

THE DOLDER GRAND

Spa Menu

WELCOME TO THE DOLDER GRAND SPA

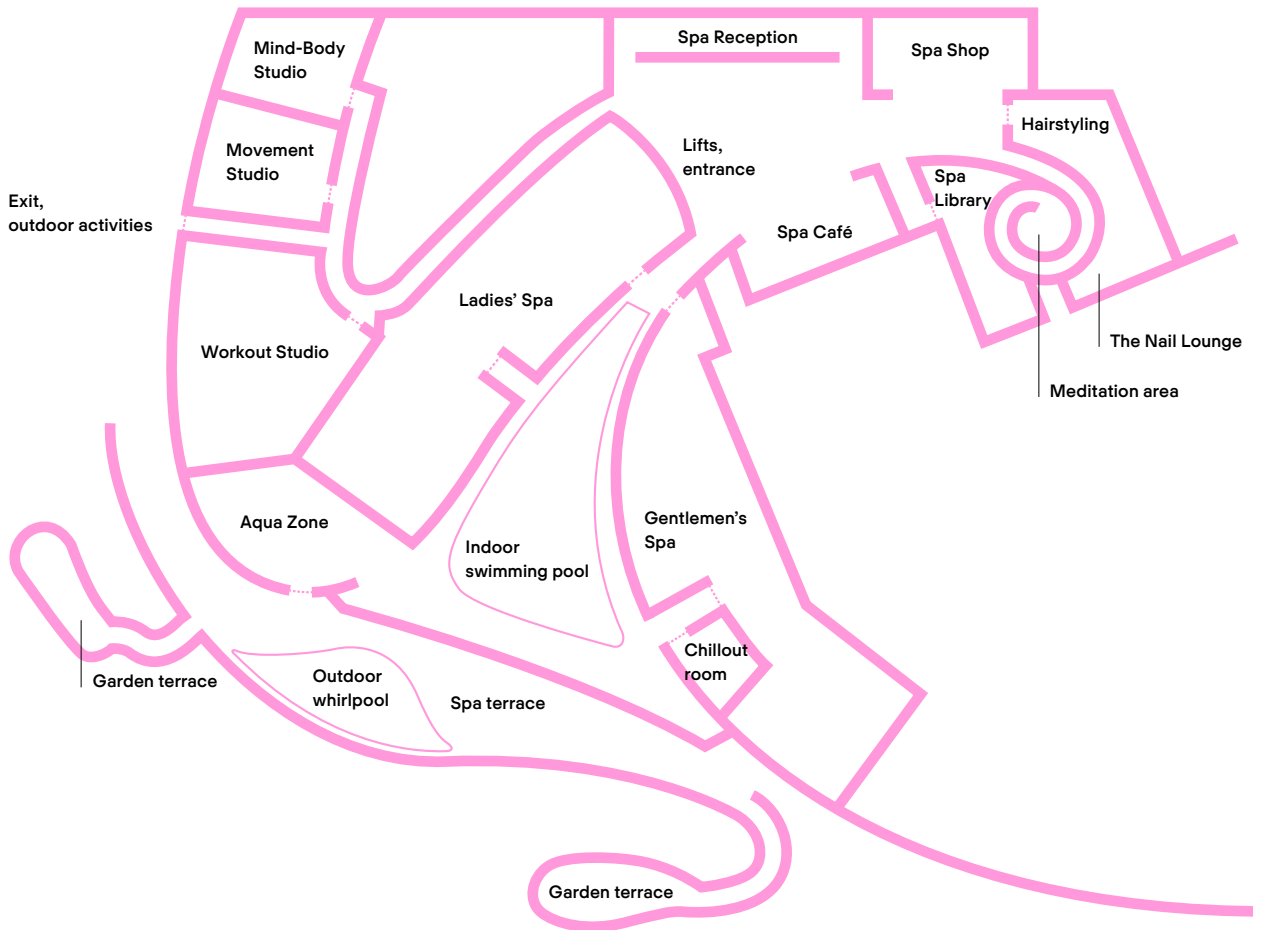
We invite you to discover true well-being for your body and mind. With the unique Dolder Grand Life Balance, you restore your physical balance and inner harmony. The exclusive treatments and carefully selected product lines will help you to reach your goal of overall well-being.

The Dr Burgener Switzerland skincare range combines natural ingredients with the effectiveness of cutting-edge technology. La Prairie brings together Swiss precision with scientific innovation and precious ingredients. The certified organic Amala skincare line stands for progress and natural beauty.

Treat yourself to a break from everyday life.

We look forward to your visit.

OVERVIEW MAP



OVERVIEW OF TREATMENTS

	TREATMENT	Life Balance	Minutes	CHF
Facials	● Intense Glow Facial by Dr Burgener	Vitality	90	350.00
	● Derma Boost Facial by Dr Burgener	Beauty	90	350.00
	Unique Facial by Dr Burgener	Beauty	60	270.00
	Organic Spa Clinical Facial by Amala	Detox	90	260.00
	Organic Urban Skin Facial by Amala	Relax	60	210.00
			90	260.00
	The Art of Beauty by La Prairie	Beauty	60	210.00
			90	260.00
	Ultimate Rejuvenating Platinum Night Elixir Facial by La Prairie	Vitality	90	350.00
Endermologie®	Endermologie® with LPG®	Vitality	45	160.00
Bathing	Organic Bath Ritual by Amala*	Relax	30	70.00
Body scrubs	Grape Pearl Scrub by Dr Burgener**	Beauty	30	110.00
	Swiss Salt Crystal Scrub by Dr Burgener**	Detox	30	110.00
Body wraps	● Hydraheaven by Dr Burgener	Relax	90	260.00
	● LPG® Cryofit by Dr Burgener	Detox	90	330.00
	Algae Drainage Wrap by Dr Burgener**	Detox	30	110.00
Massages	● Bamboo Shiatsu	Vitality	60	210.00
			90	260.00
	● Prenatal Massage by Amala	Relax	60	190.00
			90	230.00
	Caviar Massage by La Prairie	Beauty	60	210.00
	Custom massage	Beauty	30	110.00
		Relax	60	190.00
		Detox	90	230.00
		Vitality		
	D-stone massage	Relax	60	190.00
			90	230.00
	Foot reflexology	Vitality	30	110.00
		60	190.00	
Organic Aroma Massage by Amala		Beauty	30	110.00
		Relax	60	190.00
			90	230.00

