



THE ALPINA
GSTAAD

PRESS RELEASE

The Alpina Gstaad, Summer 2018

THE ALPINA GSTAAD ANNOUNCES NEW SUMMER PROGRAMMES (10 JUNE - 23 SEPTEMBER) TO CELEBRATE FIFTH ANNIVERSARY



- NEW FIFTH BIRTHDAY CELEBRATION PACKAGES
- NEW WELLNESS PROGRAMMES TO REVIVE BOTH MIND AND BODY INCLUDE:
 - LUXURY IN BUBBLES with Dr Burgener Switzerland

5th Anniversary Packages

5 DAYS - 5 EXPERIENCES - 5 SENSES

Using the five senses - sight, taste, touch, sound and smell - this five night package consists of: an exclusive tour of the hotel's private art collection (sight), a private dinner in the garden gazebo (taste), a spa treatment at the Six Senses Spa (touch), private use of the cinema (sound) and a guided tour around a local cheese factory (smell). The package costs from CHF 3,270 in a Deluxe Room based on single occupancy.

INTO THE WILD TWO NIGHT EXPERIENCE

In support of [The Leonardo Di'Caprio Foundation](#), and to encourage a zero carbon footprint, guests can explore Gstaad's beautiful surroundings with the hotel's one of a kind all [electric Fiat 500](#). The car was conceived by Garage Italia Customs to highlight the problem of global warming and is now a proud part of the hotel's permanent art collection. The two night bed and breakfast package includes an alpine experience to Glacier 3000, a picnic, Alpina culinary credit and cable car tickets. Prices start from CHF



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2,450 in a Deluxe Room based on double occupancy.

'HAPPY BIRTHDAY' FIVE NIGHT PACKAGE

This five night celebratory package includes a complimentary upgrade, a private back of house tour behind the scenes of the hotel, a five-course tasting menu at Sommet and a special CHF 500 credit per person that can be used at the restaurants and the spa. This package starts at CHF 4,280 in a Junior Suite based on single occupancy.

PANORAMA STYLISH STAG/HEN PARTY

Sophisticated stags and hens looking for a stylish way to celebrate their upcoming nuptials, can enjoy the use of the Alpina Gstaad's most luxurious Panorama Suite on this 1 or 2 night package. Available for up to six guests, it includes exclusive use of the hotel cinema and the suite's private spa area, together with a signature Six Senses treatment for all the guests and a special five-course in-suite private dinner. The price for this package is CHF 13,140 per night in the Panorama Suite.

The Alpina Gstaad also continues to offer its signature summer packages including its *Romance package*, a *Family Holiday Deluxe package*, the *classical Menuhin in Motion* music package and the *Gstaad Tennis* packages, which includes tickets to enjoy the Swiss Open Championship live.

Luxury in Bubbles with Dr Burgener Switzerland

This four day luxurious retreat features two daily signature treatments from Dr Burgener, using cutting edge Swiss technologies with natural active ingredients to achieve ultimate results. Treatments include Dr Burgener's *Chardonnay Antioxidant Ritual* - a full body scrub, wrap and massage using the anti-aging properties of the chardonnay grape and seed extracts, which leave the skin glowing; his *Swiss Anti-Aging Jewel facial*, which is a deeply cleansing facial using a special bamboo peel followed by a rejuvenating massage, a nourishing serum and a unique royal jelly extracted directly from the alpine hives,



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which results in skin appearing much firmer and younger; and *The Luxury Green Caviar* facial, which is an advanced treatment that uses VitaSkin ultrasound and an intense dose of green caviar and gold trace elements to regenerate and boost. This four night package starts from CHF 3,030 in a Deluxe Room based on single occupancy and is available throughout the summer.

Additional Wellbeing Programmes

Integrated Wellness Programme - The signature [Six Senses Integrated Wellness programme](#) brings together the latest technology and in-house expertise to create personalised wellness programmes. Guests are able to improve wellbeing and enhance their lives through nutrition, sleep, yoga, movement, meditation, mindfulness and more. Prices start at CHF 870 in a Deluxe Room based on single occupancy and includes a wellness screening, a personal fitness activity an 80 minute spa treatment and an optional group class.

Destress with Art at The Alpina Gstaad - 45 minutes of artistic activity a day can reduce stress-related hormones in the body by up to 75% according to a recent American study. Alpina Gstaad's four-day Art Therapy retreat with French Painter Monique Bornstein offers a unique opportunity to destress with art and introduces participants to watercolour techniques so they can create their own work of art. Participants will also enjoy a relaxing spa programme alongside the art which includes a complementary integrated wellness screening, daily yoga, Tai Chi, meditation and targeted stress relieving spa treatments. Prices for this retreat start from CHF 4,730 in a Deluxe Room based on single occupancy.

Energy Healing Retreat - This four night spiritual energy healing retreat restores vitality and boosts energy levels, while also improving mental clarity. The retreat uses a variety of methods to achieve its aims including Reiki to relieve stress, Universal White Time Healing sessions to achieve balance and heal the chakras, Kundalini back



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treatments to balance the nervous system as well as yoga, meditation and breathing exercises, a signature amethyst wrap and holistic massage . Prices start from CHF 3,050 in a Deluxe Room based on a single occupancy.

Tibetan Healing - Available throughout the summer, the four night Tibetan Healing Retreat promises to relieve stress, fatigue and rebalance and rejuvenate using Hor-me therapy that works on the belief that the five elements of earth, fire, water, air and space are the common and fundamental principles of the body. Starting with a personal consultation with Tibetan singing bowls and a Ku Nye massage and pulse reading to identify body constitution, a bespoke treatment plan is then created to improve overall health and energy levels. Complementary treatments include meditation, Tibetan yoga breathing, fomentation and massage. The Tibetan Healing Retreat starts at CHF 2,800 in a Deluxe Room based on single occupancy including treatments.

There are additional Signature Wellness Retreats including the Alpina Gstaad's *5 day Mountain Detox programme* starting from CHF 5,400 in a Deluxe Room based on single occupancy and a three night *Yogi Sleep Retreat* starting from CHF 2,260 in a Deluxe Room based on single occupancy.

For more information visit www.thealpinagstaad.ch

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, 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 2017 (number one in the categories 'Luxury Hotel' and 'Top Hotels' in Switzerland). 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.



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The hotel is justifiably proud of its Six Senses Spa with Himalaya Salt Grotto, Hammam steam room and indoor and outdoor pools, as well as of the Sommet restaurant (17 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 2018 summer season launches on 10 June.

MEDIA ENQUIRIES

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