

# THE DOLDER GRAND



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## The Dolder Grand Spa

**Encompassing 4,000 square metres, the multi-award-winning Dolder Grand Spa offers a unique range of activities for guests' well-being based on the Dolder Grand Life Balance philosophy. Guests can immerse themselves in the inspiring world, with a large swimming pool, the sunaburo in the Japanese tradition, the Ladies' Spa and the Gentlemen's Spa, as well as the large Workout Studio. Treatments are administered using the exclusive product lines La Prairie, Amala and Margy's. Specialists from a Swiss network of doctors complete the range of professional services in Medical Wellness.**

Encompassing 4,000 square metres, the multi-award-winning Dolder Grand Spa offers a unique range of activities for guests' well-being. Dynamic lines, carefully selected materials and exciting lighting effects combine to produce an inspirational environment that appeals to all senses. The Aqua Zone houses a large swimming pool with a view of the natural surroundings, a reclining area with outdoor whirlpools, sanarium, steam bath and a snow paradise for cooling off. Guests experience relaxation Japanese-style in the wonderfully warm pebbles of the sunaburo. Two separate areas, the Ladies' and Gentlemen's Spa, each offer a sauna, steam bath, kotatsu foot bath, aroma pool, steam pot, cold-water basin and solarium. Children must be at least 12 years of age and accompanied by an adult for admission to the Spa.

The relaxation area, the hanging lounge chairs in the chillout area and the meditation area with its fascinating mirror mosaic dome are the perfect places to find some calm. The reception area is home to a library containing 600 books in German and English, Hairstyling, Spa Café and Spa Shop with beauty products, accessories and gift items.

The exclusive Spa is characterised by the architecture of Foster + Partners, the interior design by United Designers and the advice from the American spa expert Sylvia Sepielli.

### **The philosophy: the Dolder Grand Life Balance**

The Dolder Grand Life Balance is based on the programmes Relax, Beauty, Vitality and Detox. Whatever your situation in life, you have to find the right balance in order to achieve physical and mental well-being and relaxation. The programmes help guests with this. They select treatments that match their needs and can also order drinks and meals in the Spa Café.

There are 20 different treatment rooms available for a wide selection of treatments including facials, manicures, massages and body rituals as well as two luxurious Spa Suites for exclusive, private relaxation. All treatments are administered using the lines of cosmetics La Prairie, Amala (containing 100% natural ingredients) and Margy's.

### **Indoor and outdoor activities**

All indoor and outdoor activities are part of the fitness area. Fitness coaches and personal trainers are available to introduce the equipment and also offer individual training. The large fitness room is equipped with a cardiovascular area and machines. Courses are held in the Mind-Body and Movement Studios. Outdoor activities such as walking or jogging can be undertaken under the instruction and supervision of a personal trainer.

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## **Medical Wellness**

The Dolder Medical group is a team of experienced Swiss specialists in the fields of internal medicine, sports medicine, dermatology and plastic and reconstructive surgery. In addition to the joint branch at The Dolder Grand, the 5 specialists and the psychosocial counsellor run their own clinics and practices in Zurich.

## **Fitness and nutrition**

**SWAMI GenoType nutritional analysis** Thanks to the latest findings in the field of epigenetics, it is possible to actively change our own genetic “destiny” with every single meal. Your personal genotype is determined on the basis of more than 90 pieces of personal information. A simple traffic light system shows you which foods are good for you and which to avoid, while an app helps you to choose the right foods throughout the day.

## **Day Spa and Members Club**

In addition to hotel guests, external guests may also visit the Dolder Grand Spa. The admission fee (midweek: CHF 260.00, weekends: CHF 420.00) is redeemable against treatments, and the entire Spa can be used.

Membership of the Members Club is granted to select individuals; it lasts for a period of one year. Spa Members have access to all facilities in the Dolder Grand Spa.

The Dolder Grand Spa was named “Best Spa” at the Virtuoso Best of the Best Awards 2015 and “Hotel Spa of the Year, Europe” at the World Spa Awards (UK), and received the SpaFinder Readers’ Choice Award (US) for “Best Spa in Switzerland” and “International Best Interior Design”, as well as the British Tatler Spa Award and the German Gala Spa Award.

## **Media contacts for Dolder Hotel AG**

Director of Sales & Marketing

Anna Siroka

Director of Marketing & Communications

Tel +41 44 456 66 25

pr@dolderhotelag.com

Joachim Schweier

Senior Marketing & Communications Manager

Tel +41 44 456 60 00

pr@dolderhotelag.com

## **About the Dolder Grand**

With its 175 luxurious rooms and suites, exquisite cuisine, a spa encompassing 43,056 sq ft with a separate ladies ‘and gentlemen spa, generous banqueting and seminar facilities and a remarkable art collection, the Dolder Grand is a member of the Leading Hotels of the World and Swiss Deluxe Hotels. The Hotel’s elevated location between pulsating city and invigorating nature provides guests with magnificent views over Zurich, the lake and the Alps. The 5-star-deluxe property carries the signature of architects Norman Foster as well as Sylvia Sepielli and is one of Zurich’s most famous landmarks.

For key shots and fact sheets please visit our [Newsroom](#) or [thedoldergrand.com](http://thedoldergrand.com).