



LE GRAND SPA

GSTAAD



## ALPINE WELLNESS

*A sanctuary in the heart of the Swiss Alps, Le Grand Spa combines restorative spa treatments, energising fitness facilities and rejuvenating thermal experiences in a serene Alpine setting.*

We invite you to come early to enjoy our extensive Thermal Oasis. Offering 17 different wellness and experience zones, this labyrinth includes a Himalayan Salt Grotto, Herbal Sauna, Laconium, Hay Sauna, Ice Fountain, Infrared Sauna, Finnish Sauna and more, all of which are designed to ease stress and tension, promote holistic wellbeing and ease you into your spa journey.

### OPENING HOURS

Spa 8.00 – 21.00

Thermal Oasis 9.30 – 21.00

Fitness 8.00 – 21.00

Treatments 10.00 – 21.00

Coiffeur 10.00 – 20.00

While our new spa brochure is still in progress, we invite you to take a look into our selection of treatments that are on offer at our newly refurbished Le Grand Spa. For additional treatments that are not listed please ask our Spa Reception for more details.



## SCHEDULING AN APPOINTMENT

We recommend booking treatments and rituals in advance to avoid disappointment. To schedule a treatment or appointment, please speak to our Spa Receptionist who will be delighted to organise your perfect spa experience. If you're staying in the hotel, please dial 551 from your room.

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 Thermal Oasis.

## LATE ARRIVAL

Please be aware that late arrivals will be subject to a time reduction for scheduled treatments, to ensure the next guest is not delayed.

We appreciate your understanding and cooperation.

## CANCELLATION POLICY

If you would like to reschedule or cancel your appointment, please contact us at least five hours before your scheduled treatment time to avoid a 50% cancellation charge. Late cancellations and no-shows will incur a full charge.

## CHILDREN'S SPLASH HOURS

Between 14.00 and 16.00 daily, we welcome children to play and swim to their heart's content. During other hours, out of consideration for our guests, we ask all guests to kindly respect the noise level in the pool.

From 17.00 onwards the pool area is adults-only.

## THERAPIES

### CELLCOSMET

One of Switzerland's most advanced and results-driven cosmetic ranges, Cellcosmet's high-tech treatments utilise scientifically-proven ingredients to aid cellular renewal and provide visible results. The intensive range of treatments target skin concerns to promote visibly smoother, softer and younger skin.

### BAMFORD

Luxury British organic skincare brand Bamford combines the finest natural ingredients from nature's larder with scientifically advanced botanical technology and sustainable sourcing for pampering treatments. As the exclusive Bamford partner spa in Switzerland, Le Grand Spa offers an array of tailored treatments for an indulgent and deeply holistic experience.



# MASSAGES

*...touch is an expression of the heart*

## 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. Targeting knots of tension, muscular aches and postural issues, the massage will leave you relaxed and utterly destressed.

*80 mins / CHF 230*

## 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 160 or 80 mins / CHF 240*

## SPORT & FITNESS MASSAGE

Ease aching muscles and knotted limbs with this fast-paced and invigorating massage. Targeting the connective tissue between joints and muscles, this massage improves muscle tone to prevent strains and sports injuries.

*50 mins / CHF 170 or 80 mins / CHF 250*

## 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. To maximise the benefits, spend time relaxing in our Thermal Oasis before your treatment.

*50 mins / CHF 160 or 80 mins / CHF 240*

## LYMPHATIC DRAINAGE MASSAGE

The lymphatic system helps the body to detoxify and heal, sweeping waste substances out of the body. This treatment 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 160 or 80 mins / CHF 240*

## REVITALISING UPPER BODY & FACIAL TREATMENT

This indulgent treatment targets tension held in the head, neck and upper torso, beginning with gentle exfoliation of the back. This is followed with a relaxing face, neck and shoulder massage focusing on key pressure points, and an uplifting Indian head massage.

*50 mins / CHF 160*

## PREGNANCY MASSAGE

Tailored to the needs of expectant mothers, this soothing massage uses unscented organic oils, gentle pressure and careful positioning for a safe, deeply relaxing and restorative treatment.

*50 mins / CHF 150*

## SPECIALIZED MASSAGE THERAPIES

Our therapists are trained in a wide variety of time-honoured therapies from around the globe, from shiatsu to reflexology and Lomi-Lomi. Please ask our Spa Receptionist to find out which therapies are available during your visit.

*50 mins / CHF 170 or 80 mins / CHF 250*

## FACIALS

*...looking good, feeling divine...*

### SWISS FACE & NECK TREATMENT

Designed for mature skin lacking volume and firmness, the pure collagen in this mask treatment smooths and reduces wrinkles, redefines facial contours and firms skin for instant results.

*80 mins / CHF 290*

### SWISS INTENSIVE ELASTO-COLLAGEN

Ideal for mature, dry or dehydrated skin, this sumptuous moisturising treatment smooths and firms facial tissue, visibly improving the moisture content and boosting elasticity.

*80 mins / CHF 250*

### 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 190*

### PURE OXYGEN FACIAL

Skin is purified and strengthened with a stream of high-pressure oxygen, infused with collagen, botanical extracts, vitamins, minerals and nutrients. This treatment eliminates acne-causing bacteria, reduces fine lines and wrinkles, evens out skin tone and minimises pores.

