



LE GRAND SPA

GSTAAD



## ALPINE WELLNESS

A location bestowed with the rejuvenating energy of the ancient Alps, Le Grand Spa welcomes you to experience true wellness in body, mind and soul.

At the very heart of our spa is concern for your total wellbeing. To this end our skillful therapists go to the deep of the matter, kneading away the knots of stress and tension with the world's most loved massages. With eleven comfortable therapy rooms, a professional team of caring therapists and a salon for total refinement you will find yourself feeling pampered on every level.

Personalised spa programs can be tailored to suit your needs. From yoga based holistic treatments to intensive purification and de-stressing rituals, we can create your perfect sojourn and return you home feeling rejuvenated by our Alpine Retreat.

Le Grand Spa is delighted to enrich your happiness and wellbeing for a long and healthy life.

## OPENING HOURS

Le Grand Spa is open daily  
from 8.00 to 21.00



## LE GRAND SPA EXPERIENCES

Explore at your leisure the Experience, a peaceful labyrinth of grottos and spaces that embrace dynamic state of the art hot and cold rooms for purification and relaxation.

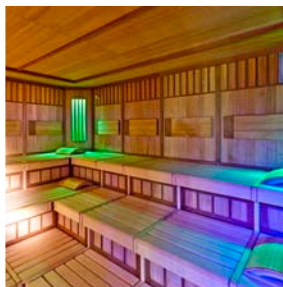
### FINNISH SAUNA

Maintained at a high temperature of 85°C to 100°C with a relative humidity of 10-30% the benefits deeply improve the circulation of muscles and joints.



### BIO SAUNA

Heated to a maximum of 65°C, it uses the special effects of colours and scents. Red: stimulating, yellow: relaxing, green: balancing, blue: calming.



### ICE GROTTO

This unique refreshing experience tones the skin, improves your cardiovascular system, stimulates your circulation and strengthens your immune system.



...a labyrinth of relaxation and wellbeing

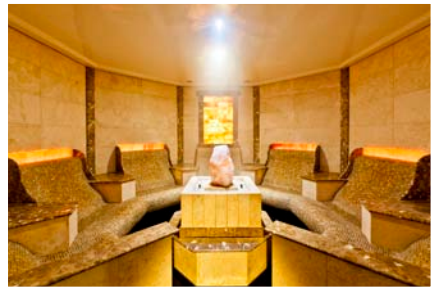
### TURKISH STEAM BATH

With a temperature of 45°C and 100% humidity, it is an exceptionally therapeutic environment that reduces pain, relaxes the body and helps you to unwind. Deep breathing relieves sinus complaints, cold symptoms and allergies. Your entire metabolism and blood circulation are stimulated and your skin becomes soft and purified.



### BRINE GROTTO

In the brine grotto, finely dissolved sea salt is nebulised at regular intervals. Inhaling ionised atmospheric oxygen promotes oxygenation of the blood. Organs can perform their function better, resulting in more efficient cell metabolism and energy production. Ideal for allergy sufferers.



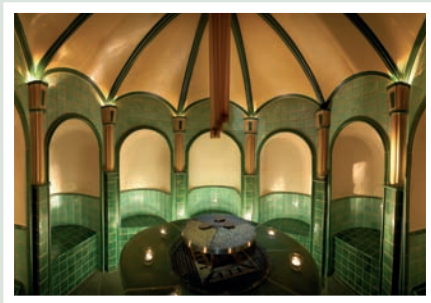
## LACONIUM

The ancient Romans valued its excellent detoxifying and purifying properties - a therapy based on pure radiant heat. Your body is slowly heated at 65°C, and the detoxifying process is introduced gradually leaving you feeling very relaxed.



## HERBAL STEAM BATH

The combination of radiant heat and selected herbs makes it a therapeutic environment for body and soul. Aroma molecules stimulate the brain's limbic system, which is responsible for your moods and also influences your feelings.



# WORKOUT

Unite body and mind with our expert yoga teachers or advance your fitness with personal workout sessions in the technogym overlooking our oriental garden.

## FITNESS ROOM

Our technogym equipment and the variety of our activity programs will make every stay a memorable experience for the fitness enthusiast.

## YOGA FLOW

With daily programs; increase your strength and mobility as well as balance and concentration. Includes isolated muscle-firming exercises and your full-body workout. It hones your mind and tones your body.

