

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 an extensive selection of 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 nigggle. 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 stylist are on hand to offer freshly painted nails, makeovers and bouncy blow dries.



## PARTNERS

### CELLCOSMET

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.

### MYBLEND

A high-performance skincare line combining advanced biotechnology, personalised formulations and innovative beauty technology. Designed to work in harmony with the skin, myBlend treatments support regeneration, strengthen the skin barrier and restore a radiant, youthful complexion.

### 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

Revitalises 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.

### 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.

### 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.

## 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 WALK

Our Kneipp Walk stimulates circulation, boosts metabolism and triggers the pressure points under the feet.

## EXPERIENCE SHOWERS

Enjoy a unique variety of showers from cooling glacial mists, dewscented 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.*

*Enhance your experience with an add-on to your massage:  
Collagen Face Mask / CHF 120  
Eye Lifting Mask / CHF 70*

### 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*

### ESSENCE OF LE GRAND SPA

An invitation to fully unwind and reconnect. Our signature treatment is a deeply restorative experience designed to release tension, soothe the mind, and rebalance the body. Warm Signature Le Grand Spa aroma, flowing massage techniques, and face sculpting massage work in harmony to ease pressure and promote a profound sense of calm.

Surrender to the rhythm of touch and allow yourself to drift into complete relaxation with this exclusive Le Grand Bellevue treatment.

*80 mins / CHF 295*



## 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*

## 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*

## 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 MESSAGE THERAPIES

Our therapists are trained in a wide variety of time-honoured therapies from around the globe, amongst which Thai, Shiatsu, Metameric, 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*



## 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*

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

### PURE OXIGEN FACIAL

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

*80 mins / CHF 380*

### B.R.F. ACE DEFYING FACIAL

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*

## MYBLEND FACIALS

### RADIANCE REVITALISING TREATMENT

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

*50 mins / CHF 210*

### DEEP REVITALISING TREATMENT

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*

## 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 detoxifying 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*

## PRESSOTHERAPY & THERMOTHERAPY

Revitalise your body with two advanced therapies.

### PRESSOTHERAPY

Gentle, dynamic and rhythmic compressions that enhance circulation, supports detoxification, and promotes a feeling of lightness.

### THERMOTHERAPY

Envelops the body in comforting warmth to stimulate circulation, awaken metabolism, and melt away muscular tension. A deeply soothing care.

*Add-on to any treatment - 30 minutes / CHF 100*

*As a standalone treatment - 45 minutes / CHF 150*

## ALP HAY BATH

For centuries, in the Alpine regions, hay baths have been used to relieve aches and promote relaxation. Inspired by these ancient traditions, our Alpine hay bath will leave you feeling refreshed and revitalised after being wrapped in a warm blanket on a bed of delicately scented hay.

*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 aroma therapy 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- and post-flight circulation boost.

*50 mins / CHF 190*

### SWISS SILHOUETTE

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 TREATMENT

An exceptional, fully customisable treatment for nourished, soothed or toned skin.

Three versions: relaxing, toning and anti-cellulite.

The secret: special massage techniques combined with precious oils and serums with high concentrations of plant and marine-sourced active ingredients.

*80 mins / CHF 310*

## TAILOR-MADE FULL FACE & BODY TREATMENT

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 for a more toned, intensely moisturised, smooth, plump and glowing skin.

The secret: high-performance formulas applied using expert massage techniques, revitalising the skin while generating a feeling of well-being.

*80 mins / CHF 310*

## EXPERT ANTI-CELLULITE TREATMENT

Comprehensive and intensive treatment that targets the visible signs of cellulite for smoother, more toned skin with a visibly refined silhouette and firmer skin.

The secret: a trio of highly concentrated formulas made more effective still through application of a specific massage technique inspired by Maderotherapy.

*80 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 energising 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 personalised 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 revitalising 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 personalised 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 or tinting	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

### FOR LADIES

*Short*

*Medium*

*Long*

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

*CHF 70*

by Shu Uemura

Hair Extensions

*On request*

### FOR MEN

*Short*

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.*

Child's Haircut (to 12 years old)

*CHF 45*

Princess manicure or pedicure (5-12 years old)

*25 mins / CHF 50*

Kids' Facial (5-12 years old)

*25 mins / CHF 110*

Kids Massage (5-12 years old)

*25 mins / CHF 110*

Teens manicure or pedicure with nail polish

*50 mins / CHF 165*

Teens Facial (13-16 years old)

*50 mins / CHF 210*

Teens Massage (13-16 years old)

*50 mins / 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 localised 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 PERSONALISED 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 revitalise your precious skin. Designed to relax and shine from the inside out, you will 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 visit 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.

