

THE DOLDER GRAND

WELCOME TO THE DOLDER GRAND SPA

Indulge yourself with a break and enjoy the award-winning Dolder Grand Spa. The focus is on your physical and mental well-being in our Dolder Grand Life Balance Programme.

Experience the four areas of life – Relax, Vitality, Beauty and Detox – and leave everyday challenges behind as you restore your physical balance and inner harmony. Our exclusive treatments and carefully selected product lines will help you to reach your goal of overall well-being in optimal fashion.

The luxurious skincare line by MARGY'S Monte Carlo, in combination with device applications, is highly effective. La Prairie brings together Swiss precision with scientific innovation and precious ingredients. The certified Amala organic skincare line exemplifies scientific progress and natural beauty.

Treat yourself.

We look forward to your visit.

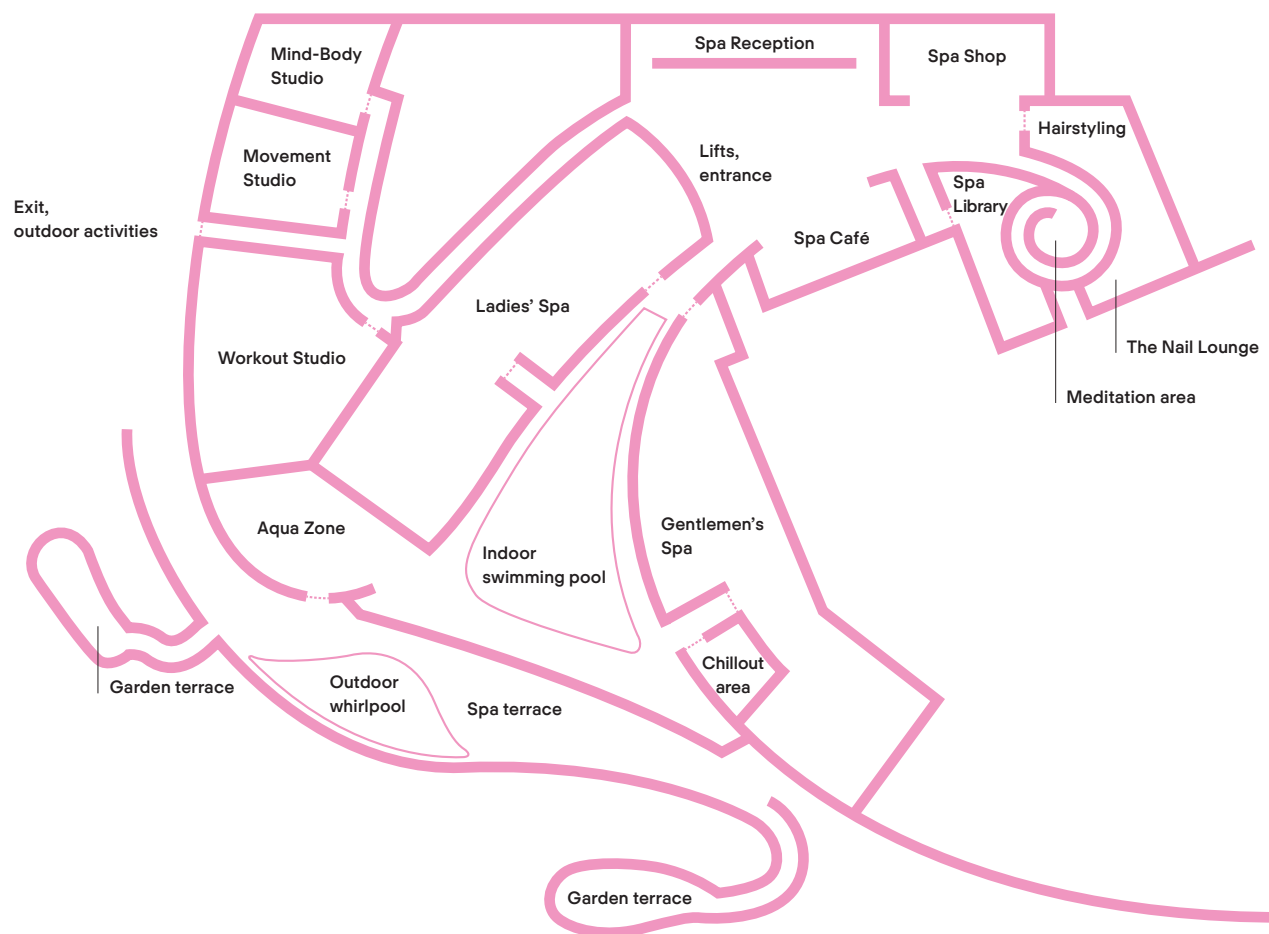
OVERVIEW OF TREATMENTS

	TREATMENT	Minutes	CHF
Facials	Organic Urban Skin Facial by Amala	60	230.00
	Life Balance – Relax	90	280.00
	Caviar Indulgence by La Prairie	60	280.00
	Life Balance – Beauty	90	320.00
	● Hydrating Beauty Facial by MARGY’S Monte Carlo	90	350.00
	Life Balance – Beauty		
	● Age-Defying Vitality Facial by MARGY’S Monte Carlo	90	450.00
	Life Balance – Vitality		
	Luminous Detox Facial by MARGY’S Monte Carlo	60	260.00
	Life Balance – Detox	90	320.00
Endermologie®	Endermologie® with LPG®	45	190.00
	Life Balance – Vitality	90	330.00
Bathing	Organic Bath Ritual by Amala*	30	80.00
	Life Balance – Relax		
Body wraps	● Firmfix Detox Body Treatment by MARGY’S Monte Carlo	90	420.00
	Life Balance – Detox		
Body scrubs	Body Exfoliator	30	130.00
Massages	● Bamboo Shiatsu	60	220.00
	Life Balance – Vitality	90	270.00
	● Organic Precious Moments by ME and ME	60	210.00
	(pre- or post-pregnancy treatment)	90	250.00
	Life Balance – Relax		
	Custom Massage	60	210.00
	Life Balance – Beauty, Relax, Detox, Vitality	90	250.00
	D-Stone Massage	60	210.00