## TONING

This session is devoted to exercising the major muscle groups with a view to improving strength, endurance and mobility. Various accessories such as dumbbells, tubes, body bars, balls and steps are used.





### PILATES MAT

A full-body workout to achieve greater core strength and leaner muscles while, at the same time, concentrating on your breathing to focus your mind.

The method improves posture, strength and mobility.

### PILATES ALLEGRO

With the Pilates Allegro Reformer you'll experience a new dimension. By enhancing resistance, exercises can be experienced in a whole new way, guaranteeing an optimum training effect.

### SWIMMING POOL & JACUZZI

Let your journey begin in the pool inhaling the pure alpine air, absorbing the scintillating energy. Plunge into water in our indoor pool (15m) or in the jacuzzi and enjoy the interaction of water and air. In summer you can relax on the sunny terrace in the hotel park.

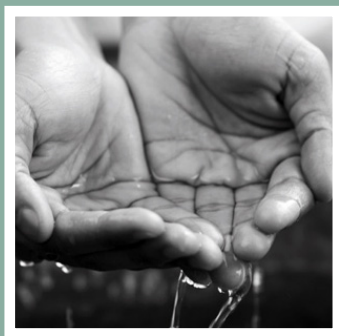


## SKIN MATTERS

Nourishing and nurturing...

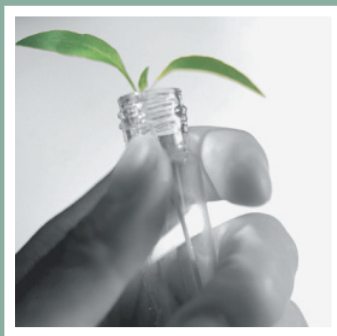
Synonymous with a holistic approach to health and beauty, Bamford Haybarn have been chosen for their conscientious sourcing and blending of products that are pure and environmentally sustainable to give you an organic spa experience.

Le Grand Spa invites you to dive into the purity of this iconic brand and enjoy the pleasure of being able to extend the luxury of your treatment by indulging in some Bamford retail therapy to take home.



bamford

We believe in the results driven performance of advanced skin care that respects the skin's physiological age and need for cellular renewal. Conscious that the skin is a living organ that evolves over the course of one's life, we have teamed up with Cellcosmet and Cellmen whose range of skin specific products for treatments and retail give you the opportunity to discover the power of this well researched Swiss brand. Turn back time and enjoy the visible and therapeutic benefits of our select choice of Swiss treatments.



cellcosmet 

# THE HEART OF SPA

...touch is an expression of the heart

## DEEP TISSUE MASSAGE

*by Bamford*

An excellent full body massage with Bamford organic oils. It is focused on major muscle groups to release tensions as well as stimulating sources of energy deep within the body to restore a healthy balance.

50 mins / CHF 150

## JADE HOT AND COLD STONE TREATMENT

*by Bamford*

Jade is a symbol of purity and serenity, its chemical composition lends itself to retaining heat and conducting energy.

A massage with organic oils is combined with warmed and cooled stones, a unique and profoundly relaxing experience.

75 mins / CHF 195

## DE-STRESS MASSAGE

*by Bamford*

This concise treatment includes many of Bamford's signature techniques to aid in the reduction of stress.

The therapeutic massage using organic oils encourages the flow of positive energy throughout the body, cleansing it of toxins and restoring vitality.

50 mins / CHF 150



## PREGNANCY MASSAGE

*by Bamford*

A treatment tailored to the specific needs of the pregnant woman using gentle and unscented organic oils, designed by an expert in pre-natal yoga.

The client is positioned for optimum comfort and support for a safe, deeply relaxing, restorative treatment.

50 mins / CHF 160

## HERBAL POULTICE SIGNATURE MASSAGE

Our definitive signature therapy draws wisdom and technique from one of India's most renowned Ayurvedic treatments Potli, combined with the indigenous power of Alpine plants. These are formed into pouches soaked in warm organic oils and massaged into muscles and joints to bring you a heavenly, holistic massage for total wellbeing.

80 mins / CHF 220

## HOT STONE SIGNATURE MASSAGE

The soothing heat of warm volcanic stones are massaged with organic oils into muscles and joints to release deep tensions and improve circulation.

80 mins / CHF 220



## AROMATHERAPY MASSAGE

The healing benefits of natural aromatic essential oils are blended especially for you and massaged with medium pressure to restore balance in body and mind.

