

Spa Menu  
Immerse yourself in health  
and well-being

# The Dolder Grand Spa

Welcome to the Dolder Grand Spa – an oasis of relaxation and recuperation for mind and body. We invite you to immerse yourself in health and well-being, and restore your body and soul to physical balance and inner harmony.

The Dolder Grand Spa blends the concepts of spa and well-being with today's lifestyle and sets exceptionally high standards of architecture, facilities and services. Our motto, "Classic traditions with a techno beat", is reflected in our spa menu, which offers European and Swiss treatments with traditional Japanese influences in a modern setting.

Take a break from your everyday routine and escape to the oasis of the Dolder Grand Spa. Be our guests.

# Spa Suites & packages

## Spa Suites

For individuals seeking the ultimate in privacy and service, the Dolder Grand Spa has two Spa Suites and offers special packages with butler service.

	Hrs	CHF
<b>Spa Suite 1</b> (excluding treatments)	2	350.00
Each additional hour		150.00
<b>Spa Suite 2</b> (excluding treatments)	2	450.00
Each additional hour		150.00

The spa as a microcosm: two treatment couches, mudbath or steambath, whirlpool, snail shower, reclining area, fireplace and B&O television. Spa Suite 2 is also equipped with a sauna.

## The Couple's Celebration by Kerstin Florian

<b>Spa Suite 1 per person</b>	3	450.00
<b>Spa Suite 2 per person</b>	3	500.00

Your side-by-side spa experience starts with a mudbath or steambath in the Dolder Grand Spa Suite, followed by a relaxing Organic Signature Massage with essential oils.

<b>Swiss Bliss Treatment by La Prairie</b>	3	420.00
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Indulge in pure luxury with the Caviar Body Treatment and the Caviar Firming Facial. This special programme will soothe your entire body, imbuing you with a sensation of total relaxation and well-being.

<b>The Friends' Getaway</b>		450.00
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To be enjoyed with friends. Select a 60-minute massage and a 60-minute facial of your choice. A classic manicure, a classic pedicure and a glass of champagne in-between round off the perfect experience.

<b>The Street Parade Journey</b>		390.00
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A 30-minute massage and a 30-minute treatment from the Grand Body Ritual of your choice and a 60-minute facial from Kerstin Florian. And in-between we will serve you lunch.

Hrs CHF

On request

### The Wedding Journey

A special spa experience tailored to fit your wishes and needs precisely: hairstyling, make-up, nails and body. Everything for bridal couples and their big day.

# Beauty treatments

	Min	CHF
<b>Facials</b>		
<p><b>Beauty in Bloom by Kerstin Florian</b></p> <p>Before your facial, this luxurious treatment includes a silky milk footbath. Soothing rose and neroli essences combined with acupressure massage moisturise and tone your skin.</p>	90	250.00
<p><b>Curative Skin-correcting Facial by Kerstin Florian</b></p> <p>This facial consists of an intensive fruit acid scrub and corrects and improves wrinkles, hyperpigmentation and impure skin. It stimulates new cell growth and makes skin look more even all around.</p>	90	235.00
<p><b>Antioxidant Vitamin C Infusion by Kerstin Florian</b></p> <p>This oxygen-rich facial suffuses tired, stressed skin with antioxidants and vitamin C. It is effective against premature aging and leaves your skin with a natural radiance.</p>	90	250.00
<p><b>Comforting Lavender Facial by Kerstin Florian</b></p> <p>A gentle after-sun facial that soothes, hydrates and nourishes tired skin that has been over-exposed, without scrub and deep-cleansing.</p>	60	185.00
<p><b>European Classical Facial by Kerstin Florian</b></p> <p>A classical facial designed for your individual skin type and consisting of cleansing, exfoliation, massage, masque and moisturising treatment. For intensive, deep-pore cleansing we recommend the 90-minute treatment.</p>	60 90	185.00 235.00
<p><b>Caviar Firming Facial by La Prairie</b></p> <p>This facial immediately makes your skin look firmer and more radiant, with a silky, smooth freshness. Caviar pearls, a face and eye massage, and the two-phase caviar masque will imbue even the dullest complexion with an inner radiance.</p>	90	250.00

