LE GRAND SPA

GSTAAD

ALPINE WELLNESS

A sanctuary in the heart of the Swiss Alps, Le Grand Spa combines an extensive array of rejuvenating thermal experiences, restorative spa treatments and energising fitness facilities in a serene and elegant Alpine setting.

WELCOME TO LE GRAND SPA

Le Grand Spa offers 3,000 m² of wellness facilities inspired by the fresh air, health-giving botanicals and soaring, ice-capped peaks of the Swiss Alps.

Your journey begins in the vast **Thermal Oasis**. Offering 17 different wellness and experience zones, it is the perfect place to soothe aching muscles after a hard day whizzing down the pistes or hiking the verdant mountain slopes. From an invigorating **Ice Fountain** to a soothing **Herbal Sauna**, the Thermal Oasis offers an abundance of experiences to relax and revive.

Roll back the years with Le Grand Spa's range of **advanced skincare technologies**. Le Grand Spa offers a selection of effective, non-invasive procedures in a tranquil setting to leave body and skin cashmere-soft and visibly younger.

Le Grand Spa's expert therapists are on hand to provide a variety of indulgent treatments in one of 10 luxurious treatment rooms. Opt for a relaxing **Herbal Aromatherapy Massage**, or an **Age-Defying Swiss Facial**. Spoilt for choice? Our team of therapists can tailor a **Bespoke Massage** to knead away every knot and niggle. Those seeking a more intensive experience can partake in our curated **spa rituals**, which combine some of our favourite therapies into transformative wellness journeys.

Couples can hole up in our **Alpine Spa Suite** – the ultimate venue for a day of uplifting indulgence. This private sanctuary is built for two, with a free-standing bath tub, Rasul steam bath, scrub table and relaxation area, plus side-by-side massage beds for an extraordinary treatment *à deux*.

Fitness fanatics are well catered for with our extensive **gym facilities**. Expert **personal trainers** are on hand for private training sessions, whilst our calming studio space offers regular **Yoga and Pilates classes** and opens into a beautiful courtyard garden with an outdoor yoga platform. Hearing the call of the great outdoors? We can arrange for guided hikes and bicycle rides through the lush and undulating pastures of the Saanenland.

Turning up the glamour? Our highly-skilled beauty therapists and hair stylists are on hand to offer freshly **painted nails**, **makeovers** and bouncy **blow drys**.

Throughout the year, Le Grand Spa hosts unique **wellness workshops** and **retreats** with visiting practitioners from around the world. Combining overnight stays and gourmet gastronomy with spoiling spa treatments, the exclusive programmes create harmony in mind, body and soul.

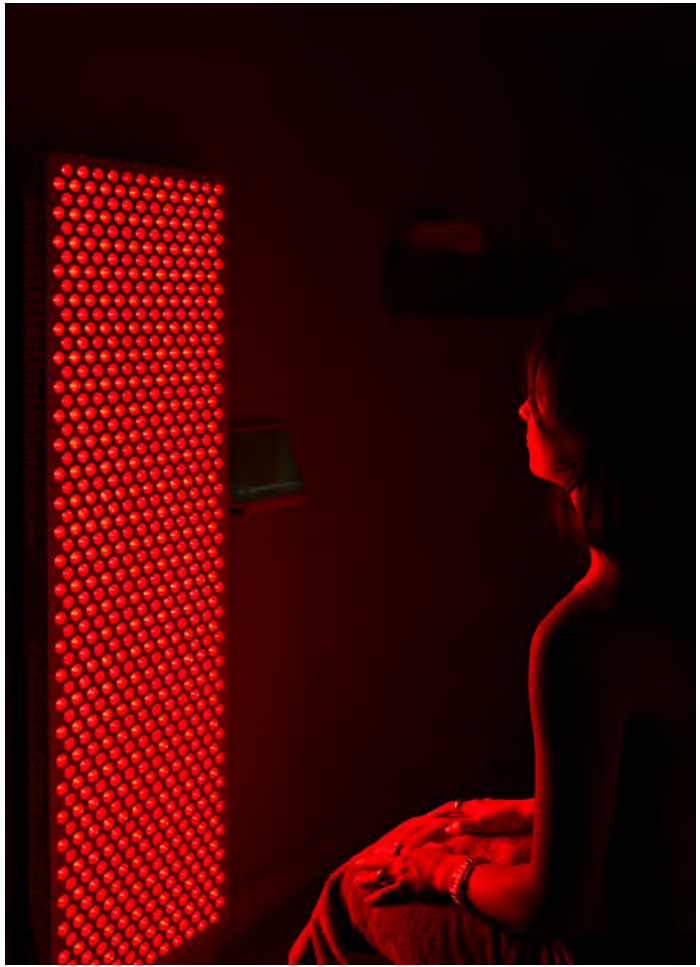
PARTNERS

CELLCOSMET: Cellcosmet is one of the most advanced and results-oriented cosmetic lines in Switzerland. The high-tech Cellcosmet's treatments use scientifically proven ingredients that support cell renewal and deliver visible results for smoother, softer and younger skin.