50 mins / CHF 150

## SPORT AND FITNESS MASSAGE

This specialised form of remedial massage therapy targets the soft and deep connective tissue between muscles and joints to improve flexibility and posture. Benefits also support healing from sports and repetitive strain injuries. Treatments are tailored to meet your requirements for maximum results.

50 mins / CHF 160  
80 mins / CHF 220

## LYMPHATIC DRAINAGE MASSAGE

A specific light and flowing technique stimulates the lymphatic system to drain toxic waste fluids, boosting the body's self-healing powers and recharging the immune system. Benefits include reducing fluid retention and improving poor elimination. Excellent for sensitive skin.

50 mins / CHF 160



## REFLEXOLOGY

Reflex points on the soles of the feet reflect your body's state of wellbeing.

Stimulating these points can alleviate pain or positively affect the internal organs for optimum health and relaxation.

25 mins / CHF 80

50 mins / CHF 160

## LIGHTEN-UP

Let us personalise a restorative massage for you and choose between a back, neck and shoulder or an Indian head massage or opt for an energising leg massage.

25 mins / CHF 80

## SPECIALISED MASSAGE THERAPIES

From time to time we have visiting therapists who specialise in Lomi Lomi Hawaiian massage, Shiatsu Japanese massage and Thai massage.

Please ask the Spa reception if these treatments are available during your stay with us.

# TIMELESS AGE THERAPIES

looking good, feeling divine...

## SWISS DELUXE REVIVAL

*by Cellcosmet*

Highly effective intensive facial and hand treatment for skin in need of a lift, based on cell therapy that defines facial contours, restores youthful appearance and revival of the skin's functions.

110 mins / CHF 290

## SWISS INTENSIVE ELASTO-COLLAGEN

*by Cellcosmet*

A specialised and concentrated moisturising treatment good for mature, dry or dehydrated skin. It smoothes and firms facial tissue, visibly improving the moisture content and skin's elasticity.

80 mins / CHF 220

## SWISS REPAIR AND DE-STRESS

*by Cellcosmet*

An in-depth repair and restorative treatment to improve the appearance of your skin. For advanced renewal and calming results for face and décolletage. Excellent for sun damaged, tired or weathered skin.

55 mins / CHF 190





## SWISS RESULTS FOR MEN

*by CellcoΔmet*

This unique high-tech cellular facial is designed to target the needs of men's skin giving a smooth, polished look and feel.

55 mins / CHF 190

## SWISS EXPRESS CARE

*by CellcoΔmet*

A gentle, relaxing feel good facial that eliminates signs of stress and fatigue, providing the skin with intensive moisture and improved elasticity.

25 mins / CHF 90

## AGE DEFYING

*by Bio Radio  
Frequency Technologie*

Bio Radio Frequency is a state-of-the-art technology to radically smooth skin. This ensures visibly reduced lines and wrinkles from the outset for an unbelievably radiant skin. Experience total relaxation and exceptional results.

80 mins / CHF 350



# WRAPS & PURIFICATION

...my body is a temple...

## FULL BODY EXFOLIATION

*by Bamford*

The whole body is lightly massaged with a warm blend of pure sea salt and brown sugar suspended in rich oils and body butters.

This loosens dry and dead skin cells, giving way to smooth new skin. The sugar polish is removed with a warm shower and the treatment finishes with the application of our Geranium body cream.

45 mins / CHF 130

## ROSE FACIAL AND UPPER BODY TREATMENT

*by Bamford*

An indulgent treatment incorporating gentle exfoliation of the back followed by upper body massage.

The face, shoulders and neck are massaged with particular attention to pressure points. The treatment culminates with an uplifting Indian head massage.

50 mins / CHF 160



## SWISS SILHOUETTE

*by Cellcosmet*

An intensive refirming and circulatory treatment, comprising a partial body peeling followed by a re-forming style of massage that targets zones of imbalance. An Algae body mask is applied which boosts the metabolism, eliminating excess fats and water retention.

80 mins / CHF 230

## SWISS CIRCULATION

*by Cellcosmet*

A relaxing and rebalancing treatment specifically designed for the legs to counter circulatory problems and water retention. It is excellent for heavy leg syndrome being a beneficial *Après Ski* therapy or a pre-flight remedy to support a comfortable journey.

50 mins / CHF 160

## SWISS BACK RELEASE

*by Cellcosmet*

A deeply relaxing and warming back massage using aromatherapy remedies, followed by a heat pack to penetrate the essential oils into spinal muscles and joints. A rewarding and blissful treatment.