	Life Balance – Relax	90	250.00
	Foot reflexology	30	130.00
	Life Balance – Vitality	60	210.00
	Organic Aroma Massage by Amala	60	210.00
	Life Balance – Beauty, Relax	90	250.00

	TREATMENT	CHF
Face	Eyelash lifting including tinting (60 min.)	140.00
	Eyelash or eyebrow tint	40.00
	Eyelash tint, eyebrow tint and correction	80.00
	Eyebrow correction (15 min.)	40.00
	Upper lip or chin hair removal**	40.00
	Ear or nose hair removal	40.00
Hair removal Body	Brazilian bikini wax** (45 min.)	120.00
	Classic bikini wax** (30 min.)	80.00
	Part of leg (30 min.)	80.00
	Full legs (45 min.)	120.00
	Part of arm (15 min.)	50.00
	Full arms (30 min.)	80.00
	Armpit (15 min.)	50.00
	Chest/stomach or back (30 min.)	80.00
Nail grooming for hands and feet	Removal of shellac during manicure or pedicure (15 min.)	20.00
	Application of shellac during manicure or pedicure (15 min.)	40.00
	The Classic Manicure	140.00
	The Classic Pedicure	180.00
	Moisturizing Gloves or Socks by OPI with Peeling	80.00
Add-ons in combination with body treatments	Anti Cellulite, Serum & Creme Application by MARGY'S Monte Carlo	40.00
	Eye Contour Patches	40.00
Add-ons in combination with facials	iMask by MARGY'S Monte Carlo	60.00
	Eye Contour Patches	40.00
	Face Lift Collagen Mask by MARGY'S Monte Carlo	70.00
	Radio frequency (15 min.)	130.00
	Radio frequency (30 min.)	230.00
	Oxygen (15 min.)	90.00
	Microdermabrasion (15 min.)	80.00
	Vita Skin ultrasound cavitation (15 min.)	80.00
	Vita Skin ultrasound with Face Lift Collagen Mask (15 min.)	140.00

** Only available for women.

AREA MAP





THE DOLDER GRAND LIFE BALANCE



Every situation in life requires the right balance so that physical and mental well-being can be achieved. The Dolder Grand Life Balance is designed to live up to this claim. The four pillars Relax, Vitality, Beauty and Detox are dedicated to your complete well-being. We aim to provide each guest with the best possible treatment in these four areas of life.

