



The Alpina Gstaad Announces New Wellness Programmes for Summer ***To Transform, Re-Connect, Reset & Revitalise***



Summer 2021: [The Alpina Gstaad](#) has curated a number of timely retreats and programmes to reconnect guests back to nature, help find harmony and balance within, reset, boost immunity and feel rejuvenated.

Relax, Restore and Reset: Mountain Stress Release Programme

Boost physical and mental wellbeing in the heart of the Swiss mountains. This Mountain Stress release programme is ideal for anyone looking to relieve stress and tension, boost energy, reset mind and body and reconnect in nature.

The **5 day programme** includes a carefully curated programme of experiences and healing treatments to balance mind and body. Deepen connections with nature through unique mountain bathing, walking meditation sessions and a choice of yoga, pilates or Tai Chi. Relax and create inner harmony with sound Healing, chakra movement restoration. This is complemented with personal training, biorythms treatment, nourishing spa treatments yoga, Pilates or Tai Chi.

Price: 6-nights package from CHF 6,950pp in a Deluxe Room Schönried with full board.



Improve Vitality, harness Inner Strength and Harmony: Four Night Yoga Retreat with Ben Rakidziji (16 - 20 August)

Designed for beginner and intermediate level practitioners, learn how to create inner space and consciousness with [Ben Rakidziji](#) - a leading Yoga and Zen Meditation Master. This retreat offers a practice centred around mindfulness and ease: the beginning of a journey to reconnect with yourself.

The 4 day programme includes daily yoga, sound healing, walking meditation along with calming ILA body treatments, a nourishing facial and a bespoke wellbeing menu.

Price: 4 day retreat from CHF 5,400pp. Based on a Deluxe Room Schönried with full board



Boost Immunity & Mental Wellbeing: - 6 night Outdoor Body Training Programme

Offering a full immersion in nature while boosting immunity and improving mental clarity. Benefit from mountain side training together with recovery treatments, whilst being surrounded in Gstaad's natural beauty.

Price: 6-nights package from CHF 6,800 in a Deluxe Room with breakfast, based on a single-occupancy.

Read more [here](#) on additional Six Senses signature programmes to include: Cleanse and Boost Immunity Programme, The Holistic Anti-Ageing Programme, yoga programmes and a Tibetan Retreat.

The Alpina Gstaad is open for the summer until 15 September 2021

Strict Covid protocols will be followed.

-ENDS-

NOTES TO EDITORS:

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:

2020 - Forbes Travel Guide Star Award

2020 - #2 in the Swiss newspaper Handelszeitung (of 40 spas, hotels, resorts located in the Alps & Schwarzwald)

2019 - Preferred Hotels & Resorts' 'Hotel of the Year: Europe' 2019

2019 - Forbes Travel "World's Best Hotel Bar Awards" / "World's Best Rooms" and five star rating

2018 - GALA SPA AWARD "Best Luxury Hotel City/Resort"
2018 - Handelszeitung magazine "Best Ski Spa de Luxe above 1000 metres"
2018 - The Prix Bienvenu
2018 - TripAdvisor Travellers' Choice Award (#1 in the category 'Luxury Hotel' in Top 25 Luxury Hotels)
2018 & 2017 - #1 in the new hotel rating published by Switzerland's NZZ

The hotel also 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

The Alpina Gstaad has also recently joined the 'Out Now' travel trade association - the world's largest LGBT travel trade association.

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 2021 summer season launched on 2 July and the hotel is open until 15 September.

Gstaad is easily accessible by train, with frequent services from London with easy changes in Paris, Lausanne and Montreux. The scenic journey takes 10 hours.

A Note About Health & Safety

The Alpina Gstaad is following the regulations and guidelines set up by the Swiss Federal Office of Public Health (FOPH) in relation to hygiene, health and safety.