

THE DOLDER GRAND

THE DOLDER GRAND SPA

Take time out at the Dolder Grand Spa. Your physical and mental wellbeing is at the heart of the Dolder Grand Spa Life Balance.

The four pillars of Relax, Vitality, Beauty and Detox help you find balance and renewed energy. Our treatments and selected product ranges are aligned with these areas.

Our skincare range includes La Prairie, with a focus on rejuvenation, innovation and Swiss precision. MARGY'S Monte Carlo offers collagen-based skincare that delivers effective results when combined with device-based treatments. Seed to Skin is a skincare line that pairs effective ingredients from nature with a focus on environmental responsibility. TEAM DR JOSEPH complements the range with a holistic, natural approach.

TREATMENTS AT A GLANCE

	TREATMENT	MINUTES	CHF
Face	Skin Caviar – Uplifting Contour and Sculpt Facial by La Prairie	60	300.00
		90	350.00
	White Caviar – Phenomenal Glass Skin Facial by La Prairie	90	400.00
	Pure Gold – Purest Radiance Enhanced Facial by La Prairie	90	450.00
	Platinum Rare – Elevated Rejuvenating Facial by La Prairie	120	550.00
	Luminous Detox Facial by MARGY’S Monte Carlo	60	260.00
		90	350.00
	Boosting Dermadrop Facial by MARGY’S Monte Carlo	60	350.00
	Age-Defying Vitality Facial by MARGY’S Monte Carlo	90	450.00
	Customised Facial by Seed to Skin	60	280.00
	Deluxe Skin Boost HydraFacial by Seed to Skin	60	350.00
	Reverse Signature Facial by Seed to Skin	90	350.00
	Rejuvenation HydraFacial by Seed to Skin	90	550.00
Body	Shiatsu Massage	60	250.00
		90	320.00
	Bamboo Stick Massage	60	250.00
		90	320.00
	Custom Massage	60	230.00
		90	300.00
	D-Stone Massage	60	250.00
		90	320.00
	Pressotherapy	45	210.00
	Endermologie® with LPG®	45	210.00
		90	350.00
	Foot Reflexology Massage	30	150.00
		60	230.00
	The Candle Massage by Seed to Skin	60	250.00
		90	320.00
	The Relax Ritual by Seed to Skin	120	520.00
	The Herbal Stamps Massage by TEAM DR JOSEPH	60	250.00
		90	320.00
	Detoxifying Cellulite Treatment by TEAM DR JOSEPH	90	370.00
	Firming Body Treatment by TEAM DR JOSEPH	90	450.00
	Aroma Salt Body Scrub by TEAM DR JOSEPH**	30	150.00
	Coffee Toning Body Exfoliator TEAM DR JOSEPH**	30	150.00
	Detoxifying Alpine Fango Body Wrap by TEAM DR JOSEPH	60	310.00
	Moisturising Body Wrap TEAM DR JOSEPH	60	310.00