BAMFORD: British organic skincare brand which uses the finest natural ingredients and advanced technology for a luxurious skincare experience, through the science of nature.

DR. BARBARA STURM: This cosmetic skincare uses advanced scientific knowledge and anti-inflammatory technologies for an anti-ageing experience. The goal is to strengthen the skin barrier for healthy, radiant and hydrated skin.

CAVIARLIERI: Swiss cellular therapy using Caviar DNA extracts and marine peptides to nourish body and skin at a cellular level.



RED LIGHT THERAPY TREATMENT

LUMINOUS LABS RED LIGHT THERAPY PANELS

Harnessing the power of red and near-infrared light, this advanced panel delivers energy directly to your cells, boosting mitochondrial function and enhancing overall vitality.

The treatment offers three targeted modes:

BRAIN BOOST: Promotes deep relaxation, mental clarity, and sharper focus.

BLISSFUL BEAUTY: Revitalizes skin for a luminous, plump glow.

LIVE FOREVER: Leaves you feeling deeply refreshed and rejuvenated, with the promise of truly restorative sleep.

Single session/ CHF 120
10 sessions package/ CHF 960

KINI

Kini is a wrist-worn red-light device that boosts energy production, ideal for women seeking natural support with fertility, cycles, or menopause.

1 Kini/ CHF 180

THERMAL OASIS

HERBAL SAUNA

The gentle heat at approximately 55°C is infused with the essence of local Alpine botanicals to create a cosy, therapeutic environment. Breathe deeply and inhale the fragrance of alpine meadows to ground the body and soul.

BIO SAUNA

The moderate heat in our Bio Sauna is maintained at 55-60°C for a gentle, soothing warmth. The slow cycling colours are added benefits to relax, calm, balance and stimulate your mood and wellbeing.

INFRARED SAUNA

Infrared heat gently raises the core body temperature to promote powerful detoxification and deeper relaxation. The sweeping wave of heat at about 45°C from our Infrared Sauna soothes aching joints, boosts energy levels and leaves the skin soft and glowing.

HAY SAUNA

At 55-60°C the dried organic Alpine grasses from local pastures lend a subtle fragrance and warmth to our Hay Sauna. Close your eyes and be transported to a verdant mountain meadow.

FINNISH SAUNA

Relax in the rustic surrounds of our traditional Finnish Sauna, built from fragrant local pine. With a constant temperature of 85-100°C and 10-30% humidity, the pine scented heat helps to relax the muscles, boost circulation and improve skin elasticity.

SALT INHALATION GROTTO

Gently sustained at 45°C, ionised oxygen shimmers with finely dissolved Himalayan salt in our Salt Inhalation Grotto, to create a soft and soothing steam experience. Lie back and breathe in the lightly scented steam to relax, unwind and detoxify the body.

TURKISH STEAM BATH

Take a deep breath as you allow the steam to purify your skin and ease your aching muscles. Our Turkish Steam Bath is maintained at a blissful 45°C and 100% humidity, creating enveloping mists of soothing steam to stimulate circulation, relax the body and unwind the mind.

ICE FOUNTAIN

Invigorate the senses and kick-start the circulatory system with a splash of ice crystals. Our refreshing Ice Fountain helps to improve skin tone and strengthen the immune system, whilst providing an instant wake-up call! The Ice Fountain is ideal for use between different heated experiences to maximise thermogenic impact.

LACONIUM

An ancient thermal experience valued by the Romans, the pure radiant heat of our Laconium gradually detoxifies and purifies the body. The bench is slowly warmed to 65°C to provide gentle heat and relaxation.

FOOT BATH

Soothe aching feet after days on the mountain with the calming combination of warm, gently bubbling water and targeted, massaging hydro-jets.

KNEIPP PATH & KNEIPP WALK

Alternating hot and cold temperatures are known to boost circulation and revitalise the immune system. In a microcosm of our wider Thermal Oasis, our Kneipp Path experience rapidly warms and cools the feet to strengthen veins and promote full-body wellness. Our outdoor Kneipp Walk builds on this through stimulating the back of your feet.

EXPERIENCE SHOWERS

Enjoy a unique variety of showers from cooling glacial mists, dew-scented Alpine springs to lush summer forest rains and invigorating ice waterfalls with our four different thermal shower experiences.

OUTDOOR RELAXATION POOL

Lie back amongst the massaging hydro jets and breathe in the scent of our alpine wildflower-filled courtyard garden. As evening falls, watch the stars glide across the sky as you relax into the bubbles.

MASSAGES

Le Grand Spa offers an array of massage treatments tailored to your needs to create a sense of blissful relaxation.

