

# THE DOLDER GRAND





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## The Dolder Grand Spa

Encompassing 4,000 square metres, the Dolder Grand Spa has won multiple awards for its unique offer of programmes, treatments and activities 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.

Distinguished by the architecture of Foster + Partners and interior design by United Designers and designed in consultation with the American spa expert Sylvia Sepielli, the Spa combines dynamic lines with carefully selected materials and lighting effects to produce an inspirational environment that appeals to all senses.

The Aqua Zone houses a large swimming pool lined in black granite, with an entire wall of glass that provides a stunning view of the natural surroundings. Guests can experience Japanese-style relaxation in the Sunaburo, relax in the samarium and steam bath, and step into a snow paradise to cool off. 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. There are several different spaces to find even greater calm: the relaxation area, hanging lounge chairs in the chillout area and the meditation walk with its fascinating mirror mosaic dome. On the spa terrace, Fernando Botero's voluptuous sculpture *Woman with Fruit* overlooks a reclining area that features whirlpools with a view of Lake Zurich.

The reception area is home to a library of 600 books, and adjoins a hairstyling station, the Spa Café and a Spa Shop offering beauty products, accessories and gift items. To ensure peace and privacy, the 20 treatment rooms are located in a separate area of the Spa.

Children must be at least 12 years of age and accompanied by an adult for admission to the Spa.

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

The Dolder Grand Life Balance is based on four programmes Relax, Beauty, Vitality and Detox, designed to help guests find the right balance in order to achieve physical and mental well-being, according to their situation in life. Spa experts help guests to select the programme and treatments that will best match their needs, and can advise about the items from the Spa Café menu that will best complement the chosen programme.

Treatments include a wide range of massages and body rituals as well as facials and manicures. Among the 20 treatment rooms are two luxurious Spa Suites for exclusive, private relaxation. All treatments are administered using the products of La Prairie, Amala (containing 100% natural ingredients) and Margy's.

### **Indoor and outdoor activities**

The fitness area offers both indoor and outdoor activities. Fitness coaches and personal trainers are on hand to introduce the equipment and also offer one-on-one training. The large fitness room is equipped with a cardiovascular area and machines. The Mind-Body and Movement Studios offer a variety of classes. Outdoor activities, including walking and jogging, can be undertaken under the supervision of a personal trainer if wished.

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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 shared clinic at the Dolder Grand, the five specialists and the psychosocial counsellor run their own clinics and practices in Zurich.

## **Fitness and nutrition**

The Spa offers SWAMI GenoType nutritional analysis. According to the latest findings in the field of epigenetics, nutrition has a profound impact on what was previously believed to be our “genetic destiny” for health. The analysis determines each person’s specific genotype based on more than 90 pieces of information and generates personalised nutrition recommendations. A simple traffic light system shows which foods are preferred and which to avoid, with an app to help make those choices 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, weekends: CHF 420) is redeemable against treatments, and provides access to the entire Spa area and all facilities.

Membership of the Dolder Grand Spa Members Club is granted to a strictly limited number of people and 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). It has 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. In 2022 and 2023 it was named ‘Switzerland’s Best Day Spa’ in the World Spa Awards