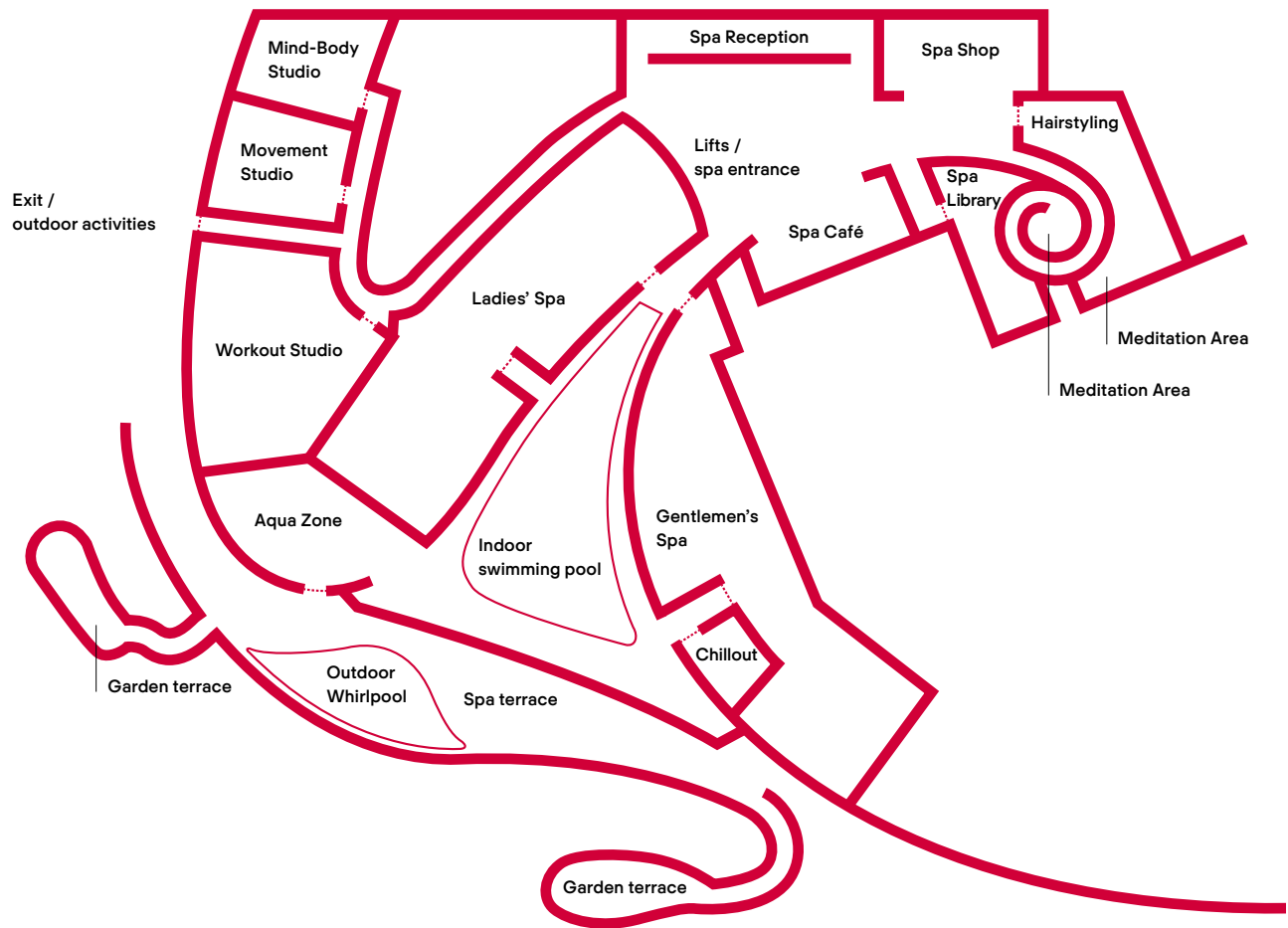
	TREATMENT	MINUTES	CHF
Face	Lash lift and tint	60	140.00
	Eyelash or eyebrow tint		50.00
	Eyebrow shaping	15	50.00
	Upper lip or chin hair removal*		50.00
	Ear or nose hair removal		50.00
Body Hair Removal	Brazilian bikini line*	45	120.00
	Classic bikini line*	30	80.00
	Partial leg hair removal	30	80.00
	Full leg hair removal	45	120.00
	Partial arm hair removal	15	50.00
	Full arm hair removal	30	80.00
	Underarm hair removal	15	50.00
	Chest, stomach or back hair removal	30	80.00
Hand or Foot Care	The Classic Manicure		140.00
	The Classic Pedicure		180.00
	Shellac removal***	15	20.00
	Shellac application***	15	40.00
	Paraffin bath for hands or feet***	15	80.00
Add-ons in combination with body treatments	Eye contour patches		40.00
	Deep Purifying Sheet Mask by TEAM DR JOSEPH		60.00
	The Marine Mineral Mud by Seed to Skin**		60.00
Add-ons in combination with facials	Eye contour patches		40.00
	Face Lift Collagen Mask by MARGY’S Monte Carlo		70.00
	Radiofrequency	15	130.00
	Radiofrequency	30	230.00
	Microdermabrasion	15	80.00
	Dermadrop Booster for lips or eyes		60.00
	Dermadrop Booster for face and décolletage	15	110.00
	HydraFacial Perm Eye Treatment		90.00
	HydraFacial Perm Lip Treatment		90.00
	Mesoporation	15	80.00

* Women only

** Only bookable in combination with a Custom Massage

*** Only bookable in combination with The Classic Manicure or The Classic Pedicure

OVERVIEW MAP





THE DOLDER GRAND LIFE BALANCE



Every stage of life calls for balance to support physical and mental wellbeing. The Dolder Grand Life Balance programme is designed to meet this need. Its four pillars, Relax, Vitality, Beauty and Detox, represent a holistic approach to your wellbeing. Our aim is to provide every guest with the treatment best suited to their needs in each of these areas.

RELAX

Take time to unwind and switch off from everyday life. Find calm and tranquillity through treatments that ease tension, quiet the mind and promote an overall sense of relaxation and inner peace.

BEAUTY

Inner and outer beauty for a sense of complete wellbeing. Treat yourself, revitalise your skin and nourish it with essential nutrients.

VITALITY

Fitness is your priority. These treatments help awaken your energy and give you the strength and vitality you need for the day.

DETOX

This programme supports the body's detoxification processes and helps flush waste products from the body. It may also support you in losing weight.



RELAX

Take time to enjoy the day mindfully and find inner peace and tranquillity. These treatments offer a relaxing counterbalance to everyday life.

YOUR RELAX DAY
CHF 530.00

Skin Caviar - Uplifting Contour and Sculpt Facial by La Prairie (90 min.)
Private yoga or meditation session (60 min.)

Use of the 4,000 m² Dolder Grand Spa
Lunch at the Spa Café, including 1 dish and 1 drink
Surprise gift



VITALITY

Awaken your energy and get active. Fitness and vitality are at the heart of the Vitality programme. These treatments give you strength and a youthful freshness that lasts throughout the day.

