



## Kickstart 2024 with a European wellness getaway to Geneva



**London, 15 January 2024:** Start 2024 on the right foot with a wellness escape to Europe's leading city break destination, Geneva. Whether looking for holistic therapies, a luxurious wellness weekend or to achieve total relaxation this new year, Geneva has a range of experiences to suit all requirements.

### [Bain-Bleu Hammam & Spa Genève Plage – the perfect escape](#)

Offering a wellness bubble situation on Lake Geneva, Bain-Bleu is the perfect destination to escape the outside world and explore the 3,000sqm of indoor and outdoor aquatic facilities while enjoying the backdrop of the stunning panoramic mountains. With a 360-degree approach to wellness, guests can enjoy a series of pools, steam rooms, dedicated spa, and the oriental-inspired hammam. Discover a journey that will lead you through 7 different stages, allowing you to feel total relaxation with humid heat, steam, water and light providing a change of scenery and helping to soothe the body and mind.

### [Bains des Pâquis – the winter warmer](#)

For the perfect winter warmer, the Bains des Pâquis is a local hotspot to relax and experience a day of total bliss. Known as the city beach, guests can enjoy panoramic views of Geneva's iconic Jet D'Eau, the Alps and the breathtaking Jura from the warmth of the winter sauna and the Hammam and Turkish baths. Attracting a wide range of visitors all year round, the Bains des Pâquis is the perfect destination for wellness and relaxation.

### [Terre des Sens – the holistic approach](#)

For those seeking traditional holistic treatments, the Terre des Sens wellness centre provides a unique space where guests can explore a range of alternative therapies designed to target various points of the body. Whether detoxing with lymphatic drainage massages, boosting circulation with reflexology, fighting fine lines with Japanese Kobido facial massages or receiving a reiki healing session to reduce stress, the Terre de Sens wellness centre has a treatment to suit all requirements. Guests can also experience ultimate relaxation, restoration and detoxification with Zensate, a cutting-edge technology that uses targeted vibrations and sound waves to expand states of consciousness. By harnessing the power of sound vibrations, guests will be able to restore balance and harmony in their body and mind, reduce stress and anxiety, promote better sleep and improve their cognitive function.

### [The Guerlain Spa at The Woodward – the luxury spa](#)

Decompress in total luxury at The Woodward Hotel, which offers unparalleled French hospitality in its 1,200sqm Guerlain Spa, and 21-metre indoor swimming pool – the longest in Geneva. The perfect way to relax, enjoy the state-of-the-art gym, two saunas, two steam-rooms, two Swedish baths and a hot tub, as well as exclusive treatments by Guerlain across six wellness suites, including one for couples. The Guerlain Spa offers treatments to promote wellbeing and rejuvenation, with its signature Guerlain massage method, offering unique and innovative expertise, combining traditional methods with new techniques.

With a range of cutting-edge spa and wellness facilities available in Geneva, find the perfect treatment this January and start 2024 feeling relaxed and de-stressed.

For more information on Geneva’s extensive wellness offering, please visit: [www.geneve.com/](http://www.geneve.com/)

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### [Geneva City Pass](#)

- Valid for 24, 48 or 72 hours with prices starting at GBP £23
- Free or discounted access to 60 attractions, galleries, and museums all accessible by free public transport
- 20% off Geneva City Pass until 29 February
- GBP £1 of your Geneva City Pass will be donated to the MyClimate ‘Cause We Care’ programme for climate protection and sustainable tourism in Switzerland

#### **For more information, please contact:**

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