



LE GRAND SPA

GSTAAD





## ALPINE WELLNESS

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

### WELCOME TO LE GRAND SPA

Le Grand Spa offers 3,000m<sup>2</sup> of wellness facilities inspired by the fresh air, health-giving botanicals and soaring, ice-capped peaks of the Swiss Alps.

Your journey begins in the vast **Thermal Oasis**. Offering 17 different wellness and experience zones, it is the perfect place to soothe aching muscles after a hard day whizzing down the pistes or hiking the verdant mountain slopes. From an invigorating **Ice Fountain** to a soothing **Herbal Sauna**, the Thermal Oasis offers an abundance of experiences to relax and revive.





Le Grand Spa's expert therapists are on hand to provide a variety of indulgent treatments in one of 10 luxurious treatment rooms. Opt for a relaxing **Herbal Aromatherapy Massage**, or an **Age-Defying Swiss Facial**. Spoilt for choice? Our team of therapists can tailor a **Bespoke Massage** to knead away every knot and niggle. Those seeking a more intensive experience can partake in our curated **spa rituals**, which combine some of our favourite therapies into transformative wellness journeys.

Lovers or couples can hole up in our **Alpine Spa Suite** – the ultimate venue for a day of uplifting indulgence. This private sanctuary is built for two, with a bath tub, Rasul steam bath, scrub table and relaxation area, plus side-by-side massage beds for an extraordinary treatment *à deux*.

Fitness fanatics are well catered for with our extensive **gym facilities**. Expert **personal trainers** are on hand for private training sessions, whilst our calming studio space offers regular **yoga and Pilates classes** and opens into a beautiful courtyard garden with an outdoor yoga platform. Hearing the call of the great outdoors? We can arrange for guided hikes and bicycle rides through the lush and undulating pastures of the Saanenland.

Roll back the years with Le Grand Spa's range of **advanced skincare technologies**. Le Grand Spa offers a selection of effective, non-invasive procedures in a tranquil setting to leave skin cashmere-soft and visibly younger.



Turning up the glamour? Our highly-skilled beauty therapists and hair stylists are on hand to offer freshly painted nails, makeovers and bouncy blow dries.

Throughout the year, Le Grand Spa hosts unique wellness workshops and retreats with visiting practitioners from around the world. Combining overnight stays and gourmet gastronomy with spoiling spa treatments, the exclusive programmes create harmony in mind, body and soul.

## PARTNERS

**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.



## THERMAL OASIS

### HERBAL SAUNA

The gentle heat at approximately 55°C is infused with the essence of local Alpine botanicals to create a cosy, therapeutic environment.

Breathe deeply and inhale the fragrance of alpine meadows to ground the body and soul.

### BIO SAUNA

The moderate heat in our Bio Sauna is maintained at 55-60°C for a gentle, soothing warmth. The slow cycling colours are added benefits to relax, calm, balance and stimulate your mood and wellbeing.

### INFRARED SAUNA

Infrared heat gently raises the core body temperature to promote powerful detoxification and deeper relaxation. The sweeping wave of heat at about 45°C from our Infrared Sauna soothes aching joints, boosts energy levels and leaves the skin soft and glowing.

### HAY SAUNA

At 55-60°C the dried organic Alpine grasses from local pastures lend a subtle fragrance and warmth to our new Hay Sauna. Close your eyes and be transported to a verdant mountain meadow.

## FINNISH SAUNA

Relax in the rustic surrounds of our traditional Finnish Sauna, built from fragrant local pine. With a constant temperature of 85-100°C and 10-30% humidity, the pine scented heat helps to relax the muscles, boost circulation and improve skin elasticity.

## SALT INHALATION GROTTO

Gently sustained at 45°C, ionised oxygen shimmers with finely dissolved Himalayan salt in our Salt Inhalation Grotto, to create a soft and soothing steam experience. Lie back and breathe in the lightly scented steam to relax, unwind and detoxify the body.

## TURKISH STEAM BATH

Take a deep breath as you allow the steam to purify your skin and ease your aching muscles. Our Turkish Steam Bath is maintained at a blissful 45°C and 100% humidity, creating enveloping mists of soothing steam to stimulate circulation, relax the body and unwind the mind.