YOUR VITALITY DAY
CHF 500.00

The Herbal Stamps Massage by TEAM DR JOSEPH (90 min.)
Personal Training (60 min.)

Use of the 4,000 m² Dolder Grand Spa
Lunch at the Spa Café, including 1 dish and 1 drink
Surprise gift





BEAUTY

Inner and outer beauty are central to a sense of complete wellbeing. These selected treatments help regenerate your skin and replenish it with the nutrients it needs.

YOUR BEAUTY DAY
CHF 560.00

Customised Facial by Seed to Skin – Deeply Hydrating Facial (60 min.)
Moisturising Body Wrap by TEAM DR JOSEPH (60 min.)

Use of the 4,000 m² Dolder Grand Spa
Lunch at the Spa Café, including 1 dish and 1 drink
Surprise gift



DETOX

Give your body a break and reconnect with yourself. The selected Detox treatments support the body's detoxification processes and help with weight loss.

YOUR DETOX DAY
CHF 560.00

Luminous Detox Facial by MARGY'S Monte Carlo (60 min.)
Detoxifying Alpine Fango Body Wrap by TEAM DR JOSEPH (60 min.)

Use of the 4,000 m² Dolder Grand Spa
Lunch at the Spa Café, including 1 dish and 1 drink
Surprise gift

**INDIVIDUAL TREATMENTS –
TAKE TIME
FOR YOUR WELLBEING**



FACIAL TREATMENTS

LA PRAIRIE

SKIN CAVIAR - UPLIFTING CONTOUR AND SCULPT FACIAL BY LA PRAIRIE

The Skin Caviar skincare creations contain unparalleled lifting and firming potency. United with the power of the fingertip lifting massage, signature La Prairie gestures and sculpting stones, this skincare ceremony profoundly improves the appearance of elasticity and tone. Skin appears firmed and lifted and facial contours enhanced.

(60 min.) CHF 300.00
(90 min.) CHF 350.00

WHITE CAVIAR – PHENOMENAL GLASS SKIN FACIAL BY LA PRAIRIE

Experience the next level of coveted glass skin with a ritual enriched with powerful illuminating antiaging molecules to reduce dullness and even out skin tone. This treatment includes the benefits of cryotherapy and lymphatic drainage massage techniques, which support your body’s natural collagen and elastin production, and promote detoxification and skin repair. The result is smoother, plumper skin with a firmer texture that reflects light more effectively, leaving you with a glowing, refreshed complexion.

(90 min.) CHF 400.00

PURE GOLD – PUREST RADIANCE ENHANCED FACIAL BY LA PRAIRIE

Indulge in a skincare ritual featuring Kobido inspired massage techniques that boost facial microcirculation, enhance radiance, and stimulate natural collagen production. This treatment effectively reduces wrinkles and fine lines, plumps the skin, and eliminates toxins. This ritual renews and replenishes the skin, instantly revitalizing your appearance.

(90 min.) CHF 450.00

PLATINUM RARE – ELEVATED REJUVE- NATING FACIAL BY LA PRAIRIE

During this treatment the skin undergoes remarkable rejuvenation through the Platinum-Enriched formulations that initiate the transformation. La Prairie’s unique signature massage techniques, cryotherapy and sculpting stones, restore firmness, elasticity, volume and moisture levels. By the end of this indulgent experience, your skin’s youthful radiance is significantly enhanced, its texture is refined, and the overall rejuvenation process is boosted, effectively reversing all visible signs of aging.

(120 min.) CHF 550.00

MARGY’S MONTE CARLO

LUMINOUS DETOX FACIAL
BY MARGY’S MONTE CARLO

Ideal for a dull, lacklustre complexion or uneven skin texture. This treatment helps eliminate toxins, revitalises the skin and restores a healthy, fresh appearance. Dead skin cells are removed and the pores opened, allowing skincare ingredients to reach the deepest layers of the skin. The skin looks more revitalised and radiant immediately after the treatment. During the 90-minute treatment, active ingredients are delivered deeper into the skin using mesoporation.

(60 min.) CHF 260.00
(90 min.) CHF 350.00

BOOSTING DERMADROP FACIAL
BY MARGY’S MONTE CARLO

Discover the benefits of deep hydration and experience the difference. This innovative facial treatment deeply hydrates your skin and restores its energy. It gives your complexion a radiant, youthful appearance, protects the skin cells and stimulates the facial muscles. The Dermadrop device delivers active ingredients tailored to your skin type deep into the layers of the skin. The skin is first prepared with a fruit acid peel selected for this treatment. High-quality, exclusive active ingredients tailored to your skin type are then applied. The complexion is improved and skin regeneration is stimulated.

