



RELAXING AND
RECHARGING IN
SWITZERLAND

Whether you want to go skiing, enjoy the breathtaking scenery of mountains and lakes or wander around the historical cities, Switzerland has got it all. At the end of the day, relax and recharge in one of the most charming hotels in this beautiful country

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MATTERHORN AND ZERMATT SWITZERLAND/IMMAGINE



THIS PAGE: Enjoy the spectacular panoramic views of nature at Kulm Spa St Moritz; Hôtel des Trois Couronnes is one of Switzerland's oldest prestigious hotels. OPPOSITE PAGE: The stunning Six Senses Spa at Alpina Gstaad

looking for delectable terrace dining with enchanting views of the lake and mountains. www.hoteltroiscouronnes.ch

KULM SPA ST MORITZ AT KULM HOTEL ST MORITZ

With an exceptional 157 years of alpine hospitality, sports and wellness, the Kulm Hotel St Moritz continues to build on tradition with innovative spa facilities and treatments. In December 2012, the spa renovation, which cost 12 million Swiss francs, revealed the spectacular 1,400-sq-m Kulm Spa – an alpine sanctuary of wellness in Engadin. The spa draws upon the region's healing flora and invites the spectacular panoramic views of nature inside. The spa exudes the scent of high alpine Arven pine, which is used extensively throughout the spa and is known to induce relaxation by reducing heart rate. There are 12 treatment rooms, a private spa suite, fitness studio

and breathtaking lake and mountain views from most of the spa, including the all-season 34-degree-Celsius indoor and open-air pool. After a day of hiking or skiing, step into the granite salt grotto, Kneipp footbath, steam baths and infrared cabin for deep heat that soothes muscles and boosts circulation. The relaxation lounges have heated waterbed loungers, a fireplace and refreshments, and women seeking privacy can enjoy an exclusive sauna and relaxation area. Treatments focus on relaxation, detoxification or rejuvenation and include natural and powerfully healing lines from Alpienne and aloe-based luxury line Pharmos Natur, as well as luxury anti-ageing Swiss brand Niance. The Kulm Massage blends shiatsu, stone and deep oil massage using Alpienne's healing bio-active arnica, St John's Wort or propolis. Tip: Guests staying at the Kulm Hotel now enjoy exclusive access to the 2,000-sq-m

spa facility of sister hotel Grand Hotel Kronenhof, just ten km away in Pontresina at no extra charge. Don't miss the unique floating pool with underwater sound and coloured wave projections. www.kulm.com

SIX SENSES SPA AT THE ALPINA GSTAAD

Built on the site of the first hotel in Gstaad, the new luxurious boutique hotel The Alpina with its Six Senses Spa opened its doors in December 2012 and arguably has the best views of the Glacier 3000 and Bernese Alps. For discerning travellers looking for unforgettable winter and summer experiences in an intimate alpine region, The Alpina delivers with uncompromising Swiss luxury. After a day of biking, skiing, hiking and exploring the charming town, enjoy regional specialities in the Swiss Stübli or perhaps a bit of Japan at MEGU. Home to the seventh Six Senses Spa in

A visit to Switzerland at the age of 16 left me, like many, utterly charmed by the wooden chalets brimming with red geraniums, majestic mountains and rolling green hills that echoed with the sound of cow bells. Although Switzerland isn't a large country, its reputation for luxury and quality is unquestionable and it reigns supreme for alpine activities, cheese, chocolate, banks, luxury watches and performance skincare. It is a country that enjoys distinctive seasons and a thriving sauna culture with choices I didn't imagine possible, from Finnish, bio and infrared dry saunas to humid aromatic, crystal, Turkish and salt steam baths. With borders touching five countries, a train journey through its beautiful regions will bring you into contact with unique cultural traditions, dialects, terrain, gastronomy and a wealth of wellness that is distinctly Swiss-made and unforgettable.

PURESSENS SPA AT HÔTEL DES TROIS COURONNES & DESTINATION SPA

In the heart of the Swiss Riviera, the town of Vevey is perfectly framed by vineyards, Lake Geneva and breathtaking views of the Alps. The intimate Hôtel des Trois Couronnes & Destination Spa is one of

