



# THE ALPINA GSTAAD

22 June 2020 - At The Alpina Gstaad, guests have always been encouraged to slow down. Opening for the summer season from 3 July - 13 September, the hotel is focusing more than ever on helping its guests to heal; from immersion in the natural wonderland of the Swiss Bernese Oberland, to new spa retreats and comforting cuisine. Plan ahead, and enjoy some teasers and tasters before you go.

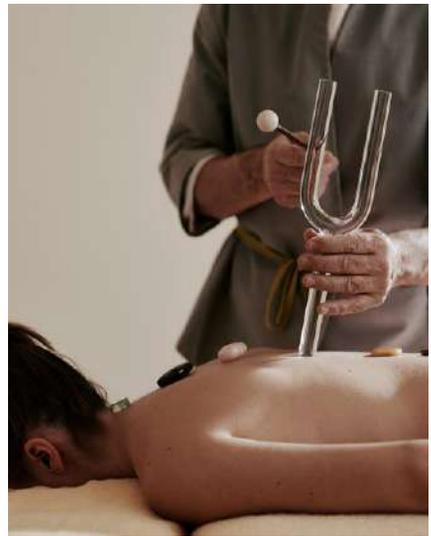
## *6 Ways To Heal Naturally*



### **1. E-bikes for guests**

Sustainable, fast and fun, e-bikes are a great way to explore the nature and mountains in the Saanenland. Access fresh alpine air and unpolluted peace (without the pressure to pedal), with free use of the hotel's e-bikes. [More here](#)

Pre-travel taster: Biking in Lake Lauenen (Destination Gstaad) - watch [here](#)



### **2. Two New Spa Retreats**

For mental wellbeing and holistic healing, incorporating Tibetan Medicine philosophy and elements of nature:

- [Energy Sound Healing](#) - release tension, elevate energy levels and get mental clarity
- [Forest Healing Journey](#) - includes natural origin treatments, sun-gazing & other practices to improve mindfulness

Pre-travel taster: Energy Sound Healing & Tibetan Meditation practices on the hotel's [Facebook](#) page.



### 3. Tibetan Week (7-13 September) Mind. Body. Nature

Discover the Tibetan yoga practice "Lu Jong", try Tibetan Ky Nye Massage, and explore Mantra Healing of Five Elements. Private consultations, meditation and Tibetan Singing Bowl sessions are also available. More [here](#)



### 4. Results-orientated Yoga Retreats

Results-driven retreats, with wellness screening, private sessions and treatments.

- For beginners - [‘Yoga Discovery’](#)
- For improved zzzz - [‘Yoga Sleep’](#)
- For immunity / cleansing - [‘Yoga Detox’](#)



### 5. Natural Beauty - Alchemy Bar

Embrace beauty without parabens. Use Swiss indigenous herbs and plants from the hotel's organic garden to develop aromatic scrubs, bath soaks and face masks, at the spa's Alchemy Bar. More [here](#)



### 6. Holistic Anti-Ageing

Overcome lifestyle-related ageing effects and extend your health span. These personalised programmes achieve balance through nutrition & neuroscience, alongside ancient wisdom. More [here](#)

Pre-travel taster: Try this [Alchemy Bar Detoxifying Scrub](#). Exfoliation boosts the skin's health and appearance. This recipe uses salt to draw out toxins and almond oil to nourish.

# *Sweet Dreams for the Taste Buds*



## **NEW 'Beekeeper Workshop'**

Get kitted out in protective clothing to visit the hotel beehives. Discover how the sweet, sticky stuff is made and why bees are crucial to biodiversity. Finish with a bee documentary screened in the hotel's Private Cinema (& a pot of honey). More [here](#)



## **NEW Chef Pâtissier & Sunday Crêpes**

Bringing fresh flair to the hotel's pastries and sweet treats is new Chef Pâtissier, Vasileios Klonaris. Sweet cravings can also be satisfied at the hotel's Sunday crêpe station, throughout the summer.

Pre travel taster - try this pineapple crêpe [recipe](#)

# *Something from the bar?*

Enjoy a pre-trip taster, with a selection of cocktails from the Alpina Lounge & Bar. More [here](#).

## **Hattori Hanzo (inspired by art)**

40 ml Sake  
20 ml Apple juice  
20 ml Peach juice  
Touch of rose syrup

Method: Mix all together & serve in a shot glass



# Check In to Hide Out



## SPA IN SUITE

The hotel's 56 generous rooms each have a private balcony, but for the ultimate 'home from home', book the 400m<sup>2</sup> [Panorama Suite](#). Spa aficionados will love the private spa room, steam bath shower, sauna, gym and outdoor Jacuzzi. Named one of the world's [50 best hotel suites](#), it boasts valley and Alps views.

## ULTIMATE PRIVACY - TOTAL BUYOUT

For complete privacy and seclusion, book the entire hotel, inclusive of the Panorama Suite. Tailor-make your stay with meals at the [Michelin starred restaurants](#) and treatments in the Six Senses spa. A two-day buyout starts from CHF 100,000 on B&B, based on a minimum 2-night stay.

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For more information, visit [www.thealpinagstaad.ch](http://www.thealpinagstaad.ch)

\*\* ENDS \*\*

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