



SIX SENSES SPA

GSTAAD

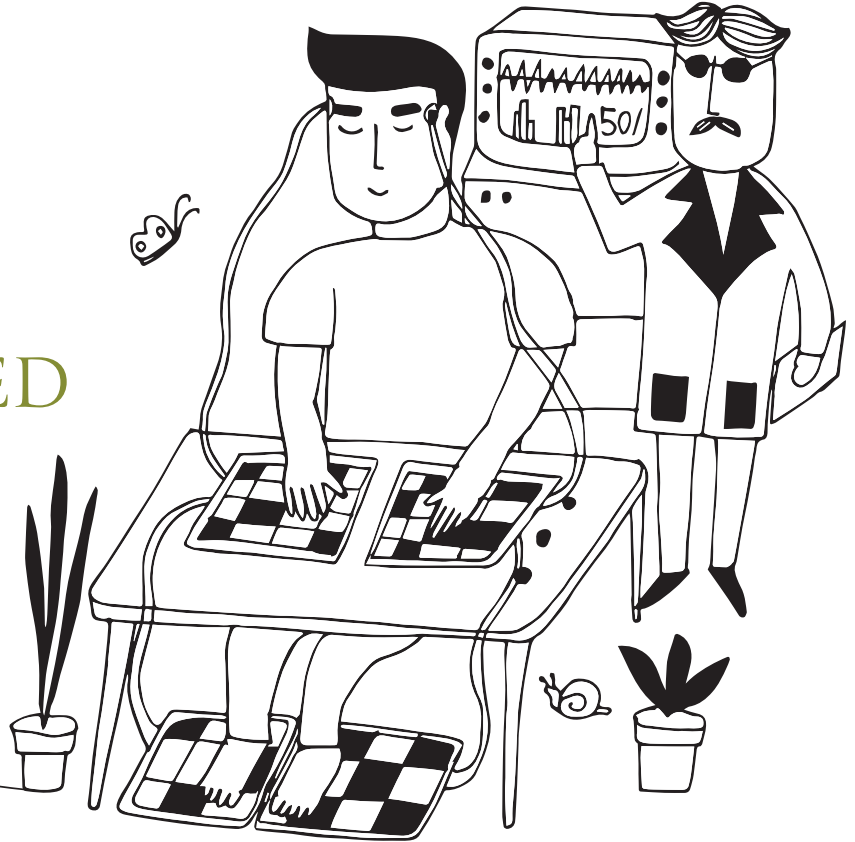
WELLNESS AND SPA MENU

Six Senses Spa offers a layered approach that unites a pioneering spirit with treatments that go beyond ordinary. At Six Senses, you will find an intuitive mix of science and human awareness, where our high-tech and high-touch approach defines a service that is crafted around the individual.

Delivered through our locations and specialist skills, we will take you as deep as you would like to go, from core beauty that changes the way you look to specialist treatments that can change your life.



PERSONALIZED WELLNESS



WELLNESS SCREENING, 30/60 MINUTES

This non-invasive screening analyzes your key physiological biomarkers and enables our experts to build a personalized program that blends high-tech science with ancient healing traditions, alternative therapies, holistic spa treatments and wellness activities.

If you're already walking the walk along the path, choose one of our wellness programs to help you along the way.

HOLISTIC ANTI-AGING

This program combines scientific advances in nutrition, fitness and neuroscience with ancient wisdom from long-lived communities to achieve a healthy, balanced body and mind. By understanding that outer beauty comes from a healthy body and happy mind, we can help you overcome lifestyle related aging effects, look at yourself in a new light and extend your health span through a personalized program.

DISCOVER YOGA

Experience a new form of body and mind exercise, release any stress and enjoy improved flexibility plus a stronger and more powerful body. This program combines private sessions of hatha yoga, guided meditation and breathing exercise with signature massages and energy treatments.

YOGIC SLEEP

Rest the body and mind with gentle yoga practice, achieve deep relaxation with yoga nidra and learn practical take-home techniques for creating an ideal environment for sleep.

YOGIC DETOX

Cleanse the body and mind through an ancient yet effective practice. Increase energy levels, improve clarity of thought and enjoy quieter mind, while boosting the immune system.