(60 min.) CHF 350.00

AGE-DEFYING VITALITY FACIAL
BY MARGY’S MONTE CARLO

This facial treatment reduces fine lines and leaves the skin smooth and radiant. Highly active collagen face masks, individually selected for your skin, help restore its elasticity, make it appear firmer and give it a glow from within. The treatment uses a specialised device: a high-performance radiofrequency device. This effective treatment approach stimulates collagen production in the deepest layers of the skin, helping to renew it from within. Radiofrequency technology stimulates microcirculation and quickly gives the skin a healthy, youthful appearance. The ultimate treatment to effectively counter the signs of skin ageing.

(90 min.) CHF 450.00

SEED TO SKIN

CUSTOMISED FACIAL
BY SEED TO SKIN

Our Beauty Therapist will work with you to decide, based on your needs and preferred focus, whether the facial treatment should hydrate and nourish your skin, cleanse it deeply or help strengthen sensitive skin.

(60 min.) CHF 280.00

DELUXE SKIN BOOST HYDRAFACIAL
BY SEED TO SKIN

This treatment revitalises dull, dehydrated skin and refines uneven skin texture. HydraFacial deep cleansing is combined with the Seed to Skin Signature Massage, leaving the skin hydrated, firmer and radiant.

(60 min.) CHF 350.00

REVERSE SIGNATURE FACIAL
BY SEED TO SKIN

This facial treatment leaves the skin looking instantly rejuvenated and visibly more radiant. At its heart is a highly effective Signature Massage that defines the facial contours and lifts and firms the skin. The treatment concludes with skincare products tailored to your skin, used alongside cooling massage tools. They stimulate circulation and leave the skin looking more radiant.

(90 min.) CHF 350.00

REJUVENATION HYDRAFACIAL
BY SEED TO SKIN

This treatment targets fine lines, wrinkles and dehydrated skin. It combines HydraFacial deep cleansing with an intensely hydrating Seed to Skin mask, a Signature Massage, a HydraFacial Booster and red LED light therapy. The skin looks plumper and revitalised.

(90 min.) CHF 550.00



BODY TREATMENTS

MASSAGES

SHIATSU MASSAGE

During this massage, pressure is applied to specific points on the body and the energy flows are harmonised. Gentle to firm pressure using “shi” (fingers) and “atsu” (pressure) along the energy pathways helps ease tension and stress and promotes overall wellbeing. The treatment is traditionally carried out on a Shiatsu futon.

(60 min.) CHF 250.00
(90 min.) CHF 320.00

BAMBOO STICK MASSAGE

Warm bamboo sticks are used in this massage technique. Flowing, targeted movements combine deep relaxation with an invigorating effect. Circulation is stimulated, blockages are released and the muscles are relaxed.

(60 min.) CHF 250.00
(90 min.) CHF 320.00

CUSTOM MESSAGE

Whether firm, intensive and invigorating or gentle, balancing and relaxing, and whether focused on the back, legs, arms or the whole body, we tailor the massage to your individual wishes and Life Balance during a consultation beforehand.

(60 min.) CHF 230.00
(90 min.) CHF 300.00

D-STONE-MASSAGE

Warm lava stones ease muscle tension, while cool Swiss marble stones refresh the mind. This massage is ideal for muscle tension and back discomfort.

(60 min.) CHF 250.00
(90 min.) CHF 320.00

PRESSOTHERAPY

Pressotherapy is a treatment that uses gentle, rhythmic air pressure to stimulate lymphatic and venous circulation. During the lymphatic drainage treatment, you will have a face mask and a relaxing head massage.

(45 min.) CHF 210.00

ENDERMOLOGIE® WITH LPG®

Endermologie is an innovative, non-invasive treatment method developed specifically to firm the skin, reduce the appearance of cellulite and stimulate the body’s natural fat-burning processes. This advanced skin stimulation enables the natural reactivation of cellular metabolism. We therefore recommend exercising on the same day after your treatment. Visible results can be achieved after just a few treatments.

(45 min.) CHF 210.00
(90 min.) CHF 350.00

FUSSREFLEXZONENMASSAGE

This massage is based on the holistic theory that specific areas of the feet are connected to different organs and systems in the body. Targeted stimulation of these reflex zones can help ease tension, improve circulation and support overall wellbeing. Enjoy a relaxing treatment in which each pressure point on the feet is intended to support your inner balance.

(30 min.) CHF 150.00
(60 min.) CHF 230.00

SEED TO SKIN

THE CANDLE MASSAGE
BY SEED TO SKIN

In this Signature Massage, warm oil from a massage candle is applied with slow, flowing movements. Argan oil, coconut extract and shea butter nourish the skin. The scents of oud wood and vanilla accompany the treatment.

(60 min.) CHF 250.00
(90 min.) CHF 320.00

THE RELAX RITUAL
BY SEED TO SKIN

The treatment begins with a gentle exfoliation using loofah pads to stimulate the lymphatic system. This is followed by a detoxifying yet nourishing bath with sandalwood, neroli and wild rose. The Signature Candle Massage and a restorative body wrap with argan oil, shea butter and extracts of vanilla, rose and oud wood then care for the skin. A relaxing head or foot massage completes the treatment.