RELAX

Relax and forget everyday life. Find inner peace and serenity through treatments that reduce tension, calm the mind and promote a general sense of relaxation and tranquillity.

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 takes centre stage for you. These treatments bring new energy, giving you strength and vitality for the day ahead.

DETOX

Promotes detoxification and eliminates toxins from the body. This programme can also help you with your weight loss.

● The Dolder Signature Collection symbol shows you unique treatments offered by the Dolder Grand Spa. It is a guarantee of exclusive well-being.

RELAX

Take 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

Organic beauty of the highest biotechnological level! Next-generation formulations containing organic ferments and prebiotic/probiotic infusions strengthen and protect your skin's natural protective barrier. Pure vitamin C, effective hyaluronic acid, the purest cold-pressed oils, the finest organic active ingredients and AHA fruit acids refine, firm and restore your skin's perfect, youthful glow – 100% tailored to your personal skin needs.

(60 min.) CHF 230.00
(90 min.) CHF 280.00

ORGANIC BATH RITUAL
BY AMALA

A dry brushing massage removes dead skin particles and stimulates your skin's blood circulation. Organic lavender, vanilla and aloe vera give relaxing feel-good moments and sooth sensitive, dry and demanding skin. In the meantime, you can enjoy a relaxing scalp massage. Only available if followed by an Organic Aroma Massage by Amala.

(30 min.) CHF 80.00

YOUR RELAX DAY
CHF 520.00

Organic Urban Skin Facial by Amala (60 min.)	Lunch (one dish) including a beverage in the Spa Café
Organic Aroma Massage by Amala (60 min.)	Use of the Dolder Grand Spa (4,000 m²)
Private yoga or meditation session (60 min.)	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.



HYDRATING BEAUTY FACIAL BY MARGY’S MONTE CARLO

Discover the power of deep moisturising and experience the difference. This innovative facial treatment revitalises your skin, infusing it with new energy. It lends your complexion a radiant and youthful appearance, protects skin cells and stimulates your facial muscles. Exceptionally pure ingredients in a perfect composition are the keys to this antioxidant treatment. Abundant hyaluronic acid moisturises deeply, providing a firmer complexion and improving elasticity while smoothing small wrinkles. Essential vitamins nourish your skin and support recovery. This is complemented by a dose of pure oxygen mixed with an exclusive serum.

● (90 min.) CHF 350.00

CAVIAR INDULGENCE – LIFTING & FIRMING

Life-infused Swiss waters are at the heart of La Prairie’s caviar science, infusing caviar ingredients with unparalleled lifting and firming potency. A total indulgence, this skincare ceremony profoundly improves the appearance of elasticity and tone. Skin appears firmed and lifted.

(60 min.) CHF 280.00

(90 min.) CHF 320.00

YOUR BEAUTY DAY CHF 480.00

Caviar Indulgence by La Prairie
(90 min.)

Lunch (one dish) including a beverage
in the Spa Café

Surprise gift

Organic Aroma Massage by Amala
(60 min.)

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



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.



AGEDEFYING VITALITY FACIAL BY MARGY’S MONTE CARLO

This facial treatment method reduces fine lines from the very first session, ensuring ultra-smooth, radiant skin. Highly active, individually tailored face masks with collagen will restore your skin’s elasticity and make it appear firmer, so that it radiates from within.

This groundbreaking, effective treatment uses a powerful radio frequency device to promote deepest-layer collagen production, revitalising your skin from the ground up. The combination of ultrasound waves and radio frequency technology stimulates micro-circulation to instantly make your skin look younger and healthier. It is the ultimate treatment to counteract skin aging effectively.

● (90 min.) CHF 450.00

BODY EXFOLIATOR

Mechanical scrub revitalises your skin cells and makes your skin feel soft and velvety.

Only available if followed by a custom massage.

(30 min.) CHF 130.00

YOUR VITALITY DAY CHF 460.00

Body Exfoliator (30 min.) and a Custom Massage (60 min.)

