



## THE "HOT PEARLS" OF VALAIS

Leukerbad is the largest thermal spa resort in the Alps. 3.9 million liters of bubbling natural thermal waters of up to 51°C fill its pools daily.

Nowadays more and more people choose holiday destinations with their well-being and wellness in mind. Wellness is achieved through a life-style that provides a healthy balance between body, mind and spirit. Wellness is a concept typical of our times, based on a combination of the terms "well-being" and "fitness", that sees physical activity as making a significant contribution to our well-being. Clearly we each have our own concept of wellness. Wellness has also become the buzzword for a new concept in tourism, which has also been widely adopted in Switzerland. Hotels offering treatments and curative waters are the fullest expression of this new idea, where the age-old art of healing has long been practised. In these places, modern medicine is accompanied by ancient wisdom. Health-giving waters gush forth in stunning landscapes that make you want to take the plunge. Complete beneficial treatments fill you with vital new energy.

The thermal waters, the health benefits of which have been known since ancient times, have in recent years made a come-back and the formula has been up-dated. They are no longer places where the ill and the elderly go for treatment, but have become wellness centres where water treatments are offered alongside alternative therapies that help to restore people's general well-being. For some time now, a

key factor in how guests choose a location is not just about the spas, saunas or fitness training; it is also very much about the amenities, including guaranteed free use, extended opening hours and a sparkling clean environment. Much attention is paid to the 'advice and assistance' aspect through a whole series of additional initiatives in the activity, relaxation and culture sectors. The curative and beneficial effectiveness of the therapies is closely bound up with the history of humanity. Anyone who wants to give their body and mind some TLC (Total Loving Care) can access these sources of well-being, of which there are many in Switzerland. Valais is the most forward-thinking canton for its offering of wellness centres. Situated as it is in the centre of Europe, it is within easy reach of Geneva and its international airport, which is almost on the doorstep, while road and rail connections are excellent.

The sources of many thermal springs are in the impervious mountains of this alpine region, which now also includes wellness options in addition to its summer and winter tourism offerings. These key provisions are set against a back-drop of majestic scenery, where more than 50 mountains, 4000 metres high, stand out against the sky from the Rhone Glacier to Lake Geneva.

Ski runs of fresh snow, almost 4000 metres above sea level; panoramic

**Above**, thermal spring in Deloschlucht, near Leukerbad; **next page**, hot swimming pool in the snow in Leukerbad.

routes; cross-country ski routes; tracks left by sleighs on their route through the valleys beyond the hills. Completely snow-covered woods beneath the dazzling blue of the winter sky contrast with the weathered black wood of the houses in a sparkling white landscape: this valuable heritage is safeguarded and conserved in full awareness. Here the waters have always reigned sovereign in all their forms, as powdery snow, eternal glaciers or sparkling springs. Moreover it is worth remembering what an inexhaustible source the Rhône Glacier is, as are the many other glaciers in Valais; they often feed major dams, which, in addition to providing hydro-electric power, offer visitors some stunning sights.

Such a varied landscape is reflected in the range of winter provisions, which is further augmented by the luxury of immersing yourself in the hot thermal waters, an inexhaustible source of well-being, after a day on the ski slopes. The thermal waters of Valais are truly great oases of regeneration, already known about in Roman times long before the wellness boom and modern beauty treatments. In the past, before an explanation had been found for the many good effects of thermal water cures, they were thought to have

magical powers. Nowadays, thanks to progress in science the reasons for the phenomenon are known, although it does still seem to be shrouded in mystery to an extent.

Ideally situated in the heart of the Valais, Leukerbad (the largest hot water spa in the Alps), the Bains de Sillon thermal complex, the Thermalp in Ovronnaz or the thermal baths of Les Bains du Val d'Iliez, are the ideal place to recharge your batteries.

