



## **ALPINA GSTAAD ANNOUNCES SUMMER SPA PROGRAMS**

### **Yogic Sleep, De-stressing with Art and Tibetan Healing in the Alps at the Resort's Six Senses Spa**

GSTAAD, Switzerland, May 30, 2018 – Just breathing in the air around The Alpina Gstaad in the heart of Switzerland's glorious Bernese Alps is a first step toward enhancing well-being but the luxury resort takes it to new levels with packages and treatments that de-stress, improve sleep and balance both mind and body with ingredients from art to meditation to caviar.

#### **Tap Your Inner Picasso**

The Alpina Gstaad's [De-stress with Art](#) program was so popular last year, it is back by popular demand this summer. Talented French artist Monique Bornstein, who has been traveling the world painting watercolors for 30 years, invites guests to channel their inner Picasso. Sensitive and generous, Monique communicates her joy of painting as guests learn watercolor techniques. The four-night, three-day package includes daily two- to three-hour painting lessons and optional group classes; a private tour of the hotel's contemporary art collection; plus, yoga, Tai-Chi and meditation sessions, massages, Kundalini back treatment and Biorhythms. The cost of the three-day workshop starts at CHF4730 (or about US\$4,756).

#### **To Sleep Perchance to Dream**

Scientific studies have proven that humans need sleep to function and live longer and healthier lives.\* The Alpina Gstaad's [Yogic Sleep](#) program aims to induce a deep state of relaxation by combining yoga nidra with gentle stretching yoga poses



THE ALPINA  
GSTAAD

and *pranayama* (breath regulation) suitable for novices as well as for yogis of all levels. Yoga nidra is a powerful ancient relaxation practice that uniquely unwinds the nervous system, helping to reduce stress and induce restorative sleep. As a meditation technique, it engenders a deep sense of well-being. A selection of relaxing and energy balancing treatments works to ensure a better and more restful night's sleep. The three-night package includes daily yoga, massages, forest bathing and optional group classes and starts at CHF2260 (or about US\$2,272).

### **Tibetan Healing Retreat**

Tibetan healing is based on the wholeness and interdependence of the body and mind with nature, and the five elements of earth, fire, water, air and space are the fundamental principles shared by the body. An ancient practice of Tibetan Buddhist, Tantrayana and Bön traditions, Lu Jong, or Tibetan yoga, is a series of flowing body movements done in conjunction with rhythmic breathing that releases blockages in the body's energy channels. Tibetan practitioners believe that in opening the body's physical blocks, the flow of blood increases, organs are stimulated, and immunity and hormonal balance improves. Guests will achieve more mental clarity, balanced emotions, invigorated energy – leading to a deep harmony of body, mind and spirit.

Starting at CHF2800 (or about US\$2,815), the four-night [Tibetan Healing Retreat](#) features Hor-me therapy, an ancient remedy to relieve stress, fatigue and even panic attacks. Tiny poultices of nutmeg and cumin seed in oil are applied to pressure points of the body. The retreat begins with a 60-minute consultation and includes daily classes in meditation, Tibetan yoga and breathing, a session with Tibetan singing bowls and a Ku nye massage using salt packs, cups or stones and meditation.

### **Luxury in Bubbles: Anti-Aging the Swiss Way**

New this summer, [Luxury in Bubbles](#) is a four-night program of treatments using products from the luxury Swiss skincare company, [Dr. Burgener](#). Founded almost 60 years ago by Dr. Marc Burgener, a noted plastic surgeon and skin specialist, the company has been led since 1995 by his daughter-in-law, Dr. Pauline Burgener. An advocate for health, fitness, good nutrition and the virtues of natural ingredients, Dr. Burgener believes "beauty comes from within." Combining cutting-edge Swiss technologies with natural active ingredients such as green caviar, gold, pure collagen, fruit acids and royal jelly, Dr. Burgener created a luxury skincare concept and treatment line. The company's "small batch production" allows for customization of its skincare products assuring freshness and purity.

