

THE DOLDER GRAND

GLOBAL WELLNESS DAY®

Global Wellness Day – Saturday 14 June 2025

Global Wellness Day 2025 will take place around the world on Saturday 14 June 2025, across all five continents – and this year's inspiring motto is #ReconnectMagenta.

The motto symbolizes a journey of connection – with nature, with ourselves, with our communities and with all aspects of health and wellbeing. The goal of Global Wellness Day is to introduce as many people as possible to wellness as a lifestyle and philosophy.

Join us at The Dolder Grand Spa and be inspired by our special program:

9.00 am – 10.00 am	Forest Bathing with Birgit Stoll
1.00 pm – 2.00 pm	Meditation with Birgit Stoll
3.00 pm – 4.00 pm	Forest Bathing with Birgit Stoll

Participation: For members and hotel guests only. Pre-registration for one session required. All activities will take place outdoors, weather permitting. Additional offerings: Exclusive «Back Wellnesswear» promotion and fresh, healthy smoothies served after each activity.

We look forward to your participation and to sharing a day dedicated to mindfulness and wellbeing together.

Your team at The Dolder Grand Spa

*"One day, can change
your whole life!"*