



LE GRAND BELLEVUE

GSTAAD

## LE GRAND SPA GSTAAD INTRODUCES RETREATS, RITUALS & HIGH-TECH THERAPIES FOR HOLISITIC HEALTH IN 2015



*February 2015* - The Swiss Alps have long been synonymous with healthy living thanks to rich mineral waters, high altitude air and warm sunshine. Newly re-vamped [Le Grand Bellevue](#) in Gstaad now raises the bar in alpine spas to offer a holistic wellness experience that encompasses physicality, mindfulness, behaviour and nutrition.

### **Grand by Name, Grand by Nature**

Covering an expansive 3,000 sqm, [Le Grand Spa](#) is one of Europe's largest – staggering in the context of only 57 rooms – and offers a vast sanctuary for world-class wellness. Extensive facilities include: 11 spacious treatment rooms; seven hot and cold therapy rooms; fully equipped gym, yoga & Pilates studios; beautiful relaxation areas with water beds that overlook the mountains and a 15m swimming pool with hydro massage showers and a Jacuzzi opening up onto a lavender-clad terrace. There is also a designer hairdresser [GHEL](#) on site and a Sushi Bar to inspire healthy eating.

### **Holistic yet High-tech – Bamford and Cellcosmet**

Le Grand Spa is proud to work with the botanical wonder workers [Bamford](#), whose products hail from England's much loved [Daylesford Organic](#) farm. Treatments such as *the Bamford Pure Organic Serenity Package* and the *Deep Tissue Massage by Bamford* use conscientiously sourced products that are environmentally sustainable to give the ultimate in organic spa experiences.

The spa has also partnered with [Cellcosmet](#), one of Switzerland's most advanced cosmetic ranges. High-tech Cellcosmet treatments utilise well researched Swiss products to aid cellular renewal and provide results-driven skin care therapies. These include intensive face and hand treatments such as the *Swiss Deluxe Revival by Cellcosmet* and in-depth repair and restorative treatments such as *the Swiss Intensive Elasto-Collagen by Cellcosmet*.

### **Hot & Cold – Total Wellness via Temperature Therapy**

Le Grand Spa houses an impressive labyrinth of cleverly designed [rooms and grottos](#). Each of these utilises the healing effects of varied temperature therapies to treat a wide range health issues. A *Finish Sauna* is set between 85 and 100 °C and tackles muscular tension whilst a *Bio Sauna* peaks at 65 °C and uses colour and scent therapy to promote relaxation. A *Turkish Steam Bath* helps those with sinus complaints and allergies, and *Ice Grotto* stimulates the cardiovascular

system and boosts the immune system whilst a *Laconium Room* suits those wishing to detox and purify. A *Herbal Steam Bath* uses herb molecules to stimulate the brain's limbic system responsible for mood and metabolism and energy levels are improved in the *Brine Grotto* where finely dissolved Himalayan salt is gently nebulised.

### **Yoga, Holistic Health Coaching and Awakening The Self – New Retreats for 2015**

Building on its reputation as one of Gstaad's chicest yoga hangouts, with a weekly programme led by Nicole Von Grunigen, Le Grand Bellevue has introduced a number of new retreats running over selected weekends in 2015. Led by industry experts, these will incorporate yoga, meditation, psychology and diet, with cleansing menus created by Michelin starred Chef Urs Gschwend.

- ❖ ***Yoga, Snow & Spa with Jax May Lysycia – March 2015:*** Running from the 14<sup>th</sup> to 18<sup>th</sup> March, the [Yoga, Snow & Spa Retreat](#) will be led by best-selling author and Nike Yoga Brand Ambassador [Jax May Lysycia](#). This retreat welcomes guests to experience wellness in mind, body and soul with the combination of dynamic yoga, and ski.
- ❖ ***Awakening The Self with Clemens Frede – September 2015 :*** Yogi, meditation expert and renowned performance psychologist [Clemens Frede](#) will host a two night weekend retreat 'Awakening The Self' from 25<sup>th</sup> – 27<sup>th</sup> September. Clemens is trained in a multitude of yoga styles and meditation. This retreat will draw on mindfulness, philosophy, psychology and yoga to gain clarity on 'the self' and how to express love for life.
- ❖ ***Prevent The Winter Blues with Chantal Soeters – October 2015:*** Holistic Health Coach and Yoga Teacher [Chantal Soeters](#) will lead a weekend retreat from 2<sup>nd</sup> to 4<sup>th</sup> October. As a result of eating heavier wintery foods such as stews and carbs, and tendencies to hibernate indoors, energy stagnates and muscles stiffen during the colder months. Chantal will teach guests how to combat the negative effects of the 'winter blues' through yogic breathing, nutritional advice and energising exercises.

### **Le Grand Bellevue opened on 13<sup>th</sup> December 2013**

Winter rates from 620 CHF per room on a double occupancy half-board basis

Summer rates from 390 CHF per room on double occupancy B&B basis

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