



NEW HOLISTIC ANTI-AGEING PROGRAMME LAUNCHES AT THE ALPINA GSTAAD'S SIX SENSES SPA

June 2019: Ageing gracefully is the focus of a new programme at [The Alpina Gstaad's Six Senses Spa](#). Taking a fully holistic approach, the Anti-Ageing Programme celebrates outer beauty, enhances one's inner beauty and improves mental wellbeing, helping to overcome lifestyle-related ageing affects for ultimate wellbeing.

On offer are highly personalised three, five and seven night programmes, each combining scientific advances in nutrition, fitness and neuroscience with ancient wisdom to achieve a healthy, balanced body and mind.

The programme operates on three pillars: **Cleanse, Restore** and **Nourish**. The first phase involves specific cleansing treatments and foods that prepare the body and mind for the holistic anti-ageing programme. The second phase restores the body and mind to its natural state of balance through corrective skincare, personalised nutrition and fitness plans to replenish. The third and final phase nourishes the body and mind with personalised and specific elements which include skin masks, LED theraphics and meditations.

The three, five and seven-night programmes include personal wellness screenings and skin analysis, private and group fitness activities, private meditation or Pranayama, face and body treatments, colonic cleansing and rejuvenation, plus supplements. For full inclusions see the [programme details](#)



on [The Alpina Gstaad website](#).

A three night anti-ageing programme at The Alpina Gstaad starts from 4,900 CHF per person based on single room occupancy in a deluxe room on a half board basis.

For more information, visit www.thealpinagstaad.ch

Notes to Editors:

The Anti-Ageing programme philosophy:

- **The Outside In:** Using advanced technology and the principles of corneotherapy - an innovative and progressive treatment methodology that tackles underlying immune responses by treating the outer skin - the Spa employs a scientific base from which to access the type of skin you live in. Using the principles of corneotherapy. By correcting imbalances and building up the skin barrier defences, you will achieve younger and healthier looking skin. Treatments include deep cleansing and exfoliating facial techniques to stimulate skin cells, increase circulation and thereby stimulate elastin, collagen and hyaluronic acid production.
- **The Inside Out:** The spa therapists assess various lifestyle factors including what you eat and drink, stress levels and hormonal balance and other parameters such as insulin resistance, gut and intestine imbalances, your quality of sleep and the toxicity of your body so they can get your beauty on track from the inside out. The main goal of this programme is to support the body's natural detoxification systems, eliminating free radicals and harmful toxins which contribute to ageing and which accumulate through stress, food and water and the surrounding environment.
- **Brain Beauty:** Our brains have a way of processing beauty. The Spa's expert team helps you look at how you perceive your own beauty and help you grow and become more confident in it. This includes an introduction to meditation, mindfulness and breathing, brain purge and clean slate self guided exercise to cleanse the mind and set new routines and habits.

About The Alpina Gstaad:

Featuring 56 rooms and suites, the hotel nestles in 20 hectares of park grounds just above the charming centre of Gstaad village. Opened in December 2012, it is already the recipient of numerous awards, including the GALA SPA AWARD in the category "Best Luxury Hotel City/Resort"; the "Best



Ski Spa de Luxe above 1000 metres” award from Handelszeitung magazine; the Prix Bienvenu; and the TripAdvisor Travellers' Choice Award 2018 (number one in the category 'Luxury Hotel' in their Top 25 Luxury Hotels award category). The establishment regularly appears in lists of best hotels published by renowned magazines, such as SonntagsZeitung, Travel + Leisure (best 100 hotels worldwide), and the Condé Nast Gold List. Most recently, The Alpina Gstaad has been ranked for the second year in a row, #1 in the new hotel rating published by Switzerland's NZZ, won the Preferred Hotels & Resorts' 'Hotel of the Year: Europe' 2019 and was awarded one of 41 hotels across 17 countries with the "World's Best Rooms 2019" as well as a five star rating by Forbes Travel.

The hotel is justifiably proud of its Six Senses Spa with Himalayan Salt Grotto, Hammam steam room and indoor and outdoor pools, as well as of the Sommet restaurant (18 GaultMillau points, 1 Michelin star), Swiss Stübli restaurant, and MEGU Japanese gourmet restaurant (16 GaultMillau points, 1 Michelin star) – the latter is the first iteration of this famous concept in western Europe. The Alpina Gstaad is a member of the Preferred Hotels & Resorts Legend collection, the exclusive Virtuoso travel network, and Swiss Deluxe Hotels. The hotel is also a member of the [NOW Force for Good Alliance](#) and certified Silver by EarthCheck. The 2019 summer season lasts from 9 June until 22 September.

MEDIA ENQUIRIES

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