



THE ALPINA  
GSTAAD

## NEW WINTER UPLIFTS FROM SWITZERLAND'S THE ALPINA GSTAAD



Innovative and progressive, [The Alpina Gstaad](#) is an exemplary model of a hotel business which is constantly updating and regenerating its offerings to remain relevant. This winter is no exception. Whether you want to curl up by a crackling log fire, and tuck into a private cheese fondue dinner inside the Alpina Gstaad Garden Chalet (available for up to eight guests) or immerse yourself in the transforming environs of the Six Senses Spa, here is a hotel rooted in regenerative principles and constantly moving forwards.

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### Culinary Highlights

#### **NEW Japanese Whisky Bar at Megu**

Drink up at The Alpina Gstaad's brand new Japanese Whisky Bar. An exclusive outlet in its own right, it will feature a curation of the most prestigious bottles, some unique in Switzerland and a rarity in Europe. Seated on one of three high stools, guests can try from over 20 meticulously chosen whiskies, available by the bottle or glass and including a Shirakawa 1958 Single Malt Whisky from Takara Shuzo. With a prominent location, this new, exclusive bar is decorated with handcrafted shingles in keeping with the style of the Megu restaurant.

*Open daily from 6.30pm to 2am.*



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## **The Offcut Food Truck On The Slopes**

Spearheaded by Executive Chef Martin Göschel, the hotel's zero food waste philosophy will be transported to the slopes this winter. Surrounded by pristine landscapes and accessed by the Egli Porsche cable car and ski lift, The Offcut Food Truck will serve up delicious dishes created from leftover ingredients from the hotel kitchen. Enjoy empanadas - made from dough using leftover rye bread - filled with pulled beef or curried vegetables (from offcuts meat & vegetables). The famous zero-waste casarecce, also made from leftover bread, will be served in a warm or cold pasta salad. For a sweet treat, be tempted by banana cake made from overripe bananas, or savoury muffin using leftover berries.

From 17 December - 12 March 2023, The Offcut Food Truck will be in location on the snowy slopes of Vorderes Egli, in the heart of the Gstaad ski area. For the first time, a special lounge area will be installed to allow for dining in as well as takeaway.

*Open daily 10am - 3pm, if weather permits*

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## Wellbeing Highlights

### **New Cleansing Program**

Brand new for the winter season, the 5-day/6-night Alpina Cleansing Program offers a closely guided holistic body detox designed to boost both metabolism and immunity. The program layers wellness screenings with relaxing massages and yoga sessions and 2-3 daily treatments combining gentle exfoliation, lymphatic drainage, and colon hydrotherapy. Ideal for those seeking a lifestyle transformation.

The programme costs from CHF 9030. Inclusive of all treatments and accommodation for six nights in Deluxe Room Schönried. A lighter menu option to support the body's detoxification is also available on request.

### **The Sleep Suite**

As many as 16 million UK adults suffer from sleepless nights with a third (31%) saying they have insomnia. There's never been a better time to check into The Alpina Gstaad's dedicated 'Sleep Suite', developed in partnership with [FreshBed](#), creators of the world's first climate-controlled bed. Designed to regulate skin temperature, guests can sleep in an optimal microclimate where lower humidity levels facilitate up to-double the hours of uninterrupted sleep. Black-out blinds, blue light blocking glasses, a CBD oil and air filtering green plants are all on hand. Meanwhile, a personalized Six Senses sleep consultation ensures the best spa treatments and supportive food menus are incorporated. Guests can also access the hotel's sponsored app, 'Synctuition MindSpa Meditation', for soothing 3D sounds and binaural beats - stress reducing and sleep promoting.

The Sleep Suite at The Alpina Gstaad costs from CHF 3,710 per person, based on single use for one night, included meal & treatments.

### **Tibetan Healing Retreat**

A 3-day retreat focused on relieving stress with everyday meditation and Tibetan Yoga breathing. Dedicated to traditional Tibetan Healing methods, the Tibetan Healing Retreat includes a 60-minute wellness screening based on Tibetan knowledge of healing. 3-4 daily treatments include Tibetan sound healing and a Ku nye massage using Hor-Me, tiny warm herbal poultices. On the last day, Tsalung therapy restores the subtle wind and energy flow system and brings the blocked channels back to normal function. Invigorating and inspiring.

From CHF 6,760 for a 3-days/5-nights retreat

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## **Social Responsibility**

### **Pasta With Purpose**

The success of The Alpina Gstaad's zero-waste Casarecce pasta - made from leftover bread in the hotel kitchens - has led to a Swiss Foundation [Töpferhaus](#) producing the recipe in a dry version. The new 'Pasta Di Pane' consists of Swiss wheat semolina combined with high-quality residual bread from a regional bakery to the foundation. The resulting dry pasta is available online. The Töpferhaus Foundation supports mentally challenged people with professional and social integration. Around 40 people benefit from an adapted workplace in their workshop in northwestern Switzerland.

### **First in Switzerland - EarthCheck Gold Certification**

The Alpina Gstaad has become Switzerland's first company to be awarded the Gold Certification from EarthCheck - the world's leading scientific benchmarking certification and advisory group for sustainable travel and tourism. With environmental and community development at its heart from the very beginning, The Alpina Gstaad has demonstrated a consistent commitment to the care of people and the planet.

The Alpina Gstaad opens for the winter season on 9 December until 12 March 2023.  
Rooms cost from CHF 980.00, based on single occupancy, breakfast and access to spa included.

[www.thealpinagstaad.ch](http://www.thealpinagstaad.ch)