



The Dolder Collection

The Dolder Collection comprises unique treatments offered by the Dolder Grand Spa. A guarantee of an exclusive spa experience.

Meditation Walk

A relaxing journey of self-discovery promoting inner peace and harmony. You choose your personal direction from three meditation programmes and set out on your Meditation Walk under professional guidance. Meditate in the atmospheric mirrored cupola room to calm your body and mind.

(45 min) CHF 80.00

Meditation of the Senses

This solitary meditation invites you to focus your senses. Consciously experience sight, hearing, smell, touch and taste. Set out on the Meditation Walk under professional guidance and relax your body and mind in the mirrored cupola room.

(60 min) CHF 120.00

The Dolder Grand Detox Relax Ritual

We invite you to experience the purifying and restorative benefits of our Detox Relax Ritual with premium products by Kerstin Florian. This self-guided treatment kit has been designed for use in the Ladies' Spa and Gentlemen's Spa. Instruction by the Dolder Grand Spa team is included.

(60 min) CHF 39.00

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, generates an overall sensation of well-being and releases new energy. The massage is traditionally carried out on a shiatsu futon.

(60 min) CHF 210.00

(90 min) CHF 250.00

Hydraheaven by Kerstin Florian

This treatment begins with a refreshing foot bath and scrub. You are then treated to a dry loofah massage, followed by the application of our rich moisturising lotion. Cocooned in the waterbed, you will experience a feeling of weightlessness and a state of relaxation in both body and mind. This experience for all the senses is rounded off with a mini-facial and a scalp, foot and meridian massage.

(90 min) CHF 250.00

Nature's Organic Seasonal Facial by Amala

In this treatment, nature pampers you with a pure conditioning experience for radiant skin – with products containing 100 % natural ingredients from the whole plant. A relaxing foot bath with herbs from our own Hotel garden and a seasonal refreshment appeal to your senses. The Vedic Marma vital-points technique combines essences from wild blue lotus, bamboo and ginger plants to regenerate your skin. Soothing masks and a face massage with a deep-pore cleansing effect complete the treatment.

(90 min) CHF 250.00

For more information and a no-obligation consultation, contact our Spa Reception on +41 44 456 64 00 or at spa@thedoldergrand.com