## ICE FOUNTAIN

Invigorate the senses and kick-start the circulatory system with a splash of ice crystals. Our refreshing Ice Fountain helps to improve skin tone and strengthen the immune system, whilst providing an instant wake-up call! The Ice Fountain is ideal for use between different heated experiences to maximise thermogenic impact.

## LACONIUM

An ancient thermal experience valued by the Romans, the pure radiant heat of our Laconium gradually detoxifies and purifies the body. The bench is slowly warmed to 65°C to provide gentle heat and relaxation.

## FOOT BATH

Soothe aching feet after days on the mountain with the calming combination of warm, gently bubbling water and targeted, massaging hydro-jets.

## KNEIPP PATH & KNEIPP WALK

Alternating hot and cold temperatures are known to boost circulation and revitalise the immune system. In a microcosm of our wider Thermal Oasis, our Kneipp Path experience rapidly warms and cools the feet to strengthen veins and promote full-body wellness. Our outdoor Kneipp Walk builds on this through stimulating the back of your feet.

## EXPERIENCE SHOWERS

Enjoy a unique variety of showers from cooling glacial mists, dew-scented Alpine springs to lush summer forest rains and invigorating ice waterfalls with our four different thermal shower experiences.

## OUTDOOR RELAXATION POOL

Lie back amongst the massaging hydro jets and breathe in the scent of our alpine wildflower-filled courtyard garden. As evening falls, watch the stars glide across the sky as you relax into the bubbles.



## MASSAGES

*Le Grand Spa offers an array of massage treatments tailored to your needs to create a sense of blissful relaxation.*

### 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 for the most incredible journey.

*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*

### HOT STONE MASSAGE

Allow warmed volcanic stones to heat and relax your body. Enjoy the healing power of the earth through the use of warmed stones and fragrant organic oils to release deeply-held muscular tension and improve circulation.

*80 mins / CHF 240*

## SPORT & FITNESS MASSAGE

Ease aching muscles and knotted limbs with this fast-paced and invigorating deep tissue 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 and pressure. 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

The lymphatic system helps the body to detoxify and heal, sweeping waste substances out of the body. Our Lymphatic Drainage 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*

## SPECIALISED 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 Nui.

Please ask at the Spa Reception to find out which therapies are available during your visit.

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





## FACIALS

*Proper skincare is vital to maintaining healthy vibrant skin for both women and men of all ages. Our range of facial treatments are designed to restore youthful glow to ageing skin as well as to simply refresh your regular regimen that will keep your radiance for a lifetime.*

### SWISS DELUXE FACIAL

Based on cell therapy, this intensive hand and face treatment lifts and defines facial contours, restores youthful glow and boosts cell renewal.

*110 mins / CHF 320*

### 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*

### SWISS PROCOLLAGEN EYE TREATMENT

Bring back the twinkle in your eyes with this targeted treatment. Reducing puffiness, wrinkles and dark circles, the collagen eye mask revitalises dull skin, smoothing and plumping fine lines and wrinkles.

*50 mins / CHF 240*

### 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*

### AGE DEFYING FACIAL (B.R.F.)

This innovative treatment targets fine lines and wrinkles with state-of-the-art Bio Radio Frequency technology. The deeply penetrating radio frequency helps to even out skin tone and stimulate collagen production to reduce signs of aging, resulting in radiant and glowing skin.

*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

*From botanical-packed body wraps to stimulating exfoliations, our therapists can hone and pamper every inch of your body to leave you feeling and looking your best.*

### 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*

### 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*

### ALP HAY BATH

Hay baths have been used throughout the Alpine regions for centuries to alleviate aches and promote relaxation. Drawing on these ancient Alpine traditions, our Alp Hay Bath will leave you refreshed and revitalised as you are 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.

*50 mins / CHF 140*

### SWISS BACK RELEASE

A bespoke blend of warmed aromatherapy oils are used in a deeply relaxing back massage, followed by a soothing heat pack to ease spinal muscles and joints for a sense of blissful calm and wellness.

*50 mins / CHF 160*

### LEG REFRESHER

Pep up tired legs with this relaxing and rebalancing treatment, which boosts the circulation and banishes water retention. Ideal for heavy legs after a day on the pistes, this treatment also offers a great pre-flight circulation boost.