Programs of three, five, seven or more nights are available. It depends on how much time you have to invest in your well-being.

BIOHACKING



Unleash your limitless potential for living a healthy, balanced life full of energy. Biohacking takes shortcuts to better wellness by hacking the body's natural recovery systems.

VELASHAPE, 45 MINUTES

Contours, tones and reduces the appearance of cellulite by combining vacuum, infrared light and radiofrequency with a roller massage.

Suitable for all skin types.

MUSCLE RECOVERY SYSTEM, 30 MINUTES

Trusted by coaches and trainers around the world to keep their athletes in peak condition, the NormaTec dynamic compression boots help you recover faster between workouts, skiing sessions or after hikes by reducing muscle soreness and improving circulation.

SLIMMING BELT, 45 MINUTES

The SoniC Resonance technology destocks fat cells efficiently while transforming them into energy which is used during your workout. For slimming, Slim Sonic accelerates the disappearance of fat in selected areas. To enhance performance, it offers rapid mobilization of abdominal fat that is immediately converted into extra energy to the muscles used during a major sporting effort when stored glycogen is reduced.



ALCHEMY EXPERIENCES



THE ALCHEMY BAR WORKSHOP, 60 MINUTES

Learn how to make clean potions and cures to carry on the good work back home. You will be guided by our knowledgeable Alchemist on how to create your bespoke product in this interactive workshop.

AGE-DEFYING GUA SHA FACIAL, 60 MINUTES

Our expert Alchemist will share their extensive knowledge of the abundant, local herbs and produce for this bespoke facial experience. Immerse yourself in the varied textures and extraordinary aromas of the unique natural products that will be used in your treatment.





MASSAGES





SIX SENSES SIGNATURE MESSAGES:

Deep Tissue, 60/90 minutes - this massage releases stress, eases muscle tension, boosts circulation and improves mobility, as well as muscle and skin tone. It targets the areas of concern specified by a guest and works therapeutically into deeper muscle layers, addressing trigger points with gentle pressure and release techniques. Silicone cups or warm compresses might be used in the treatment, depending on the individual's need.

Detox Massage, 60/90 Minutes - an energizing full body massage. It uses dry brushing and silicone cups to stimulate circulation, improve skin tone and elasticity, and it helps reduce the appearance of cellulite by breaking down adipose tissue and reducing fluid retention.

Movement Restoration, 90 minutes - improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

Holistic, 60/90 minutes - a fully personalized treatment based on each guest's needs and desired results. It uses a combination of flowing, soothing, rhythmical and medium pressure movements on the specified areas of concern to relieve muscle tension and to bring about a balanced, calm and stress-free state of being.



Tension Soother, 30/60 minutes - a reviving back, neck and shoulders massage using therapeutic acupressure techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

Head Massage, 30/60 minutes - a deeply relaxing oil-based massage of head, neck and shoulders using cranio sacral techniques to ease tension in the muscles and fascia of the head and upper body, and induce a deep sense of calm.

Relaxed Feet, 30/60 minutes - restore the body's balance and release aches and pains in the feet with this signature treatment using a fusion of reflex techniques on the meridian lines of the legs and zones of the feet.

Pregnancy Massage, 90 minutes - a full body, advanced massage tailored to the needs of the individual. Combining Eastern and Western techniques, including very gentle stretching and nurturing strokes to promote relaxation and ease discomfort in the body.

VOLCANIC GLACIAL, 90 MINUTES

Experience the remedial and rebalancing benefits of volcanic stones which are gently heated and placed on the body. The radiant warmth of the stones induces healing and deep relaxation, while the oil has a revitalizing effect on your muscles. *Using Dr. Burgener Switzerland.*

THAI MASSAGE, 60/90 MINUTES

Reawaken the body and mind with this energizing treatment combining Thai massage techniques with gentle stretching movements.

SHIATSU, 60/90 MINUTES

Restore natural balance and well-being with this invigorating massage using the application of pressure along the meridians to release blocked energy. For a full body massage choose 90-minutes, to focus on specific areas of the body choose 60-minutes.