● Dolder Signature Collection

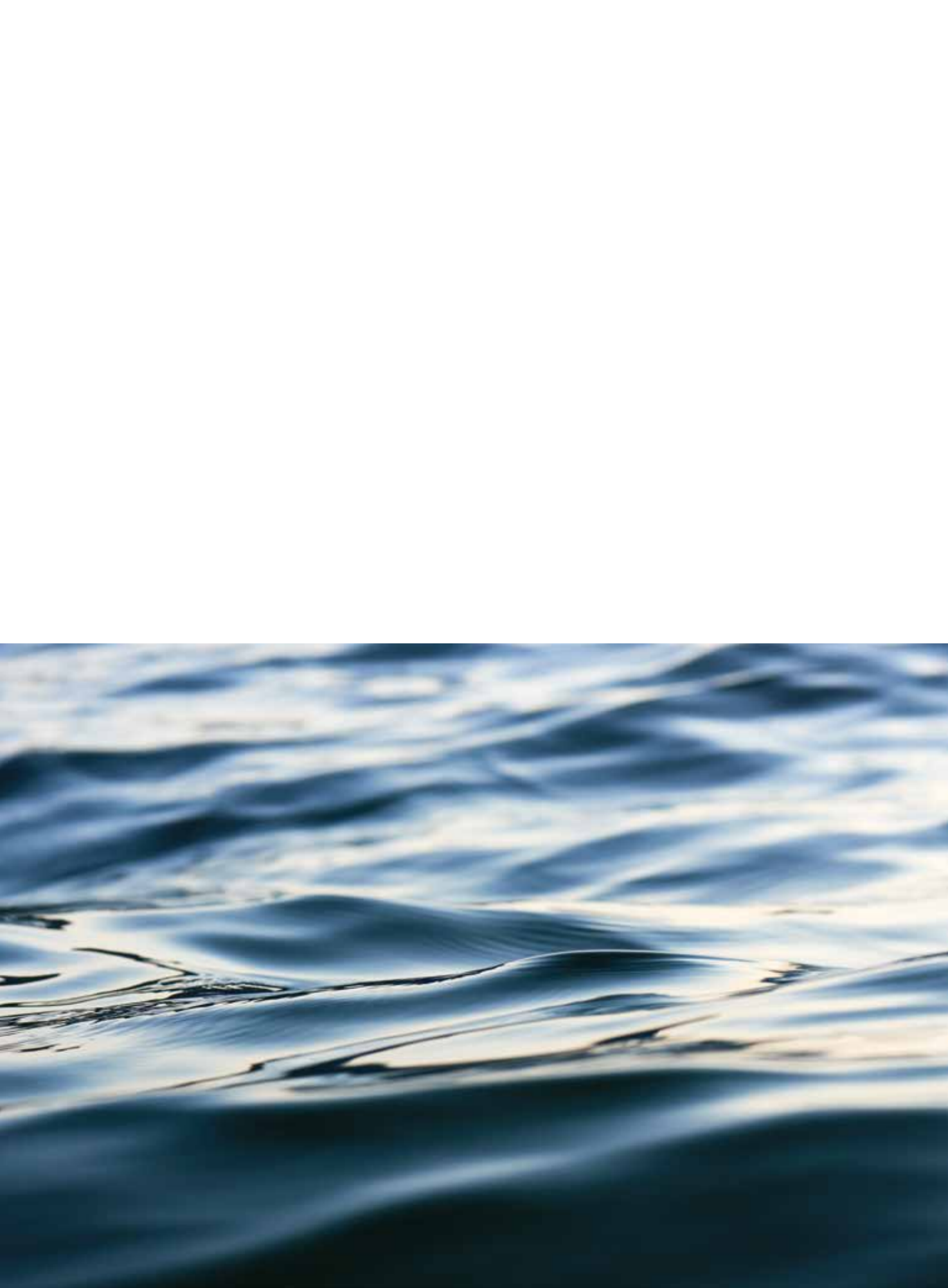
* Only available with a subsequent Organic Aroma Massage by Amala.

** Only available with a subsequent custom massage.

	TREATMENT	CHF
Face	Microdermabrasion (15 min.)	80.00
	VitaSkin ultrasound (15 min.)	80.00
	High-frequency treatment (15 min.)	30.00
	Endermologie® with LPG® (15 min.)	80.00
	Instant Eye Radiance Patch by Dr Burgener	25.00
	Instant Precious Gold Mask by Dr Burgener	40.00
	Collagen Mask by Dr Burgener	40.00
	Hydra Filler Mask by Dr Burgener	30.00
	Make-up touch-up (15 min.)	35.00
	Eyelash lifting including tinting (60 min.)	120.00
	Eyelash or eyebrow tint	40.00
	Eyelash and eyebrow tint and correction	65.00
	Eyebrow correction (15 min.)	30.00
	Upper lip or chin hair removal***	35.00
Ear or nose hair removal	35.00	
Body hair removal	Brazilian bikini wax*** (45 min.)	120.00
	Classic bikini wax*** (30 min.)	80.00
	Part of the leg (30 min.)	80.00
	Whole leg (45 min.)	120.00
	Part of the arm (15 min.)	50.00
	Whole arm (30 min.)	80.00
	Armpit (15 min.)	45.00
Chest/stomach or back (30 min.)	80.00	
Nail grooming Hands and feet	Shellac removal during manicure or pedicure (15 min.)	10.00
	New Shellac nail polish during manicure or pedicure or after nail shaping (15 min.)	30.00
	Paraffin bath including scrub (30 min.)	70.00

*** Only available for ladies.







THE DOLDER GRAND LIFE BALANCE



Whatever your situation in life, you have to find the right balance in order to achieve not only physical but also mental well-being and relaxation. That is what the Dolder Grand Life Balance is all about. The services, including those in the Spa Café, are divided into the following programmes:

RELAX

Relax and forget everyday life. Find true peace and quiet. Take the time to consciously enjoy the day.