Personal Training (60 min.)

Lunch (one dish) 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 treatments promote detoxification and support your weight loss.



LUMINOUS DETOX FACIAL BY MARGY’S MONTE CARLO

Ideal for a pale, dull complexion or skin blemishes. This treatment detoxifies, invigorates the skin and makes it look healthy and vital again. Dead skin cells are removed and the pores are opened to allow nourishing substances to be delivered to the deepest layers of your skin. Your skin immediately appears more vital and radiant.

(60 min.) CHF 260.00
(90 min.) CHF 320.00

FIRMFIX DETOX BODY TREATMENT BY MARGY’S MONTE CARLO

A detoxifying and stimulating treatment to reduce cellulite and water retention. Targeted drainage and detoxification in problem areas such as thighs, hips and buttocks. The LPG-treatment stimulates collagen production and tightens the skin. The special activating massage technique, followed by a body wrap treatment in the relevant area, makes the ideal complement to any weight loss programme.

● (90 min.) CHF 420.00

YOUR DETOX DAY CHF 550.00

Luminous Detox Facial by MARGY’S Monte Carlo (60 min.)

Firmfix Detox Body Treatment by MARGY’S Monte Carlo (90 min.)

Lunch (one dish) including a beverage in the Spa Café

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

Surprise gift

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



MASSAGES

At the Dolder Grand Spa, you can indulge in an extensive range of exceptional, exclusive massages, which you can also enjoy as a couple, side by side.

BAMBOO SHIATSU

This traditional technique uses rhythmic tapping with bamboo to exert pressure on specific points in the body and harmonise energy flows. The gentle to intensive massage uses the “shi” (fingers) and “atsu” (pressure) along the energy centres to relieve tension and stress and promote an overall sensation of well-being. This treatment is traditionally performed on a shiatsu futon. This technique combines the effect of shiatsu massage with the benefits of bamboo, which enables a massage that is both gentle effective.

- (60 min.) CHF 220.00
- (90 min.) CHF 270.00

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 relaxing aromatic oil massage is a treat for both body and mind.

- (60 min.) CHF 210.00
- (90 min.) CHF 250.00

CUSTOM MASSAGE

Whether it’s vigorous, intense and invigorating, or gentle, harmonising and relaxing; back, legs, arms or whole-body – our therapists talk to you beforehand so that you get a massage tailored to your wishes and life balance needs.

- (60 min.) CHF 210.00
- (90 min.) CHF 250.00

D-STONE-MASSAGE

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

- (60 min.) CHF 210.00
- (90 min.) CHF 250.00

ENDERMOLOGIE® WITH LPG®

Endermologie is an innovative, non-invasive treatment method that has been specially developed to tighten the skin, reduce cellulite and stimulate the body’s own fat-burning processes. This treatment uses a non-invasive, mechanical skin stimulation technique that allows cell metabolism to be reactivated naturally. We therefore recommend doing sports on the same day, after your treatment. You will see visible results after just a few treatment sessions.

- (45 min.) CHF 190.00
- (90 min.) CHF 330.00

ORGANIC PRECIOUS MOMENTS BY ME AND ME (PRE OR POSTPREGNANCY TREATMENT)

Perfect skin and mind support for mothers or mothers-to-be. Recommended for the second and third trimesters of pregnancy or postpartum, this massage supports skin with unique anti-stretch-mark formulas. Special soothing products with selected plant extracts such as crocus and wild ginger stimulate and alleviate symptoms such as water retention and tired, heavy legs, relieving tension in combination with a relaxing full-body oil massage. Special peptides, plant oils and neurocosmetic ingredients ensure perfect elasticity, complete relaxation and revitalisation of skin.

- (60 min.) CHF 210.00
- (90 min.) CHF 250.00

FOOT REFLEX ZONE MASSAGE

This massage is based on the holistic theory that certain areas of the feet are connected to different organs and systems of the body. Targeted stimulation of these reflex zones can release tension, improve circulation and increase general well-being. Immerse yourself in a world of relaxation, where every pressure point on your feet opens a door to your inner balance.

- (30 min.) CHF 130.00
- (60 min.) CHF 210.00

NAIL GROOMING

Sit back and give your hands and feet the well-deserved attention.