BESPOKE MASSAGE

Following an in-depth consultation over a soothing footbath of signature milk and botanicals, your therapist will consider your lifestyle needs and treatment preferences to create an entirely bespoke massage for the most incredible journey.

50 mins / CHF 190 or 80 mins / CHF 285

HOT STONE MASSAGE

Allow warmed volcanic stones to heat and relax your body. Enjoy the healing power of the earth through the use of warmed stones and fragrant organic oils to release deeply-held muscular tension and improve circulation.

80 mins / CHF 280

HOT & COLD STONE MASSAGE

Experience the soothing warmth of volcanic stones and the refreshing touch of cool stones. This balancing treatment melts away tension, boosts circulation, and restores harmony using nature's healing elements and organic oils.

80 mins / CHF 280

SPORT & FITNESS MASSAGE

Ease aching muscles and knotted limbs with this fast-paced and invigorating deep pressure massage. Targeting the connective tissue between joints and muscles, this massage improves muscle tone to prevent strains and sports injuries.

50 mins / CHF 190 or 80 mins / CHF 285

HERBAL AROMATHERAPY MASSAGE

A bespoke blend of natural botanical extracts and aromatic essential oils are combined with soft pressure in this restorative, harmonising and mood-balancing treatment.

50 mins / CHF 180 or 80 mins / CHF 280

DEEP TISSUE MASSAGE

Focusing on specific muscular tensions, this massage stimulates sources of energy deep within the body and releases knots through the use of balancing organic oils and pressure. To maximise the benefits, spend time relaxing in our Thermal Oasis before your treatment.

50 mins / CHF 180 or 80 mins / CHF 280

LYMPHATIC DRAINAGE

The lymphatic system helps the body to detoxify and heal, sweeping waste substances out of the body. Our Lymphatic Drainage uses a light and flowing technique to stimulate the lymphatic system, reducing fluid retention and boosting the body's healing powers. Excellent for sensitive skin.

50 mins / CHF 195 or 80 mins / CHF 290

REVITALISING FACE & UPPER BODY TREATMENT

This indulgent treatment targets tension held in the head, neck and upper torso. It begins with gentle exfoliation of the back, uplifting upper body and head massage.

50 mins / CHF 180

PREGNANCY MASSAGE

Tailored to the needs of mothers-to-be, this soothing massage uses unscented organic oils, gentle pressure and careful positioning for a safe, deeply relaxing and restorative treatment

(from the 12th week of pregnancy).

50 mins / CHF 190

SPECIALISED MASSAGE THERAPIES

Our therapists are trained in a wide variety of time-honoured therapies from around the globe, amongst which Thai, Shiatsu, Reflexology and Lomi Lomi Nui. Please ask at the Spa Reception to find out which therapies are available during your visit.

50 mins / CHF 195 or 80 mins / CHF 290

Enhance your experience with an add-on to your massage:

Collagen Face Mask / CHF 120

Eye Lifting Mask / CHF 70

FACIALS

Proper skincare is vital to maintain healthy vibrant skin for both women and men of all ages. Our range of facial treatments are designed to restore youthful glow to ageing skin as well as to refresh your regular regimen that will keep your radiance for a lifetime.

CAVIARLIERI SIGNATURE FACIAL

Created at Le Grand Spa, this unique facial provides essential nutrition directly at a molecular level for an ultimate skin renewal and lifting therapy.

80 mins / CHF 410

PURE OXYGEN – B.R.F. AGE DEFYING FACIAL

Pamper your skin with the support of one of these two highly innovative technologies:

High - pressure oxygen: eliminates acne-causing bacteria, reduces fine lines and wrinkles, evens out skin tone and minimises pores.

Bio Radio Frequency: helps to stimulate collagen production to reduce signs of aging, resulting in radiant and glowing skin.

80 mins / CHF 380

CELLCOSMET FACIALS

SWISS DELUXE ANTI-AGING FACIAL

Based on cell therapy, this intensive hand and face treatment lifts and defines facial contours, restores youthful glow and boosts cell renewal.

110 mins / CHF 410

SWISS FACE & NECK TREATMENT

Designed for mature skin lacking volume and firmness, the pure collagen mask in this treatment smooths and reduces wrinkles, redefines facial contours and firms skin for instant results.

80 mins / CHF 310

SWISS REPAIR & DESTRESS

This deeply calming and restorative treatment repairs damage and restores skin appearance. With advanced renewal properties, this treatment is excellent for sun-damaged, tired or weathered skin.

50 mins / CHF 210

SWISS PROCOLLAGEN EYE TREATMENT

Bring back the twinkle in your eyes with this targeted treatment. Reducing puffiness, wrinkles and dark circles, the collagen eye mask revitalises dull skin, smoothing and plumping fine lines and wrinkles.