BEAUTY

Beauty on the inside and outside for complete well-being. Let yourself be pampered, rejuvenate your skin and treat it to important nutrients.

VITALITY

Fitness is centre stage for you. These treatments awaken new energy and give you strength and vitality for the day ahead.

DETOX

Promotes detoxification and eliminates toxins from the body. This programme can help during weight loss.

● The symbol for the Dolder Signature Collection shows you unique treatments offered by the Dolder Grand Spa. A guarantee of an exclusive sense of well-being.

RELAX

Take the time to consciously enjoy the day and find inner peace and serenity. With these treatments, you can relax and forget everyday life.



ORGANIC URBAN SKIN FACIAL BY AMALA

Specially developed for sensitive skin that suffers from the influences of free radicals, this energising facial containing 100% natural ingredients offers support for your skin's own protective barrier. Thanks to the unique combination of yerba santa enzymes, vitamins and proteins, it provides you with a strong, glowing and youthful skin structure.

(60 min.) CHF 210.00
(90 min.) CHF 260.00

ORGANIC BATH RITUAL BY AMALA

Using a dry brush, dead skin particles are removed and the skin's circulation is stimulated. Apricot kernel oil, amino acids and caper berry extract in the bath visibly enhance and strengthen the skin's structure and soothe sensitive, dry and demanding skin. In the meantime, you can enjoy a relaxing scalp massage. Only available with a subsequent Organic Aroma Massage by Amala.

(30 min.) CHF 70.00

HYDRAHEAVEN BY DR BURGNER

This treatment begins with a refreshing foot bath and scrub using detoxifying Swiss Alps salts. A dry scrub for the whole body then follows, activating the circulation and allowing for improved absorption during the moisturising treatment. In the waterbed, you will experience a feeling of total weightlessness. The experience for all the senses is rounded off with a meridian massage, a mini-facial using a Rejuvenating Royal Mask, rich in royal jelly and honey extracts, to enrich your skin with vitamins and trace elements and finally a foot massage.

● (90 min.) CHF 260.00

YOUR RELAX DAY CHF 480.00

Organic Urban Skin Facial by Amala (60 min.)

Organic Aroma Massage by Amala (60 min.)

Private yoga or meditation session (60 min.)

Lunch including a beverage in the Spa Café

Use of the Dolder Grand Spa (4,000 m²)

Surprise gift

BEAUTY

Beauty on the inside and outside is the most important factor in achieving overall well-being. The selected treatments regenerate your skin and provide it with the nutrients it needs.



DERMA BOOST FACIAL BY DR BURGNER

Thanks to the excellent Swiss anti-aging ingredients, this treatment is ideal for skin types that require regeneration. Thanks to ultrasound technology, the antioxidant power of green caviar with an intensive dose of gold trace elements will penetrate the skin at a cellular level, thus helping to repair DNA damage and tone the skin.

● (90 min.) CHF 350.00

GRAPE PEARL SCRUB BY DR BURGNER

The treatment with exfoliating particles from grape seeds is ideal for sensitive skin. Thanks to the Swiss grapes extract and the antioxidant complex the skin feels velvety, relaxed and cleansed. Only available with a subsequent custom massage.

(30 min.) CHF 110.00

UNIQUE FACIAL BY DR BURGNER

Whether you need a deep cleansing or a nourishing treatment, our experts will adapt this 60-minute facial to your current skin needs.

(60 min.) CHF 270.00

THE ART OF BEAUTY BY LA PRAIRIE

Experience the promise of timeless beauty in the exquisite The Art of Beauty treatments. We will be happy to help you choose your very own personal skincare ritual.

- Caviar Lifting and Firming Facial for an immediate tightened and toned effect
- White Caviar Brightening and Firming Facial for even, illuminated skin
- Revitalizing and Perfecting Radiance Facial for an enhanced glow

(60 min.) CHF 210.00

(90 min.) CHF 260.00

YOUR BEAUTY DAY CHF 430.00

The Art of Beauty by La Prairie (90 min.)

Caviar Massage by La Prairie (60 min.)

Lunch including a beverage in the Spa Café

Use of the Dolder Grand Spa (4,000 m²)

Surprise gift

VITALITY

Awaken new energy and get active. These offers put fitness and vitality centre stage and give you strength and youthful vigour for the entire day.

INTENSE GLOW FACIAL BY DR BURGNER

The top layer of skin cells is removed during the microdermabrasion, which is effective in treating hyperpigmentation and skin aging caused by environmental and genetic factors. Advanced ultrasonic technology is used to boost the production of collagen and elastin, which makes the skin appear firmer. It is followed by a 3D collagen mask that works instantly to give your skin a radiant complexion and shine.

● (90 min.) CHF 350.00

ULTIMATE REJUVENATING PLATINUM NIGHT ELIXIR FACIAL BY LA PRAIRIE

This treatment includes La Prairie's most effective rejuvenating elixir: the Platinum Rare Cellular Night Elixir. Thanks to the combination with the Platinum Rare Cellular Cream, your skin will feel more youthful than ever with a rejuvenated, flawless appearance. This treatment can be enjoyed at any time of day.

(90 min.) CHF 350.00

ENDERMOLOGIE® WITH LPG®

Thanks to intelligent stimulation, your skin and figure are capable of unbelievable changes. This treatment applies a non-invasive technique for mechanical skin stimulation that allows for a natural reactivation of the cell metabolism. We therefore recommend doing sports on the same day, after your Endermologie treatment. You will already see visible results after three sessions.

(45 min.) CHF 160.00

YOUR VITALITY DAY CHF 420.00

Endermologie® with LPG® or custom massage (45 min.)