Luxury in Bubbles starts at CHF3030 (about US\$3,046) and includes two Dr. Burgener treatments per day including:

- Swiss Anti-Ageing Jewel – a deeply cleansing facial that starts with a bamboo peeling followed by a rejuvenating massage and the application of a nutrient-rich serum. Extracted directly from the Alpine hives, the nourishing royal jelly is applied as a mask, adding that extra dose of vitamins.
- Luxury Green Caviar Advance Facial – ideal for skin that needs a regenerative boost, the treatment uses the VitaSkin ultrasound, an intense dose of green caviar and gold trace elements to repair and boost the complexion.
- Chardonnay Antioxidant Ritual – uses chardonnay grape seed extracts for their powerful anti-aging properties. A body scrub and wrap are followed by a massage using champagne that leaves skin glowing and rejuvenated.

All prices are per person in a Deluxe Room Schönried with breakfast, free access to pools, saunas, baths and relaxation areas at the Six Senses Spa, parking, service charge, all taxes and VAT.



For more information about the resort's spa programs, please email [info@thealpinagstaad.ch](mailto:info@thealpinagstaad.ch), call 011-41-33-888-9888 or visit [The Alpina Gstaad](#).

\* A 2018 study from the National Institute of Health (NIH) and Yale University indicated that sleep deprivation is linked to higher levels of the protein beta-amyloid—a well-known precursor to Alzheimer's disease. A small 2017 study (UCLA, Tel Aviv University) found that when people do not get enough sleep, their brain cells literally slow down. Researchers found sleep deprivation results in the bursts of electrical activity that brain cells use to communicate to become slower and weaker – which can lead to mental lapses that affect not only perception but memory. A 2015 University of Washington study found that common sleep aids like Tylenol PM, as well as certain antihistamines and anti-depressants increase the risk of dementia and Alzheimer's.

### **The Alpina Gstaad**

The Alpina Gstaad is the newest luxury hotel to be built in Gstaad for 100 years. It 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 Alpina Gstaad is a contemporary interpretation of traditional Swiss architecture incorporating local materials and authentic Alpine style. The luxury hotel has three restaurants: Restaurant Sommet, a Michelin-starred restaurant serving contemporary cuisine; MEGU, a Michelin-starred Japanese restaurant and a traditional Swiss stübli. There is a bar and lounge, wine-tasting room, private cinema, cigar lounge, a ballroom, several boardrooms and a stunning contemporary art collection. The 56 spacious rooms and suites – all with balconies – range from 333 square feet to 4,305 square feet.

The Alpina Gstaad is a member of Virtuoso and is part of the Legend Collection of Preferred Hotels and Resorts. In July 2016, The Alpina Gstaad was voted one of the "World's Top 100 Hotels" by the readers of *Travel + Leisure*. In January 2016, the hotel was named to *Conde Nast Traveler's* Gold List. It has made *Conde Nast Traveler's* "Hot List," *Travel + Leisure's* "It List" and *The Robb Report's* "Best of the Best" for 2013. In November 2017, Switzerland's most prestigious newspaper, *Neue Zürcher Zeitung* named The Alpina Gstaad the country's top hotel. In July 2017, *BILANZ*, the Swiss business magazine listed the hotel as the country's top resort. *Schweizer Sonntagszeitung* (the Swiss Sunday Newspaper) named The Alpina Gstaad one of the "Top Ten" best holiday hotels in Switzerland and *Handelszeitung* (a Swiss German newspaper) anointed it, "Best hotel in the Ski-Spa" category. [Gault Millau](#) Swiss named [The Alpina Gstaad](#) "Hotel of the Year 2013." The hotel was a finalist in Virtuoso's "Best of the Best" awards for excellence in design and in November 2013 won European Design Hotel of the Year from the European Hotel Design Awards.