### THE POWER OF WATER

The medicinal properties of some spring waters were discovered hundreds of years ago, even before Hippocrates, the father of medicine, mentioned them. Close to Lake Tiberias, as recorded in the gospels, is a thermal spring which has been used for three thousand years by people to treat their rheumatism. In the course of history miraculous waters have always enjoyed great success; wherever the ancient Romans conquered a place where there were natural springs with health-giving properties, they built centres in which to spend their leisure time and look after their health and physical fitness.

The chemical and physical properties of the waters differ widely and therefore the potential applications and therapeutic uses are endless, although only one's doctor can give advice on this. Thermal waters have many uses: they can be drunk, used as irrigations, inhalations, to bathe in, or as an application in combination with other mineral or organic substances. Another way of looking at them is to classify them according to temperature, percentage of minerals, quality of mineral salts and their radioactivity.

In addition to the waters, caves and mud are also an integral part of thermal treatments. There are very many thermal springs in Switzerland, most of which are very well equipped.

A thermal treatment course should be at least ten days, to be repeated over a few years, since any immediate improvement can only be palliative. Thermal waters have also proved useful during recovery and rehabilitation due to the beneficial effect of sulphur on the cartilage between joints and the anti-inflammatory action of sodium bicarbonate.







In this page, various pictures of thermal swimming pools in Leukerbad.

#### Leukerbad

The pleasures of bathing in health-giving thermal waters, with a gentle mountain breeze and surrounded by steep evocative mountains, all create the special charisma of Leukerbad, situated in the Leuk valley. First-time visitors are swept away by the stunning combination of earth and sky, mountain and air. Suddenly the narrow valley opens out into a generous basin, protected but also open, stim-



ulating but restful: it is the biggest thermal spa centre in the Alps. The benefits of the springs, the waters of which come out of the ground at 51 degrees centigrade, at a rate of 3.9 million litres per day, were discovered by the Romans. The bathing culture has not been developed in such a particular way in any other Alpine thermal resort: visitors can choose from a wide range of spa services on offer in its 22 indoor and outdoor pools.

Each four- or five-star hotel has its own private pools, but visitors can al-



so choose to visit the communal spa centre with its family atmosphere. They may prefer a classier pool with a higher level of service, such as the Heliopark Hotels & Alpentherme Leukerbad, an imposing building on the glass façade of which the rocky cliffs of the Gemmi are reflected.

First opened in 1834, Les Sources des Alpes is a unique Hotel. Each of the suites, junior suites and rooms have a balcony or terrace offering an idyllic view on the village or the hotel garden. It is a pleasure to discover the 900 square meter Spa and its Phytomer products and treatments line and benefit from 40 years of expertise in marine biotechnology! In this resort people can really break free from their everyday life, its hectic pace, all the snacking or the excessive meals. It is enough to go there for being revitalized and experience one of the various Cure offers. You will feel beautiful, dynamic, with an incredible resurgence of energy.

Apart from its provision of thermal spas, which is the best to be found in Europe, Leukerbad also offers a vast range of wellness option and occupies first place in the Alps not just as a spa town, but also as a place of well-being and healthy living, an ideal place for a holiday in summer and in winter.



## BIENVENU DANS LE BIEN-ÊTRE AU COEUR DES ALPES VALAISANNES

Dans ce lieu de raffinement et de nature, vous retrouverez harmonie et plaisir de vivre dans un hôtel de prestige.

C'est au début du XIX<sup>ème</sup> siècle que les voyageurs du «Grand Tour» découvraient à Loècheles-Bains les vertus du thermalisme et des sources. A son ouverture en 1834, l'Hôtel des Alpes offrait 116 chambres avec 160 lits, 10 salles de bains, 16 salons et une écurie pour les chevaux. A cette époque, les hôtes étaient surtout des Anglais. En 1862, Alexandre Dumas séjourna à l'hôtel, ensuite Guy de Maupassant apprécia à tel point l'accueil à l'«Auberge» qu'il lui dédia un de ses romans. Et encore Léon Tolstoï, Pablo Picasso, Paul Valéry, Charlie Chaplin ou Herbert von Karajan.