Switzerland's oldest prestigious hotels. Built in 1842, the hotel marries classical charm with spa innovation, making it a treat to all that come to the region for pleasure and rejuvenation. Opened in 2012, the PuresSENS Spa celebrates complete well-being of the body and mind by integrating beauty treatments, fitness and nutrition. Exclusive in Switzerland, the spa uses the tailor-made scientific concept of Joëlle Ciocco, a French biochemist devoted to skin and an alchemist of botanical science with over 35 years of experience. The exceptional spa menu includes personalised treatment programmes that range from four to eight days and focus on Pure Well-Being Detox, Pure Beauty and Pure Weight Control. Therapists are hand-picked and trained by Ciocco, who after careful analysis of the skin, skillfully mix the botanical serums to give precise results for each client's skin needs. Specialty treatments like the Buccal Mouth Massage and Lymphatic Drainage Facial give immediate visible results with improved tone and plumping. The PuresSENS Spa has a 24-metre indoor pool, Jacuzzi, eucalyptus steam bath, sauna, cold plunge pool and fitness classes. Wellness is supported from the inside out with exceptional regional cuisine for guests on a spa programme and those simply



Europe, the spa combines the best of Asian wellness traditions with Swiss alpine beauty treatments. The design of the subterranean spa could be described as 'alpine organic' with living foliage, granite walls and fluid lines and elements. The 2000-sq-m spa offers some diversions from the usual with a salt room that glows pink with the Himalayan salt floor, textured salt walls and mineral-rich air circulating the room to ease respiration and benefit the skin. The spa boasts 12 treatment rooms, including a flotation room, hammam, couple's therapy room and specialty rooms for colour therapy, Ayurveda and colonic hydrotherapy. Open in summer and winter seasons, soak up your surroundings in the large indoor and heated outdoor pool before your treatment and enjoy the relaxation lounge with a ginger tea, and dried fruit to revitalise the senses afterwards. With an on-site Ayurvedic doctor from Kerala, the

Ayurvedic offerings are vast and the 2.5-hour Tree of Life Signature Ritual is a must to restore vitality to the liver, thyroid and adrenals with Himalayan salt exfoliation, soul-soothing massage, detoxifying liver pack, gentle face massage and chakra balancing. www.thealpinagstaad.ch

36.5° WELLBEING & THERMAL SPA AT GRAND RESORT BAD RAGAZ

Discovered in 1242, the thermal waters of Tamina Gorge flow four km to Grand Resort Bad Ragaz – an oasis of healing, rejuvenation and wellness. Regardless of season, the water runs from the rock at a constant temperature of 36.5 degrees Celsius (body temperature) and is prized for its balanced level of minerals and healing effects. In the heart of Heidiland, the 146-year-old award-winning resort is so distinguished in the area of health and

well-being that 40 million Swiss francs were invested in 2009 to build a contemporary Spa Tower housing 56 Spa lofts and suites. Exclusive features of the spa suites include bathrooms with colour therapy light settings, large oval Jacuzzi tub, rain shower with either steam bath or sauna and Tamina thermal waters feeding all of these. Spa Suite guests can relax in a reception-level lounge and enjoy fruits, hot beverages and waters from all over the world (although the delicious Tamina water directly from the tap will surely please most). At the 36.5° Wellbeing & Thermal Spa, all rituals honour the importance of water and the Sequoia Ritual is no different, beginning with a foot bath and scrub with Sequoia oil and heated alpine herb poultice of the body. The 90-minute treatment will leave you feeling as rooted as the two gigantic Sequoias at the entrance of the resort, hailed for their powerful energy. With a long history



OPPOSITE PAGE: The magnificent 36.5° Wellbeing & Thermal Spa at Grand Resort Bad Ragaz. THIS PAGE: Relax in the outdoor pool at LeCrans Hotel & Spa



of guests seeking wellness, rejuvenation and rehabilitation, the therapists and medical and dental team bring a wealth of knowledge and crafted skill. Tip: Hotel guests have access to the public 7,300-sq-m Tamina Therme pools connected to the hotel, where guests can follow the therapeutic bathing programmes designed by Dr Matthias Fenzl for different results: well-being, revitalisation, regeneration, rehabilitation and strengthening of the immune system. Bad Ragaz will make you a believer of the health benefits of water. www.resortragaz.ch

LES SPA AT LE CRANS HOTEL & SPA

From the top of the ski resort, a luxury chalet surveys the region of Valais and majestic peaks. Said to be one of the sunniest places in Switzerland, Crans-Montana is home to a new generation of hospitality with the LeCrans Hotel & Spa opening its doors in 2009. The decor of the 15 uncompromising rooms and suites are inspired by the famous world peaks they are named after, like Kilimanjaro, Annapurna and Rockies. With Bulgari toiletries, log fireplace, terrace, Jacuzzi tub, Nespresso and VOD, you will feel delightfully cosy and content in your luxurious alpine haven. Open for summer and winter seasons, LeSpa is intimate and clean in design with four treatment rooms, a heated indoor and outdoor pool, whirlpool,

steam bath, sauna and small fitness area. The small team is able to bring a personal approach to wellness and beauty from this jewel in the mountains. LeSpa uses Cinq Mondes exclusively to bring worldwide traditions from India, South America, Africa and Asia Pacific. The 90-minute Bali Ritual is delicious with a papaya puree scrub followed by a traditional Balinese oil massage. The signature Ko Bi Do facial lifts, tones and plumps the skin with a combination of selected products and Japanese facial massage. www.lecrans.com