Personal training session or fitness and body composition analysis (90 min.)

Lunch including a beverage in the Spa Café

Use of the Dolder Grand Spa (4,000 m²)

Surprise gift



DETOX

Treat your body to a break and come to terms with yourself. These selected programmes promote detoxification and support your weight loss.



ORGANIC SPA CLINICAL FACIAL BY AMALA

Biotechnology of the very highest level – organic wakame enzymes and the latest generation of fruit acids have been clinically proven to illuminate the skin, leaving it smoother than before, totally cleansed and with a youthful elasticity.

(90 min.) CHF 260.00

LPG® CRYOFIT BY DR BURGNER SWITZERLAND

A one-of-a-kind combination treatment to reshape your figure. The LPG® Lipo-massage™ stimulates the adipocytes to reactivate the natural breakdown of fat. The skin is refined and tightened. The cooling Cryofit lotion stimulates lipolysis and blood circulation.

● (90 min.) CHF 330.00

SWISS SALT CRYSTAL SCRUB BY DR BURGNER SWITZERLAND

Salt from the Swiss Alpine Bex salt mines is part of this energising scrub that is rich in therapeutic minerals. This treatment purifies and regenerates tired skin. Only available with a subsequent custom massage.

(30 min.) CHF 110.00

ALGAE DRAINAGE WRAP BY DR BURGNER SWITZERLAND

This pack contains algae from Brittany's Atlantic coast that are renowned for their remineralising and detoxifying properties. Enjoy a mini-facial consisting of cleansing and a mask during the treatment time. Only available with a subsequent custom massage.

(30 min.) CHF 110.00

YOUR DETOX DAY CHF 440.00

Organic Spa Clinical Facial by Amala (90 min.)

Body ritual with Algae Drainage Wrap by Dr Burgener and custom massage (60 min.)

Lunch including a beverage in the Spa Café

Use of the Dolder Grand Spa (4,000 m²)

Surprise gift

**TREAT YOURSELF
TO YOUR VERY
OWN RELAXING
SPA PROGRAMME**



HAUTE COUTURE BY DR BURGNER SWITZERLAND

In a world where timeless beauty takes precedence over everything else, Dr Burgener Switzerland has developed the Haute Couture concept, which uses innovative technology to provide you with a personalised beauty experience.

Each of us is unique, and we also develop our own unique skin imperfections. Thanks to the advanced technologies used in the Haute Couture cosmetics line, the uniqueness of these distinctive characteristics is highlighted. After carrying out a comprehensive analysis of your skin, we can determine the specific treatments and develop made-to-measure products, thus ensuring that they are perfectly suited to improving your skin.

Visible improvements:

- Reduced depth of wrinkles
- Improved firmness and elasticity
- Lifting and tightening of the facial skin
- Better glow and shine
- Refinement of skin complexion and texture

ANALYSIS

A detailed assessment of your skin quality in order to establish your skin's profile at that given moment.

DIAGNOSTIC

Experts carefully analyse the different parameters and provide you with a unique cosmetic programme.

CREATION OF COSMETICS

Thanks to their careful combination, you can enjoy the full effect of the active ingredients in your skincare products. The selection and dosage of the ingredients are determined on the basis of your personal diagnosis.

THERAPY BOX

The development and composition of your unique line of Dr Burgener Haute Couture cosmetics.

PERSONALISED FOLLOW-UP

The implementation of your personal skincare programme in collaboration with your therapist.

RED CARPET FACIAL

Initial analysis followed by a tailored facial using radio frequencies and no-needle mesotherapy.

(30 min.) Analysis, (90 min.) Red Carpet Facial, CHF 900.00

3-MONTH HAUTE COUTURE

Based on an in-depth skin analysis and a personalised facial, we put together a tailor-made Haute Couture skincare line for 3 months.

(2 x 60 min.) Analysis, (3 x 105 min.) Red Carpet Facial and tailored skincare line, CHF 7,000.00

6-MONTH HAUTE COUTURE

Skin analyses, regular personalised facials and a complete, tailored Haute Couture skincare line for 6 months.

(3 x 60 min.) Analysis, (7 x 90 min.) facial, 2 consultations with Pauline Burgener, 1 analysis of trace elements and heavy metal and made to measure cosmetic and nutritional supplements for 6 month CHF 15,000.00

MASSAGES

At the Dolder Grand Spa, we pamper you with a wide range of exceptional and exclusive massages. Couples can also enjoy all massages together, side by side.

BAMBOO SHIATSU

This traditional technique uses rhythmic tapping with bamboo to stimulate your body and senses. The gentle to intensive massage with the "shi" (fingers) and "atsu" (pressure) along the energy centres relieves tension and stress and promotes an overall sensation of well-being. The treatment is traditionally carried out on a shiatsu futon.

- (60 min.) CHF 210.00
- (90 min.) CHF 260.00

ORGANIC AROMA MASSAGE BY AMALA

For this massage, you can select one of the high-quality organic aromatic oils by Amala, containing 100% natural ingredients. The Marma vital-points massage and the subsequent full-body massage are a treat for both the body and mind.

(60 min.) CHF 190.00
(90 min.) CHF 230.00

CAVIAR MASSAGE BY LA PRAIRIE

The luxurious La Prairie massage technique strengthens your skin through the power of caviar extract, while also increasing firmness and elasticity. Look forward to deep relaxation and indulgence.

(60 min.) CHF 210.00

D-STONE MASSAGE

Warm lava stones relax the muscles, and cooling Swiss marble stones invigorate the mind. The massage is ideal for treating muscle tension and back pain.

(60 min.) CHF 190.00
(90 min.) CHF 230.00

FOOT REFLEXOLOGY

Reflexology or zone therapy improves organ and tissue function and revitalises the entire body. An experience for your physical balance.

(30 min.) CHF 110.00
(60 min.) CHF 190.00

CUSTOM MASSAGE

Whether vigorous, intense and invigorating, or gentle, harmonising and relaxing; back, legs, arms or whole body – our therapists talk to you first so they can tailor your massage to your wishes and Life Balance needs.

