

BEAUTY

The Best European Ski Spas To Escape To

by LAUREN MURDOCH-SMITH

With some resorts already open in Europe, ski season is well and truly upon us. So whether you're tagging along with ski fanatic friends, can't hit the mountain due to a white out or simply want a day off from the slopes, there are plenty of Alpine spas to escape to. With luxury spas and treatments aplenty, you'll be sloping off and booking yourself in for a pre and après ski treatment.



Le Grand Bellevue, Gstaad, Switzerland

Aptly named **Le Grand Spa** (it's 3,000 sqm), it's recently undergone a renovation to offer 17 unique wellness experiences which include an Infra-red sauna, herbal sauna and an Ice Fountain! Using Bamford products, there are plenty of treatments on offer to treat tired bodies after a day on the mountain. You can also opt for yoga and pilates if you want to stretch out aching muscles.