



The Alpina Gstaad Serves up a Summer of Mindfulness, Relaxation and Wellbeing in the Beauty of the Swiss Alps *In Time for a Much-needed Break*

GSTAAD, Switzerland, June 9, 2020 – Nature at its most pristine. Towering Swiss Alpine peaks looming in the distance. Mountain farms with cows ambling through wildflower-covered fields. More than 165 miles of hiking paths winding through forests with 500-year-old sycamore trees. With 56 rooms, each with its own private balcony and magnificent views, The Alpina Gstaad, opens for the summer season on July 3. Set amidst the beauty of the Swiss Saanenland, the resort offers the escape guests have been dreaming of during the last couple of months. With guests' mental and physical wellbeing as the top priority, a menu of retreats – yoga, meditation, sound healing – has been designed for a relaxing, healthy and calming summer experience.

Mental and Physical Wellbeing at the Six Senses Spa

New this year is a three-night, two-day **Forest Healing Journey** that starts at CHF2978 (approximately US\$ 3,093) including accommodations and highlighted by a two-hour mountain walk led by Antonis Sarris, Head Therapist of the resort's Six Senses Spa. Shamanic, Tantric and Tibetan healing practices are featured. Elements and materials of the forest – air, wind, fire, water, earth, wood, stone and space – are incorporated into the walks to enliven the senses and calm the soul.

Also new this year is an **Energy Sound Healing Retreat** designed to reduce stress, induce relaxation, revitalize the body's energy and provide mental clarity. A Wellness Screening with 40 biomarkers allows the therapist to personalize each guest's retreat. The retreat features sessions of Reiki, meditation and Sound Healing with gongs, singing bowls and tuning forks as well as a Kundalini Back Treatment using ancient massage techniques that release the spine's dormant energy. The three-night, two-day retreat starts at CHF2651 (approximately US\$ 2,753) including accommodations.



For the fourth year, The Alpina Gstaad will feature its popular **Tibetan Week** September 7 to 13 with visiting Tibetan monk Lharampa Loten Dahortsang who will lead Lu Jong yoga and meditation classes for individuals and groups September 7 to 9. An ancient practice of Tibetan Buddhist, Tantrayana and Bön traditions, Lu Jong involves a series of flowing body movements accompanied by rhythmic breathing that releases blockages in the body's energy channels. By opening the body's physical blocks, the flow of blood increases, organs are stimulated and immunity and hormonal balance improves. Head Therapist Sarris, who is also a Tibetan Medicine Practitioner and Naturopath, will conduct **Tibetan Healing Retreats** that begin with a personal 60-minute consultation and include a session with Tibetan singing bowls and a Ku Nye massage using salt packs, cups or stones with meditation. Sarris will also lead Lu Jong yoga and meditation classes September 10 to 13.

Yoga Lovers Enjoy 7 Styles of Yoga at The Alpina Gstaad Fitness Center

The Alpina Gstaad's Fitness Center will continue its twice-daily 45-minute exercise and wellness classes in yoga, Tai-chi, Pilates, barre and cardio (9 am classes are complimentary for guests). For more intense workouts, two Boot Camps are planned: one in the 82-foot outdoor swimming pool and the other on the grounds of the resort. Guests can practice several styles of yoga (vinyasa, hatha, power) as well as **Yang Yin Yoga** and **Pi-Yo-Chi**. Yin Yoga is a slow practice where yogis work their deep connective tissues and joints, holding poses longer. A more active practice, Yang Yoga works on the muscles and blood flow to build strength, flexibility and stamina. Pi-Yo-Chi combines simple yoga poses, Tai-chi elements and Pilates exercises. The Alpina Gstaad was one of the first hotels to offer Yogic Sleep and Tibetan Yoga.

