



## LE GRAND BELLEVUE: SWISS GLAMOUR WITH WELLNESS AT ITS HEART

*Discover new red-light therapies and inventive facials at the largest wellness space in Gstaad*



Located in the chocolate box village of Gstaad, [Le Grand Bellevue](#) continues to hold the title of the oldest palace hotel in the Swiss Alps. Traditionally famed for its impeccable service and indulgent alpine activities, the property is also home to [Le Grand Spa](#), an impressive 32,000 sq ft. sanctuary with 17 unique wellness zones and an extensive array of restorative and inventive experiences. This year, the spa introduces cutting-edge red-light therapies and advanced age-defying facials, designed to rejuvenate and restore skin at a cellular level. Combined with Jivamukti yoga and mindfulness hikes, Le Grand Bellevue offers the ultimate year-round alpine retreat to refresh the mind, body, and soul.

### **Elongate your lifespan with enhanced red-light therapy**

Having started as a trend, red light therapy is a cornerstone of the tech-driven wellness revolution, fuelled by cutting-edge advancements and growing consumer demand. With the [global market](#) projected to hit \$620 million by 2031 and searches for treatment surging 79% in 2024, its rapid rise underscores the increasing role of technology in shaping the future of self-care. Once reserved for post-surgical recovery, red light therapy is now a go-to for optimising female health, improving sleep, healing skin, and boosting hair growth.

Leading the charge in the Swiss Alps, Le Grand Bellevue is the first in the region to offer this cutting-edge treatment, introducing the LuminousRed LED Light Therapy device by [LuminousLabs](#) at Le Grand Spa. This high-tech digital supplement harnesses targeted light wavelengths to enhance cellular function, performance, and longevity while delivering an immersive audio experience. Ideal for those with a busy lifestyle, the hotel exclusively offers LuminousLabs' newest wearable, Kini, designed to support female health on the go. Worn on the wrist or placed directly on the body, Kini delivers red light therapy wherever and whenever it's needed, ensuring guests can carry the benefits of Le Grand Spa beyond its walls.



## **Swap caviar-topped dishes for caviar facials**

[Caviarlieri](#) is breaking ground in cellular therapy using Caviar DNA extracts and marine peptides to nourish the body and skin at a cellular level. Created at Le Grand Spa, the *Caviarlieri Signature Facial* provides essential nutrition directly at a molecular level for ultimate skin renewal and lifting therapy. Made only in Switzerland, Caviarlieri is clinically proven to be an effective treatment for many modern-day ailments including anti-ageing, increasing cellular energy levels, reducing joint pain, elevating mood, improving quality of sleep, and delaying the onset and progression of degenerative diseases, all without the need for invasive injections or infusions.

## **Non-invasive is the new invasive**

Whatever the concern—be it ageing, sculpting, or overall skin rejuvenation—Le Grand Spa offers a vast array of non-invasive treatments tailored to every need. Home to Dr. Djoon by Clinique Rive Gauche, Switzerland's leading clinic, the spa specializes in IV and skin-enhancing therapies alongside cutting-edge treatments like CoolSculpting, HydraFacial, and EmSculpt.

For anti-aging, the Pure Oxygen B.R.F. Age-Defying Facial harnesses high-pressure oxygen to combat bacteria, reduce wrinkles, even skin tone, and minimize pores, while Bio Radio Frequency stimulates collagen for firmer, more youthful skin. For body sculpting, guests can choose Cryolipolysis, a non-invasive fat reduction method using the Cristal machine, or Mesotherapy, which infuses the skin with rejuvenating vitamins, minerals, and PRP to tighten, tone, and smooth.

## **Sporting magic**

A playground for adventure, Le Grand Bellevue launched Gstaad's first-ever [Padel Club](#) last year. With a brand-new court and thriving community clubhouse, it's the perfect spot for both beginners and seasoned players looking to refine their game. Beyond the court, the hotel's diverse activity program caters to adventure seekers and wellness enthusiasts alike, offering everything from sunrise hikes and canyoning to panoramic paragliding. Traditional mindful movement comes in the form of Chi Kung, Tai Chi, and Jivamukti yoga, creating a holistic experience designed to relieve stress and restore balance. Additionally, Le Grand Bellevue stands out as one of the few destinations to offer Stand Up Paddle (SUP) yoga year-round, with sessions held in its indoor pool during winter and on the picturesque Lake Arnen in summer.

## **Package perfect**

For the 2025 summer season, Le Grand Bellevue will be introducing three new curated packages, the Gentleman's Retreat, Longevity Lab, and Mountain Serenity group Retreat. These packages will allow guests to rejuvenate the mind, body and soul through immersive experiences and transformative treatments, from brain-boosting therapies and anti-inflammatory meals to paragliding and cold-water therapy. Further details are available upon request.

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**To book:** Rooms at Le Grand Bellevue start from £640 on a half-board basis. For more information, please visit [www.bellevue-gstaad.ch](http://www.bellevue-gstaad.ch)

**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, alongside other features including an art-deco bar and cocktail lounge, Cigar Lounge, Private Cinema and the Gstaad Yacht Club. The hotel's signature restaurant LEONARD's offers exceptional fine dining overseen by Executive Chef Francesco de Bartolomeis (16 Gault Millau points), whilst the more intimate 18-seat Le Petit Chalet serves hearty Swiss dishes. An on-site sushi bar showcases the freshest sushi in the Alps. Le Grand Bellevue is home to a 32,000-square-foot subterranean spa with 17 wellness zones, eight types of sauna, and an indoor and outdoor pool.