FACIALS



ADVANCED FACIALS USING BIOLOGIQUE RECHERCHE

A thorough skin diagnosis is recommended as an add-on in our facials. It's a key part of the Biologique Recherche protocol, so we can personalize your beauty treatment according to your Skin Instant ©

PERSONALIZED TREATMENT, 60/90 MINUTES

This bespoke facial starts with an in-depth skin analysis and is tailored to suit your skin type and skincare concerns, using a combination of products and techniques to deliver the desired results.



SECOND SKIN, 75 MINUTES

A genuine alternative to fillers, this exceptional anti-aging facial visibly lifts and treats the signs of aging, while accelerating the healing process.

The treatment improves cell renewal and cutaneous regeneration for a visible and immediate tightening effect. It also increases the cohesion, firmness and density of the skin while reshaping the facial contour.

MICRO-PUNCTURE, 90 MINUTES

Face, Neck & Decolète

This is an intensive treatment that activates collagen production through intra-epidermal micro stimulation and helps fight the signs of premature aging. It uses the cocktail d'Actifs Régénérants, which is packed with 56 active ingredients.

TRIPLE LIFT FACIAL, 90 MINUTES

Redefine and plump the contours of the face with this personalized resculpting treatment. It combines two exfoliating, reconditioning and face-lifting boosters with the use of the remodeling face machine.

Add to any facial and body treatment:

ANTI-AGING EYE PATCHES

Reduce puffiness and fine lines and soothe the under-eye area.

LIP REPLUMPING

A regenerative cure is highly concentrated in collagen to nourish, hydrate, smooth and re-plump the lips.

SKIN ANALYSIS WITH SKIN INSTANT LAB, 30 MINUTES

The Skin Instant© Lab consists of five sensors (measuring hydration, trans-epidermal water loss, elasticity, pigmentation and sebum levels) linked to a computer with an exclusive diagnostic analysis software program developed by Biologique Recherche. Based on our expert's dermo-cosmetic analysis and objective measurements, the Skin Instant© Lab, retrieves data from our knowledge bank to come up with a selection of products and treatments perfectly matched to your Skin Instant© needs..

REMODELING FACE, 30 MINUTES

Achieve wider-looking eyes, more pronounced cheekbones, less visible wrinkles and a more defined facial contour. These are just some benefits of the Remodeling Face bio-electro stimulation that combines the power of four currents for immediate and long-lasting results.

COCKTAIL OF REGENERATIVE ACTIVES, 30 MINUTES

A high-frequency impulse current is used to deliver this super serum packed with 56 active ingredients to reduce and prevent the appearance of fine lines and wrinkles. It is ideal for mature and devitalized skin.

CO-FACTEURS BIOLOGIQUE RECHERCHE, 30 MINUTES

For even more visible results, enhance your treatment by applying a preformed mask with unique ingredients such as Japanese red algae, marine collagen or collagen caviar.



ADVANCED FACIALS USING DR. BURGNER SWITZERLAND

MEN'S SKIN FITNESS FACIAL, 60 MINUTES

Ideal for combination to oily skin, this facial begins with a scrub to eliminate impurities, leaving the skin smooth and refreshed. Dr. Burgener's Purity Lotion and Intensive Purity Mask tighten dilated pores and balance sebum excess.

LUXURY GREEN CAVIAR ADVANCED FACIAL, 90 MINUTES

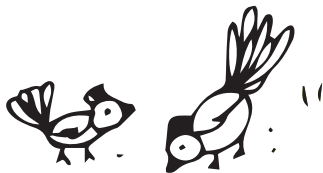
Ideal for skin that needs a regenerative boost, this facial uses the VitaSkin ultrasound, an intense dose of green caviar and gold trace elements to repair and boost the complexion.

PERSONALIZED FACIAL, 60/90 MINUTES

This bespoke facial is designed to suit your skin type and skincare concerns, using products and techniques best adapted to deliver desired results. It follows a skin diagnosis undertaken by your skin expert. Your treatment will combine the purest and most efficient natural ingredients with the latest anti-aging technologies.

LIFTING & FIRMING COLLAGEN, 90 MINUTES

Stimulating the skin from within, ultrasound stimulates the natural production of collagen and elastin, giving the skin tone and vigor. Thanks to the collagen mask which combines the collagen of acacia flowers with 3D collagen fibers, the skin is firmed, plumped and smoothed, the complexion unified.



