

LE GRAND BELLEVUE

GSTAAD

Space to breathe in Switzerland

Rediscover the beauty of summertime in the Swiss Alps with new wellness, nature and locally immersive experiences from Le Grand Bellevue in Gstaad



If international travel resumes this summer, the fresh air and freedom offered by the Swiss Alps will ensure this verdant location is the go-to choice for luxury travellers looking to safely escape the bustling beaches in favour of nature-based nurturing. With Traveller Made's trend data for 2021 indicating that having "space to breathe is the new luxury" Gstaad's Alpine setting coupled with [Le Grand Bellevue's](#) new nature-based and wellness experiences will ensure guests reap the benefits of heading for the mountains.

SUMMER SLEEP RESET

It's no secret that disrupted routines and the ongoing uncertainty surrounding the global landscape have resulted in widespread insomnia and trouble sleeping. A study carried out by the University of Southampton last year indicated that in 2020 the [number of people in the UK experiencing insomnia rose](#) from one in six to one in four, reaffirming the huge impact that life in lockdown has had on the population. As such, Le Grand Bellevue's Summer Sleep Reset package will tackle 'coronasomnia' with a restorative and deeply soothing 3-night programme designed to reduce stress, quieten the mind and promote high quality sleep.

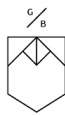
Setting the tone, mornings will begin outside with a guided meditation and **intention setting session beside the lake** with panoramic views of the surrounding mountains, encouraging the body to refamiliarise with its natural circadian rhythm through exposure to sunlight and fresh air. Days will be spent discovering the vast and verdant terrain, moving the body and broadening the mind through connection with nature. Guests will then retreat to Le Grand Spa to unwind with a **Singing Bowl Ceremony** and **Bamford's b silent treatment**. Recognising that chronic stress is one of the main causes of depleted serotonin and the effect this can have on our ability to sleep well, this combination of vibrational healing together with Bamford's full body massage treatment is devoted to relaxing the body and preparing it for sound, restful sleep. Guests will also have the opportunity to join a deeply restorative evening **Yoga Nidra** practice offering tools to induce sleep naturally through reconnecting with the breath and the body's natural rhythms. In the evenings, guests rooms will be equipped with a selection of **sleep promoting amenities by Bamford** including b silent night-time pillow mist, b silent night-time temple balm and night-time organic infusion (sleep inducing tea).

To book: Prices for the Summer Sleep Reset package start from CHF 2,100 for 1 guest or CHF2,500 for 2 guests on a B&B basis.

NATURE'S RHYTHM

The past year has highlighted the importance of savouring the small and simple moments that can often become lost amongst the noise of modern life. With so much time spent at home, the allure of the great outdoors and reconnecting in nature with friends and family is stronger than ever. [Booking.com notes that over half \(56 per cent\) of its survey's participants will be seeking out rural, off-the-beaten-track experiences](#) to 'immerse themselves into the outdoors' for 2021. The Nature's Rhythm package will encourage guests to discover all that the surrounding landscape has to offer through memorable, wholesome and locally authentic outdoor pursuits which are best enjoyed together.

Staying at Le Grand Bellevue for 3-nights, this package will introduce guests to the abundance and diversity of the Swiss Alpine terrain through a combination of both gentle and exhilarating activities such as a three hour **guided hike** with an essential **picnic** lunchbreak, an afternoon spent either **wild swimming or canyoning** and, for the adrenaline junkies, **Wild River Rafting**. Guests will soothe aching limbs after a busy day of hiking and adventures with a well-deserved **Glacial Shell or Outdoor Sports Massage** and a **foot massage** at Le Grand Spa.



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To book: Prices for the Nature's Rhythm package start from CHF 2,800 for 1 guest or CHF 3,350 for 2 guests on a B&B basis.

SWISSTORY : AUTHENTIC ALPINE EXPERIENCES

Now more than ever travellers are seeking to connect with the natural landscape and to broaden their understanding of long-established practices and traditions in the destinations they visit. Inspired by the rich diversity of the surrounding landscape and its centrality to the local ways of life, Le Grand Bellevue have developed the Swisstory package, providing an authentic insight into the abundant natural offerings of their Alpine setting.

Over the course of a 3-night stay, guests of Le Grand Bellevue will absorb the Alpine landscape through guided **Forest Bathing** or **Walking Meditation** before visiting a charming mountain hut to discover the historical profession of cheese making, **touring an organic dairy farm** and learning about the traditional processes involved. Back at Le Grand Spa, guests will experience how the spa's expert practitioners combine the rejuvenating powers of age-old Swiss healing systems with the latest in world class innovation. An **Alpine Salt Scrub** will work to draw impurities out of the skin, improve circulation and create a healthy glow and can be combined with a choice between either an **Alpine Hay Bath** to alleviate aches and promote relaxation using softly scented local hay or a **Goat's Milk & Honey Bath** to aid cell renewal and reveal radiant skin. Following a busy day of discovery, guests will be ready to indulge and replenish with a traditional **fondue dinner at Le Petit Chalet**.

To book: Prices for the Swisstory package start from CHF 1,950 for 1 guest or CHF 2,450 for 2 guests on a B&B basis.

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Independently minded

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. 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 fine dining overseen by Executive Chef Francesco de Bartolomeis (15 Gault&Millau points), whilst the more intimate 18-seat Le Petit Chalet serves up a menu of hearty Swiss dishes. An on-site sushi bar serves up the freshest sushi in the Alps, and the off-site Chesery restaurant offers a range of fine dining options from Michelin-starred chef Robert Speth. Other features include an art-deco bar and cocktail lounge, Cigar Lounge, Private Cinema and the Gstaad Yacht Club. Le Grand Bellevue is home to a 3,000 square metre spa in partnership with organic English brand, Bamford and Cellcosmet. Le Grand Spa features a Thermal Oasis, indoor swimming pool and outdoor relaxation pool, well-stocked fitness suite, comprehensive roster of complimentary fitness classes and expert in-house Personal Trainers, Physiotherapists and Osteopaths.