50 mins / CHF 250

DR. BARBARA STURM FACIALS

INSTANT GLOW FACIAL

Developed to cleanse, nourish and awaken the skin, this anti-inflammatory treatment will help to restore the complexion's natural glow.

45 mins / CHF 210

SUPER ANTI-AGING FACIAL

Targeting the deepest layers of the skin, this facial promotes the skin’s natural barrier function while reducing the appearance of fine lines and wrinkles.

80 mins / CHF 310

BODY

From botanical-packed body wraps to stimulating exfoliations, our therapists can hone and pamper every inch of your body to leave you feeling and looking your best.

ALPINE SALT SCRUB

This invigorating scrub uses fine Alpine salt crystals to draw impurities out of the skin, improving circulation and creating a healthy glow. This scrub is the perfect prelude to our wraps and massage treatments.

25 mins / CHF 110

ALPINE BODY POLISH

Combining pure Alpine salt, brown sugar and rich body butters, this full body exfoliation scrubs away dry and dead skin cells to reveal baby-soft skin for a nourished and glowing effect.

50 mins / CHF 190

ALP HAY BATH

Combining pure Alpine salt, brown sugar and rich body butters, this full body exfoliation scrubs away dry and dead skin cells to reveal baby-soft skin for a nourished and glowing effect.

45 mins / CHF 180

PRESSOTHERAPY & THERMOTHERAPY

Revitalize your body with two state-of-the-art treatments – dynamic Pressotherapy and soothing Thermotherapy – each offering unique benefits for enhanced wellness.

Pressotherapy: designed to stimulate blood circulation and lymphatic flow, supporting detoxification and reducing water retention.

Thermotherapy: enhances the experience by gently warming the body to activate circulation, boost metabolism, and relieve muscle tension and stiffness.

Add-on to any treatment - 30 minutes | CHF 100
As a standalone treatment - 45 minutes | CHF 150

MINERAL BODY WRAP

Rich and nourishing, our Mineral Body Wraps use marine mineral-rich seaweed combined with fragrant botanicals.
Choose from two options:

PURIFYING DETOX WRAP: Aromatic and warming, this heated body wrap boosts the metabolism whilst purifying and detoxing the body.

MUSCLE MELTING WRAP: Swiss pine and rosemary essential oils add a heady fragrance and help to ease fatigue, muscular pain and discomfort.

45 mins / CHF 180

GOAT'S MILK & HONEY BATH

The legendary milk and honey bath has been given a local twist with the use of soothing, anti-inflammatory goat's milk in this calming ritual. Rich vitamins and AHA combine to aid cell renewal and reveal supple and radiant skin.

25 mins / CHF 110

ALPINE SALT & HERBAL BATH

Purify the skin, draw out impurities and boost the circulation with our invigorating Alpine Salt & Herbal Bath – ideal for après-ski relaxation.

25 mins / CHF 110

CELLCOSMET

SWISS BACK RELEASE

A bespoke blend of warmed aromatherapy oils are used in a deeply relaxing back massage, followed by a soothing heat pack to ease spinal muscles and joints for a sense of blissful calm and wellness.

50 mins / CHF 190

LEG REFRESHER

Pep up tired legs with this relaxing and rebalancing treatment, which boosts the circulation and banishes water retention. Ideal for heavy legs after a day on the slopes, this treatment also offers a great pre-flight circulation boost.

50 mins / CHF 190

SWISS SILOUHETTE

This intensive firming treatment boosts the circulation with a partial body peel followed by a massage to tackle imbalances in the body.
An algae body mask boosts the metabolism, eliminating excess toxins, fats and water retention for a lean and firm silhouette.

80 mins / CHF 310

TAILOR-MADE FULL BODY RITUAL

An exceptional, fully customisable treatment.
Three versions : relaxing, toning and anti-cellulite.
The secret : special massage techniques combined with precious oils and serums with high concentrations of plantand marine-sourced active ingredients.
Results : your skin is nourished, soothed or toned.
90 mins / CHF 310

TAILOR-MADE FULL FACE & BODY RITUAL

The full expertise of Cellcosmet channelled into a complete body treatment that includes a facial massage. A fully personalised experience for a moment of pure relaxation.
The secret : high-performance formulas applied using expert massage techniques, revitalising the skin while generating a feeling of well-being.
Results : your skin is more toned, intensely moisturised, smooth, plump and glowing.
90 mins / CHF 310

EXPERT ANTI-CELLULITE RITUAL

A comprehensive and intensive treatment that targets the visible signs of cellulite for smoother, more toned skin.
The secret : a trio of highly concentrated formulas made more effective still through application of a specific massage technique inspired by Maderotherapy.
Results : smoother, toned, firmer skin and a visibly redefined silhouette.
90 mins / CHF 290

REIKI

This soothing energy therapy helps restore balance to the body, mind, and spirit, easing tension and promoting deep relaxation. Reiki supports emotional well-being and inner harmony, making it the perfect complement to any of our massage or body treatments.

