

HIP AND HEALTHY^{CO.}

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H&H Guide To Planning A Last- Minute Ski Weekend *PAMPER*

A winter holiday shouldn't just be reserved for ski enthusiasts. There are plenty of places where you can nourish mind, body and soul so we've shared a few of our favourite pamper hotspots in case you feel more inclined to spa than ski.



Le Grand Bellevue – Gstaad, Switzerland

You'd be hard-pressed to find a more classically picturesque winter hotel than Le Grand Bellevue. It's like something out of an old black and white movie, yet comfortably modern and luxurious for 21st-century visitors. While their spa is by no means the main attraction (there are plenty of snow-filled activities and fitness offerings to enjoy) it is a huge highlight of the hotel and worth a visit in its own right just to get your pamper on. With 3,000 square metres of luxurious wellness facilities, you could spend all day at Le Grand Spa travelling through the Thermal Oasis, which consists of 17 different wellness zones, from steam baths to an invigorating ice fountain. The treatment list is extensive and totally heavenly, try their Alpine Salt Scrub or soak in a bathtub of goat's milk and honey for baby-soft, radiant skin like you've never had before. Scamper over to their traditional Finnish Sauna, situated in a gorgeous little wooden hut to sweat out your sorrows or relax in the Turkish Steam Bath and let the steam purify and invigorate your skin. If Le Grand Bellevue isn't already on your bucket list, add it now!