	Min	CHF
<p><b>Pure Gold Radiance Facial by La Prairie</b></p> <p>The Cellular Radiance Concentrate Serum enriched with pure gold visibly firms and tones the skin. The use of gentle, warm masques enhances the effectiveness of the serum, and the skin takes on a smoother, more radiant and more vibrant appearance.</p>	90	250.00
<p><b>Cellular Facials by La Prairie</b></p> <p>La Prairie gives you a choice of two fabulous Cellular Facials: Hydrating and Resurfacing Treatment. Let us recommend the application best suited to your skin type.</p>	90	235.00
<p><b>Beauty Express Facial by La Prairie</b></p> <p>Developed for businesswomen under pressure. Caviar Collection products give you silky, smooth skin. A facial masque stimulates the circulation and makes your skin look more radiant. A scalp massage leaves you with a wonderful feeling of renewal and relaxation.</p>	60	210.00
<p><b>Tailor-made Treatment by Kenzoki</b></p> <p>This facial treatment can be adapted precisely to your individual skin type. Soothing and moisturising, for a soft, radiant skin; or revitalising and regenerative for ultra-smooth skin.</p>	60	185.00
<p><b>Gentlemen only</b></p>		
<p><b>Les Hommes by Kerstin Florian</b></p> <p>A deep-cleansing, therapeutic facial treatment with a luxurious massage, designed specifically for a man's special requirements. The treatment relaxes stressed, tired skin and reduces pores.</p>	60	185.00
<p><b>Swiss Cellular Facial for Men by La Prairie</b></p> <p>Depending on your skin's needs, a detoxifying or soothing treatment for men. Instantly cleanses, energises and conditions the skin. The treatment also helps to normalise skin behaviour, prevent irritation and correct stressed skin.</p>	60	185.00

	Min	CHF
<b>Nail grooming</b>		
<b>The Classic Manicure by Kerstin Florian</b> In this classical manicure your nails are treated with myrrh oil.	45	70.00
<b>The Grand Manicure by Kerstin Florian</b> With this deluxe manicure you enjoy a soothing hand bath, a gentle scrub and a relaxing hand and arm massage with ylang-ylang, edelweiss, lemon balm and lavender essences.	60	100.00
<b>The Classic Pedicure by Kerstin Florian</b> In this classical pedicure we invite you to fully relax and enjoy a footbath. This is followed by a massage with natural massage oil, foot balm and myrrh oil to soften the skin and revive the feet.	60	100.00
<b>The Grand Pedicure by Kerstin Florian</b> In this deluxe pedicure your experience begins with a footbath in mineral salts with a eucalyptus scrub. While your feet relax in a wrap of herbal foot balm, your hands will be massaged with myrrh oil and satin lotion.	75	140.00
<b>Nail or foot polish</b>		20.00
<b>French polishing</b>		30.00
<b>Paraffin bath during treatment</b>		40.00

# Body rituals & massages

Put your own Grand Body Ritual together in individual 30-minute treatments (for a description see the following pages). The starting point is a massage combined with at least one of the three body treatments (body scrubs, body wraps, bath rituals). For an all-round body experience we recommend all four treatments in the sequence set out below.

Body scrubs, body wraps and bath rituals can only be booked as body rituals in combination with a massage.

	Treatment	Price in CHF	Detox	Relax	Beauty/pampering
Body scrubs	Eucalyptus Salt Scrub	110.00	•		
	Replenishing Mineral Scrub	110.00		•	
	Chamomile Scrub	110.00			•
Body wraps	Eco Chic Spirulina	110.00	•		
	Authentic Moor Mud	110.00		•	•
	Beyond Tranquility Hydrating	110.00	•		
Bath rituals	Aromatherapy Mineral Bath	70.00			•
	Thalasso Seaweed Bath	70.00	•		
	Therapeutic Salt Bath	70.00		•	
Massages	30 min Massage Therapy	110.00			
	60 min Massage Therapy	190.00	•	•	•
	90 min Massage Therapy	230.00			

## Natural body scrubs

### **Eucalyptus Salt Scrub by Kerstin Florian**

Eucalyptus and basil are used in this invigorating thermal mineral salt exfoliation, rich in minerals and trace elements.

### **Replenishing Mineral Scrub by Kerstin Florian**

A whole-body scrub with granulated pumice stone, thermal minerals and aromatherapy oils to cleanse the skin.

### **Chamomile Scrub by Kerstin Florian**

Chamomile and finely granulated pumice stone are swirled over the body to gently buff delicate skin types.

## Body wraps

### **Eco Chic Spirulina by Kerstin Florian**

The spirulina algae body wrap nourishes and revitalises the body with essential vitamins, minerals and proteins. It is an effective part of any slimming or nutrition-based programme.

### **Authentic Moor Mud by Kerstin Florian**

Moor mud has a legendary reputation for its effective therapeutic properties. This body wrap remineralises and revitalises tired muscles and skin.

### **Beyond Tranquility Hydrating Wrap by Kerstin Florian**

The perfect moisturising treatment. This body wrap lowers muscle tone and has a detoxifying effect.

## Bath rituals

### **Aromatherapy Mineral Bath by Kerstin Florian**

This mineral bath is soothing, restores balance and eliminates stress-related tension.