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 and a hand scrub. You can also add shellac or a nourishing mask to your booking.

(60 min.) CHF 140.00

THE CLASSIC PEDICURE

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

(75 min.) CHF 180.00



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



SPA SUITES

For your private spa experience, the Dolder Grand Spa offers two 70-m² Spa Suites, each equipped with two treatment couches and a steam bath, whirlpool, snail shower, reclining area, balcony, fireplace and TV. The Spa Suite Deluxe also comes with a sanarium.

SPA SUITE

SPA SUITE SUPERIOR
without treatments (120 min.)
CHF 350.00
Each additional hour: CHF 150.00

SPA SUITE DELUXE
without treatments (120 min.)
CHF 450.00
Each additional hour: CHF 200.00

THE COUPLE’S CELEBRATION

Your exclusive side-by-side spa experience in the Spa Suite starts with a steam bath (15 min.) followed by an independently applied dry scrub with loofah pads, an Organic Bath Ritual by Amala (30 min.) and a relaxing couple’s massage (60 min.). For a spot of culinary indulgence, we will also serve you each a glass of champagne along with a small selection of homemade delicacies.

SPA SUITE SUPERIOR
(180 min.) CHF 1,050.00 for 2 persons

SPA SUITE DELUXE
(180 min.) CHF 1,150.00 for 2 persons

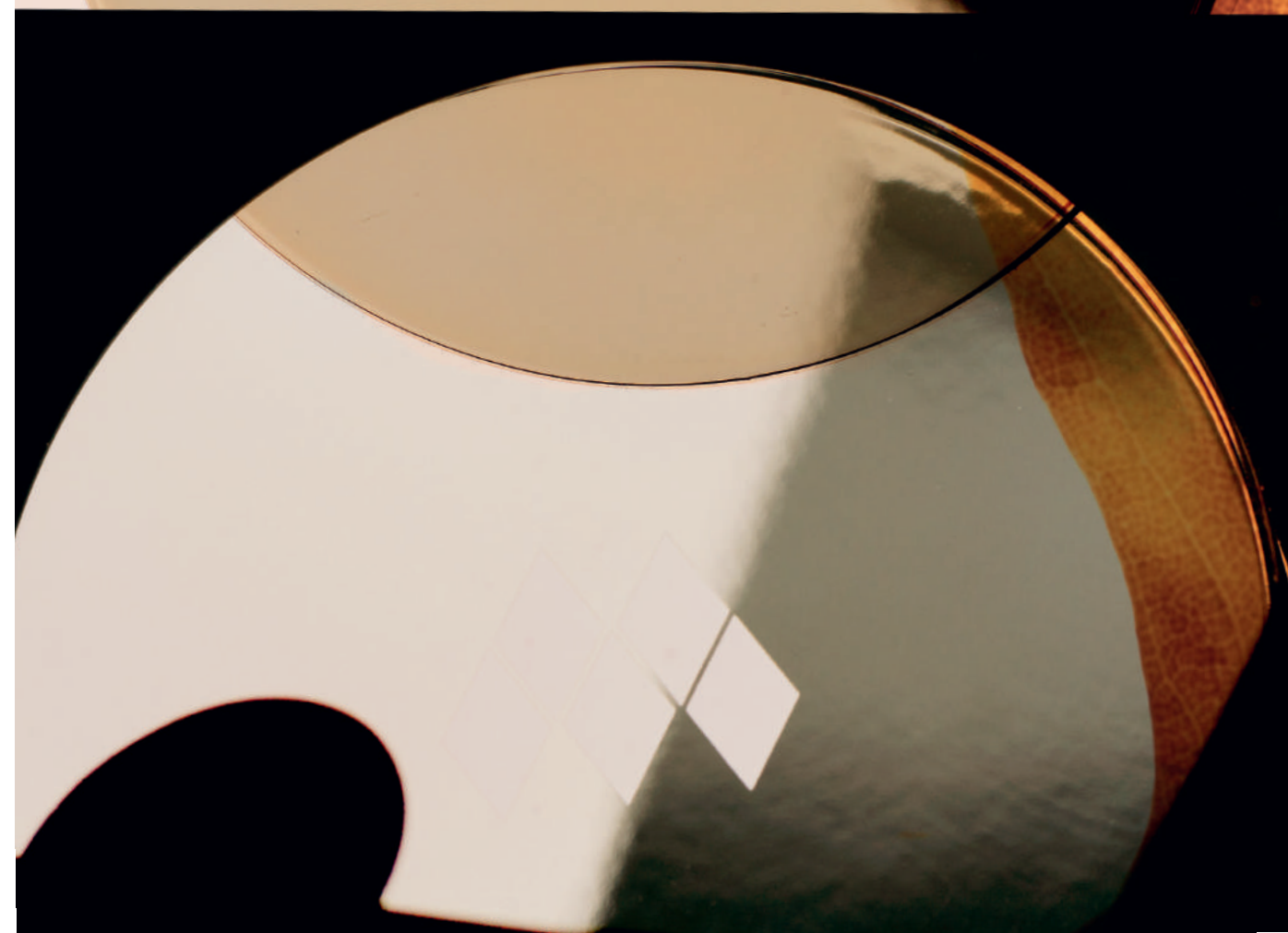
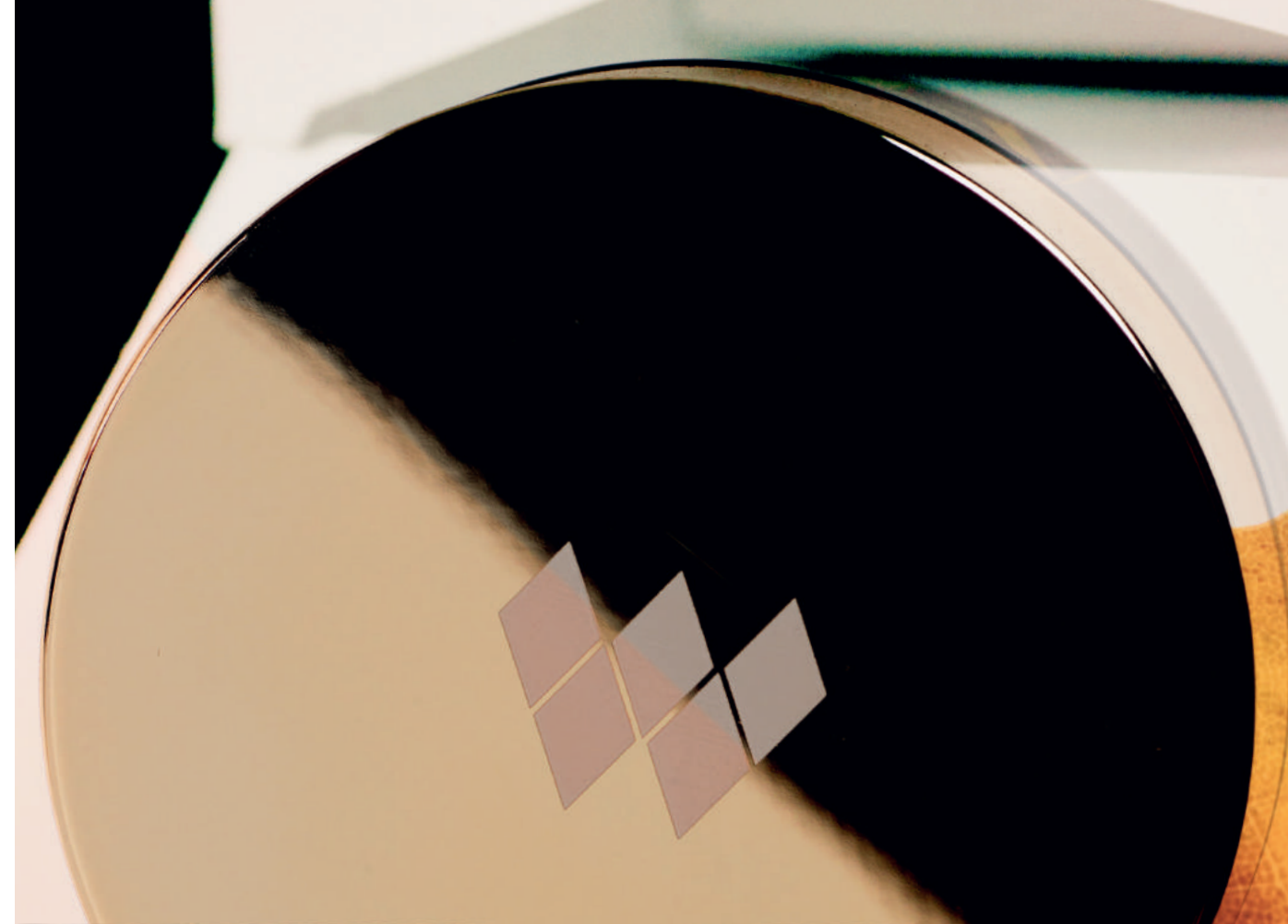
MARRY ME