The New Hands-on Alchemy Bar is Personal and Fun

As part of the Forest Healing Journey or after a class or treatment, guests can create their own personalized bath and beauty products – invigorating aromatic body scrubs,



soothing masks for the face and poultices for hydrating the skin – at the Spa’s new Alchemy Bar. During a 60-minute workshop with nature as the focus and the guidance of a spa therapist, guests choose fresh, organic and seasonal ingredients, such as lavender, rosemary, juniper, chamomile flowers, lemongrass, mint and eucalyptus essential oils, goat milk and almond oil, to blend their individual elixirs.

Cuisine for Body & Soul at The Alpina Gstaad

The Alpina Gstaad features two outstanding restaurants, the option to dine in the Alpina Lounge & Bar and its terrace and room service that can be served on the private veranda of each room or suite. The signature Michelin-starred restaurant Sommet features inventive French-based cuisine; Megu, also with a Michelin star, showcases sushi and other Japanese specialties; and Alpina Life Cuisine is offered in the Lounge & Bar so that guests can make smarter food choices and satisfy nutritional needs, including low-carbohydrate, low-fat, Mediterranean and vegetarian diets.

All the restaurants are spacious with terraces for dining alfresco and incorporate local and regional ingredients from the Saanenland as well as herbs from the organic garden on property. Executive Chef Martin Göschel sources cheese and dairy products from surrounding farms and the special Simmentaler beef is so authentic it comes from the Rind cows at Ueli Bach’s neighboring farm.

A Healthy Start Breakfast, including gluten-free options and detox juices from fresh ingredients, sets the tone for the day. It can include an Alpina Golden Latte, a healthful alternative to morning coffee that pairs plant-based milk with juice from the turmeric root or add a Green Booster (spinach, avocado, green tea and organic apple juice) designed to boost the immune system. A spoonful of The Alpina Gstaad's own signature honey, nurtured by local apiarist Stefan Neuhaus, is a gift from nature on a piece of homemade bread and The Oscar One cocktail (blackberries, raspberries,



blueberries, passion fruit, pineapple and cranberry juices) means even a cocktail can be healthful at the bar.

For reservations and further information, please contact reservations@thealpinagstaad.ch, call 011-41-33-888-9886 or go to [The Alpina Gstaad](https://www.thealpinagstaad.ch).

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 luxury hotel has three restaurants: Restaurant Sommet, a Michelin-starred restaurant (18 Gault Millau points) serving contemporary cuisine; Megu, a Michelin-starred Japanese restaurant (15 Gault Millau points), and a traditional Swiss stübli. There is a 21,000 square foot Six Senses Spa (Switzerland's only Six Senses Spa), indoor and outdoor swimming pools, The Alpina Lounge and Bar, wine-tasting room, private cinema, cigar lounge, a ballroom and 2 boardrooms. The 56 spacious rooms and suites – all with balconies – range from 333 square feet to 4,305 square feet.

A member of Virtuoso and part of the Legend Collection of Preferred Hotels and Resorts, the resort is also a member of Swiss Deluxe Hotels. It has partnered with EarthCheck, the world's leading scientific certification group and is a member of the NOW Force for Good Alliance, an organization aiming for transparency in sustainability in the hospitality industry. In December, the resort was one of six hotels in Switzerland certified by Out Now, as guaranteeing certain standards to its LGBT guests.

Awards & Accolades

In February 2020, The Forbes Travel Guide named The Alpina Gstaad a 2020 Star Award winner, as it had in 2019, when it also named the resort one of 41 hotels worldwide with the "World's Best Rooms." In July 2019, Organic Spa Magazine honored The Alpina Gstaad's Six Senses Spa as one of its Wellness Travel Award winners. Also that month, The Alpina Gstaad was voted one of the "World's Top 100 Hotels" by *Travel + Leisure's* readers. Since its opening December 2012, the resort has been named to the "Best" lists of *Condé Nast Traveler*, *Robb Report*, *Travel + Leisure* and many publications throughout the U.K., Switzerland and Germany.