).

#### **About 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. Blocks of Ringgenberg limestone, the rich brown stone from local quarries and hundred-year-old fir wood, gathered from old Alpine farm houses have been used in the construction. The Alpina Gstaad has three restaurants: the first European outpost of MEGU, the renowned Japanese restaurant; a traditional Swiss stübli, and the Michelin-star Restaurant Sommet serving contemporary cuisine. The luxury hotel has 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.