Add to any of the above facials from Dr. Burgener:

VITASKIN ULTRASOUND, 30 MINUTES

The VitaSkin ultrasound uses acoustic waves of different frequencies to improve skin conditions and slow down the aging process. It helps reduce dilated pores, remove impurities from the deeper layers, improve skin elasticity and lighten discolorations, leaving your complexion firm and moisturized.

DERMABRASION, 20 MINUTES

This personalized mechanical micro-peeling and exfoliation system penetrates deep into the layers of the skin, leaving it smooth and without irritations. Ideal for treating hyper pigmentation, wrinkles and other skin imperfections.

OCULAR ILLUMINATION

This revitalizing and cooling treatment focuses on diminishing fine lines, puffiness and dark circles around the delicate eye area.



HAUTE COUTURE FACIAL MENU

A personalized facial treatment system

Using Dr. Burgener Switzerland.

HAUTE COUTURE PERSONALIZED SKINCARE PRODUCTS

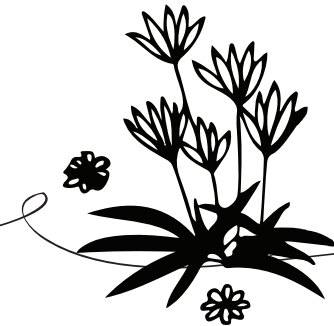
Developed specifically based on a comprehensive skin analysis. Our team of scientists in Switzerland analyze the results and work with our laboratory to create your complete range of products for two to three months use: vector cream, booster cream, masks, serum, eye cream, lip balm, cleansing milk. The combination of high-performance ingredients such as peptides, amino acids, stem cells and hyaluronic acid, stimulate cell renewal, promote synthesis of collagen, contribute to face lifting and reduce pigmentation.

You can use your products at home as well as during facials.

HAUTE COUTURE SKIN ANALYSIS, 60 MINUTES

So that we can create your range of tailor-made products, we carry out a complete analysis by measuring the depth of wrinkles, photo-aging, pores, elasticity of the skin, sebum secretion, hydration, pigmentation, and blood melanin.

This analysis is recommended twice a year to adapt the formulas of your products to meet your skin's changing needs.



HAUTE COUTURE FACIAL TREATMENT, 120 MINUTES

For immediate and lasting visible results, we use the most advanced technologies: glycolic peeling, cavitation peeling, ultrasound, radiofrequency, diamond microdermabrasion and needleless mesotherapy. The antiaging performance of the facial lies in the reduction of the depth of wrinkles, the improvement of firmness and tone, the lifting of the oval of the face, a better radiance, a refinement of the complexion and of skin texture.

HEAVY METALS AND TRACE ELEMENTS ANALYSIS WITH SUPPLEMENTS

A sample of your hair will be sent to our Laboratory in Switzerland for a complete screening of minerals, trace elements and heavy metals. Personalized nutritional supplements will be developed based on the results to help you cleanse and balance your body.



BODY TREATMENTS





SLIMMING BOOSTER, 60 MINUTES

This treatment uses lymphatic drainage techniques to reduce water retention, aiming for a slimmer appearance and reducing the signs of cellulite.

Using Biologique Recherche.

DETOXIFYING TREATMENT WITH SEAWEED, 90 MINUTES

Detoxify and revive with this slimming and oxygenating treatment. It features an energizing massage and warming wrap, the thermal effect releases marine active ingredients that remineralize and purify. The result, a sense of well-being and comfort. *Using Biologique Recherche.*

SWISS SALT DETOX WRAP, 60 MINUTES

This full body scrub followed by a wrap uses purifying salt crystals extracted from glaciers in the Swiss Alps. In combination with our sweet almond oil, this treatment detoxifies and regenerates your skin. *Using Dr. Burgener Switzerland.*

SWISS SALT SCRUB WITH MASSAGE, 90 MINUTES

This treatment starts with a body scrub using Swiss salt crystals, to help boost circulation and eliminate toxins. It is followed by a relaxing massage for smoother and brighter skin. *Using Dr. Burgener Switzerland.*