*50 mins / CHF 160*

### MINERAL BODY WRAP

Rich and nourishing, our Mineral Body Wraps use marine mineral-rich seaweed combined with fragrant botanicals.

Choose from two options:

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

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

*45 mins / CHF 140*

### GOAT'S 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 our invigorating Alpine Salt & Herbal Bath – ideal for après-ski relaxation.

*25 mins / CHF 110*



## RITUALS

*Combine a selection of our favourite spa treatments and create a tailored spa journey to indulge the mind, body and soul in turn.*

### 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 on our floating bed and the choice of a Lymphatic Drainage or a Swiss Silhouette treatment to leave your body feeling lighter, leaner and glowing from within.

*150 mins / CHF 420*

### SWISS REFRESHER

Revitalise, refresh and renew with this signature ritual, ideal for beating jetlag or shaking off a lingering feeling of overindulgence. Begin with a full body polish and a warm shower, before a soothing hour-long full-body massage and Swiss Intensive Elasto-Collagen facial to plump up skin and boost your natural radiance.

*180 mins / CHF 500*



## NATURE'S BLESSINGS

Inspired by nature's bounty to renew your connection with the surrounding environment, this relaxing and grounding ritual begins with an invigorating Alpine Salt Scrub and is followed by a warming full body massage using natural essential oils and 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 your private Rasul steam bath, hydromassage bath 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 our signature Bespoke Massage, entirely tailored to your needs. Stresses and worries kneaded away, there is nothing left to do but relax.

*180 mins / CHF 400 per person*

## REJUVENATING RASUL RITUAL

Utterly indulgent, this luxurious spa ritual begins with a full body exfoliation to slough off dead skin and prepare you for a skin-smoothing, mineral-rich Rasul mud body mask. After applying the mud on the body, you will step into your private Rasul chamber for a session of steam and skin rejuvenation. Once your body is silky and supple, you will enjoy a soothing 80-minute Bespoke Massage, tailored to your needs and soothe any lingering knots of tension. Afterwards enjoy the privacy of the suite with a tray of healthy snacks and refreshments.

*150 mins / CHF 310 per person*





## BEAUTY

*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.  
Here we list the most favoured services.*

### HANDS & FEET

Spa Manicure or Pedicure	<i>50 mins / CHF 120</i>
Spa Manicure or Pedicure with varnish	<i>60 mins / CHF 140</i>

### GROOMING

Eyebrow shaping	<i>From CHF 35</i>
Eyelash & brow tint	<i>From CHF 55</i>
Shaping & tinting complete	<i>From CHF 65</i>
Make Up	<i>On request</i>

### DEPILATION

Upper Lip	<i>CHF 25</i>
Underarm	<i>CHF 40</i>
Bikini Line / Full Bikini	<i>CHF 60 / CHF 80</i>
Half Leg / Full Leg	<i>CHF 70 / CHF 100</i>



## COIFFEUR SERVICES

	<i>Short</i>	<i>Medium</i>	<i>Long</i>
<b>FOR LADIES</b>			
Cut, Wash & Blow dry	<i>CHF 125</i>	<i>CHF 150</i>	<i>CHF 175</i>
Wash & Blow dry	<i>CHF 95</i>	<i>CHF 110</i>	<i>CHF 125</i>
Colour Hair Line	<i>CHF 115</i>	<i>CHF 115</i>	<i>CHF 115</i>
Colour	<i>CHF 100</i>	<i>CHF 130</i>	<i>CHF 155</i>
Colour Shine	<i>CHF 65</i>	<i>CHF 95</i>	<i>CHF 130</i>
Highlights Full Head	<i>CHF 155</i>	<i>CHF 185</i>	<i>CHF 225</i>
Highlights Half Head	<i>CHF 140</i>	<i>CHF 155</i>	<i>CHF 185</i>
Masterbase haircare treatment by Shu Uemura	<i>CHF 70</i>	<i>CHF 70</i>	<i>CHF 70</i>
Hair Extensions	<i>On request</i>		
<b>FOR MEN</b>			
Cut, Wash & Blow dry	<i>CHF 95</i>		
Wash & Blow dry	<i>CHF 65</i>		

ORG C L I N I Q U E  
RIVE GAUCHE

## COOLSCULPTING®

CoolSculpting® is a non-invasive freezing therapy (-11°C) that aims to reduce up to 30% of your body fat. It reshapes your silhouette and helps diminishing unsightly curves and bulges.