50 mins / CHF 160



### SIGNATURE ALP SALT SCRUB

Your skin is the largest organ of your body and releases toxins and waste through the myriad of pores from the liver, kidneys, colon and lungs. Alpine Salts draw out impurities and detoxify the blood, improving circulation, refining the quality of your skin for absolute wellbeing.

25 mins / CHF 80

### SIGNATURE SEAWEED BODY WRAP

Natural Seaweed from the ocean is rich in minerals and skin purifying properties that deeply nourish the body from the inside out.

Its therapeutic action detoxifies, remineralises and boosts the metabolism for weight loss, with rejuvenating and relaxing results.

45 mins / CHF 130

### SIGNATURE RHASSOUL BODY CARE

This personalised ritual in the luxury of the private spa suite is a variation of the steam bath that purifies and deeply relaxes the skin boosting metabolism.

45 mins / CHF 130



# TWILIGHT ZONE

...Rituals from dawn to dusk...

## TWILIGHT PRIMROSE BATH

Drift away in the calming waters of pure essential extracts of Oil of Evening Primrose containing important amino acids, minerals, vitamins and unsaturated fatty acids. Oils are lavishly added to a hot bath supporting hormonal changes, boosting metabolism and harmonising your well being. Results leave skin feeling soft and smooth.

30 mins / CHF 110

## BODY SIGNATURE TREATMENT *by Bamford*

Cleansing foot bath, followed by Shiatsu meridian and Swedish massage this treatment awakens and penetrates the muscles and channels of the body. Reflexology encourages the positive flow of energy throughout the body and detoxifies the organs. Pressure point massage is applied to the face, neck, shoulders and head and is deeply relaxing and uplifting. The treatment culminates with assisted yogic breathing to refresh the lungs and revitalise the whole of the body.

85 mins / CHF 220

## SWISS ALP SALT BATH

Detoxify and invigorate your system and with the power of natural salts that draw out impurities and stimulate the circulation for a rewarding *Après Ski* remedy.

30 mins / CHF 110



### LUXURIOUS SERENITY

Experience true serenity and purify your skin in our private spa suite with a steambath followed by a hydrating soap lather cleansing massage. Dive into a heavenly aromatic Jasmine Oil bath to carry you on a magic carpet of peace and tranquillity and complete the experience with a relaxing aromatherapy massage.

90 mins / CHF 220 per person

120 mins / CHF 400 for a couple

### CHILLOUT EVENING

The perfect end of the day, our Après Ski spa experience begins with a special Chardonnay Peeling rich in antioxidants and the rejuvenating properties of the ancient grape. Soak lavishly in an essential oil bath of your choice and receive a pampering 20 minute hot oil revitalising massage. Lay back and relax with our Le Grand Spa hot spice wine.

90 mins / CHF 220 per person

120 mins / CHF 400 for a couple





### MOUNTAIN HIGH RITUAL

Reach new heights with a glass of champagne to initiate this luxurious spa experience and begin to let go with our reviving Alpine Body Salt peeling treatment, followed by a soothing Oil of Primrose bath. Be swaddled in the sensational Le Grand Spa signature Collagen Essence Mask to tame temperamental skin culminating with a 30 minute pampering massage.

180 mins / CHF 680 for a couple

### COUPLES INDULGENCE

Awaken to a morning of Le Grand Spa indulgence with an invigorating Alpine Salt body scrub, followed by the traditional milk and honey bath; then boost your energy with a revitalising 20 minute massage with nourishing Almond oil... and all before your healthy breakfast.

120 mins from 9.00 to 11.00 / CHF 400 for a couple

# ENDERMOLIFT

Natural Face Lifting for Men and Women

Liftmassage is a revolutionary new mechanical work out for the skin that delivers microbeats to stimulate your cell's natural production of collagen and elastin.

This anti-ageing technique redensifies the skin deep down and erases signs of ageing without the use of electrical currents, injections or chemicals.

Specially designed to prevent the ageing process of the delicate tissues of the face, neck and décolleté, this exceptional skin therapy stimulates tissue at a cellular level, naturally restoring skin firmness as it smoothes away lines, dark shadows, wrinkles and revitalises skin for red carpet radiance.