(120 min.) CHF 520.00

TEAM DR JOSEPH

THE HERBAL STAMPS MASSAGE
BY TEAM DR JOSEPH

A massage experience that invigorates and strengthens the muscles and musculoskeletal system. Herbal stamps made from pure herbs are moved over the body using gentle pressure and tapping techniques, creating an exfoliating effect on the skin. The treatment improves circulation and stimulates the metabolism.

(60 min.) CHF 250.00
(90 min.) CHF 320.00

DETOXIFYING CELLULITE TREATMENT
BY TEAM DR JOSEPH

An effective cellulite treatment with lasting benefits for the appearance of the skin and connective tissue. The cupping technique visibly reduces cellulite and helps relieve congestion in the body tissue. An invigorating body scrub and a specialised massage technique support this Detox concept.

(90 min.) CHF 370.00

FIRMING BODY TREATMENT
BY TEAM DR JOSEPH

A detoxifying and stimulating treatment to reduce cellulite and water retention. Targeted drainage supports the elimination of waste products from areas of concern such as the thighs, hips and buttocks. The LPG treatment stimulates collagen production and firms the skin. A specially invigorating massage technique, followed by a body wrap on the relevant area, complements any weight-loss programme.

(90 min.) CHF 450.00

AROMA SALT BODY SCRUB
BY TEAM DR JOSEPH

A sensory experience that invigorates and refreshes. Aromatic oil and Dead Sea salt cleanse the skin thoroughly and support its regeneration, leaving you with a renewed feeling.

(30 min.) CHF 150.00
Available only in combination with a Custom Massage.

COFFEE TONING BODY EXFOLIATOR
BY TEAM DR JOSEPH

This body scrub refines the skin's appearance, leaving it looking clear and radiant. It stimulates the skin's metabolism and promotes circulation.

(30 min.) CHF 150.00

Available only in combination with a Custom Massage.

DETOXIFYING ALPINE FANGO BODY
WRAP BY TEAM DR JOSEPH

The special Alpine fango improves circulation, supports the metabolism and relieves strain on the connective tissue. This deeply acting body wrap contains natural active ingredients. The treatment concludes with an application of cream.

(60 min.) CHF 310.00

MOISTURISING BODY WRAP
BY TEAM DR JOSEPH

Active extracts of apple and rosehip care for demanding, dehydrated skin and provide intensive hydration. The treatment helps hydrate the skin, leaving it feeling soft and silky. The application of cream afterwards provides additional moisture.

(60 min.) CHF 310.00

NAIL CARE

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

THE CLASSIC MANICURE

We shape your nails as you wish, gently remove excess cuticle and treat your hands to a relaxing massage. Choose between coloured nail polish and a hand exfoliation. Shellac or a nourishing mask can be added as an optional extra.