EDEN ROC SPA AT HOTEL EDEN ROC

Distinct from the northern part of the country, the Italian-speaking region of Switzerland, Ticino, has a certain ease and romance that whispers 'bella vita'. Hotel Eden Roc brings a playful vibrancy to Ascona, on the shores of Lago Maggiore. Decorated by the edgy Ascona interior designer, Carlo Rampazzi, the hotel stretches over three connected properties that are unified in their bright colours, varied textures and quirky design, yet all asserting their own flair. The 2,000-sq-m Eden Roc Spa has six treatment rooms that celebrate the breathtaking nature of this popular lake region. With no detail overlooked, my Lomi Lomi massage was complemented with Hawaiian music and oils that transported me to heavenly heights by an experienced



therapist. For a deluxe facial experience, the 100-minute Ultimate Sensai Eden Roc Facial uses specialised massage techniques and silk-based products from Japan that leave your skin glowing. You could spend days sampling the extensive spa menu with treatments from Sensai, Dermalogica, Clarins and Comfort Zone. Relax lakeside on your private beach and if lake swimming isn't your thing, the three heated outdoor pools, large indoor hydropool, Kneipp path and sauna world will surely please. The iridescent Italian tiled mixed sauna hosts a steam bath, Finnish and bio-sauna and relaxation area with refreshments, and ladies seeking privacy can relax in an exclusive area with steam bath and sauna. During the summer, four restaurants offer terrace dining, where sailboats and the lapping water of Lago Maggiore witness the marriage of Mediterranean flavours and *dolce far niente*. www.edenroc.ch

SPARKLING WELLNESS AT PARK WEGGIS

If Park Weggis was a dinner guest, he would be courteous and charming and captivate the table with mesmerising tales of exotic lands. A mere stone's throw from Lucerne at the foothills of the famous Rigi in central Switzerland, the sparkling resort is an intimate getaway combining great food, magical Alp and lake views, traditional and contemporary suites and exceptional spa experiences. With elements of Asia, the Sparkling Wellness spa has five treatment rooms, including a couple's suite, a heated black stone outdoor pool, an opulent relaxation lounge, fitness studio, library and refreshment bar. Six spa cottages sit on the edge of a Zen rock garden evoking the tranquil simplicity of Japan for those seeking the luxury of a private spa. Hosting up to four people, each 70-sq-m cottage rental is complete with steam bath or sauna, Kneipp waters, whirlpool, waterbed, solarium, showers, loungers, TV, music station, tea and fruit snacks and the option of in-cottage massage treatments. The attention to detail is divine throughout the resort from the exquisite use of natural materials, to tableware from Versace, and Tibetan artefacts. Retreat from the resort's private beach, to a serene and elegant haven of relaxation, where a dedicated

OPPOSITE PAGE: The stylish Eden Roc.
THIS PAGE: The majestic Beau-Rivage Palace



and expert team of Tibetan and European therapists bring ancient healing traditions and medical wellness to Lake Lucerne. The 105-minute Tibetan Energy Massage is pure bliss and the anti-ageing Med Beauty facial treatments offer a safe and effective way to rejuvenate the skin. Boasting one of the most extensive wine selections in Switzerland, their sommeliers are on hand to guide you to the perfect bottle from the 2,600 listed. Inspirational cuisine matches the inspirational space in the one-Michelin-starred Annex and Swiss cuisine with a twist in Sparks. Tip: Be captivated by the surrounding mountains and arrive by boat from Lucerne to the port of Weggis. www.parkweggis.ch

CINQ MONDES SPA AT BEAU-RIVAGE PALACE

At the edge of Lake Geneva in the French-speaking region, Romandy, stands the majestic Beau-Rivage Palace. Steeped in tradition, the palace has authentically fused old world charm with modern sophistication without compromise. At the foot of Lausanne, Hotel Beau-Rivage was completed in 1861 with the Palace wing being added in 1908 doubling its prominent position on the lake. The original wing gives the feeling of a luxurious palatial home with

beautifully furnished corridors and artefacts, while the 100-year-old new wing effectively blends tradition with a contemporary decor. All suites are generous in details and have large bathrooms with Jacuzzi tub. With three excellent restaurants, Miyako, Anne-Sophie Pic at the Beau-Rivage Palace, and Café Beau-Rivage, with the latter having a sophisticated and sumptuous menu, offering five-star service in a more relaxed brasserie-style setting.