(60 min.) CHF 190.00
(90 min.) CHF 230.00

PRENATAL MASSAGE BY AMALA

This treatment is recommended for the second and third trimester of pregnancy. Wrapped in the finest organic essences and the purest moisturising plant oils, the massage eases symptoms such as back pain, fluid retention and leg swelling.

- (60 min.) CHF 190.00
- (90 min.) CHF 230.00



NAIL GROOMING AND MAKE-UP

Sit back and enjoy a break at the Dolder Grand Spa or in our Nail Lounge. Whether as part of a classic treatment or during a comprehensive pampering programme – here you can find our offers for impeccable hands and feet as well as make-up suited to your personal style.

NAIL SHAPING

Adjusting of your nail shape followed by luxurious care for your skin. Available for hands or feet. Excess cuticles and calluses are not removed as part of this short treatment.

(15 min.) CHF 30.00

THE CLASSIC MANICURE

We adjust your nail shape, remove excess cuticles and then groom your hands during a relaxing hand massage. Choose between a coloured nail polish or a hand scrub. You can also add Shellac or a paraffin bath to your booking.

(60 min.) CHF 120.00

THE CLASSIC PEDICURE

The treatment starts with a mineralising foot bath. We adjust your nail shape, remove excess cuticles and calluses and then groom your feet during a foot massage. Choose between a coloured nail polish or a foot scrub. You can also add Shellac or a paraffin bath to your booking.

(75 min.) CHF 160.00

BEAUTY MAKE-UP

Sit back, relax and let us pamper you. The day or evening make-up suited to your personal style and including false eyelashes fits every occasion and is tailored to your wishes.

(60 min.) CHF 120.00

ADDITIONAL TREATMENTS

These additional treatments can be booked in conjunction with a facial or a nail grooming treatment. Body hair removal treatments and eyelash lifting can be booked separately.

	TREATMENT	CHF		TREATMENT	CHF
Face	Microdermabrasion (15 min.)	80.00	Body	HAIR REMOVAL	
	VitaSkin ultrasound (15 min.)	80.00		Brazilian bikini wax* (45 min.)	120.00
	High-frequency treatment (15 min.)	30.00		Classic bikini wax* (30 min.)	80.00
	Endermologie® with LPG® (15 min.)	80.00		Part of the leg (30 min.)	80.00
	Instant Eye Radiance Patch by Dr Burgener	25.00		Whole leg (45 min.)	120.00
	Instant Precious Gold Mask by Dr Burgener	40.00		Part of the arm (15 min.)	50.00
	Collagen Mask by Dr Burgener	40.00		Whole arm (30 min.)	80.00
	Hydra Filler Mask by Dr Burgener	30.00		Armpit (15 min.)	45.00
	Make-up touch-up (15 min.)	35.00		Chest/stomach or back (30 min.)	80.00
	Eyelash lifting including tinting (60 min.)	120.00			
	Eyelash or eyebrow tint	40.00	Hands and feet	NAIL GROOMING	
	Eyelash and eyebrow tint and correction	65.00		Shellac removal during manicure or pedicure (15 min.)	10.00
Eyebrow correction (15 min.)	30.00	New Shellac nail polish during manicure or pedicure or after nail shaping (15 min.)		30.00	
Upper lip or chin hair removal*	35.00		Paraffin bath including scrub (30 min.)	70.00	
Ear or nose hair removal	35.00				

MAKE-UP EVENTS

Please contact the Spa Reception team for bridal make-up, wedding spa specials and make-up tutorials.

* Only available for ladies.



**RELAX, UNWIND
AND ENJOY SOME TIME
JUST FOR YOU**



SPA SUITES

For individuals seeking the ultimate in privacy and service, the Dolder Grand Spa has two Spa Suites. Whether you have booked a treatment or not, you can enjoy the relaxing atmosphere with candlelight and floral decorations.

THE SPA IN MICROCOSM

Two treatment couches, steam bath, whirlpool, snail shower, reclining area, fireplace and television. Spa Suite 2 is also equipped with a sanarium.

SPA SUITE 1
without treatments
(120 min.) CHF 350.00

SPA SUITE 2
without treatments
(120 min.) CHF 450.00

Each additional hour:
CHF 150.00

THE COUPLE'S CELEBRATION

Your exclusive side-by-side spa experience in the Spa Suite starts with a steam bath. You then give yourself a dry scrub with the loofah pad before enjoying the Organic Bath by Amala (30 min.) and a relaxing Couple's Massage (60 min.). We will also serve you a glass of champagne and a selection of canapés.

SPA SUITE 1
(180 min.) CHF 980.00 for 2 persons

SPA SUITE 2
(180 min.) CHF 1,080.00 for 2 persons

SPA PROGRAMMES

From a kick-start to a complete change of your habits: with our 3- to 14-day spa programmes, you are sure to find the perfect offer. Following a detailed analysis of your medical history and a SWAMI GenoType nutritional analysis, you will find out where your potential lies and are comprehensively supported by us on your way to achieving it.

	COMPONENTS	CHF	SERVICES INCLUDED IN ALL PROGRAMMES
3-day programme	2 nights including breakfast 1 spa treatment or personal training session of your choice (90 min.)	2,100.00 per person	<ul style="list-style-type: none"> • Fitness and body composition analysis (90 min.) • SWAMI GenoType nutritional analysis (90 min.) • Participation in group fitness courses • Unlimited access to the Dolder Grand Spa
7-day programme	6 nights including breakfast 2 spa treatments or personal training sessions of your choice (90 min. each) Medical consultation including performance and analysis of laboratory tests* Discussion of nutritional measures*	5,130.00 per person	
14-day programme	14 nights including breakfast 4 spa treatments or personal training sessions of your choice (90 min. each) Medical consultation including performance and analysis of laboratory tests* Discussion of nutritional measures* Micronutrients for 3 months (granulates)* 3 individual infusions in accordance with the assessment of your SWAMI GenoType nutritional analysis*	10,920.00 per person	
			ADDITIONAL SERVICES ON REQUEST <ul style="list-style-type: none"> • Special price for second person in double room • Upgrades to higher room categories • Additional spa treatments in accordance with your Life Balance • Medical consultation with respect to aesthetic dermatology and aesthetic plastic surgery* • Comprehensive medical check-ups and preventive medicine*

* These treatments are carried out by external service providers from Aesthetic+Health Link. The Dolder Grand assumes no liability.