The romantic spa experience in the Spa Suite begins with two hours’ time to relax and unwind together. We welcome you in a sea of rose petals, with a sweet greeting from our excellent patisserie and a bottle of champagne so you can toast your future together. To round off your unique experience, enjoy a relaxing couple’s massage together for one hour, during which you can reflect on the wonderful events of the last few hours.

SPA SUITE SUPERIOR
(180 min.) CHF 1,250.00 for 2 persons

SPA SUITE DELUXE
(180 min.) CHF 1,350.00 for 2 persons





HAIRSTYLING – EN VOGUE
THE LEADING HAIR SALON

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 and Kérastase and will be happy to give you their expert advice on the perfect look.

STYLING	CHF	LADIES	CHF
Shu Uemura Moment Ceremony	From 60.00	Cut and blow-dry	140.00 to 170.00
Kérastase Fusio-Dose	45.00	Blow-dry	80.00 to 120.00
Kérastase ritual	From 35.00	Root dyeing	140.00
Hair Botox	From 100.00	Balayage	From 200.00
Hair Rescue System	From 90.00	Highlights full-head	From 250.00
		Highlights half-head	From 150.00
BEAUTY	CHF	Blonde dyeing	From 200.00
Make-up	From 120.00	Intensive colouring	From 80.00
Eyebrow correction	30.00	Hair straightening	From 220.00
Eyebrow or eyelash tint	45.00	Extensions (50 pieces)	760.00
		Cut and style for children under the age of 10	70.00
		GENTLEMEN	CHF
		Cut and styling	From 95.00
		Tinting	From 50.00
		WEDDING	CHF
		Bridal hair styling and make-up	From 650.00

FITNESS AND MEDITATION

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 pleased to help you with your individual training planning. You can find details on group fitness courses in our weekly programme.

CARDIOSCAN BODY COMPOSITION ANALYSIS	PERSONAL TRAINING	FOREST BATHING
To assess your initial personal health, we do a body composition analysis using the CardioScan checkpoint. Various health parameters such as heart rate, body composition, stress level, meta-bolism and blood pressure are measured to get a detailed picture of your current state of health. These readings determine the correct intensity of the training as well as a diet that is appropriately composed and quantitatively balanced. You will be provided with individual programmes for the achievement of your personal training goals.	Our experienced personal trainers are on hand to provide individual training for physical or mental fitness. Our fitness and yoga instructors will assist you individually or as a couple – in our fitness studio, in one of our personal training studios or outdoors. With direct access to the Adlisberg forest, the Dolder Grand is the ideal starting point for all kinds of outdoor activities. Our personal trainers offer outdoor boot camps, running, mountain biking, outdoor yoga and more.	Shinrin-yoku – spending time in nature. This walking meditation involves mindful movement in nature. Your focus is directed to your senses. Traditional meditation techniques and breathing exercises complement the practice.
	PERSONAL TRAINING (60 min.) CHF 170.00	
	PERSONAL TRAINING (90 min.) CHF 225.00	
	COUPLE’S TRAINING (60 min.) CHF 250.00	
	COUPLE’S TRAINING (90 min.) CHF 330.00	
		MEDITATION OF THE SENSES
		You will be guided through a range of meditation techniques that are specially tuned to each of your sensory organs, taking you on a journey through the senses. Then, Dr Mussmann’s patented Swiss pine sound pads are used. Pleasantly relaxing body sound waves will vibrate in each of your cells, and you will experience an energising journey into the depths of your consciousness – supported by body-sound-wave-music, isochronous tones and the sounds of nature.
		● FOREST BATHING (60 min.) CHF 170.00
		● MEDITATION OF THE SENSES (60 min.) CHF 190.00



