



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.



SALT GROTTO

In the salt 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.



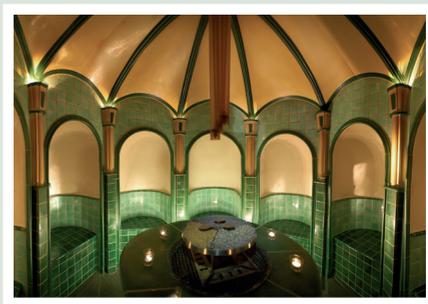
LACONIUM

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 SAUNA

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 extensive equipment and the variety of our activity programs will make every visit a thorough experience for the fitness enthusiast.

The highly spacious and naturel light-flooded gym in the heart of Le Grand Spa offers you the perfect place for intensive training; weights, cycling, mat, senso pro, cardio, aerobic, running, lat machine, leg culr, glute and more...

Single entry CHF 30
16 entries CHF 400



PERSONAL TRAINER

Do you want to improve your fitness and condition, recover from an injury or more? Our qualified personal trainers are available 7 days per weeks to create a personalised program, please ask our reception team for an appointment.

One hour personal training
11 training sessions

CHF 150
CHF 1500

SENSO PRO

An efficient and timesaving full-body workout with maximum muscle activation in max 30 minutes. Interactive video-based workout: 'Your coordination coach' is your personal trainer and guarantees success and motivation through a wide range of different workout videos.

30 minutes CHF 25
11 sessions CHF 250



YOGA & PILATES

At le Grand Spa you can experience a variety of Yoga and Pilates disciplines, ranging from Pilates Allegro to more meditative and restorative classes and workshops. Our team embraces a huge range of experience; ask our spa reception team for more information.

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.

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 its scintillating energy. Plunge into our indoor pool (15m) or Jacuzzi and enjoy the interaction between air & water. Enjoy the sun drenched sun beds and terrace with an iced drink.

CHILDREN'S SPLASH HOURS

Children are most welcome in the pool. Out of consideration for our guests, children may play and swim to their heart's content between 2pm and 4pm daily.

LE GRAND SPA MEMBERSHIP

Membership*

Monthly membership	CHF 700 / person
Summer season membership	CHF 1200 / person
Winter season membership	CHF 1500 / person
Year membership	CHF 2500 / person

* Includes the spa entry with fitness, sauna area, swimming pool and some Yoga & Pilates classes. Also 10% discount on treatments included. Ask our spa reception for details.



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

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

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

ROSE UPPER BODY AND FACIAL 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



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

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

BODY SIGNATURE TREATMENT

by Bamford

Cleansing foot bath, followed by Shiatsu meridian and Swedish massage, this treatment awakens and penetrates the muscles and energy channels of the body. Reflexology to the feet helps to encourage the positive flow of energy throughout the body and to detoxify the organs. Pressure point massage to the face, neck, shoulders and head in combination with yogic breathing is deeply relaxing and uplifting.

85 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

EXPRESS MASSAGE

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

25 mins / CHF 80

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



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

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

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 Technology

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



SCRUBS, WRAPS & BODY TREATMENTS

...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

SIGNATURE ALP SALT SCRUP

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 our impurities and detoxify the blood, improving circulation, refining the quality of your skin for improved wellbeing.

25 mins / CHF 80



SWISS SILHOUETTE

by CellcoΔmet

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 CellcoΔmet

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 CellcoΔmet

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



MUSCLE RELEASING AROMA WRAP

This beautiful, aromatic heated seaweed body mask containing muscle warming blends of pine and rosemary essential oils, helps ease the pain of arthritis, fatigue and aching muscles.

45 mins / CHF 130

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 in.

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



BATH RITUALS

...rituals from dawn to dusk...

MILK & HONEY BATH

The most luxurious and legendary of all the soothing bath recipes.
For centuries we have been stepping into these decadent baths
for softer skin and sweeter thoughts.

30 mins / CHF 110

SWISS ALP SALT BATH

Detoxify and invigorate your system 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 eather cleansing massage. Dive into a heavenly aromatic Jasmine Oil bath to carry you on a magic carpet of peace and tranquility 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 to the perfect day, our Après Ski spa experience begins with a nourishing full body exfoliation by Bamford. 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 a glass of champagne.

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

NEW TECHNOLOGIES IN SKIN THERAPY

“WITHOUT RESORTING TO SURGERY, THERE ARE NEW TECHNOLOGIES
THAT CAN MAKE SKIN YOUNGER”.

Anti-aging therapies are clinical specialties founded on the application of advanced scientific and medical technologies for the skin treatment. They are used for aging prevention and reversal of age-related esthetical marks.

In permanent co-operation with professionals in dermatological esthetics, we update our technologies regularly to ensure safety and progressive long term results.

Our therapists will advise you which treatment
or combination is best for you.

FACE

Rejuvenate the skin, increase collagen, elastin levels & more.

Latest LPG Technologies (Ergolift), Tripolar Radiofrequency, IPL, Hydro Micro-dermabrasion, Photomodulation or Hyaluronic acid and vitamin injection, you can enlighten and magnify your skin from the very first treatment.

BODY

Resculpt, firm sagging skin, reduce local fat deposit, soften cellulite, varicosities or spots.

Latest LPG Technologies (Endermospa - Lipomassage), Cavitation, Cryotherapy Pressotherapy, Tripolar Radiofrequency, IPL super hair removal, treatment of varicosities and age spots, everything you need to “feel good in your skin”.

Price examples for LPG Endermospa body & spa

	50 mins	30 mins
1 treatment	CHF 150	CHF 80
10 treatments	CHF 1350	CHF 700
15 treatments	CHF 1830	CHF 1000
20 treatments	CHF 2300	CHF 1190



BEAUTY

MANICURES & PEDICURES

Spa manicure or pedicure	50 mins	CHF 90
Spa manicure or pedicure with nail polish		CHF 105
Spa express manicure or pedicure	25 mins	CHF 45
Gel nails		CHF 150
Gel nails with french		CHF 170
Semi permanent nails		CHF 170

STYLING

Eyebrow shaping		CHF 35
Eyelash and brow tint		CHF 55
Shaping and tinting complete		CHF 65

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



Office
Monday 9:00 AM - 5:00 PM
Tuesday 9:00 AM - 5:00 PM
Wednesday 9:00 AM - 5:00 PM
Thursday 9:00 AM - 5:00 PM
Friday 9:00 AM - 5:00 PM
Saturday 9:00 AM - 5:00 PM
Sunday 9:00 AM - 5:00 PM
Special Hours by Appointment 9:00 AM - 5:00 PM

OPENING HOURS

Spa: 8.00-21.00

Fitness: 8.00-21.00

Treatments: 9.00-21.00

Sauna: 9.30-21.00

ENTRANCE

For external guests CHF 75

Free of charge with a booking of min. CHF 150

CHILDREN

Children under the age of 12 are not permitted to use the wellness 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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