HAIRSTYLING – EN VOGUE THE LEADING HAIR & BEAUTY GROUP

The exclusive EN VOGUE salon has everything you need to pamper, condition and style your hair. The team treats your hair with premium products by Shu Uemura, Kérastase and Ever and will be happy to give you their expert advice on the perfect look.

TREATMENTS	CHF	LADIES	CHF
Shu Uemura Moment Ceremony	From 60.00	Cut and blow-dry	130.00 to 150.00
Kérastase Fusio-Dose	45.00	Blow-dry	80.00 to 120.00
Kérastase Rituel	From 35.00	Roots colour	120.00
Hair Botox	From 90.00	Balayage	From 200.00
Hair Rescue System	From 70.00	Highlights full head	From 250.00
		Highlights half head	From 150.00
BEAUTY	CHF	Bleaching	From 200.00
Make-up	From 120.00	Intensive tinting	From 80.00
Shaping eyebrows (tweezers)	30.00	Hair straightening	From 220.00
Dyeing eyebrows or eyelashes	45.00	Extensions (50 pieces)	760.00
		Kids' haircut (ages 10 and under)	45.00
		MEN	CHF
		Cut and style	95.00
		Tinting	From 50.00

WEDDING STYLING CHF 610.00 per person

Our exclusive wedding styling offer includes the perfect bridal hairstyle to complement your look (including a trial hairstyle, excluding hairpieces and/or accessories) and professional bridal make-up suited to your personal style (including trial make-up application beforehand).

FITNESS AND NUTRITION

Our fitness studio is equipped with a large cardiovascular area, state-of-the-art machines, dumb-bells and a functional area. Our personal trainers will be happy to help you with your individual training planning. Course details can be found in the current weekly programme.

FITNESS AND BODY COMPOSITION ANALYSIS

To determine your personal situation, we conduct a professional fitness and body composition analysis at the CardioScan checkpoint. This includes the performance and analysis of an ECG as well as the recording and evaluation of heart rate variability and stress levels, metabolism, body composition and blood pressure. This allows us to create individual programmes for the achievement of your training goals.

(90 min.) CHF 225.00

SWAMI GENOTYPE NUTRITIONAL ANALYSIS

Thanks to the latest findings in the field of epigenetics, it is possible to actively change our own genetic “destiny” with every single meal. Your genotype is determined on the basis of more than 90 pieces of personal information. A traffic light system shows you which foods are good for you and which to avoid, while an app helps you to choose the right foods.

(90 min.) CHF 350.00

PERSONAL TRAINING

Experienced personal trainers are on hand at the Dolder Grand Spa to provide individual training for physical or mental fitness. Depending on your needs and wishes, our fitness and yoga instructors will provide individual training or training as a couple in our fitness studio, one of our personal training studios or outdoors.

Personal training 1 : 1 (60 min.)

CHF 170.00

Training as a couple 1 : 2 (60 min.)

CHF 250.00

SIGHT RUNNING

The ideal alternative to a normal city tour. On four different tours, you get to know Zurich and its surrounding area and find out interesting facts about the city with a “running” commentary.

(60 min.) CHF 170.00

OUTDOOR ACTIVITIES

With direct access to the Adlisberg forest, the Dolder Grand is the ideal starting point for all kinds of outdoor activities. Among other things, our personal trainers offer outdoor boot camps, running, mountain biking, outdoor obstacle courses and outdoor yoga.

(60 min.) CHF 170.00

MEDITATION

A relaxing journey of self-discovery promoting inner peace and harmony. During the Meditation Walk, you will experience traditional mindful walking and sitting combined with modern technology in the form of binaural beats. In Meditation of the Senses, we accompany you on a journey through the senses using a range of different guided meditation techniques. Achieve physical and mental relaxation in our mirrored cupola room.

● Meditation Walk (45 min.)

CHF 130.00

● Meditation of the Senses (60 min.)

CHF 170.00



DAY SPA

HOW TO SPA

The Dolder Grand Spa is also open to external guests. We offer various day options to enable you to spoil yourself at one of the most exclusive spas in Switzerland.

SPA LUNCH BREAK FROM MONDAY TO FRIDAY (EXCEPT PUBLIC HOLIDAYS)

From 11.00 am to 2.00 pm
Unlimited use of the Dolder Grand Spa and a massage, a facial or a personal training session (60 min.).

CHF 210.00

DAY SPA

The admission fee for the following offers is redeemable against treatments and entitles you to unlimited use of the Dolder Grand Spa.

DAY SPA FROM MONDAY TO THURSDAY
CHF 260.00

DAY SPA FROM FRIDAY TO SUNDAY AND ON PUBLIC HOLIDAYS
CHF 420.00

TREATMENT ONLY

Book a treatment or a personal training session of your choice, excluding use of the Spa.

ADMISSION

The Dolder Grand Spa is open to:

- Hotel guests
- Spa Members
- Day guests (Day Spa)

MINIMUM AGE

Children aged 12 and over may use the Spa with restrictions when accompanied by an adult.

The minimum age for use of the following is 12 years:

- Swimming pool, Aqua Zone with steam bath and sanarium
- Workout and group fitness courses
- Treatments

The minimum age for use of the following is 16 years:

- The areas of the Ladies' Spa and the Gentlemen's Spa (nudist zones)

APPOINTMENTS AND BOOKINGS

Please book appointments as far in advance as possible. Spa bookings can be made on +41 44 456 64 00. All prices are subject to change without prior notice. Be sure to inform us in advance of any health issues or medical conditions you may have as some treatments may not be suitable for you.

