

# THE DOLDER GRAND

Press release

## UNPARALLELED WELLNESS AT THE DOLDER GRAND, SWITZERLAND

Kick-start the year in a haven of tranquillity with the finest in Swiss hospitality

With one of the most revered Spas in the world, and certainly among the most exclusive in Switzerland, the Dolder Grand is a haven of serenity, where guests can embark on a journey of self-discovery and wellbeing. Encompassing over 43,000 square feet, the flawlessly designed Dolder Grand Spa has won multiple awards and is a destination in itself for those looking to start the year off on the right track with some self-care.



The holistic programmes at the Spa are based on the Dolder Grand Life Balance philosophy, which is built around four programmes Relax, Beauty, Vitality and Detox, designed to help guests find the right balance to achieve both physical and mental wellbeing. **There are separate Ladies' and Gentlemen's zones, with exceptional facilities including** 20 treatment rooms, a large swimming pool overlooking Lake Zurich, a sunaburo in the Japanese tradition and a meditation walk, as well as a vast range of treatments.

From rejuvenating and detoxifying massages, facials and body rituals to fitness coaching and in-depth nutritional analysis **in line with the latest findings in the field of epigenetics, the Dolder Grand's expert wellness team creates bespoke plans, fully tailored to each guest's personal needs and goals depending on the duration of their stay.**

For those looking to elevate their experience in pursuit of self-love and rejuvenation, specialists from a Swiss network of doctors complete the range of professional services with Medical Wellness. Experts in the fields of internal medicine, sports medicine, dermatology and plastic and reconstructive surgery are on hand in the shared clinic at the Dolder Grand, with ready access to a pool of world-class medical facilities for more invasive procedures.

All treatments and programmes at the Dolder Grand are complemented by the finest in Swiss hospitality. The 5-star resort is nestled in the Adlisberg Forest overlooking Zurich, far out enough to feel fully immersed in nature – **yet just a few minutes' drive** from all the sights and sounds of the city, a rare gem that combines the sophistication of urban culture with the peace and beauty of a mountain retreat.

The Dolder Grand seamlessly bridges rich heritage and know-how with endless modern-day innovations – not only in terms of its incredible Spa and Wellness offerings, but its impressive architecture and design features, standing as a renowned dining hot spot, and magnificent accommodation – including five exclusive suites, each an expression of distinctive style and extravagant comfort. The Dolder Grand is a legend in the Swiss hospitality industry, and this year celebrates 125 years of excellence.

Whether it be a wellbeing-focused escape to kick start 2024, a revitalising long weekend away, or a more in-depth journey of discovery both inside and out, the Dolder Grand is an unparalleled wellness retreat in the heart of Switzerland – the perfect destination for people who are looking for pleasure, exclusivity and relaxation, an ideal place for guests to find time for themselves, far away from the everyday.

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For pictures and general information, [visit The Dolder Grand media page.](#)

About The Dolder Grand:

The Dolder Grand is a 175-room city resort nestled in the hills overlooking the vibrant lakeside city of Zurich and the picturesque Swiss Alps. Since opening its doors in 1899, the legendary hotel has played host to numerous international artists, renowned musicians, and prominent dignitaries, and over the years has established itself as a must-see culinary, wellness, and arts destination with a host of accolades to its name. Reimagined by acclaimed architect Lord Norman Foster **in 2008, The Dolder Grand's** historic, castle-like façade serves as a contrast to the impressive contemporary art collection housed within the hotel, including works by Salvador Dalí, Takashi Murakami, and Jani Leinonen.

The Dolder Grand offers four distinct, and highly innovative dining concepts: The Restaurant (2-Michelin star and 19 GaultMillau points), Mikuriya (16 GaultMillau points), Saltz (15 GaultMillau points), and a new seasonal vegan/vegetarian garden restaurant, blooms (14 GaultMillau points). These remarkable culinary offerings, in addition to a lively bar and rotating **pop-ups such as the Grand Meatery, reaffirm the hotel's standing as a place of daring culinary experimentation and most** recently earned it the **title of GaultMillau's 'Hotel of the Year 2024'.** **The Dolder Spa is over 4,000 sq meters and features an** expansive indoor pool, hot and cold plunge pools, sauna, steam, aroma pool, solarium, snow room, meditation room, a sun-soaked outdoor terrace, and more.

In 2024, The Dolder Grand is celebrating its 125th anniversary. A proud member of Leading Hotels of the World, Swiss Deluxe Hotels, and Responsible Hotels of Switzerland, the world-class city resort masters the art of Swiss hospitality and invites guests to enjoy the magic of Zurich in the most memorable of settings.

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