

Incredible Women. Incredible Fashion. Every Day.

PORTER

MIND & BODY

5 OF THE BEST EUROPEAN SPAS FOR A NEW-SEASON RESET

From caviar facials in the Alps to forest bathing in Greece – MALENA HARBERS shares the European sanctuaries that will reset your body, mind and mood after summer's chaotic social calendar



Nestled in the Swiss mountains, Le Grand Bellevue offers Alpine tranquility and indulgence

3

Le Grand Spa at Le Grand Bellevue, Gstaad, Switzerland

True to its name, Le Grand Bellevue's Le Grand Spa spans an impressive 32,000 square feet, earning its status as Gstaad's largest wellness sanctuary. Yet, it still manages to feel remarkably personal thanks to its blend of Alpine charm and warm, almost rustic ambiance across its ultra-modern wellness zones (there are seventeen), treatment rooms and dazzling indoor and outdoor pools. The spa's thermal suite is particularly standout. You can cycle between detoxifying infrared and herbal-infused Finnish saunas and the uniquely restorative hay sauna (to reap the aromatic health benefits of hot hay) or opt for gentler experiences like the Roman-style Laconium (a dry sauna) or the steam-based Salt Inhalation Grotto (great for head-to-toe cleansing). Luxury skincare brands Dr. Barbara Sturm and Cellcosmet add a contemporary touch to the spa's time-honoured rituals, too. Whether sipping herbal tea or soaking in warmth and stillness, Le Grand Spa really delivers on a restorative experience that feels deeply grounding.

Don't miss: Le Grand Spa's most recent spa menu additions takes skin rejuvenation to a cellular level. Try the Luminous Labs Red Light Therapy (featuring both red and near-infrared light) for improved sleep, glowing skin, and longevity support paired with the spa's new and exclusive Kini device – discreetly worn on your wrist, it features red-light technology designed to enhance cellular energy and total energy levels, too.



Nestled in the Swiss mountains, Le Grand Bellevue offers Alpine tranquility and indulgence



Nestled in the Swiss mountains, Le Grand Bellevue offers Alpine tranquility and indulgence