HYDRATING SWISS MILK, 60 MINUTES

This nourishing body wrap uses powerful casein found in Swiss milk together with a three-clay elixir to hydrate the skin. Results are enhanced with the addition of Dr. Burgener active anti-aging body concentrate. *Using Dr. Burgener Switzerland.*



Add to any body treatments:

ANTI-C SLIMMING TREATMENT, 20 MINUTES

Visibly improves the appearance of cellulite and reduces the orange peel effect, leaving skin toned, smoother and firmer. *Using Biologique Recherche.*

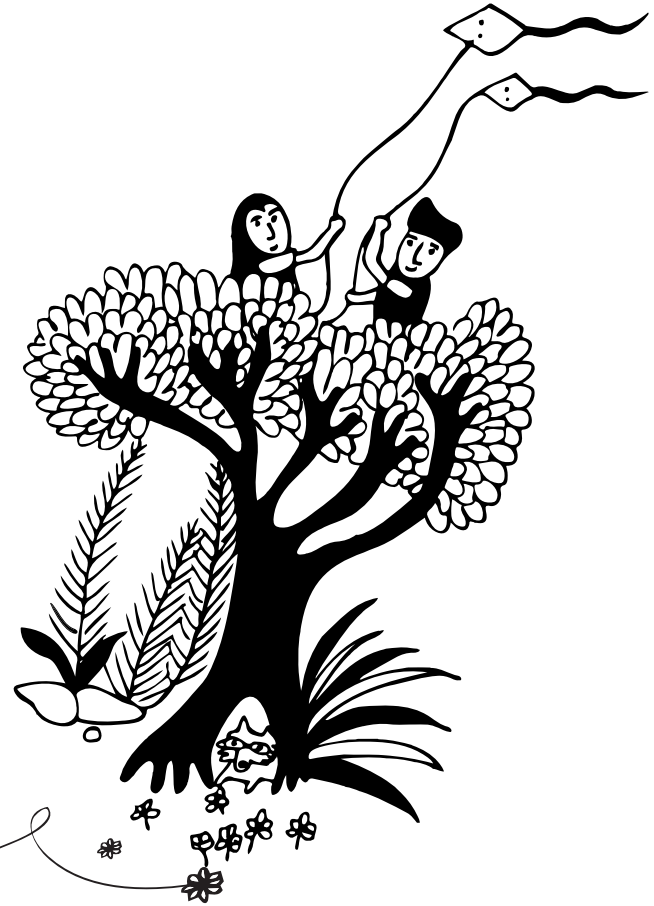
BELLY DETOX MASSAGE, 20 MINUTES

This massage with essential oils and botanic complexes stimulates circulation and eliminates toxins and fats, while regenerating tissues. Ideal for combating engorgement and water retention. *Using Biologique Recherche.*

LEGS RITUAL, 10 MINUTES

This treatment uses Crème Défatigante which is rich in stimulating and toning essential oil. Light ascending movement techniques are combined with thermal effects, leaving your legs feeling light and refreshed. *Using Biologique Recherche.*

Book a course of eight facial or body treatments and receive an extra treatment complimentary.



TIBETAN
TREATMENTS AND
WELLNESS THERAPIES





TIBETAN HEALING

This holistic system of healing encompasses all areas of life. It believes in the wholeness and interdependence of the body, mind and nature, and that the five elements of earth, fire, water, air and space are the common and fundamental principles shared by the body. Together, they produce three humors – wind, bile and phlegm – and when balanced, they bring equilibrium to one's health.

PERSONAL CONSULTATION, 30 MINUTES

It is recommended that you start with a personal consultation with a qualified Tibetan Medicine Amchi-Naturopath which includes visual assessment, pulse reading and a questionnaire, enabling the practitioner to identify your body constitution and suggest a selection of treatments and lifestyle adjustments.

One or a series of the following treatments are recommended to address your specific concerns:

CUPPING, 30 MINUTES

Tibetan Cupping is called mebum and is practiced with brass, copper, or glass cups placed on the skin for a short period of time to create suction. The cups collect sebum, blood and remove wind, blockages in muscles and opens the energy channels.