*From CHF 1,000*

One CoolSculpting® session paired with a Swiss Silhouette treatment.

*From CHF 1,100*

## MESOTHERAPY

Mesotherapy employs injections of active ingredients such as vitamins, minerals or Platelet Rich Plasma (PRP) into the skin to rejuvenate and tighten as well as remove excess fat.

*From CHF 700*

Face Mesotherapy paired with a Swiss Repair & Destress treatment.

*From CHF 800*

## BOTOX® & HYALURONIC ACID

Uses of Hyaluronic Acid fillers and Botox® help to prevent and reduce wrinkles around the eyes, mouth and other areas of the face and visibly smooths skin.

*From CHF 700*



## DETOX PROGRAMME – 3 DAYS

*Including:*

### **INNOVATIVE MEDICAL APPROACH**

Medical check-up, nutritional consultation, lifestyle, health and nutrition assessment, daily medical monitoring, interpretation of biological assessment results, medical consultation with recommendations and follow-up consultation after three months.

### **SPA & WELLBEING**

One Detox You Ritual, one Alpine Salt & Herbal Bath, one Goat's Milk & Honey Bath, one Bespoke Massage, one Alpine Salt Scrub, one Purifying Detox Wrap and access to our group exercise, to swimming pool, fitness facilities and Thermal Oasis.

*CHF 7,500 per person excluding accommodation*

*CHF 8,670 in a Deluxe Chic room from Sunday to Wednesday including half-board*

*CHF 9,600 in a Deluxe Chic room from Thursday to Saturday including half-board*

### **ABSOLUTE GSTAAD**

An entirely bespoke medical programme employing innovative technologies and procedures in combination with bespoke treatments and assessments.

*On request*

## WELLNESS-BOOSTER – 3 DAYS

*Including:*

### BESPOKE MEDICAL TREATMENTS

Medical check-up and consultation, nutritional consultation, dermatological consultation, image consultation, Mesotherapy, daily medical monitoring, interpretation of your biological assessment results, recommendations and follow-up after three months.

### INNOVATIVE TECHNOLOGIES

Blood analysis, telomere analysis, hair analysis, bio-impedance analysis and skin oligo-elements analysis.

### SPA & WELLBEING

One Rejuvenating Rasul Ritual, one Swiss Face & Neck Treatment, one Swiss Repair & Destress facial, one Swiss Silhouette treatment, one Bespoke Massage and access to our group exercise, to swimming pool, fitness facilities and Thermal Oasis.

*CHF 9,500 excluding accommodation*

*CHF 10,670 in a Deluxe Chic room from Sunday to Wednesday including half-board*

*CHF 11,600 in a Deluxe Chic room from Thursday to Saturday including half-board*

*These offers are subject to availability and in consultation with Clinique Rive Gauche.*

## FOR YOUNG SPA GUESTS

*We offer a range of spa treatments for our smallest guests, from colourful manicures to skin-balancing facials.*

*Please contact the Spa Reception for availability.*

Princess Manicure & Pedicure (5-12 years)	30 mins / CHF 40
Teen Manicure & Pedicure with varnish	60 mins / CHF 140
Teen Facial (13-16 years)	50 mins / CHF 180
Teen Massage (13-16 years)	50 mins / CHF 160
Child's Haircut (3-12 years)	30 mins / CHF 45





## FITNESS

*Our bright and airy gym is filled with the latest equipment, including cardio, weight machines and free weights. Those looking to try something a little different can push themselves with our exclusive SensoPro Trainer and Pilates Allegro machines, whilst wellness warriors are invited to try the extensive range of Pilates and yoga classes in our calming, light-filled studio.*

### PERSONAL TRAINING

Whether your aim is aesthetic or athletic, our in-house personal trainers can create bespoke workout regimens to help you reach – and exceed – your fitness goals. Please ask at the Spa Reception to make an appointment.

