

a beautiful

MOUNTAIN ADVENTURE

WORDS STEFFI HIDBER

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SUMMER PERFETION

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Lying back on my exceedingly comfortable daybed, underneath the bright yellow umbrella, listening to the birds chirping in the trees and watching the beads of condensation slowly slide down my chilled glass of sparkling water, there's just one thing I simply cannot fathom. And that is that so many of my friends speak so glowingly of the magical winters in Gstaad. How could they not want to come back in the summer? And more importantly: How will I ever manage to extract my teenage daughter Lily from our amazing Panorama Suite, when it's time for us to check out tomorrow?



First things first, though. I firmly wrap myself up in my huge spa towel and make my way back to the spa. It may be 24° Celsius outside, but despite the beautiful summer weather, I'm heading back my new favourite Swiss spa – and putting myself back into beauty therapist Isabel's talented hands for a Dr. Barbara Sturm facial.

A MOTHER-DAUGHTER BEAUTY TREAT

Perhaps I should start at the beginning, and not at the «happily-ever-after» high point of my 3-day summer stay at Le Grand Bellevue Gstaad? As a beauty journalist and resident spa expert here at «H» Magazine, I'm awfully used to travelling around Switzerland and checking out the latest and greatest hotel spas. But this trip is different: Not only am I looking forward to some much-needed downtime in these unparalleled times, but I get to bring my 16-year-old younger daughter with me, who (clutch your pearls here, please) has never been on a spa break. The beautifully scenic journey from our hometown Zurich to Gstaad wasn't quick, but the awesome train trip made it very much worth our while. And you know if a teenager spends an hour looking out of the window instead of at her phone screen, the view had better be amazing.

After being picked up by a friendly portier and being driven an embarrassing 300 meters to the historic Le Grand Bellevue hotel, with its fresh yellow-and-white exterior

and beautifully kept grounds, Lily and I are whisked straight to the spa: We've got a lot of discovering to do, and 48 hours are tight, even on relaxed summer-in-Gstaad-time.

The next two days are a blur, but a most delightful one. I love how excited Lily is about everything she's experiencing here in this uniquely cozy, quietly luxurious alpine haven. Our 180-minute-long «Alpine Serenity Ritual» in Le Grand Spa was just the start, and one we're likely never to forget (see «Steffi's Signature Treatment Tip»!). Our first evening was spent on the balmy outdoor terrace of the Gault & Millau awarded Leonard's, where we were served the chef's menu of beautifully arranged, seasonal specialties – including the prettiest oyster I've ever eaten. Heading up to our suite, Lily only manages a few half-hearted, tired jumps on our king-size bed before dropping off to sleep: It seems your first full-body massage really takes it out of you!



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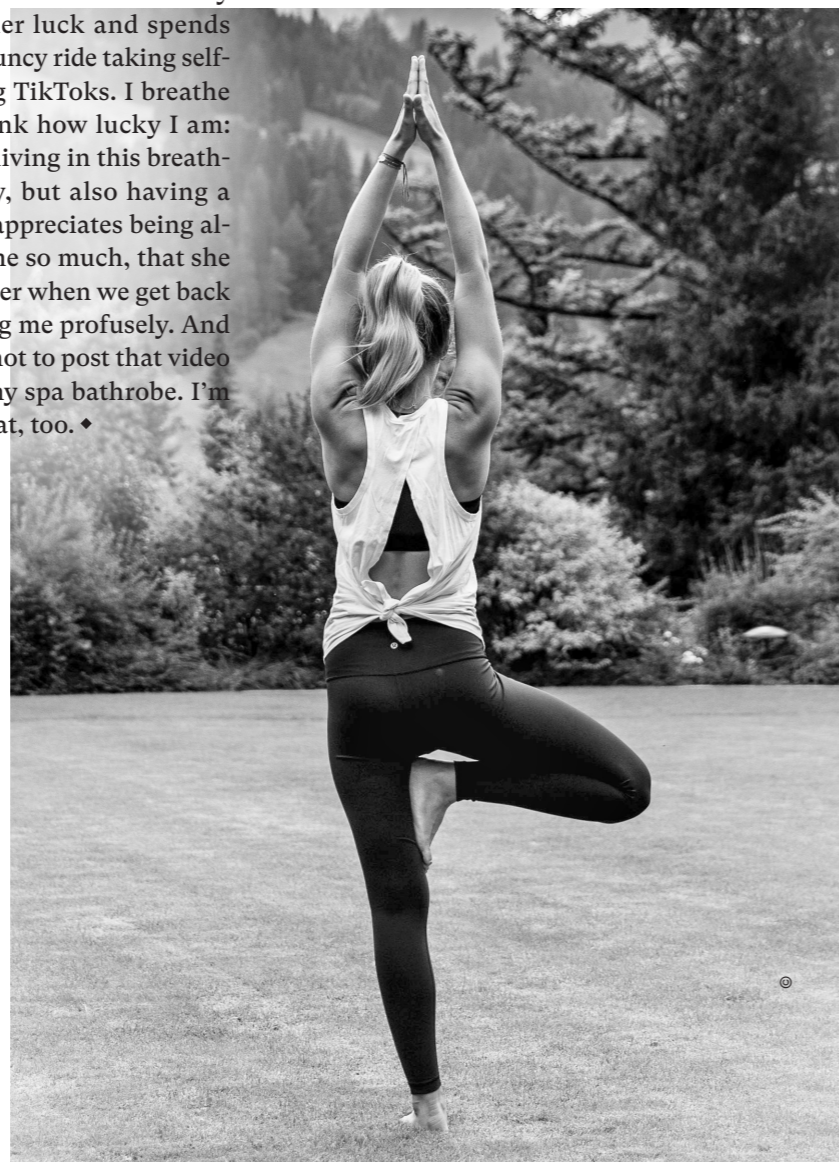
MOUNTAIN- TOP YOGA, ANYONE?

