



LE GRAND BELLEVUE

GSTAAD

## Alpine wellness at Le Grand Spa

### Le Grand Bellevue, Gstaad, unveils new spa for the summer season



**LONDON, 17 July 2017:** Le Grand Bellevue, Gstaad, will reopen for the summer season with a brand new spa aesthetic and facilities, inspired by the rolling hills and verdant valleys of the surrounding Bernese Oberland. The enhanced wellness offering at the 3,000sqm Le Grand Spa — amongst the largest spas in Switzerland — draws on the fresh air, health-giving botanicals and ice-capped peaks of the Swiss Alps for a holistic wellness experience.

Offering 17 unique wellness experiences, the vast and varied Thermal Oasis is the perfect place to soothe aching muscles after a hard day of hiking the steep mountain trails. New experiences include a relaxing and softly-scented Hay Sauna, invigorating Ice Fountain and detoxifying Infra-Red Sauna, in addition to the revitalising Himalayan Salt Grotto, relaxing Herbal Sauna, authentic Finnish Sauna and soothing Laconium. The adjoining courtyard garden has been transformed with an effusion of colourful and fragrant alpine plants and the addition of new outdoor experiences including a stimulating Kneipp Walk, yoga space and outdoor relaxation pool.

The new spa design fuses calming pastel shades of dusky terracotta, slate grey and sage green with natural oak panelling for a soothing alpine aesthetic. Subtle wooden detailing conjures the traditional Saanen style chalets scattered throughout the surrounding valleys. Two new relaxation areas, including a silent room with water beds, offer peace and quiet between treatments, with free-flowing herbal iced teas. The spa overhaul has also seen the addition of a brand new Alpine Spa Suite. Designed for two guests to indulge in a day of luxurious pampering side-by-side, the suite boasts a Jacuzzi, Rasul chamber, scrub table and relaxation area.

Every knot and niggle can be banished at Le Grand Spa, with a vast array of massages, body treatments and age therapies to tackle every issue. The exclusive Swiss partner of organic British brand, Bamford, Le Grand Spa offers a wide variety of pampering treatments. Combining the finest natural ingredients with scientifically advanced botanical technology and sustainable sourcing, Bamford's tailored treatments offer an indulgent and deeply holistic spa experience. Le Grand Spa also offers transformative and high-tech facial and body treatments from Cellcosmet, one of Switzerland's most advanced and results-driven cosmetic brands.

For the ultimate indulgence, Le Grand Spa's Rituals offer hours of pampering in soothing surroundings. Treatments ranging from calming goat milk and honey baths with fresh mountain botanicals to Alpine salt scrubs, mineral-rich Rasul mud masks and bespoke massages are combined with light regional refreshments in serene surroundings.

The large swimming pool and Jacuzzi are situated above the spa, with floor-to-ceiling views of the hotel's manicured gardens, and an adjacent sun-drenched terrace for post-swim relaxation. The

bright and airy fitness suite is stocked with the latest equipment, including cardio and resistance machines and free weights, as well as a Senso Pro Trainer and Pilates Allegro. A comprehensive roster of classes are available to guests on a complimentary basis, ranging from Pilates and Yoga to circuit training, contemporary dance and boot camp. In-house personal trainers are on hand to create bespoke training plans, whilst the expert physiotherapist and osteopath can ease strains and injuries.

Gstaad is renowned for the beauty of the great outdoors, and no spa break would be complete without time spent exploring the lush mountain surrounds. The soaring peaks and sweeping valleys of the Bernese Oberland provide the setting for an outdoor workout, and Le Grand Spa's expert local guides can guide guests on hikes through the winding mountain trails, mountain bike paths down the mountainside and hill sprints up the steepest slopes.

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Summer Rates from 390 CHF per room based on double occupancy on a B&B basis.

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*Editor's Note:*

*Le Grand Bellevue re-launched in January 2014 after a year-long renovation by dynamic young owners, Daniel and Davia Koetser. In the heart of Gstaad village, the hotel was originally built in 1912 as a Cure House and Spa and continues to hold the title of the oldest palace hotel in Gstaad. Family-owned, managed and designed, the hotel comprises 57 bedrooms. Bold colours, eye-catching prints and elegant furniture make up the interiors. The hotel's signature restaurant LEONARD's offers exceptional Michelin-starred cuisine whilst the more intimate 18-seat Le Petit Chalet serves up a menu of hearty Swiss dishes and its art deco bar and nightclub have become Gstaad's most sought after night spots. Other features include a Cigar Lounge, Private Cinema, Yacht Club and a 3,000sqm spa in partnership with organic English brand, Bamford.*