### EXERCISE CLASSES

We offer a wide variety of workout classes such as Body Sculpt, Circuit Training and Bootcamps in addition to our regularly scheduled yoga and Pilates. Please ask at the Spa Reception for details.





## PHYSIOTHERAPY

Do not ignore your aches and pains: our trained physiotherapist can identify any injuries and issues with your bodily alignment to restore balance and comfort to your movement. Our expert osteopath can assist with mobility therapy and lymphatic drainage to speed up recovery from physical ailments ranging from repetitive strain injury and tennis elbow to shin splints and running injuries. Please ask at the Spa Reception for an appointment.

## MINDFUL MOVEMENT

Find your Zen and let the stresses of yesterday melt away with our range of holistic mindful movement classes. With options ranging from slow and calm restorative yoga to dynamic Jivamukti yoga and Pilates Allegro, there is something for everyone.

## YOGA FLOW

Ease your way to wellness as you flow through movements using conscious breathing in our Yoga Flow class. Steady and soothing, this class will hone your mind and tone your body.

## JIVAMUKTI YOGA

This dynamic, varied class offers an immersive yogic experience, with chanting, breath work and revitalising Vinyasa flow sequences followed by deep, calming relaxation and meditation.



## RESTORATIVE YOGA

Ease your mind, body and soul with this calming, holistic yoga class. Comprising of a series of slow, meditative poses, this class will help your body to release stress and find inner balance.

## PILATES MAT

Tighten your core and lengthen your muscles with this full-body mat-based workout, focusing on steady breathing and strong movements to improve posture and flexibility.

## PILATES ALLEGRO

Enhancing every movement with added resistance, the Pilates Allegro Reformer lengthens and strengthens the body for an intense and effective, low-impact workout.

## SWIMMING POOL & JACUZZI

Plunge into our bright and airy 15m indoor pool for a refreshing start to the day, before relaxing in the Jacuzzi with views of our manicured gardens. On a warm day, relax on the sun-drenched terrace with a fresh spa smoothie or pot of tea and enjoy the soaring mountain vistas.



## ENTRY & CLASSES

### SWIMMING POOL

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

Single Entry	CHF 30
Single Entry for Children under 12	CHF 15

### FITNESS GYM & CLASSES

*Limited to the use of the fitness facilities or group classes only.*

Single Entry for Fitness gym, Group Exercise, yoga or Pilates mat	CHF 30
Abonnement (16 sessions)	CHF 400
Abonnement (50 sessions) valid 6-months	CHF 650

Single Entry for Pilates Allegro class	CHF 40
Abonnement (11 sessions)	CHF 400

### PERSONAL TRAINING

60-minute session	CHF 150
Abonnement (11 sessions)	CHF 1,500
30-minute session	CHF 75
Abonnement (11 sessions)	CHF 750



## EXPLORE THE GREAT OUTDOORS

The vast mountains and sweeping valleys of the Saanenland are right on our doorstep, so why not take your workout into the great outdoors? Breathe the fresh Alpine air whilst hiking the winding mountain trails, mountain bike through the dense forest or practise your hill sprints on Gstaad's precipitous peaks. Adrenaline junkies can test their mettle as they paraglide through the peaks, tackle the river rapids or whizz down the powdery pistes.

Explore the trails on your own or with our expert local guides, who have in-depth knowledge of the local area. Please check with the Spa Reception so we can create a personalised programme to suit your fitness levels and goals.

### ACTIVITIES ON OFFER INCLUDE:

- |                     |                      |
|---------------------|----------------------|
| Hiking              | Camping              |
| Trail running       | Canyoning            |
| Mountain biking     | Skiing               |
| Downhill fat biking | Ski touring          |
| Road biking         | Cross country skiing |
| River rafting       | Snow shoeing         |
| Paragliding         | Sledding             |
| Rock/Ice climbing   | Snow biking          |



## LE GRAND SPA MEMBERSHIP

Enjoy unfettered access to our gym and fitness facilities, swimming pool and Jacuzzi, and Thermal Oasis with a dedicated Le Grand Spa membership. Choose a membership to suit your lifestyle – monthly, seasonal or annual – to enjoy unlimited yoga and Pilates mat classes, special rates for spa treatments and more.