### **Thalasso Seaweed Bath by Kerstin Florian**

A marine algae bath that stimulates the metabolism and encourages the detoxification process.

### **Therapeutic Salt Bath by Kerstin Florian**

A therapeutic salt bath that can have positive effects on rheumatism, painful joints and skin problems.

	Min	CHF
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## Massages

Couples can also enjoy all massages together, side by side.

### Massage Therapy by Kerstin Florian

60	190.00
90	230.00

## Relax

Harmonising. This invigorating massage eliminates stress and restores mental equilibrium. Hot "samy zen" stones are placed on the body to induce deep relaxation.

## Detox

Stimulating. A deep-tissue massage, which uses warm revitalising body oils to stimulate the circulation and detoxify and purify the body.

## Beauty

Caring. This massage with lavender oil and Thalasso Firming Body Cream tones and cares for the body and is balsam to the soul.

## Pampering

Relaxing. This harmonious whole-body massage with an aromatic oil of your choice provides deep relaxation from head to foot. The experience is rounded off by nail grooming with myrrh oil.

## Sports massage

This classic massage includes stimulation of the muscle groups, effleurage, kneading and joint manipulation, and is ideal before and after sports activities.

# Body & mind

Min CHF

## Workout

Our personal trainers are on hand to show you the ropes and advise where necessary. All in- and outdoor activities are part of our exclusive workout section.

### Personal training 1 : 1

60 150.00

### Fitness analysis and body composition

60 170.00

## Indoor activities

Information about our free Mind-Body, Movement and Aqua sessions is available from our Spa Reception staff.

## Outdoor activities at the Dolder Resort

The Dolder Resort includes an open-air swimming pool and minigolf course, an open-air ice rink, a golf club and tennis courts. Group fitness courses can also be held outdoors. The staff at Spa Reception will be happy to advise you on all our current outdoor activities.

## Mountain bikes

Mountain bikes are available free of charge if you wish to discover the surrounding countryside. The Spa Reception will advise on possible tours.

### Guided mountain bike tours

60 150.00

# En Vogue Coiffure

Dolder Grand Spa Hairstyling services include an exclusive Kérastase treatment room with a choice of four different rituals. After a professional examination of your hair and scalp, we advise you on the best treatment. Kérastase offers a relaxing all-round experience that revitalises your scalp and leaves your hair looking beautiful and glossy.

	Min		CHF
<b>Kérastase ritual</b>	15		30.00
	25		50.00
<b>Kérastase treatment room</b>	45		100.00
	75		180.00
<b>Women's cut and blow-dry</b>			
Short			130.00
Long			150.00
New hairstyle			160.00
Brushing	80.00	to	120.00
<b>Men's cut and blow-dry</b>	90.00	to	100.00
Highlights	200.00	to	300.00
Colouring	110.00	to	160.00
Tinting	80.00	to	120.00
Natural colour		from	120.00
Non-chemical hair colouring	80.00	to	120.00
Colour removal	80.00	to	160.00
Blonde colouring	130.00	to	200.00
Permanent wave	160.00	to	220.00
Straightening	100.00	to	1,000.00
Gala styling	160.00	to	360.00
Eyelash tint			35.00
Eyebrow tint			30.00
Eyebrow correction			30.00
Make-up	80.00	to	120.00
Manicure	70.00	to	110.00
Intensive conditioning			20.00
Hair extensions by Great Lengths			Prices on request

Monday to Saturday 10 am till 9 pm, Sunday 11 am till 8 pm  
Call +41 44 456 64 99 for appointments.

# Medical Wellness

Whether you simply wish to look after your health, retain your youthful appearance or fine-tune your physical features, you should always be sure to obtain professional treatment based on sound medical principles that also takes aesthetic considerations into account. Specialists from the Aesthetic Link consultancy network will provide you with comprehensive information and offer a range of treatments that includes plastic surgery, anti-aging and preventive medicine, aesthetic dermatology and laser medicine.

The Medical Wellness practice is on the ground floor of the Spa Wing. We will gladly arrange an appointment for a first consultation, where you will obtain general information and an initial examination. Our team of professional physicians are available on request through the Dolder Grand's Medical Wellness section. Call +41 44 456 64 00 for appointments.