The contemporary Cinq Mondes Spa is spacious and light with eight single treatment rooms, a couple's suite with lake view and hammam, fitness studio and hair spa. Loungers frame the outdoor and indoor pool and whirlpool, and as is the case for many properties in the French part of Switzerland, there are separate sauna facilities for men and women. The warming North African Ritual centres around the hammam, where purifying Beldi black soap is applied and then showered off, followed by a kese mitt body exfoliation and detoxifying rhassoul mud body mask. The 110-minute ritual concludes with a relaxing argan oil body massage delicately fragranced with cinnamon, eucalyptus and cedar. Budget for time before and after your treatment to relax and enjoy the peaceful surroundings to their fullest. www.brp.ch

OPPOSITE PAGE: Be captivated by the charming Park Weggis; the Victoria-Jungfrau Grand Hotel & Spa is an elegant oasis of spa luxury. THIS PAGE: Unwind by the indoor pool at Kempinski The Spa

KEMPINSKI THE SPA AT KEMPINSKI GRAND HOTEL DES BAINS

Travellers have long come to the mountain mecca of St Moritz to enjoy the strengthening benefits of the clear alpine air and summer and winter sports pursuits. The Kempinski Grand Hotel des Bains was made famous in 1553 by Paracelsus, who visited the resort's mineral spring and identified the sour iron water as among the most healing natural springs in all of Europe. The spring is still accessible to guests, although guests arriving at the Kempinski The Spa will be offered a glass of the sour water with pride. The 2,800-sq-m spa is inspired by the European seasons and offers a spa menu of facials, body treatments and massages designed for your skin's needs during the winter, spring, autumn and summer seasons. The signature Alpine Tonic is a personalised ritual that starts with a honey and salt body scrub, followed by a full body propolis cream massage and finishes with a pure collagen face mask and head massage. The 2.5-hour ritual blends product lines and includes Swiss performance skin line Valmont. The therapists are attentive and kind, and sporty clientele seeking to soothe muscles after a day in the mountains will not be disappointed with the results. Ladies have their own spa with aromatic

bio sauna, steam bath and stone grotto, as well as a relaxation room with nuts and dried fruit, teas and alpine syrups. While ladies have their own sauna area, a large mixed sauna offers six unique sauna rooms with varying degrees of heat and humidity, ranging from the über-hot Finnish log cabin sauna and aromatic steam bath to mid-heat laconium, herbal, stone and bio saunas. The large relaxation area offers some privacy, including single loungers and a large canopied day bed and refreshments. Summer visitors will enjoy kicking off their hiking shoes and soothing their feet with glacial waters that flow through the alpine Kneipp Garden. Cap off the day at the beautiful Enoteca restaurant, where an inspiring Italian menu flirts with the taste buds of epicureans and delights vegetarians. www.kempinski.com

VICTORIA-JUNGFRAU SPA AT VICTORIA-JUNGFRAU GRAND HOTEL & SPA

Switzerland's most popular hiking region, Interlaken, is pristinely situated between Thun and Brienz, where an oasis of spa luxury awaits outdoor enthusiasts regardless of season at the historic Victoria-Jungfrau Grand Hotel & Spa. With a large landing space for paragliders across from the



hotel's entrance, the views of the Jungfrau massif are unobstructed and spectacular. The hotel has welcomed guests from all over the world since 1865 and now with a sprawling 5,500-sq-m world of wellness, those seeking rejuvenation and wellness rituals be dazzled by the choices available to them, drawn like a moth to a flame by the delicate and luminous silk washi design of the first international Sensai Select Spa outside of Japan. The silk cocoon relaxation room, five therapy rooms and private spa suite are all exquisitely Zen with white silk washi, light woods and ikebana. In contrast, the low lit corridors of the ESPA invoke a sense of excitement as to what awaits behind one of the 17 treatment room doors. The complete spa menu includes Ayurveda, hot stone therapies, facials, bathing rituals and specialty therapies. Prolonging the bliss, ESPA guests are exclusively able to enjoy

the spacious relaxation lounge after their treatment, as well as a mixed and women's sauna area featuring steam bath, sauna and ice grotto.

The ESPA and Sensai spas stand apart from a large pool area that features two whirlpools, swimming pool, outdoor saltwater Jacuzzi, mixed steam bath, Finnish sauna and large fitness studio. There are also separate sauna areas for women and men with small steambath, bio sauna and candle lounge.

Tip: If you don't have six hours for the return trip up the majestic Jungfrau, your views of these ranges will be glacial clear with an unforgettable scenic tour with Swiss Helicopter for a comparable price. www.victoria-jungfrau.ch

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