MEMBERSHIP OPTIONS:	<i>Spa &amp; fitness membership</i>	<i>Fitness-only membership</i>
Yearly	<i>CHF 2,500</i>	<i>CHF 1,700</i>
Winter season	<i>CHF 1,500</i>	<i>CHF 1,050</i>
Summer season	<i>CHF 1,200</i>	<i>CHF 750</i>
Monthly	<i>CHF 700</i>	<i>CHF 450</i>

*Indicated prices are per person.*

## SPA MEMBERSHIP BENEFITS INCLUDE:

*Use of the fitness facilities*

(Open daily 08.00 – 21.00 during seasons and weekdays 09.00 – 18.00 during off seasons)

*Use of the heated indoor swimming pool and Jacuzzi*

(Open daily 08.00 – 21.00 during seasons)

*Use of the Thermal Oasis*

(Open daily 09.30 – 21.00 during seasons)

*Unlimited entry to group yoga, Pilates mat and group exercise classes*

*Complimentary car parking during your spa visit*

*Four complimentary spa day passes for friends and family per year*

*One complimentary 50-minute Herbal Aromatherapy Massage*

*10% discount on all spa treatments*



## HOW TO SPA

### 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 are staying in the hotel, please dial 550 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 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.

### 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. No-shows will incur a full charge.

## HEALTH CONSIDERATIONS

Please notify our Spa Receptionist at the time of reservation if you are pregnant or have high blood pressure, allergies or any other conditions which may affect or be of importance to your spa experience. This information should also be noted on your personal consultation form upon arrival for your treatment and will help us to suggest the best treatments for you.

## SPA ATTIRE

For your comfort, we will provide you with a luxury cotton robe and slippers for use in the spa. Your therapist will also provide you with disposable undergarments before your treatment commences. All therapists are professionally trained to ensure the highest quality of service and integrity, and will use proper draping techniques to protect your privacy and comfort at all times.

## FITNESS ATTIRE

Proper training shoes are required in our fitness facilities at all times.

## SWIMMING POOL & THERMAL OASIS

For hygiene reasons, we ask all guests to please shower before entering the swimming pool and Thermal Oasis. It is important to stay hydrated whilst in the Thermal Oasis; please drink plenty of water before, during and after using the facilities. Please note that the Thermal Oasis is a mixed gender area.

## MOBILE DEVICES

To maintain a relaxing and tranquil spa environment and respect all guests' right to privacy, we kindly request that you unplug during your spa visit by turning off all mobile devices. Our relaxation rooms are considered quiet areas, so please be mindful of other guests and keep noise to a minimum.

## NO SMOKING

Please note the spa, fitness area and Thermal Oasis are designated smoke-free zones.

## SHAVING

We do not recommend shaving prior to any body exfoliation and hair removal treatments. However, we do recommend that men shave two to three hours before a facial treatment.

## VALUABLES

We regret that we cannot be responsible for any loss or damage of personal belongings during your visit. Please keep all valuables locked in your locker during your visit.

## AGE REQUIREMENTS

- Treatments* Facial, Massage and Body treatments are available to guests aged 16 (with parental consent) and older. Manicure and pedicure services are available for children of all ages.
- Fitness* Minimum age of 14 is required for access to the fitness facilities. Children under the age of 16 must be accompanied by an adult.
- Thermal Oasis* Minimum age of 14 is required for access to the Thermal Oasis. Children under the age of 16 must be accompanied by an adult.
- Swimming Pool* Children of all ages are welcome during the designated swimming hours. We suggest children under the age of 14 to be accompanied by an adult. Please respect the designated family hours, with splash hours from 14.00 to 16.00. After 17.00 (in the winter) and 18.00 (in the summer), the pool is only for guests over the age of 14.

## OPENING HOURS

- Spa: 08.00 – 21.00  
Fitness: 08.00 – 21.00  
Thermal Oasis: 09.30 – 21.00  
Treatments: 10.00 – 21.00  
Coiffeur: 10.00 – 20.00

## SPA ENTRANCE

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

- Single Entry: CHF 80  
Abonnement (11 sessions): CHF 750



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