MEETING YOUR NEEDS

At the Spa Reception, we can help you plan your own personal spa experience. Please arrive at least 15 minutes before your appointment. You will then have enough time to familiarise yourself with the Dolder Grand Spa and enjoy a fresh cup of tea in peace and quiet. You can tell your therapist exactly what sort of pressure you like for your massage, if you need an extra towel, or your sound, light and temperature preferences.

CANCELLATIONS

Please inform us at least 24 hours in advance on +41 44 456 64 00 or at spa@thedoldergrand.com if you need to cancel or postpone your treatment. Failure to do so will result in your being charged the full amount.

LATE ARRIVALS

If you arrive late for your appointment, we are unfortunately unable to extend your treatment beyond the agreed time. Your treatment time will thus be shortened accordingly.

PREPARING FOR YOUR TREATMENTS

We recommend that you do not shave before salt scrubs. Exfoliation treatments should be avoided if you have sunburn. For men, we recommend shaving prior to facials for maximum comfort and benefit to their skin.

SPA ETIQUETTE

Out of consideration for other guests, we ask that you do not make any calls and set all of your mobile devices to silent while at the Spa. It is not permitted to photograph or film other guests anywhere in the Spa. The Dolder Grand Spa is a smoke-free zone. We also request that you keep the level of conversation down so as not to disturb other guests.

CLOTHING

We provide you with a bathrobe, slippers and a locker for your personal possessions. If you wish to use our fitness facilities, proper training shoes are required. For shiatsu massages, you will be provided with a comfortable shiatsu robe. Out of consideration for other guests, you are requested to wear a bathing costume in the Aqua Zone. For LPG® treatments, you will receive your own body suit.

VALUABLES

Lockers are provided in the Dressing Rooms. We recommend that you leave your valuables at home or in your hotel room safe.

PRIVACY

Most whole-body treatments are enjoyed without clothing. Your therapist will leave you to change in private, and throughout the treatment you will be draped with towels, covering all parts of your body not being treated.

GIFT VOUCHERS

We will gladly issue vouchers to you on-site. You can also order them online on the Dolder Grand website.

