



BEAU-RIVAGE PALACE
LAUSANNE SWITZERLAND

PRESS RELEASE
FEBRUARY 2022

A BREATH OF FRESH AIR



At the start of the new year, while the shores of Lake Geneva and its surrounding Alpine peaks are blanketed in snow, in Lausanne, the Beau-Rivage Palace is peaceful and at rest. Winter is here.

Ideally positioned within driving distance to some of the most beautiful ski resorts in the Swiss Alps, Beau-Rivage Palace is the perfect home-base for a trip to the mountains. Thanks to the hotel's holistic wellness program, every detail of the guest experience caters to mental and physical wellness, offering rejuvenation for before or after a ski trip.

Personalized Coaching

Guests can take advantage of tailor-made, 30-minute wellness programs with Jérémy Peltier, one of the hotel's expert coaches. Guests can begin or end their ski holiday in optimized health thanks to Mr. Peltier's special blend of physical exercises and nutritional rebalancing, honed over his 15 years of experience.

Skincare and Relaxation

The sublime Cinq Mondes Spa brings together a wide range of high-quality, authentic and ceremonial treatments inspired by the great traditions of wellness around the world. Skincare experts offer tailor-made treatments specifically formulated for cold-weather skin issues, including one therapy designed to prepare skin for the frost of winter sports.

Breath work

The highlight of many guests' stays at Beau-Rivage Palace will be a session with Dimitra Kontoyannatos, the hotel's resident 'neuropath,' or holistic healer. Consultations are held in a salon dedicated to the practice of optimizing the body's energy through various exercises and breath work. The session includes the incredible 'Bol d'Air Jacquier' practice, which stimulates oxygenation. Guests also enjoy Hawthorn tea, which is used to prevent myriad health conditions.

As the winter days are shorter, it is recommended to adapt your schedule to begin winding down in the late afternoon. We optimize our time to complete tasks that require energy during daylight, and we devote the end of the day to relaxing activities: reading, writing, cooking, taking care of your home, or simply settling down in a comfortable armchair while drinking an herbal tea made from Hawthorn flowers.

Prices

Personalized coaching session (30 minute) 90 CHF

Personalized support with resident Neuropath 2h 350 CHF

Including:

a preparation session by telephone

an advisory session, including a Bol d'air Jacquier

two follow-up sessions by telephone

Assisted expert diagnosis and 50-minute facial treatment from 230 CHF

Double room with breakfast included from 590 CHF

About the Beau-Rivage Palace

www.brp.ch

Located in a four-acre park on the shores of Lake Geneva, the Beau-Rivage Palace offers breathtaking views of the lake and the Alps. With 168 rooms, 12 conference rooms equipped with the latest technology, a Cinq Mondes Spa and four restaurants, the hotel has been a world-class destination since it opened in 1861.

The Beau-Rivage Palace is one of the flagship hotels of the of Sandoz Foundation Hotels.

CONTACTS PRESSE

Elisabeth de Pins

elisabeth@elisabeth-agency.com

+41 78 667 60 57