60 mins / CHF 210 or 90 mins / CHF 320

SOUND HEALING

This transformative therapy uses soothing vibrations and harmonious tones to restore inner balance and peace. Sound healing helps calm the mind, release tension, and promote clarity, leaving you feeling lighter, renewed, and deeply at ease.

private session (up to 3 guests): CHF 240
group classes available

RITUALS

Combine a selection of our favourite spa treatments and create a tailored spa journey to indulge the mind, body and soul in turn.

DETOX YOU

Beginning with a full body exfoliation to refresh the skin and boost circulation, this detoxing spa journey includes a nourishing and mineral-rich algae wrap on our floating bed and the choice of Herbal Aromatherapy Massage or a Slimming treatment to leave your body feeling lighter, leaner and glowing from within.

150 mins / CHF 450

BEAUTIFUL YOU

Revitalise, refresh and renew with this signature ritual, ideal for beating jetlag or shaking off a lingering feeling of overindulgence. Begin with a full body polish and a warm shower, before a soothing full-body massage and an anti-aging facial to plump up skin and boost your natural radiance.

180 mins / CHF 550

COCOA INDULGENCE RITUAL

Indulge in pure decadence with this luxurious chocolate-infused ritual, designed to nourish the body and delight the senses.

Your journey begins with a revitalising full-body scrub, blending mineral-rich salt, softening sugar, ground coffee beans and aromatic cocoa essential oil to smooth and awaken the skin. Next, a warm Swiss chocolate body wrap enjoyed in a private Steam Room, envelopes you in a cocoon of antioxidant-rich hydration, leaving your skin deeply nourished and radiant. A personalised, flowing massage using warm cocoa-infused oils eases away tension and restores inner calm. Complete your experience with peaceful time in the private suite, accompanied by a tray of fresh fruit, and a taste of fine Swiss chocolate.

150 mins / CHF 450

NATURE'S BLESSINGS

Inspired by nature's bounty to renew your connection with the surrounding environment, this relaxing and grounding ritual begins with an invigorating Alpine Salt Scrub and is followed by a warming full body massage using natural essential oils and hot stones to melt away tension and deeply-held stress. The ritual finishes with a stimulating scalp massage to leave you feeling light and refreshed.

110 mins / CHF 370

RENEW YOURSELF

Indulge in an energizing deep cleanse with an Alpine Salt Scrub to continue with a steam bath to deeply relax your body, followed by a slow paced deep tissue massage for the ultimate rejuvenation.

110 mins / CHF 370

ALPINE SPA SUITE RITUALS

Savor quality time alone or with a loved one in our private Alpine Spa Suite. Enjoy a Rasul steam bath, hydromassage soak, and side-by-side massages, then unwind with refreshing drinks and delectable spa snacks.

ALPINE SERENITY RITUAL

Discover tranquility with our Alpine Serenity Ritual. Start with an invigorating exfoliation and calming steam bath, followed by a fragrant soak infused with fresh mountain botanicals. Conclude with a personalized massage that melts away stress, leaving you deeply relaxed and renewed.

180 mins / CHF 550 per person

REJUVENATING RASUL RITUAL

Indulge in luxury with this revitalizing spa ritual. Begin with a full-body exfoliation followed by a mineral-rich Rasul mud mask in your private steam chamber. Once your skin is silky smooth, unwind with a personalized Bespoke Massage to ease tension, then relax in your suite with healthy snacks and refreshments.

150 mins / CHF 450 per person

BEAUTY

For perfectly styled hair and immaculately polished nails, the professional beauty therapists at Le Grand Spa are the right people to turn to. We offer a wide range of hairdressing services and beauty treatments. Here you will find a list of the most popular offers.

HANDS & FEET

Spa manicure or pedicure	*50 mins / CHF 130*
Spa manicure or pedicure with nail polish	*60 mins / CHF 165*
Semi-permanent manicure or pedicure	*80 mins / CHF 195*
Semi-permanent removal	*20 mins / CHF 30*

EYEBROWS & EYELASHES

Eyebrow shaping	*CHF 45*
Eyelash & eyebrow tint	*CHF 55*
Shaping & tinting complete	*CHF 75*
Make Up	*On request*

HAIR REMOVAL

Upper Lip	*CHF 30*
Underarm	*CHF 50*
Bikini Line / Full Bikini	*CHF 70 / CHF 110*
Half Leg / Full Leg	*CHF 80 / CHF 110*

COIFFEUR SERVICES

	Short	*Medium*	*Long*
FOR LADIES			
Cut, Wash & Blow dry	*CHF 125*	*CHF 150*	*CHF 175*
Wash & Blow dry	*CHF 95*	*CHF 110*	*CHF 125*
Colour Hair Line	*CHF 115*	*CHF 115*	*CHF 115*
Colour	*CHF 100*	*CHF 130*	*CHF 155*
Highlights Full Head	*CHF 155*	*CHF 185*	*CHF 225*
Highlights Half Head	*CHF 140*	*CHF 155*	*CHF 185*
Masterbase haircare treatment by Shu Uemura	*CHF 70*		
Hair Extensions	*On request*		
FOR MEN			
Cut, Wash & Blow dry	*CHF 95*		
Wash & Blow dry	*CHF 65*		

FOR YOUNG SPA GUESTS

We offer a range of spa treatments for our smallest guests, from colourful manicures to skin-balancing facials. Please contact the Spa Reception for availability.