Le Spa Sources des Alpes représente aujourd'hui aussi une destination pour les cures de détente et de remise en forme et spécialisée dans les cures d'amincissement. Retrouvez l'harmonie et le plaisir de vivre dans un hôtel de prestige, avec ses 30 chambres spacieuses, ses junior-suites et suites, son Spa et son excellent restaurant gastronomique La Malvoisie. Ici, le quotidien est vite oublié et le stress tenu à distance: c'est le moment de penser à vous.

Vous bénéficiez de sa source thermale dont l'eau est à 36°C toute l'année, qui

naît à environ 3000 mètres d'altitude pour redescendre à 500 mètres en dessous du niveau de la mer. Cette eau vit 40 ans sous terre avant d'arriver dans les piscines, chargée de tous les sels minéraux de la montagne. Profitez des bienfaits des performances de 40 ans d'expertise en matière de biotechnologie marine. Phytomer dépasse les frontières de la cosmétique traditionnelle et introduit le

soin professionnel nouvelle génération: plus efficace, plus sensoriel, plus éco-responsable.

Vous voulez perdre des kilos, vous reposer, vous reminéraliser? L'équipe du Spa Les Sources des Alpes vous propose un programme sur mesure accompagné par des menus gastro-light, minutieusement étudiés et préparés par notre chef, associant ainsi plaisir de la gastronomie et santé.

#### Detox Cure

You will feel beautiful, dynamic and with an incredible resurgence of energy. **4 Nights/3 Days** 1.100 CHF in double occupancy per person; 1.620 CHF - in single occupancy per person - **6 Nights / 5 Days** 1.593 CHF in double occupancy per person; 2.193 CHF in single occupancy per person



#### Slimming Cure

The Gastro-Light full board meal plan added to 3 slimming treatments per day and the ultra-sounds (Thin technology guarantees immediate weight loss results. Cure price per day and per person: 675 CHF in single occupancy; 545 CHF in double occupancy\*; \*Overnight in a Superior Room North 2.193 CHF in single occupancy per person.



For further information: Hotel Les Sources des Alpes Leukerbad  
Tél. 0041 27 472 20 00 - www.sourcesdesalpes.ch



**Zermatt**

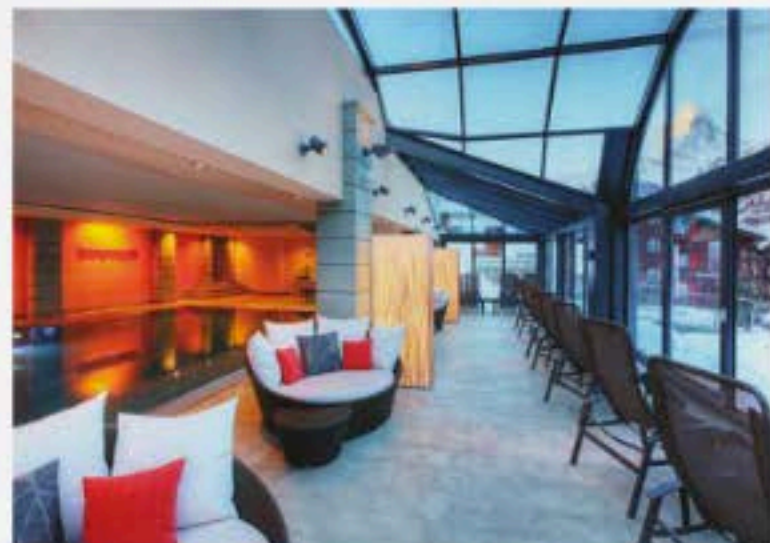
Zermatt and the Matterhorn are two legendary names. The Matterhorn is the most beautiful mountain in the Alps, perhaps even in the world. Zermatt (1620 m), a holiday resort free of cars in a mountain village with a cosmopolitan atmosphere, offers relaxing activity holidays whatever the season. The idyllic village in Valais in south-western Switzerland is set in a splendid landscape of mountains and glaciers. Nowhere else comes near to the intensity of this high-altitude location. It is situated in one of the biggest ski resorts in the world where the skiers can relax after a day on the slopes in a modern wellness centre. The wellness facilities in Zermatt's hotels offer relaxing moments and hours. Many of these are newly designed spas, which



are open to everyone. Whether a jacuzzi, swimming pool, sauna or hamam – Zermatt offers everything,