(60 min.) CHF 140.00

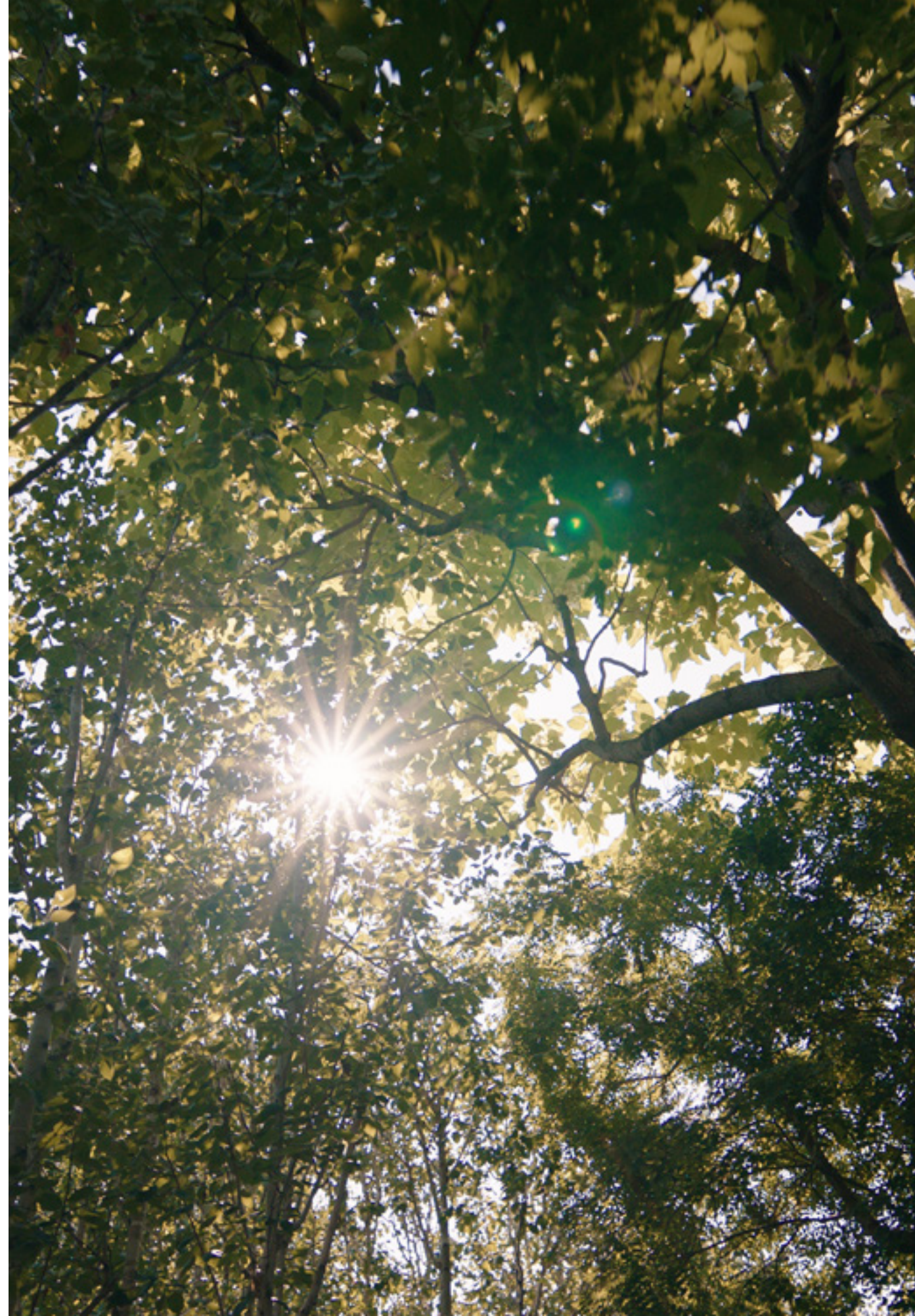
THE CLASSIC PEDICURE

Begin with a relaxing mineralising foot bath. We then shape your nails, remove excess cuticle and hard skin, and care for your feet with a relaxing foot massage. To finish, choose between coloured nail polish and a foot scrub. Shellac or a nourishing mask can be added as an optional extra.

(75 min.) CHF 180.00



**FIND CALM AND MAKE TIME
FOR YOURSELF**



SPA SUITES

The Dolder Grand Spa offers two 70 m² Spa Suites for a private spa experience. Each is equipped with two treatment beds, a steam bath, a whirlpool, a spiral shower, a relaxation island, a balcony, a fireplace and a television. The Deluxe Spa Suite also features a sanarium.

SPA SUITE

SPA SUITE SUPERIOR
Treatments not included
(120 min.) CHF 350.00
Each additional hour: CHF 150.00

SPA SUITE DELUXE
Treatments not included
(120 min.) CHF 450.00
Each additional hour: CHF 200.00

THE COUPLE’S CELEBRATION

This private spa experience side by side in the Spa Suite begins with a steam bath (15 min.), followed by a self-administered dry body scrub with loofah pads, and a relaxing couples massage (60 min.). To complete the experience, we serve each of you a glass of champagne and a small selection of homemade delicacies.