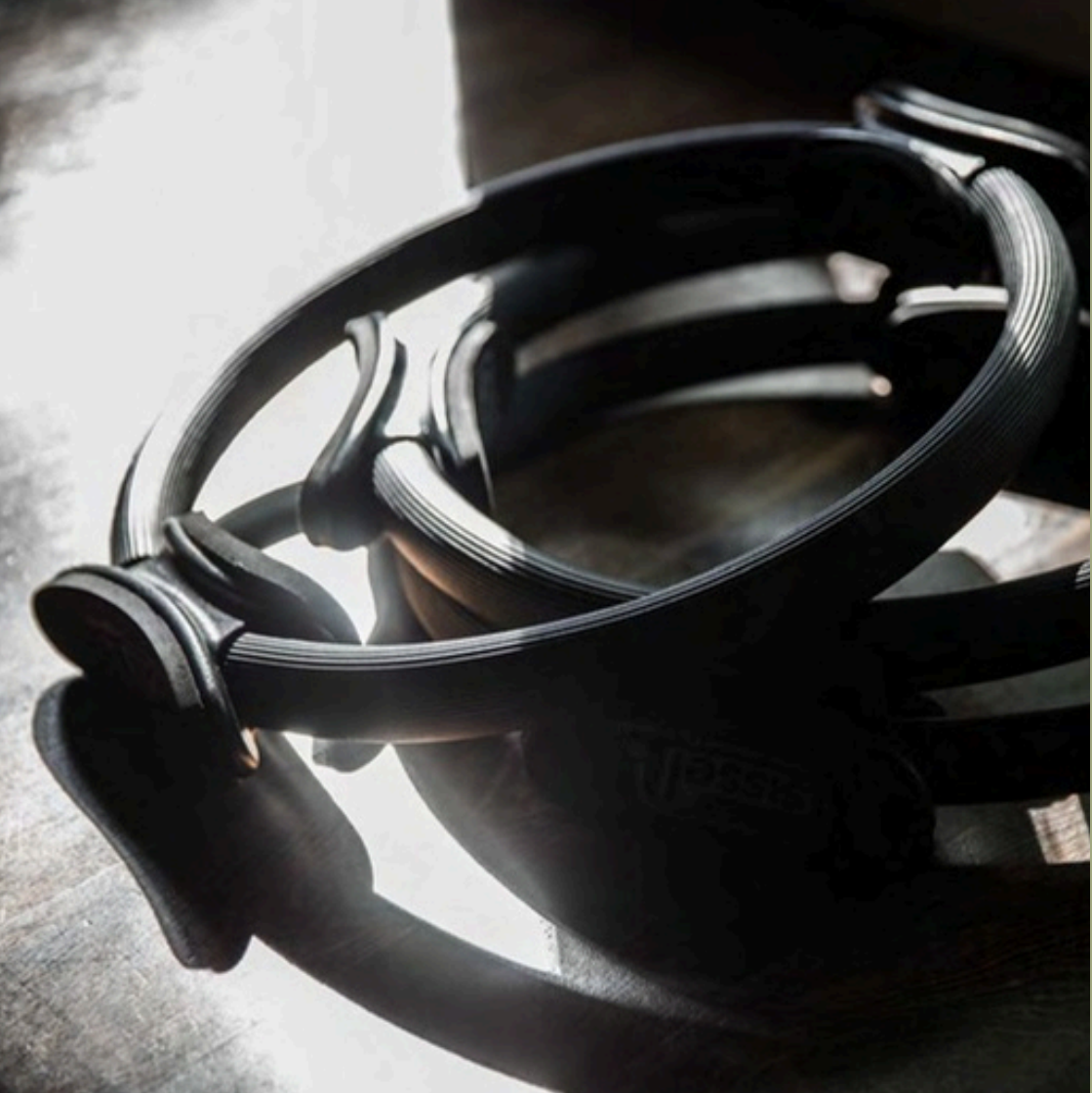
Please ask at the Spa Reception to make an appointment.

## EXERCISE CLASSES

We offer a wide variety of workout classes such as Aqua Gym, Full Body Training and HIIT 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 personalised packages designed for individuals or pairs.*

### THE ESSENTIALS - 5 PRIVATE SESSIONS

*For a revitalising boost*

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

*CHF 800*

### THE SIGNATURE SERIES - 10 PRIVATE LESSONS

*For those seeking consistency and measurable progress*

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

*CHF 1'600*

### THE ELITE EXPERIENCE - 20 PRIVATE LESSONS

*For transformation and peak performance*

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

- 1 x Day Spa Entrance for friends & family

*CHF 3'200*



## 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 and guided meditation, there is something for everyone.

## HATHA 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.

## YIN 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.

## FORM - PILATES MAT & TRAINING FUSION

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 15 m 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 (3-12 years old)	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 group class Reformer Pilates, SUP or 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
<i>Abonnements: valid for one year.</i>	

SPA	Regular 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              | Camping              |
| Trail running       | Canyoning            |
| Mountain biking     | Skiing               |
| Downhill fat biking | Ski touring          |
| Road biking         | Cross country skiing |
| River Rafting       | Snow shoeing         |
| Paragliding         | Sledding             |
| Rock / Ice climbing | 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 and 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 press the Spa button on your in-room telephone.

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 extensive selection of different wellness and experience zones, this labyrinth includes a Himalayan Salt Grotto, Herbal Sauna, Laconium, Hay Sauna, Ice Fountain, Infrared 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. 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 attire and training shoes are required in our fitness facilities at all times.

## SWIMMING POOL & THERMAL OASIS

For hygiene reasons, we kindly request that all guests shower prior to entering the swimming pool and Thermal Oasis. The Thermal Oasis is an adults-only, mixed-gender environment, where facilities may be enjoyed with or without swimwear. We encourage guests to remain well hydrated by drinking plenty of water before, during and after their visit.

## 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 can not 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 Le Grand Spa.

## AGE REQUIREMENTS

- Treatments* Facial and body treatments are available 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* All ages are welcome during designated swimming hours, with splash hours from 14:00 to 16:00. Guests under 16 must be accompanied by an adult. After 17:00 (in winter) and 18:00 (in summer), the pool is reserved for guests over 18.

Photos by Mark Mattock, Nick Hopper and Tobias Kaiser

## 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

3780 GSTAAD, SWITZERLAND

T +41 33 748 01 01

[BELLEVUE-GSTAAD.CH/SPA](http://BELLEVUE-GSTAAD.CH/SPA)

[SPA@BELLEVUE-GSTAAD.CH](mailto:SPA@BELLEVUE-GSTAAD.CH)