



## The Alpina Gstaad Introduces Wellness Retreats for the Winter Season



26 October 2015 – [The Alpina Gstaad](#) is delighted to announce an exciting programme of health and wellness retreats. From 4 December 2015 to 20 March 2016, [Six Senses Spa](#) will see the return of a much-loved host of programmes for guests seeking a wellness getaway in a serene Alpine location.

### Tibetan Retreat

This three-day retreat run by Antonis Sarris, an esteemed holistic therapist who was awarded "Best Masseur in the World" by [SpaFinder](#), explores the Tibetan tradition which believes in the wholeness and independence of body, mind and nature. The retreat will include primary diagnostics to detect imbalances, their causes and subsequent therapy, all aimed at the rehabilitation of balance between body and mind. It will also include modification of dietary and behavioural regimes, herbal medicine and healing treatments.

Priced at CHF 2,220 (approx. £1,498), the retreat includes two nights in a Deluxe Room based on single occupancy.

### Yogic Sleep Retreat

The four-day Yogic Sleep retreat is ideal for yogis of all levels and aims to induce a deep state of relaxation by combining yoga nidra – a powerful ancient relaxation practice that unwinds the nervous system and instills a sense of joy and wellbeing – with gentle stretching yoga poses and *pranayama*, or breath regulation. The retreat will be run under the guidance of Yoga teacher Barbara Montant, who has spent many years practicing and teaching different forms of Yoga.

Priced at CHF 1,800 (approx. £1,225), the retreat includes three nights in a Deluxe Room based on single occupancy.

### Silent Retreat

The sound of silence with a backdrop of picturesque Swiss mountains provides a restorative healing retreat. This four-day programme aims to disconnect guests with all technology, in order to connect with the inner self. Accompanied by several treatments and activities, the silent retreat will help centre the mind and body. From 7-9 March 2016 Tibetan Monk Tenzin Kalden will lead the meditation sessions.

Priced at CHF 2,840 (approx. £1,933), the retreat includes three nights in a Deluxe Room based on single occupancy.



### **Mountain Detox Delight**

This five-day programme is the ideal starting point for improving health and wellbeing, and is designed to increase energy and vitality. Comprising of detoxifying treatments, nutrition programmes, detox cuisine, therapies and activities, the retreat makes the most of the natural setting. Activities include salt inhalations in the hotel's Himalayan salt room, a signature Hammam experience, colonic cleansing, a detox bandage wrap, Yoga, chakra balancing, optional group classes and more.

### **Alpine Wellness**

The Alpine wellness retreats are available upon request at any time throughout the winter season and consist of three different programmes; *Nutritional Consulting with Angela Ferri*, whose specialities include Reiki, Fascia Massage, Shiatsu, nutritionist iridology consultation and detox scrubs & wraps; *Sense of Fitness, Movement & Balance* in which guests will work with trainers to create a personalised training programme aimed at improving strength, flexibility and muscle tone, boosting metabolism and increasing stamina; *Sense of Beauty* which consists of cosmeceutical face and body sculpting rejuvenating treatments.

For more information on The Alpina Gstaad and the winter retreats 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



THE ALPINA  
GSTAAD

holistic ace and body therapies and beauty treatments administered under the guidance of expert therapists. Spa products are made only from natural ingredients in harmony with the environment.

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