

# Day spa

## **Midweek**

CHF 250.00

Monday to Wednesday  
including use of spa  
(minimum total of treatments booked)

## **Weekend**

CHF 380.00

Thursday to Sunday  
including use of spa  
(minimum total of treatments booked)

## **Treatment only**

Monday to Sunday  
Book a treatment of your choice  
(excluding use of spa)



For appointments please call +41 44 456 64 00 or  
contact [spa@thedoldergrand.com](mailto:spa@thedoldergrand.com)

# The Dolder Collection

The Dolder Collection shows you the Dolder Grand Spa's unusual range of treatments at a glance. A guarantee of an exclusive spa experience.

	Min	CHF
<b>Meditation Walk</b>	45	80.00
<p>A relaxing way to discover yourself and inner peace and harmony. You choose your own personal direction from three meditation programmes and set out on your Meditation Walk under professional guidance. In the atmospheric domed mirror room, you can meditate and bring peace to body and soul. We recommend that you book the Meditation Walk as a preliminary to your treatment.</p>		
<b>Bamboo Shiatsu</b>	60	210.00
<p>This traditional technique uses rhythmic tapping with bamboo to stimulate the body and senses. Gentle but intensive massage with the "shi" (fingers) and "atsu" (pressure) along the energy centres relieves, relieves tension and stress, generates an overall sensation of well-being and releases new energy. The massage is traditionally carried out on a shiatsu futon.</p>		
<b>Organic Signature Massage by Kerstin Florian</b>	90	265.00
<p>This treatment, created especially for the Dolder Grand Spa, begins with a soothing footbath and a dry loofah massage. The whole-body massage with your favourite aromatic oil will leave you with a deep sense of relaxation.</p>		
<b>Belle de Jour by Kenzoki</b>	90	250.00
<p>This luxurious treatment starts with a silky milk footbath. It continues with a facial, including cleansing, scrub and a soothing massage that will leave you with pampered and relaxed. The fragrance of lotus blossoms will stimulate your senses.</p>		
<b>Pilates Allegro</b>	60	150.00
<p>The principles of the Pilates method are control, concentration, conscious breathing, relaxation and coordination. Train using machines featuring springs and ropes developed specially by Joseph Hubert Pilates.</p>		

Further information can be found at [www.thedoldergrand.com](http://www.thedoldergrand.com)