MOXIBUSTION, 30 MINUTES

An ancient healing technique that was popular in Tibet for thousands of years. It is based on purified moxa wool produced by Artemisia species dried herb made into a cone or a cigar, lit and held an inch or two over specific body points. Moxa opens the energy blockage of the channels, restores declining energy, calms down the mind and stimulates energy and blood flow.

LA(BLA) HEALING, 60 MINUTES

A body and mind therapy of Tibetan Medicine, Astrology according to lunar calendar and the movement of energy in the body with a soft touch, chanting and visualisation of letters.

KU NYE MASSAGE WITH HOR-ME, 90 MINUTES

In this bespoke treatment the appropriate approach is chosen on which Humor needs to be restored or taken care of (Wind, Bile, Phlegm) or element (Space, Earth, Water etc). Using tiny poultices filled with powder from cumin seeds and nutmeg warmed in sesame oil and applied on particular energetic points on the head, body and hands and feet. It is an ancient remedy for stress, tiredness and colds.



REIKI/ENERGY HEALING, 60 MINUTES

These healing treatments promote physical, emotional, mental and spiritual well-being by releasing tension and energy blockages.

SOUND HEALING, 60 MINUTES

Allow the sacred sounds to reverberate in your innermost self. This is a transcendent experience not to be missed. Let the sound and vibration of the singing bowls and different instruments give you the opportunity to experience your true, limitless nature. We highly recommend sharing this transformative experience with your loved one.

COLONIC CLEANSING, 60 MINUTES

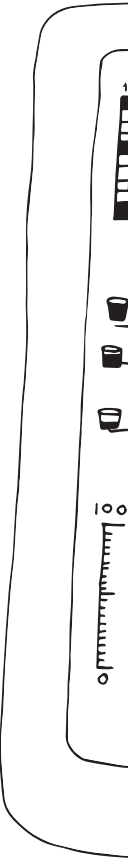
A cleansing treatment to help the body expel unnecessary waste and toxins, boosting the immune system and inducing a sense of lightness.

COLONIC REJUVENATION, 120 MINUTES

Release blocked waste and toxins with this detox journey combining a colonic cleansing treatment with a colon massage.



FITNESS AND MINDFULNESS





PERSONAL FITNESS TRAINING, 60 MINUTES

Meet a personal trainer to discuss your goals and limitations, and explore how to improve your cardio, strength and mobility.

YOGA, 60 MINUTES

Yoga combines postures with conscious breathing and focus, and helps develop strength, flexibility and mental clarity. You can expect to develop body awareness and explore varied postures in a mixed level environment.