For best results and long lasting rejuvenation we suggest taking a package as advised by our cosmetician.

|               | 50 mins  | 30 mins  |
|---------------|----------|----------|
| 1 treatment   | CHF 140  | CHF 80   |
| 10 treatments | CHF 1350 | CHF 700  |
| 15 treatments | CHF 1830 | CHF 1000 |
| 20 treatments | CHF 2300 | CHF 1190 |

# TRANSFORMATIONS

## Endermologie Body Reshaping for Men and Women

Endermologie is a highly effective body reshaping system that uses powerful equipment to perform deep massage of the connective and muscle tissue.

This precise mechanical massage with vacuum and mechanical rolls, results in a reduction of cellulite; shaping and modelling of the figure; firming of the skin and a reduction in oedema, as well as improving blood circulation and lymphatic drainage at the same time.

The very new Lipomassage now reaches the fat cells radically breaking down stubborn fats for incredible results.

Treatments can also target specific areas where weight loss is required. A personalised program will be created for you following consultation. A course of treatments is recommended for best results.

Obligatory personal body wear - CHF 46

|    |            | 50 mins  |
|----|------------|----------|
| 1  | treatment  | CHF 140  |
| 10 | treatments | CHF 1350 |
| 15 | treatments | CHF 1830 |
| 20 | treatments | CHF 2300 |



# BEAUTY

## MANICURES & PEDICURES

|   |         |             |
|---|---------|-------------|
| Spa manicure or pedicure                  | 50 mins | CHF 90      |
| Spa manicure or pedicure with nail polish | 60 mins | CHF 105     |
| Spa express manicure or pedicure          | 25 mins | CHF 45      |
| Gel nails                                 | 60 mins | CHF 150     |
| Gel nails with french                     |         | CHF 170     |
| Refill                                    |         | CHF 70      |
| Reparation per nail                       |         | CHF 10 - 15 |

## STYLING

|                              |        |
|------------------------------|--------|
| Eyebrow shaping              | CHF 35 |
| Eyelash and brow tint        | CHF 55 |
| Shaping and tinting complete | CHF 65 |
| Make-up                      | CHF 90 |

## WAXING

|             |        |
|-------------|--------|
| Half legs   | CHF 55 |
| Full legs   | CHF 85 |
| Bikini line | CHF 45 |
| Full Bikini | CHF 65 |
| Upper lip   | CHF 25 |
| Underarm    | CHF 40 |
| Back        | CHF 60 |



## HAIR SALON

Throughout the year the team at the Salon provides clients with a laidback ambience of comfort and customer dedication.

Experience the difference and enter a world of beautiful hair.

## HAIR CARE

Gehl is much more than just a hair salon. Enjoy legendary, individualised service whilst being pampered and beautified.

Personalised in depth hair analysis

Individualised hair care

Bespoke hair styling

Make-over services

Professional hair extensions

## CUT, WASH & BLOW DRY

|       |         |
|-------|---------|
| Women | CHF 144 |
| Men   | CHF 95  |

## STYLING

|                                 |               |
|---------------------------------|---------------|
| Wash & Blow Dry                 | CHF 85        |
| Wash & Blow Dry short hair      | CHF 75        |
| Blow Dry on the next day        | CHF 55        |
| Braid hair styling without wash | CHF 65        |
| Pony-braid                      | CHF 65        |
| Hair-up quick                   | CHF 65        |
| Hair-up event                   | CHF 105 - 255 |
| Blow Dry Men                    | CHF 65        |
| Hot Tools                       | CHF 35        |

## COLOUR

|                           |               |
|---------------------------|---------------|
| Colour                    | CHF 100 - 150 |
| Colour hairline           | CHF 95        |
| Highlights entire head    | CHF 185       |
| Highlights half head      | CHF 155       |
| Highlights on top of head | CHF 115       |
| Colorshine                | CHF 65 - 130  |
| Dye diacolour short hair  | CHF 75        |
| Dye diacolour long hair   | CHF 95        |





## OPENING HOURS

Daily from 8.00 to 21.00

## ENTRANCE

For external guests CHF 75

Free of charge with a booking of min. CHF 150

## CHILDREN

Children under the age of 12  
will not be permitted to use the Spa facilities.  
(with the exception of the swimming pool)

Children under the age of 16  
must be accompanied by an adult.

## CANCELLATION POLICY

We require 5 hours notice  
to not incur a 50% charge.

A 'no show' will incur a 100% charge.

LE GRAND BELLEVUE

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