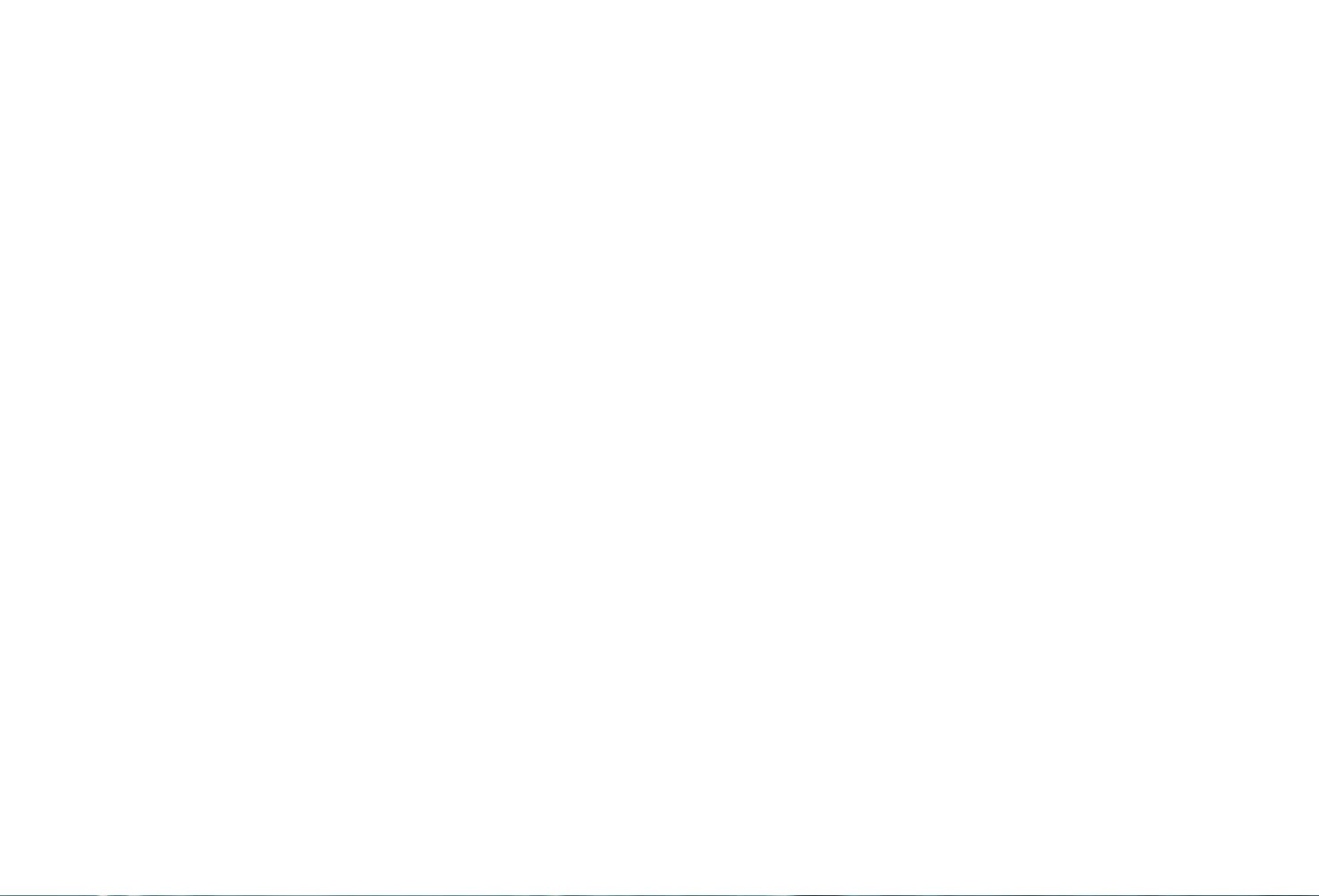
SPA SHOP

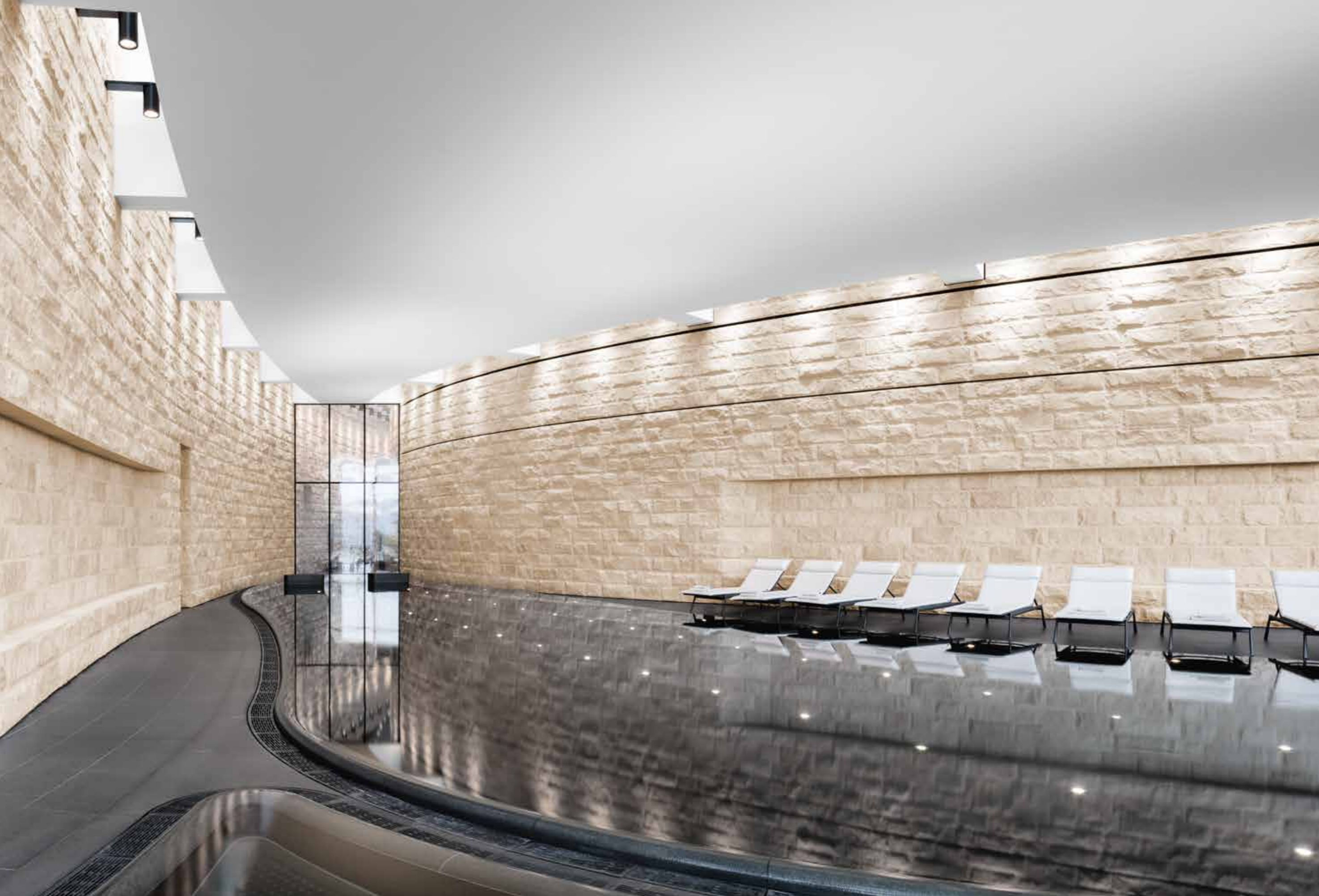
Our Spa Shop stocks exclusive products for spa, beauty and fitness, fashion and lifestyle accessories as well as gifts.

YOUR WELL-BEING IS IMPORTANT TO US – AS IS YOUR OPINION

Although we do our utmost to anticipate and meet your needs, we realise that the Dolder Grand Spa is an individual experience. Your feedback is always appreciated.







OPENING HOURS

INFRASTRUCTURE

SPA

Daily, 6.00 am to 10.00 pm

FITNESS

Open 24 hours for hotel guests

TREATMENTS

Daily, 9.00 am to 9.00 pm

HAIRSTYLING

Monday to Saturday, 9.00 am to 7.30 pm

Sunday, 10.00 am to 7.30 pm

MEDICAL WELLNESS

We will gladly arrange an appointment for you. Please contact the Spa Reception or call +41 44 456 64 00. The practice is located in the Spa Wing on level L.

SPA SHOP

Daily, 9.00 am to 9.00 pm

SPA CAFÉ

Monday to Friday, 11.00 am to 8.00 pm

Saturday and Sunday, 10.00 am to 8.00 pm

AREA

4,000 square metres

LADIES' SPA AND GENTLEMEN'S SPA (SEPARATE AREAS)

Steam pots, steam bath, aroma pool, sauna, cold-water basin, kotatsu foot bath, solarium, relaxation

AQUA ZONE (MIXED)

Swimming pool, indoor and outdoor whirlpools, sanarium, steam bath, sunaburo (pebble beds), snow paradise, chillout area, spa terrace

MEDITATION AREA

FITNESS

Workout, Mind-Body and Movement Studios

TREATMENTS

18 treatment rooms, 2 Spa Suites

RECEPTION AREA

Spa Café, Spa Shop, Hairstyling, Spa Library



THE DOLDER GRAND · A BRAND OF DOLDER HOTEL AG
KURHAUSSTRASSE 65 · 8032 ZURICH, SWITZERLAND · INFO@THEDOLDERGRAND.COM · THEDOLDERGRAND.COM · T +41 44 456 60 00