Here you will find lasting recuperation after a demanding day in the mountains. In the sauna, on the massage table, during treatment, or in the fitness room. In Zermatt you can find also a thermal resort. The Brigerbad thermal facility reopened in December 2014 and is now a year-round oasis of wellbeing for both body and soul. The complex houses seven unique bathing areas that are just waiting to be explored – from diverse outdoor pools with gigantic water slides to indoor health pools, a spa area spread over two floors and accommodating a hammam and sauna, plus wellness treatments and a restaurant. The total bathing area amounts to 2600 square metres, more than half of which can be enjoyed all year round. ■

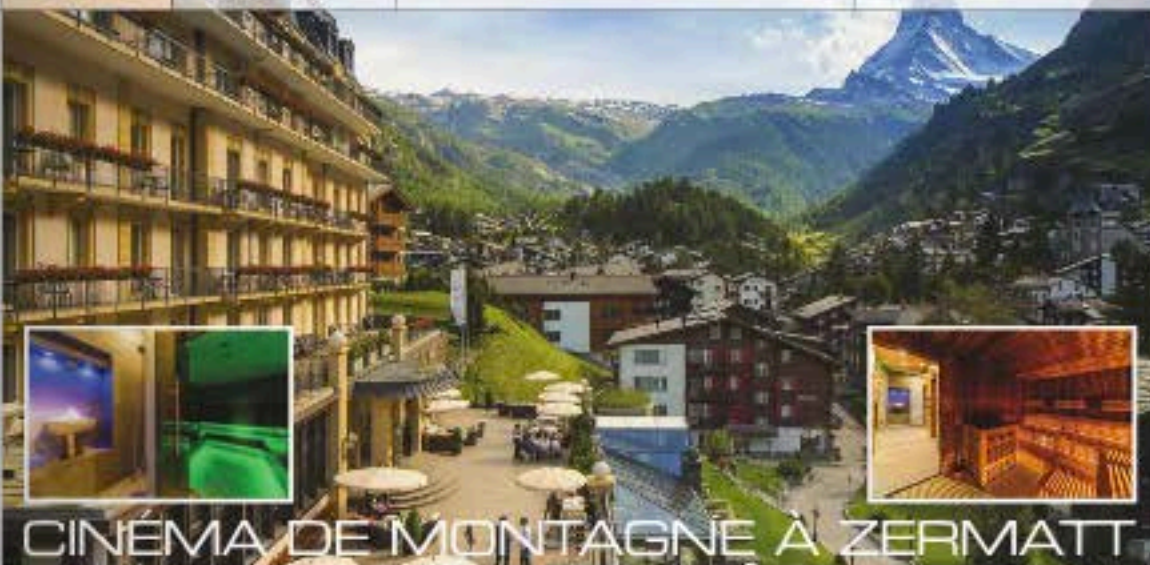
**Above.** Zermatt offers a lot of wellness opportunities. **Left,** the magnificent new Spa corners of Parkhotel Beau Site in Zermatt.

**LE PERLE CALDE DEL VALLESE**

L'acqua calda sgorga dalle profondità delle montagne vallesane e invoglia a godersi il piacere di un bagno. Da secoli i visitatori vengono alle terme vallesane per rilassarsi, riposarsi e guarire. L'acqua termale ha effetti rilassanti sulla muscolatura, stimola la circolazione e allevia le malattie croniche delle articolazioni grazie alle sue componenti minerali. Non c'è nulla di più rilassante di un bel bagno caldo in un bagno termale, godendosi lo splendido panorama alpino vallesano.