Child's Haircut (to 12 years old)	*CHF 45*
Princess Manicure or Pedicure (5-12 years old)	*25 min / CHF 50*
Kids' Facial (to 5-12 years old)	*25 min / CHF 110*
Kids Massage (to 5-12 years old)	*25 min / CHF 110*
Teen Manicure or Pedicure with Nail polish	*50 min / CHF 165*
Teens Facial (13-16 years old)	*50 min / CHF 210*
Teens Massage (13-16 years old)	*50 min / CHF 180*

DR DJOON
BY CLINIQUE RIVE GAUCHE

CRYOLIPOLYSIS

The Cristal machine is a non- invasive body remodeling technique that allows the reduction of fatty deposits by cold.

From CHF 500

MESOTHERAPY

Mesotherapy employs injections of active ingredients such as vitamins, minerals or Platelet Rich Plasma (PRP) into the skin to rejuvenate and tighten as well as remove excess fat.

From CHF 600

COOLWAVES® BY ONDA

Coolwaves® by Onda is the revolution in body contouring to effectively reduce localized fat, diminish cellulite and tighten skin non-invasively on the abdomen, back, love handles, thighs and even knees.

From CHF 335

Pair your favorite Spa treats with one of our beauty boosters for a truly transformative experience, such as a signature facial, mesotherapy and dermapen. Kindly contact the Spa Reception for more information.

YOUR PERSONALIZED SPA RETREATS AT LE GRAND SPA

Le Grand Spa welcomes you for accurate stays to focus on your wellbeing by combining the strength of our *savoir-faire* in health prevention and advanced beauty. Our skilled Spa team will guide you towards a journey to implement deep changes, partnered with our well-known cosmetic brand *Cellcosmet* and the guidance of medical treats with *Dr Djoon* by Clinique Rive Gauche in Geneva.

Your daily program is structured according to the theme in a combination of our indulging Spa treats, complemented with advanced and precise machines, adapted personal training and a guided Wellness experience.

REJUVENATION – 3 DAYS

Le Grand Spa's know-how will support your progressive and intense renewal to detoxify the body, improve digestion and increase your energy.

CHF 3'200

BEAUTY-BOOSTER – 3 DAYS

Let our skincare professionals refresh, boost and revitalize your precious skin. Designed to relax and shine from the inside out, you'll win a smooth, lifted and brighten face.

CHF 3'250

Discover during your retreat days stylish, secluded hideaways and spired tower rooms, available in cosy chalet-style suites with a variety of healthy cooking in our restaurants. You have arrived at your perfect stay!

Taylor-made your sojourn with us for 1 day, 3 days, 7 days or 10 days to entirely benefit from our competencies around sleep, fitness, weight-loss and much more!

On request: dermatological consultation and blood analysis with a nurse and doctor from Dr Djoon by Clinique Rive Gauche, Geneva.

FITNESS

Our bright and airy gym is filled with a wide range of equipment, including cardio, weight machines and free weights. Those looking to try something a little different can push themselves with our exclusive SensoPro Trainer and Pilates Reformer machines, whilst wellness warriors are invited to try the extensive range of Pilates, Yoga and other classes in our calming, light-filled studios.

PERSONAL TRAINING

Whether your aim is aesthetic or athletic, our in-house personal trainers can create bespoke workout regimens to help you reach – and exceed – your fitness goals. Please ask at the Spa Reception to make an appointment.

EXERCISE CLASSES

We offer a wide variety of workout classes such as Body Sculpt, Circuit Training and Bootcamps in addition to our regularly scheduled Yoga and Pilates.
Please ask at the Spa Reception for details.

PERSONAL TRAINING PACKAGES

Train with our in-house personal trainer, Michael, to build strength and achieve your fitness goals. Choose from a variety of personalized packages designed for individuals or pairs.