SPA SUITE SUPERIOR
(180 min.) CHF 1’050.00 for 2 people

SPA SUITE DELUXE
(180 min.) CHF 1’150.00 for 2 people

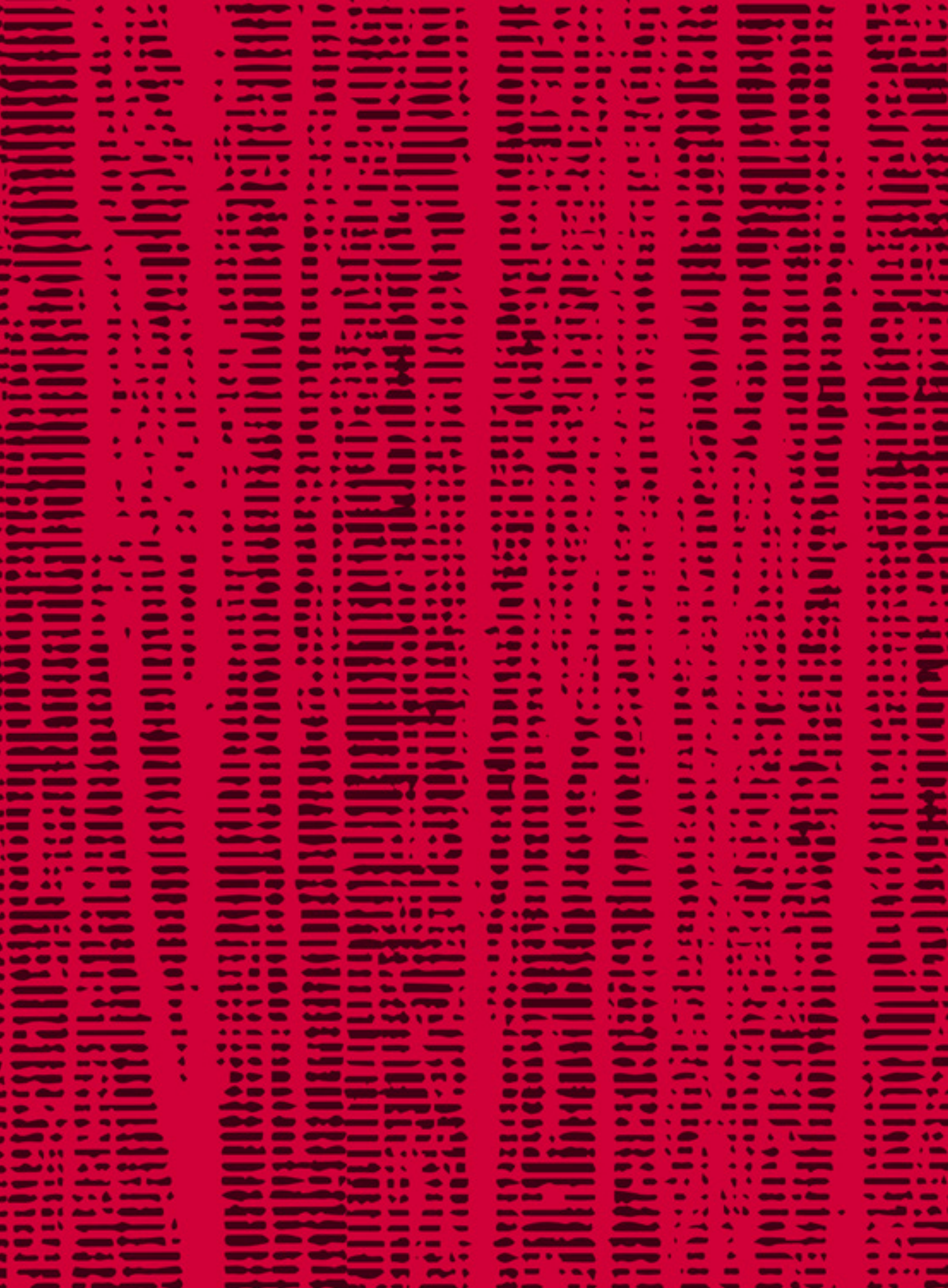
MARRY ME

This romantic spa experience in the Spa Suite begins with two hours together. We welcome you with a room filled with rose petals, a sweet treat from our acclaimed patisserie and a bottle of champagne for you to toast your future together. To complete the experience, enjoy a relaxing couples massage (60 min.) together, where you can reflect on the special moments of the past few hours.

SPA SUITE SUPERIOR
(180 min.) CHF 1’250.00 for 2 people

SPA SUITE DELUXE
(180 min.) CHF 1’350.00 for 2 people





FITNESS AND MEDITATION

The fitness centre features a cardio area, strength-training machines, free weights and a functional training area. Our personal trainers will be pleased to help you plan a training programme tailored to your needs. Details of the group fitness classes can be found in the weekly schedule.

CARDIOSCAN BODY ANALYSIS

To establish your personal starting point, we carry out a body analysis at the CardioScan checkpoint. This measures various health parameters, including heart rate, body composition, stress levels, metabolism and blood pressure, to provide a detailed picture of your current health. The results are used to determine the intensity of your training and create a nutrition plan. A personalised training plan supports you in achieving your training goals.

(60 min.) CHF 220.00

PERSONAL TRAINING

Experienced personal trainers are available to provide individual support with your physical or mental fitness training. Depending on your preference, they can work with you one-to-one or as a couple, in our fitness centre, in one of the personal training studios or outdoors. With direct access to the Adlisberg forest, the Dolder Grand is an ideal starting point for all kinds of outdoor activities. Our personal trainers offer, among other things, outdoor boot camp, running, mountain biking and outdoor yoga.

PERSONAL TRAINING
(60 min.) CHF 220.00

PERSONAL TRAINING
(90 min.) CHF 290.00

PAARTRAINING
(60 min.) CHF 320.00

COUPLES TRAINING
(90 min.) CHF 380.00

FOREST BATHING

Shinrin-yoku means spending time in nature. This walking meditation involves moving mindfully through natural surroundings, with a focus on your senses. Traditional meditation techniques and breathing exercises complement the experience.

MEDITATION OF THE SENSES

You will be guided through a journey of the senses using meditation techniques tailored to each one. The patented Swiss stone pine sound pads by Dr Mussmann are then used. Pleasantly relaxing vibrations travel through your body, and you experience an energising journey into your consciousness – accompanied by body-conducted sound music, isochronic tones and sounds from nature.

FOREST BATHING
(60 min.) CHF 220.00

MEDITATION OF THE SENSES
(60 min.) CHF 240.00

HAIRSTYLING – EN VOGUE,
THE LEADING HAIR SALON

The EN VOGUE salon offers everything you need to care for and style your hair. The team uses high-quality products from Shu Uemura and Kérastase and will be pleased to advise you on finding the right look.