	Min	CHF
<b>Consultation</b>	60	280.00

## Plastic surgery, aesthetic dermatology, laser medicine

Wrinkle treatment with biodegradable fillers	from 950.00
Botox® in cases of mimic wrinkles	from 900.00
Botox® in cases of excessive perspiration	from 900.00
Plastic surgery consultation	280.00
Dermatological consultation/skin check-up	280.00
Aesthetic consultations for men	280.00
Various peel treatments	from 800.00
Removal of veins on legs	from 900.00
IPL (intense pulsed light) therapy for rosacea (facial reddening)	from 500.00
Laser depilation	from 150.00

CHF

Fraxel laser treatment for optimum skin texture, pigment irregularities	from 500.00
Thermage® for non-invasive tissue toning	from 5,000.00
Pigment laser treatment for age spots and tattoos	from 700.00
Fractionated CO <sub>2</sub> laser treatment for acne scars and skin tags	from 1,000.00

### Anti-aging and preventive medicine, second-opinion service

The following modules are available:

<b>Anti-aging module</b>	1,550.00
To help maintain youthfulness together with physical and mental fitness	

<b>Preventive module</b>	1,550.00
To assist identification of ailments in their early stages	

<b>Metabolism module</b>	1,450.00
For weight problems, high blood pressure and diabetes	

<b>Sport/cardiology module</b>	1,300.00
Identification and prevention of sport-related risks	

<b>Second-opinion service module</b>	1,350.00
When an impartial, independent second opinion is required, including diagnosis and treatment options in the case of specific ailments	

Apart from the modules listed above, additional services are charged as follows:

Consultations, per 5 minutes or part thereof	45.00
Letters/correspondence	45.00
Expert opinion/detailed report	90.00
Laboratory testing	Actual expense incurred
Personal assistance and coaching as required	Prices on request

For a brochure or further information about all the services offered by Medical Wellness, please contact Spa Reception or visit the [www.aestheticlink.ch](http://www.aestheticlink.ch) website.

Payment for services carried out by the medical team is made at the Medical Wellness practice itself (credit card or cash).

# How to spa

## Daily opening hours

Spa	7 am till 10 pm
Treatments	9 am till 9 pm
Hairstyling (Monday to Saturday)	10 am till 9 pm
Hairstyling (Sunday)	11 am till 8 pm
Medical Wellness	by appointment
Spa Shop	9 am till 9 pm
Spa Café (Monday to Friday)	10 am till 9 pm
Spa Café (Saturday and Sunday)	9 am till 9 pm
Massages in your room	24-hour service

Treatments are available in all Junior Suites, Suites and Top Suites for an additional fee.

## Infrastructure

Area	4,000 m <sup>2</sup>
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### Ladies' Spa and Gentlemen's Spa

Steampots, Steambath, Aroma Pool, Sauna, Cold Water Basin, Kotatsu footbath, Solarium, Relaxation

### Aqua Zone (mixed)

Swimming Pool, indoor and outdoor Whirlpool, Sanarium, Steambath, Sunaburo (pebble lounger) Snowparadise and Chillout

### Meditation area

### Fitness

Workout, Mind-Body and Movement Studio

### Treatments

19 treatment rooms, 2 Spa Suites

### Reception area

Spa Café, Spa Shop, Hairstyling, Library

### Medical Wellness

### **Minimum age**

Spa admission is restricted to children over 12 years of age.

We ask you to respect the following minimum ages:

- Swimming pool, Aqua Zone with steam room and sanarium:  
minimum age 12 years accompanied by parents
- Ladies' and Gentlemen's Spa: minimum age 16 years
- Workout and fitness sessions: minimum age 16 years
- Treatments: minimum age 16 years

### **Day Spa by arrangement**

Our current Day Spa offers can be found on our website at [www.thedoldergrand.com](http://www.thedoldergrand.com)

### **Appointments and reservations**

Please book appointments as far in advance as possible. For spa reservations please call +41 44 456 64 00 or, in-house, select the appropriate key. All prices are subject to change without prior notification. Be sure to inform us of any health issues or medical conditions you may have, as some treatments may not be suitable for you.

### **Meeting your needs**

At Reception we can help you plan your own personal spa experience. Please be sure to arrive at least half an hour before your appointment. This will give you time to familiarise yourself with the Dolder Grand Spa, take a shower before your body treatment 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 four hours in advance on +41 44 456 64 00 or at [spa@thedoldergrand.com](mailto: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. A late arrival, therefore, means that your treatment time will be shortened accordingly.

## **Preparing for your treatments**

Please note that women should 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 the skin.

## **Spa etiquette**

Out of consideration for other guests, we ask that you turn off all mobile phones and pagers while at the spa. Please do not use videos or cameras during your visit. 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 spa users.

## **Clothing**

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

## **Valuables**

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

## **Privacy**

Most 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 the body not being treated. Ladies can choose whether they wish to include the bust area in whole-body treatments.

## **Gift vouchers**

We will gladly customise individual gift vouchers to include the spa experiences of your choice.

## **Spa Shop**

Our Spa Shop stocks exclusive wellness, fashion and beauty and fitness products as well as lifestyle accessories and 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 appreciated.