*80 mins / CHF 350*

## SWISS RESULTS FOR MEN

Fusing high-tech cellular technology with the latest skincare research, this facial targets the needs of male skin to give a smooth, polished and refined look and feel.

*50 mins / CHF 190*

## BODY TREATMENTS

*my body is a temple...*

### 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 260*

### 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 80*

### ALP HAY BATH

Hay baths have been used throughout the Alpine regions for centuries to alleviate aches and promote relaxation. Drawing on these Alpine traditions, our Alp Hay Bath will leave you refreshed and revitalised as you're wrapped in a warm blanket and floating upon a bed of softly scented local hay.

*45 mins / CHF 150*

## 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. The scrub is followed by a warm shower and silky geranium body cream for a smooth and glowing finish.

*45 mins / CHF 140*

## MINERAL BODY WRAP

Rich and nourishing, our wraps use marine mineral-rich seaweed combined with fragrant botanicals. Choose from two options:

**PURIFYING DETOX WRAP:** Aromatic and warming, this heated wrap boosts the metabolism whilst purifying and detoxing the body.

**MUSCLE MELTING WRAP:** Pine and rosemary essential oils add a heady fragrance and help to ease fatigue, muscular pain and discomfort.

*45 mins / CHF 140*

## GOAT 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 this invigorating bath – ideal for après-ski relaxation.

*25 mins / CHF 110*

## RITUALS

### 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 and the choice of a lymphatic draining massage or a Swiss Silhouette treatment to leave your body feeling lighter, leaner and glowing from within.

*150 mins / CHF 420*

### NATURE'S BLESSINGS

Inspired by nature's bounty, this relaxing and grounding ritual uses local botanicals to renew your connection with the surrounding environment.

An invigorating Alpine Salt Scrub is followed by a warming full body massage using 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 300*



## ALPINE SPA SUITE RITUALS

*Spa squared: enjoy quality time with a loved one in our private Alpine Spa Suite with our rituals made for two. Enjoy a steam bath in your private Rasul chamber and side-by-side massage tables, before relaxing with refreshments and delectable spa snacks.*

### ALPINE SERENITY RITUAL

Find your Zen with our signature Alpine Serenity Ritual. Beginning with a calming steam bath to quieten the mind and an invigorating skin exfoliation, the ritual includes a fragrant bath steeped with a bouquet of fresh mountain botanicals to promote inner peace and serenity. Your ritual ends with a bespoke massage, entirely tailored to your needs. Stresses and worries kneaded away, there's nothing left to do but relax.  
*180 mins / CHF 400 per person*

### REJUVENATING RASUL RITUAL

Utterly indulgent, this luxurious spa ritual begins with a skin-smoothing, mineral-rich Rasul mud body mask, before stepping into your private Rasul chamber. Following light, hydrating refreshments, you'll enjoy a soothing 80-minute bespoke massage, tailored to your body, to ease any lingering knots of tension.  
*150 mins / CHF 310 per person*



## BEAUTY ESSENTIALS

*For perfectly coiffed tresses and impeccably polished nails, look no further than Le Grand Spa's professional beauty therapists, offering a range of hair styling and beauty treatments. Please contact the Spa Reception for pricing and availability.*

## FITNESS & WELLBEING

*Our bright and airy gym is filled with the latest equipment from Technogym's cardio and weight machines to Senso Pro trainer and Pilates Allegro machine. To find out more about our group exercise programmes and to arrange your personal sessions please contact our Spa Receptionist.*

### PERSONAL TRAINING

Our in-house personal trainers can create bespoke workout regimens to help you reach – and exceed – your fitness goals.

### YOGA & PILATES

Let the stresses melt away with our range of holistic mindful movement classes from slow and calm restorative yoga to dynamic Jivamukti yoga and Pilates Allegro.

### WORKOUT CLASSES

There's something for everyone with our wide variety of workout classes such as Contemporary Dance, Body Sculpt, Circuit Training and Bootcamp.

### PHYSIOTHERAPY

Our physiotherapist can identify any injuries and issues with your bodily alignment to restore balance and comfort to your movement and assist to speed up recovery from physical ailments ranging from repetitive strain injury and tennis elbow to shin splints and running injuries.

# SPA ENTRY & CLASSES

## SPA ENTRANCE

*Includes access to all spa facilities including the Thermal Oasis and the swimming pool.*

Single Entry	75
Abonnement (11 sessions)	750

## SWIMMING POOL

*Limited to the use of the swimming pool only.*

Single Entry	30
Entrance (Children under 12)	15
Pool & Fitness	60

## FITNESS GYM & CLASSES

*Limited to the use of fitness gym or group class only.*

Single Entry for Fitness Gym, Group Exercise, Yoga or Pilates Mat	30
Abonnement (16 sessions)	400
Abonnement (50 sessions) Valid 6 month	650
Pilates Allergo Class	40
Abonnement (11 sessions)	400

## PERSONAL TRAINING

60-min session	150
Abonnement (11 sessions)	1500
30-min session	75
Abonnement (11 sessions)	750

## SPA MEMBERSHIP

Yearly	2,500
Winter Season	1,500
Summer Season	1,200
Monthly	700

## FITNESS-ONLY MEMBERSHIP

Yearly	1,700
Winter	1,050
Summer	750
Monthly	450



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