**LES PERLES CHAUDES DU VALAIS**

L'eau sort bouillonnante des profondeurs des montagnes du Valais – une invitation aux plaisirs du bain. Depuis des années, les visiteurs viennent se détendre, se reposer et se rétablir dans les bains thermaux. L'eau est décontractante pour les muscles, stimule la circulation et ses éléments minéraux ont un effet apaisant sur les affections articulaires chroniques. Rien n'est plus relaxant qu'un bon bain chaud dans l'eau thermale, d'où l'on jouit d'une vue superbe sur les montagnes valaisannes.



Dans ce lieu de raffinement et de nature, vous retrouverez harmonie et plaisir de vivre dans un hôtel de prestige.

**J**e sais parfaitement reconnaître chaque faille de l'emblématique silhouette du Cervin, c'est comme si aucune vitre ne nous séparait. Je suis assis en première loge d'un cinéma de montagne. Tout en plongeant avec délice dans l'eau de la piscine intérieure, je ne peux détacher mon regard de ce merveilleux panorama. C'est une vue qui fait rêver. C'est exactement ce que vous pourriez ressentir!

En fait, je suis venu à Zermatt dans le but de faire du ski. Environ 400 km de pistes enneigées d'où l'on peut voir « la montagne des montagnes » sous différents angles, voilà précisément ce qui me manquait à Zurich sous le brouillard. Pourtant, après avoir pris du plaisir à dévaler les pistes, j'ai également découvert le comble du bonheur. Un des critères déterminants dans mon choix pour le Parkhotel Beau Site fut sa situation proche du centre du village (5 minutes) et de l'arrêt du skibus (2 minutes). A présent que je me détends dans la piscine intérieure de 15 mètres sur 7 et je ne peux que me féliciter d'avoir fait ce bon choix. De confortables chaises longues ornent le bassin et invitent à contempler la magnifique vue sur le Cervin et les toits du village. L'espace bien-être entièrement rénové

promet de la détente à l'état pur avec un bain de vapeur, un sauna infrarouge, un vitarium à basse température et un sauna finlandais. Plus de 100 ans après son ouverture, le Beau Site a su garder la somptuosité d'un « Grand Hôtel » : la nostalgie et l'ambiance modernes sont en parfaite harmonie. On retrouve l'esprit de la Belle Epoque aussi bien dans son intérieur chaleureux et luxueux que dans son hospitalité. Le Beau Site est un lieu agréable, à la fois pour s'y détendre et pour fuir le froid. Par conséquent, je profite d'un après-midi enneigé pour me prélasser dans le Lounge devant un feu de cheminée à boire un thé et déguster une pâtisserie. J'ai tout de même bien mérité quelque chose de sucré après ces journées de ski et je profite ainsi de toutes ces petites attentions qui font partie du service. Chaque soir je suis chaleureusement accueilli dans le restaurant de l'hôtel dont la cuisine de Burkhard Sattler est placée sous le signe de la « gastronomie du marché suisse aux influences internationales ». Comme chaque dimanche, ce soir est dédié à la Suisse avec des spécialités telles que la fondue au fromage ou la raclette. Alors que je suis impatient d'être au dîner, je me replonge dans le jacuzzi chauffé à 36° et en chemin, je fais une petite pause dans ma « cham-

**MOUNTAIN CINEMA IN ZERMATT**

The generous 4 star superior hotel "Parkhotel Beau Site" is located in a quiet yet central location – just five minutes walking distance from the village centre. Enjoy our fantastic view of Zermatt and the Matterhorn and let us pamper you! Experience a friendly and uncomplicated service that is prepared to meet all your wishes. As well as comfortably elegant rooms and luxurious suites, a diverse and delicious top-level cuisine and a spacious pool and wellness area with an ample selection of treatments for body, mind, and beauty.

bre Matterhorn ». Finalement, c'est ici que j'ai la vue la plus impressionnante sur le Cervin, rien que pour moi.

**For further information:**

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