THE ESSENTIALS - 5 PRIVATE SESSIONS

For a revitalizing boost

1x Consultation or Follow-up for a tailored workout session
5x Personal Training Sessions
1x Thermotherapy 45min

Price: 800 CHF

THE SIGNATURE SERIES - 10 PRIVATE SESSIONS

For those seeking consistency and measurable progress

1x Consultation or Follow-up for a tailored workout session
10x Personal Training Sessions
1x Pressotherapy & Thermotherapy 75min

Price: 1'600 CHF

THE ELITE EXPERIENCE - 20 PRIVATE SESSIONS

For transformation and peak performance

1x Consultation for a tailored workout session
1x Follow-up meeting
20x Personal Training Sessions
1x Pressotherapy & Thermotherapy 75min
1x Day Spa Entrance
1x Day Spa Entrance for friends & family

Price: 3'200 CHF

MINDFUL MOVEMENT

Find your Zen and let the stresses of yesterday melt away with our range of holistic mindful movement classes. With options ranging from slow and calm restorative to more dynamic Yoga, Chi Kung, Tai Chi and guided meditation, there is something for everyone.

YOGA FLOW

Ease your way to wellness as you flow through movements using conscious breathing in our Yoga Flow class. Steady and soothing, this class will hone your mind and tone your body.

JIVAMUKTI YOGA

This dynamic, varied class offers an immersive yogic experience, with chanting, breath work and revitalising Vinyasa flow sequences followed by deep, calming relaxation and meditation.

RESTORATIVE YOGA

Ease your mind, body and soul with this calming, holistic yoga class. Comprising of a series of slow, meditative poses, this class will help your body to release stress and find inner balance.

STAND UP PADDLE (SUP) YOGA

Practice your Yoga postures on the water to strengthen core muscles, improve balance and focus on your mindfulness. In the summer head out to the local lake or during the winter practice in our pool.

PILATES MAT

Tighten your core and lengthen your muscles with this full-body mat-based workout, focusing on steady breathing and strong movements to improve posture and flexibility.

PILATES REFORMER

Enhancing every movement with added resistance, the Pilates Reformer lengthens and strengthens the body for an intense and effective, low-impact workout.

SWIMMING POOL & JACUZZI

Plunge into our bright and airy 15m indoor pool for a refreshing start to the day, before relaxing in the Jacuzzi with views of our manicured gardens. On a warm day, relax on the sun-drenched terrace with a fresh spa smoothie or pot of tea and enjoy the soaring mountain vistas.

ENTRY & CLASSES

SWIMMING POOL

Limited to the use of the swimming pool only.

Single Entry	*CHF 40*
Single Entry for Children under 12	*CHF 20*

FITNESS GYM & CLASSES

Limited to the use of the fitness facilities or group classes only.

Single Entry fitness or group class	*CHF 40*
Single Entry Pilates Reformer, SUP and Sound Healing	*CHF 45*
Private Training (60 Mins)	*CHF 160*
Abonnement Classes (16 courses)	*CHF 500*
Abonnement Classes (32 courses)	*CHF 925*
Abonnement Classes (100 courses)	*CHF 2'000*
Abonnement Fitness or Pool (10 entries)	*CHF 250*
Abonnement Fitness or Pool (50 entries)	*CHF 1'100*
Abonnement Fitness or Pool (100 entries)	*CHF 1'800*

Abonnements: valid for one year.

SPA	*Regual rate*	*Peak rate**
Single Entry	*CHF 95*	*CHF 120*
Late Entry (19:00-21:00)	*CHF 50*	*CHF 60*

** Friday, Saturday and Sunday / from 23rd of December to 6th of January / whole month of February*

EXPLORE THE GREAT OUTDOORS

The vast mountains and sweeping valleys of the Saanenland are right on our doorstep, so why not take your workout into the great outdoors? Breathe the fresh Alpine air whilst hiking the winding mountain trails, mountain bike through the dense forest or practise your hill sprints on Gstaad's precipitous peaks. Adrenaline junkies can test their mettle as they paraglide through the peaks, tackle the river rapids or whizz down the powdery pistes.

Explore the trails on your own or with our expert local guides, who have in-depth knowledge of the local area. Please check with the Spa Reception so we can create a personalised programme to suit your fitness levels and goals.

ACTIVITIES ON OFFER INCLUDE:

- Hiking
- Trail running
- Mountain biking
- Downhill fat biking
- Road biking
- River rafting
- Paragliding
- Rock/Ice climbing
- Camping
- Canyoning
- Skiing
- Ski touring
- Cross country skiing
- Snow shoeing
- Sledding
- Snow biking

LE GRAND SPA MEMBERSHIP

Enjoy unfettered access to our gym and fitness facilities, swimming pool and Jacuzzi, and Thermal Oasis with a dedicated Le Grand Spa membership. Choose a membership to suit your lifestyle – monthly, 6-months or annual – and additionally to enjoy unlimited Yoga and Pilates mat classes, special rates for spa treatments and more.

We offer a variety of membership options including yearly, 6-months and monthly memberships starting from CHF 800. For more information and a personal consultation, kindly reach out to the team at the Le Grand Spa reception. We look forward to introducing you to our membership program.

