



The Dolder Grand Spa – Fact Sheet

Opening	April 2008
Surface	43'056 sqft, 4'000 m2
Partner	Foster and Partners Ltd., London (Architecture) United Designers Ltd., London (Interior Design) SPAd Inc. Sylvia Sepielli, Sedona/Arizona (Spa Concept)
Opening hours	7 days a week, generally 6.00 am to 10.00 pm
Admissions	Guests of The Dolder Grand, Spa Members Club, Day Spa
Philosophy	The Dolder Grand Life Balance with the programmes Relax, Beauty, Vitality and Detox
Ladies' Spa Gentlemen's Spa (1076 sqft, 100 m2 each)	Separated areas with Steam pot columns with aromatized steam Kotatsu Footbath with simulated current and pebble surface, solid walnut table Sauna Steam bath Cold Water Basin Cooling Down Shower Aroma pools Relaxation with fireplace 2 stand-up Solariums
Aqua Zone (mixed zone)	Swimming Pool, Bisazza mosaics, 25 metres long, 1.35 m deep Indoor Whirlpool Outdoor Whirlpool (warm water and cold water pool, mineral water couches), terrace Sanarium Steam bath Snow paradise

Five Sunaburo (pebble loungers): a tub filled with fine pebbles. The pebbles are warmed and are ideal for lying back and relaxing. The tubs are based on a Japanese idea and were designed especially for the Dolder Grand.

Chillout: hammock chairs with relaxing music

18 Treatment Rooms	<p>11 massage rooms</p> <p>1 room with Sanotherm and steam shower</p> <p>6 rooms for facials</p>
2 Spa Suites	<p>Spa Suite 1 (753 sqft, 70 m2), Mother-of-Pearl walls Massage tables, mudbath, whirlpool, lounge, fireplace, TV</p> <p>Spa Suite 2 (915 sqft, 85 m2), Mother-of-Pearl walls Massage tables, sauna, mudbath, whirlpool, lounge, fireplace, TV</p>
Spa Menu	<p>All treatments are executed with the product lines La Prairie, Kerstin Florian and Amala (100 % natural skincare).</p> <p>The Dolder Collection (signature treatments)</p> <ul style="list-style-type: none"> – Hydraheaven by Kerstin Florian (Relax) – Bamboo Shiatsu (Vitality) – Nature's Organic Seasonal Facial by Amala (Relax) – LPG® Shape Perfection by Kerstin Florian (Beauty) – Meditation Walk (Relax) – Meditation of the Senses (Relax) – The Dolder Grand Detox Relax Ritual (Detox/Relax) (self-guided treatment)
Meditation room	Mirror mosaic cupola with candle light
Workout	Fitness with cardio equipment (Technogym) and Personal Trainer
Studios	Group fitness courses such as yoga, Pilates, Zumba etc.
Medical Wellness	Aesthetic + Health Link: aesthetic dermatology and laser medicine, anti-aging medicine and plastic aesthetic surgery
Spa Café	Healthy and vitalising drinks and snacks based on the programmes Relax, Beauty, Vitality, Detox
Hairstyling	En Vogue Luxurious Hair
Library	Literature on health and wellbeing (600 books)
Shop	Exclusive products for wellness, beauty and fitness, fashion and lifestyle accessories, gifts