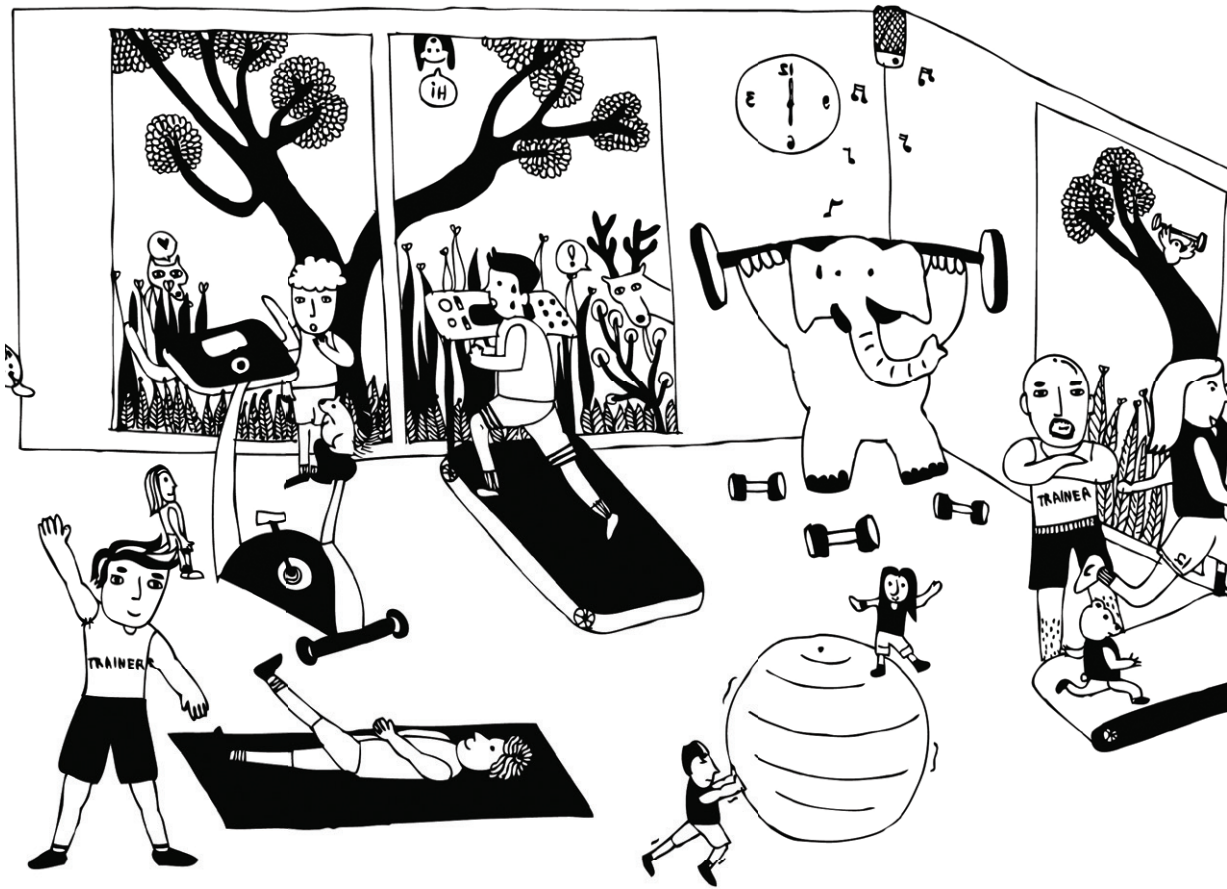


YOGA NIDRA, 60 MINUTES

Also known as yogic sleep or sleep with awareness, this simple meditation practice is taught lying down while being guided by a teacher. Its goal is to induce full body relaxation and a deep meditative state of consciousness, addressing psychological, neurological and subconscious needs.

PRANAYAMA, 60 MINUTES

Also known as the extension of the prana (breath) or breath control, pranayama uses breathing techniques to remove blockages in energy channels, strengthen the respiratory system and tame the monkey mind, calming down its extrovert tendencies and minimizing the thought process.



BEAUTY



MANICURE, 30/60 MINUTES

NAIL POLISH APPLICATION, 30 MINUTES

PEDICURE, 30/60 MINUTES

WAXING

Full waxing service available;

Please visit the salon for more information.



SPA ETIQUETTE



SPA OPENING HOURS

Daily: 8:00 am to 8:00 pm

Treatment time 10:00 am to 8:00 pm

Children are welcome to use the spa facilities
from 8:00 am to 6:00 pm

EXTERNAL GUESTS AND DAY SPA ADMISSIONS

Daily: 9:00 am to 8:00 pm upon request
and availability.

SPA RESERVATIONS

For spa enquiries or reservations, please dial the spa
button as marked on your telephone display or call
the spa directly. Advance bookings are recommended
to secure your preferred treatment time.



PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

We recommend using Six Senses Spa facilities prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

ARRIVAL

Please arrive 30 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment.

CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

CANCELATIONS

Please allow five hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa.

Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.



AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

PAYMENT

For hotel guests, all treatments will be charged to your guest room folio and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception. All treatments include VAT of 7.7%.

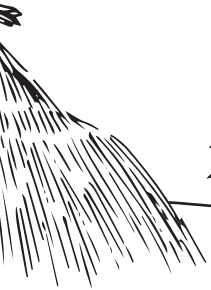
CHILDREN

Young spa-goers, under 16 years are welcome to use the spa facilities between 9:00 am and 5:00 pm when accompanied by an adult.

Under the supervision of a guardian, 13 to 15 year olds may enjoy a selection of spa treatments.

FITNESS CENTER

Guests must be older than 16 years to use the gym.







SIX SENSES SPA

GSTAAD



THE ALPINA

GSTAAD

For more information about Six Senses Spa at The Alpina Gstaad

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