DAY SPA

HOW TO SPA

<div>SPA LUNCH BREAK</div> <div>The Spa Lunch Break includes use of the Spa from 11.00 am to 2.00 pm including a treatment in the amount of CHF 210.00 within this time period. If the treatment price exceeds this amount, the additional amount is charged.</div>	<div>DAY SPA</div> <div>Monday to Thursday</div> <div>CHF 290.00</div>	<div>APPOINTMENTS AND BOOKINGS</div> <div>For spa bookings, contact us by phone on +41 44 456 64 00. We kindly ask you to inform us in advance if you have any special health conditions, as some treatments may not be suitable for you. 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. Prices are subject to change.</div>	<div>LATE ARRIVALS</div> <div>If you arrive late for your appointment, we are unfortunately unable to extend your treatment beyond the agreed time. Your treatment time will therefore be shortened accordingly.</div>	<div>CLOTHING</div> <div>We provide you with a bathrobe, slippers and a locker for your personal possessions. If you wish to use our fitness facilities, you must wear suitable sports shoes. 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.</div>	<div>GIFT VOUCHERS</div> <div>We will gladly issue individual vouchers to you on-site. You can also order them online from the Dolder Grand website.</div>
<div>Monday to Friday (excluding public holidays) from 11.00 am to 2.00 pm</div> <div>CHF 230.00 (of which CHF 210.00 is redeemable credit)</div>	<div>TREATMENT ONLY</div> <div>Book a treatment or a personal training session of your choice, excluding use of Spa</div>		<div>PREPARING FOR YOUR TREATMENTS</div> <div>We recommend that you do not shave before salt scrubs. Scrub treatments should be avoided if you have sunburn. For men, we recommend shaving prior to facials for maximum comfort and benefit to the skin.</div>		
<div>DAY SPA</div> <div>The admission fee is redeemable against treatments and entitles you to unlimited use of the Dolder Grand Spa from 6.00 am to 10.00 pm. The credit cannot be redeemed for consumptions in the Spa Café or the Spa Shop. Please note that the credit cannot be transferred or accumulated.</div>	<div>MINIMUM AGE</div> <div>Children aged 12 and over may use the Spa with restrictions when accompanied by an adult. Those aged 12 and over may use the following:</div> <div><ul style="list-style-type: none">Swimming pool, Aqua Zone with steam bath and sanariumWorkout and group fitness coursesTreatments</div> <div>Those aged 16 and over may use the following:</div> <div><ul style="list-style-type: none">Ladies’ and Gentlemen’s Spa (textile-free zones)</div>	<div>CANCELLATIONS</div> <div>For cancellations and rescheduling, please inform us at least 24 hours in advance by phone on +41 44 456 64 00 or by e-mail at spa@thedoldergrand.com to avoid full cancellation fees.</div>	<div>SPA ETIQUETTE</div> <div>Out of consideration for other guests, we ask you not to make any calls and to place all of your mobile devices in silent mode while at the Spa. Taking photographs of or filming other guests is not permitted anywhere in the Spa. The Dolder Grand Spa is a smoke-free zone. Please keep the level of conversation down in all areas out of consideration for the other guests.</div>	<div>VALUABLES</div> <div>Lockers are provided in the dressing rooms. We recommend that you leave your valuables at home or in your hotel room safe.</div>	<div>PRIVACY</div> <div>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.</div>





OPENING HOURS

FACILITIES

SPA
Daily, 6.00 am to 10.00 pm

FITNESS AREA
Accessible for hotel guests 24 hours a day

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 & Sunday, 10.00 am to 8.00 pm

AREA
4,000 m²

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

MEDITATION AREA

FITNESS AREA
Workout, Movement and Mind-Body Studios

TREATMENTS
18 treatment rooms, 2 Spa Suites

RECEPTION AREA
Spa Café, Spa Shop, Hairstyling, Spa Library