CARE	CHF	WOMEN	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 Care Ritual	from 35.00	Root colour	140.00
Hair Botox	from 100.00	Balayage	from 200.00
Hair Rescue System	from 90.00	Full-head highlights	from 250.00
		Half-head highlights	from 150.00
BEAUTY	CHF	Bleaching	from 200.00
Make-up	from 120.00	Intensive tint	from 80.00
Eyebrow shaping	30.00	Hair straightening	from 220.00
Eyebrow or eyelash tint	45.00	Extensions (50 pieces)	760.00
		Cut and styling for children up to 10 years	70.00
		MEN	CHF
		Cut and styling	from 95.00
		Tint	from 50.00
		WEDDING	CHF
		Bridal hair and make-up	from 650.00



DAY SPA

HOW TO SPA

SPA LUNCH BREAK

The Spa Lunch Break includes use of the Spa from 11.00 am to 2.00 pm and one treatment worth CHF 230.00 during this period. If the price of your treatment exceeds this amount, the difference will be charged separately.

Monday to Friday, excluding public holidays, from 11.00 am to 2.00 pm
CHF 250.00, including CHF 230.00 redeemable credit

DAY SPA

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. Your credit cannot be used for purchases at the Spa Café or Spa Shop. Please note that the credit is non-transferable and cannot be accumulated.

DAY SPA

Monday to Thursday
CHF 290.00

DAY SPA

Friday to Sunday and on public holidays
CHF 460.00

TREATMENT ONLY

Book a treatment or personal training session of your choice, excluding use of the Spa.

MINIMUM AGE

Children aged twelve and over may use the Spa, subject to certain restrictions, when accompanied by an adult. The minimum age of twelve applies to:

- Swimming Pool, Aqua Zone with steam bath and sanarium
- Workout and group fitness classes
- Treatments

The minimum age of 16 applies to:

- Ladies’ Spa and Gentlemen’s Spa (Nudist Zones)

APPOINTMENTS AND RESERVATIONS

To book a Spa appointment, please call us on +41 44 456 64 00. Please let us know in advance about any relevant medical conditions, as some treatments may not be suitable for you. Please arrive

at least 15 minutes before your appointment. This gives you time to familiarise yourself with the Dolder Grand Spa and enjoy a cup of tea at your leisure. Consultations before and after your treatment are included in the booked treatment time. Prices are subject to change.

CANCELLATIONS

To avoid a full cancellation charge, please notify us of any cancellations or changes to your appointment at least 24 hours in advance by phone on +41 44 456 64 00 or by email at spa@thedoldergrand.com.

LATE ARRIVALS

If you arrive late, we are unable to extend your treatment beyond the scheduled appointment time. Your treatment will therefore be shortened accordingly.

PREPARING FOR YOUR TREATMENTS

We recommend that you do not shave before a salt scrub. Please avoid exfoliating treatments altogether if you have sunburn. Men are advised to shave before a facial to ensure the treatment is as effective as possible.

SPA ETIQUETTE

Out of consideration for other guests, please do not make phone calls during your visit to the Spa and set your mobile devices to silent. Taking photographs or filming other guests is not permitted anywhere in the Spa. The Dolder Grand Spa is smoke-free. Please keep conversations quiet and discreet in all areas out of consideration for other guests.

ATTIRE

We provide a bathrobe, slippers and a locker for your personal belongings. Suitable training shoes are required if you wish to use our fitness facilities. Comfortable Shiatsu clothing is provided for Shiatsu massages. Out of consideration for other guests, please wear swimwear in the Aqua Zone. For LPG® treatments, you will be given your own bodysuit.

VALUABLES

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

PRIVACY

Most full-body treatments are enjoyed without clothing. You will have privacy when changing, and during treatments, towels cover all areas of the body not being treated.

GIFT VOUCHERS

We will be pleased to issue personalised gift vouchers here at the Spa. You can also order and print them at home via the Dolder Grand website.





OPENING HOURS

FACILITIES

SPA Daily, 6.00 am to 10.00 pm	AREA 4,000 m²
FITNESS Open to hotel guests 24 hours a day	LADIES' SPA AND GENTLEMEN'S SPA (SEPARATE AREAS) Steampots, steam bath, aroma pool, sauna, plunge pool, Kotatsu foot bath, solarium, relaxation area
TREATMENTS Daily, 9.00 am to 9.00 pm	
HAIRSTYLING Monday to Saturday, 9.00 am to 6.30 pm Sunday, 10.00 am to 6.30 pm	AQUA ZONE (SHARED AREA) Swimming pool, indoor and outdoor whirlpools, sanarium, steam bath, Sunaburo pebble beds, Snow Paradise, Chillout Room, Spa Terrace
MEDICAL WELLNESS We will be pleased to arrange an appointment for you at the Spa Reception or by phone on +41 44 456 64 00. The practice is located on Level L in the Spa Wing.	MEDITATION ROOM
SPA SHOP Daily, 9.00 am to 9.00 pm	FITNESS Workout, Mind-Body and Movement Studio
SPA CAFÉ Monday to Sunday, 10.00 am to 7.00 pm	TREATMENTS 18 treatment rooms, 2 Spa Suites
	RECEPTION AREA Spa Café, Spa Shop, Hairstyling, Spa Library