ANNUAL SPA MEMBERSHIP BENEFITS INCLUDE:

Use of the fitness facilities
(Open daily 08.00 – 21.00 during seasons &
Mondays to Saturdays, 09.00 – 18.00 during off seasons)

Use of the heated indoor swimming pool and Jacuzzi
(Open daily 08.00 – 21.00 during seasons)

Use of the Thermal Oasis
(Open daily 09.30 – 21.00 during seasons)

- *Welcome basket with special Spa Products*
- *5 Day Spas for Friends & Family*
- *1 Facial for 50 min*
- *1 Ritual for 110 min*
- *10% reduction on all Le Grand Spa massages and beauty treatments as well as beauty products in our Boutique*
- *Washing of sport clothes (no dry cleaning) after training*

Classes Add-on: Our weekly schedule with a variety of classes is available at the Spa reception.

HOW TO SPA

SCHEDULING AN APPOINTMENT

We recommend booking treatments and rituals in advance to avoid disappointment. To schedule a treatment or appointment, please speak to one of our Spa Receptionists who will be delighted to organise your perfect spa experience. If you are staying in the hotel, please dial 551 from your room. From outside the hotel, please dial +41 (0)33 748 01 01.

ARRIVAL

We advise arriving at the spa 45 minutes prior to your scheduled treatment to allow time to complete your spa consultation and enjoy our extensive Thermal Oasis. Offering 17 different wellness and experience zones, this labyrinth includes a Himalayan Salt Grotto, Herbal Sauna, Laconium, Hay Sauna, Ice Fountain, Infrared Sauna, Finnish Sauna and more, all of which are designed to ease stress and tension, promote holistic wellbeing and ease you into your spa journey. Please note that for every treatment of CHF 170 or above, access to Le Grand Spa is included.

LATE ARRIVAL

Please be aware that late arrivals will be subject to a time reduction for scheduled treatments, to ensure the next guest is not delayed. We appreciate your understanding and cooperation.

CANCELLATION POLICY

If you would like to reschedule or cancel your appointment or classes, please contact us 24 hours prior. No-shows and late cancellation will incur a full charge.

HEALTH CONSIDERATIONS

Please notify our Spa Receptionist at the time of reservation if you are pregnant or have high blood pressure, allergies or any other conditions which may affect or be of importance to your spa experience. This information should also be noted on your personal consultation form upon arrival for your treatment and will help us to suggest the best treatments for you.

SPA ATTIRE

For your comfort, we will provide you with a luxury cotton robe and slippers to use in the spa. Your therapist will also provide you with disposable undergarments before your treatment commences. All therapists are professionally trained to ensure the highest quality of service and integrity, and will use proper draping techniques to protect your privacy and comfort at all times.

FITNESS ATTIRE

Proper training shoes are required in our fitness facilities at all times.

SWIMMING POOL & THERMAL OASIS

For hygiene reasons, we ask all guests to please shower before entering the swimming pool and Thermal Oasis. It is important to stay hydrated whilst in the Thermal Oasis; please drink plenty of water before, during and after using the facilities. Please note that the Thermal Oasis is a mixed gender area.

MOBILE DEVICES

To maintain a relaxing and tranquil spa environment and respect all guests' right to privacy, we kindly request that you unplug during your spa visit by turning off all mobile devices. Our relaxation rooms are considered quiet areas, so please be mindful of other guests and keep noise to a minimum.

NO SMOKING & ALCOHOL-FREE

Please note the spa, fitness area and Thermal Oasis are designated smoke-free zones. Alcoholic beverages are strictly prohibited.

SHAVING

We do not recommend shaving prior to any body exfoliation and hair removal treatments. However, we do recommend that men shave a day before or minimum five hours prior to a facial treatment.

VALUABLES

We regret that we cannot be responsible for any loss or damage of personal belongings during your visit. Please keep all valuables locked in your locker during your visit. Articles of higher value should be deposited at the hotel reception prior to arrival in the Spa.

AGE REQUIREMENTS

Treatments	Facial and body treatments are available with parental consent to underaged guests from 12 (with parental consent) and massages from the age of 5. Manicure and pedicure services are available for children of all ages.
Fitness	Minimum age of 14 is required for access to the fitness facilities. Children under the age of 16 must be accompanied by an adult.
Thermal Oasis	Minimum age of 14 is required to access to the Thermal Oasis and minors must be accompanied by an adult. Children under the age of 14 are not allowed.
Swimming Pool	Children of all ages are welcome during the designated swimming hours. We suggest children under the age of 16 to be accompanied by an adult. After 17.00 (in the winter) and 18.00 (in the summer), the pool is only for guests over the age of 16.

Photos by Mark Mattock and Nick Hopper

OPENING HOURS

Spa: 08.00 – 21.00
Fitness: 08.00 – 21.00
Thermal Oasis: 09.30 – 21.00
Treatments: 10.00 – 20.00
Hairdresser: 09.00 – 19.00

LE GRAND BELLEVUE

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