Awaking the next day to a brilliant sunrise, and another beautiful day, we enjoy a leisurely breakfast at Leonard's, and then go do what any proper summer tourist in Gstaad does: Put on our outdoor gear and get ready for a day of alpine adventures. Which, in my world, means a private yoga lesson on the top of Wispile, Gstaad's «family-oriented» mountaintop. After downward-dogging and Shavasana-ing in the midst of cows and hikers, we get to unpack a delicious, healthy lunch that was prepared for us by the chefs at Le Grand Bellevue and lovingly packed in an outdoorsy hiking pack. Lily finishes her salmon-and-quinoa salad, garnished with edible flowers, and sighs deeply. I'm afraid I've ruined her for hiking / yoga trips forever.

We take the gondola back down to Gstaad and walk back to the hotel, enjoying summertime Gstaad, which – despite Covid restrictions – is restrainedly bustling. The aforementioned Dr. Barbara Sturm facial awaits, and Lily spends a shocking

amount of time in and out of the sauna (it seems teenagers can handle heat better than us oldies!). And with my patented «Instant Glow», the two of us decide to dress up a bit and spend our last evening in Gstaad in the adorable Le Petit Chalet out front, eating – as one does in the height of summer – a truffle fondue and loving every bite of it.

The attentive staff of Le Grand Bellevue has one last treat up their sleeves for us the following morning: Before we head back to Zurich, we once again board the hotel limo and are driven to Lauenen, where the 75-year-old head of the Reichenbach family is waiting patiently with his horse-driven cart and takes us on a wonderfully kitsch round trip around the Lauenensee. Lily can't believe her luck and spends much of the bouncy ride taking selfies and making TikToks. I breathe deeply and think how lucky I am: Not only to be living in this breathtaking country, but also having a daughter who appreciates being allowed to join me so much, that she writes me a letter when we get back home, thanking me profusely. And promising me not to post that video where I'm in my spa bathrobe. I'm thankful for that, too. ♦



NUR EINEN
TREATMENT TIP
EINGESETZT

STEFFI'S SIGNATURE TREATMENT TIP

Dr. Barbara Sturm
Instant Glow Facial

– CHF 150 (45 min)

I've had the pleasure of meeting Dr. Barbara Sturm in person, and love both her energy and her results-oriented, potent anti-aging skincare products. So it was no surprise that this turbo-charged facial left my skin glowing and fresh. What was surprising, though, was how gentle and soul-feeding this 4-step treatment turned out to be, and the fabulous goodie bag filled with take-home samples was the icing on the cake. Leaves us wonderfully relaxed – and with the softest skin ever.

SUMMER DELIGHTS

BEAUTY HIGHLIGHTS
CURATED BY STEFFI HIDBER

That this will be a summer like no other is pretty much a given. And I'm sure I'm not the only one desperate for the kind of sunscreen-scented, sticky-Gelato-fingered bliss that only a long sunny day spent on boat or beach can bring. Good thing I've already rounded up some gorgeous beauty highlights that will most definitely be summering with me. And don't forget your SPF 50!

1 – The Cell Power Firming Body Lotion by MBR feels like a silky, velvety kiss on your skin, remodelling and tightening the contours by leaving a wonderful illuminating glow. The perfect prep for summer! Available on mbr-switzerland.ch.

2 – My favorite treat from La Prairie's re-imagined Platinum Rare collection offers «the most elevated, high-performing formulation, sensorial experience and exquisite packaging to date.». Who am I to disagree? A decadent treat for thirsty skin.

3 – I just recently discovered this gorgeous niche perfume brand from Barcelona, and fell head over heels with this bright, modern scent with notes of bergamotte, red pepper, tuberose and beer, of all things. Gorgeous and wonderfully new!

4 – No one does «glow» better than François Nars. This beautiful new limited-edition palette with eight eyeshadows and three subtle highlighters are the perfect way to build and blend an irresistible sheen that catches the light from every angle.

5 – The newest addition to the «Les Exclusifs de Chanel» perfume collection was inspired by Coco Chanel's zodiac sign Leo: A strong, elegant composition with earthy, ever-so-slightly dangerous labdanum, vanilla and bergamot. ♦

27 87 Perfumes «Sonar»
(87ml) CHF 205

5



3

NARS Euphoria
Face Palette
CHF 79.90

Le Lion de Chanel
Eau de Parfum
(75ml) about CHF 230

4



2

La Prairie Platinum
Rare Haut-
Rejuvenation Cream
(50ml) CHF 1700



1



MBR Cell-Power
Firming Body Lotion
(200ml) CHF 210