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Explore the spa and retreat destinations of Switzerland

Dear media friends,

We hope your year is off to a great start! This January, we're thinking about more reasons to say Ahhh or Aha with wellness news from Switzerland.

In the realm of relaxation, Switzerland has much to offer, but here, we'll spotlight a few new and true that might spark editorial interest.

From the new Hotel Maistra 160 in Pontresina, Graubünden, to Les Grands Bains d'Hérémence aside the Eringer Hotel in the Valais region to an invigorating ice bath and sauna infusion at CERVO Mountain Resort in Zermatt, there is always an experience waiting for you to enjoy.

Take the plunge here with this invigorating round up of spa news.

Warm Regards,
Your North America Media Team
Divine, Laura, Fabio, Manuela, Patricia & Balthazar

Zermatt.



Ice bathing and sauna infusion at CERVO Mountain Resort.

Have you ever dreamed of plunging into an ice bath but lacked the courage? Let Sven Chanton guide you in the Mountain Ashram Spa at CERVO Mountain Resort to overcome your inner limits. Complement this experience with a refreshing sauna infusion and discover a world of well-being in a very special way.

[Take a plunge to the ice water](#)

Pontresina.



Hotel Maistra 160.

Opened at the end of 2023, Hotel Maistra 160 is a high-alpine retreat designed by architect Gion A. Caminada that appeals to a new generation of guests with its minimalist style. Its spa, an oasis on two floors, integrates the elements of nature, and offers hot water pools, saunas, and a fully equipped fitness room. In its treatment rooms, you can indulge in massages, shiatsu, and beauty treatments. Hotel Maistra 160 is not just a stay but an alpine experience where luxury meets mindful well-being.

[Treat yourself](#)

Valais.

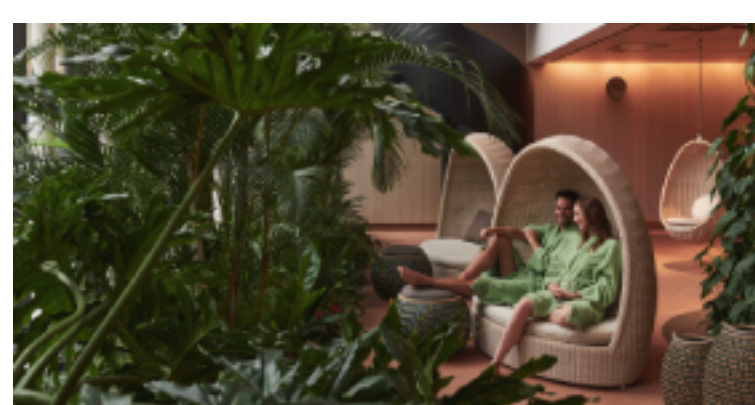


Les Grands Bains d'Hérémence.

Embark on a wellness experience at Les Grands Bains d'Hérémence, a newly opened spa that has been welcoming guests since the end of December 2023. At an altitude of over 5900 feet (1800 meters), you can enjoy the enchanting view of the Dent Blanche while immersing yourself in the therapeutic pools fed by natural water from Combioulaz. The thermal complex has indoor and outdoor swimming pools, three invigorating whirlpools, and a wellness area with various treatments. Enhance your well-being in this tranquil oasis of serenity.

[Relax](#)

Baden.

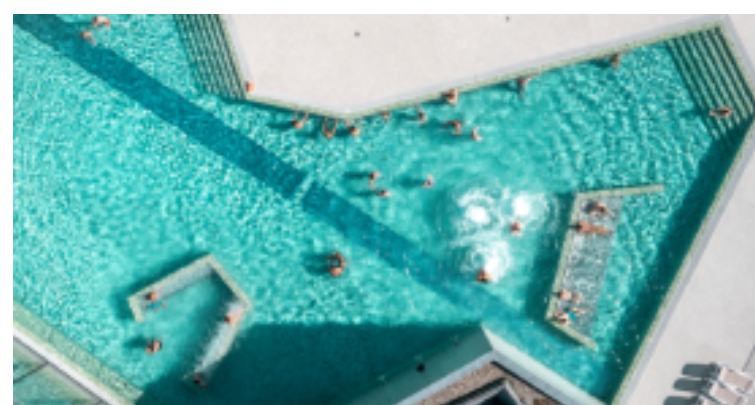


FORTYSEVEN Spa.

The FORTYSEVEN Spa in Baden is a luxurious retreat designed by the famous Swiss architect, Mario Botta. Botta's signature style is reflected in the spa's elegant and modern decor, providing a calming environment for visitors. With its thermal baths, saunas, and various massage treatments, the FORTYSEVEN Spa is the perfect place to unwind and rejuvenate, all while admiring the stunning architecture of the building.

[Discover the spa](#)

Gruyère.



Les Bains de la Gruyère.

The spa and wellness opportunities are always a highlight for guests at THE OMNIA, which is now further elevated with an impressive renovation featuring additional steam and sauna options. From the indoor/outdoor pool and outdoor whirlpool with stunning views to the extensive spa and wellness opportunities with personalized treatment options, the wellness programs at THE OMNIA are second-to-none.

[Discover deep relaxation](#)

Geneva.



La Banquise.

La Banquise on the Eaux-Vives commercial quay in Geneva is the ultimate local experience for wellness fans in winter. From January 17 to March 31, this lakeside oasis offers an extended wellness zone with three wood-fired saunas for four people each, a relaxation yurt, lakeside showers, and changing rooms. A unique opportunity to enjoy the tranquility of saunas in the heart of Geneva during a visit to the city.

[Unwind the way locals do](#)

Tips.



Nature Spa.

The Nature Spa in Switzerland provides a unique and holistic wellness experience that combines the benefits of nature with spa treatments. It's the perfect place to relax, recharge and reconnect with yourself amidst the stunning beauty of the Swiss Alps.

[Discover uniqueness](#)



Wellness and Spa accommodations.

Switzerland has luxurious spa accommodations in stunning natural surroundings, offering visitors a tranquil and peaceful atmosphere. Offering a variety of treatments and services, these accommodations are designed to help guests relax, revitalize and escape the stresses of everyday life.

[Discover wellness stays](#)



RhB Gourmino dining car.

Experience a culinary journey with freshly prepared dishes and a diverse selection of beverages as you travel along the impressive Albula Bernina Express Line from Chur to St. Moritz. The nostalgic dining car from the 1930s offers refined service and stylish interiors with a view of the spectacular landscape. Local products influence the dishes in a cozy atmosphere. The Gourmino dining car is also available for private events and will be on the rails from December 11, 2023, to March 10, 2024.

[Discover culinary delights](#)



SWISS – how to get there.

SWISS International Airlines is the national airline of Switzerland and offers flights to over 100 destinations in 50 countries worldwide. Recognized for its exceptional customer service and comfort, SWISS is the preferred option for business and leisure travelers. Exciting news for our North American travelers: direct flights to Zurich from Washington will start on March 28 and from Toronto on May 10. Immerse yourself in the blend of efficiency and luxury that SWISS guarantees.

[Discover connections](#)



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