

THE DOLDER GRAND

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Press Release

THE DOLDER GRAND LIFE BALANCE – NEW YEAR, NEW GLOW

The turn of the year has its own energy. It brings focus, clarity and a quiet desire for renewal. With its “Life Balance” philosophy, the Dolder Grand Spa follows an approach that brings body and mind into harmony. The four pillars Relax, Beauty, Vitality and Detox support a sense of balance that adapts to every stage of life.

At the beginning of the year, this gives rise to a new highlight, the “Day and Night Experience”, developed in collaboration with La Prairie. It combines skincare, relaxation and timeless aesthetics in a ritual designed to enhance both inner and outer glow. New Year, New Glow – a refined and confident start to the year ahead.



THE DOLDER GRAND SPA

Spanning 4,000 square metres, the Dolder Grand Spa offers a diverse world of relaxation. Guests enjoy the spacious Aqua Zone with swimming pool, outdoor whirlpools, sanarium and steam bath. Together with the Sunaburo inspired by Japanese tradition, the separate Ladies' Spa and Gentlemen's Spa featuring sauna, steam bath, aroma pool, steam pots and plunge pools create an atmosphere of calm and retreat. The offering is complemented by relaxation areas, a meditation room, a workout studio, studios for group classes and private spa suites. A total of 19 treatment rooms are available. The spa design was created by Sylvia Sepielli, whose conceptual, culturally inspired and aesthetically refined work has earned international recognition in renowned resorts and hotels worldwide. Exclusive brands such as La Prairie and Margy's Monte Carlo define the

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treatments. The offering is further enhanced by the Dolder Medical Group in the field of medical wellness and longevity.

LIFE BALANCE – THE SPA PHILOSOPHY

Life Balance represents a holistic understanding of wellbeing. Every phase of life requires a balance that responds to individual needs. The four pillars form the foundation of this philosophy.

Relax

Treatments designed to release tension, calm the mind and create distance from everyday life.

Vitality

Experiences that provide energy and strengthen the body, whether in the fitness area, during classes or through outdoor activities.

Beauty

Care treatments that support both inner and outer beauty while restoring freshness and radiance to the skin.

Detox

Applications that promote gentle cleansing processes and support the body in releasing accumulated impurities.

SPA BRANDS – LA PRAIRIE AND MARGY'S MONTE CARLO

For facial and body treatments, the Dolder Grand Spa works with two Swiss brands renowned for quality and carefully selected active ingredients. La Prairie stands for rejuvenation, innovation and Swiss perfection, while Margy's Monte Carlo is recognised for its collagen based skincare.

NEW IN – LA PRAIRIE FACIALS

Three La Prairie signature facials enrich the spa offering for the new year.

White Caviar – Phenomenal glass skin facial (90 minutes)

Illuminate – Glow – Smooth

A ritual designed to create an even complexion with luminous glow. Antiaging molecules, cryotherapy and lymphatic drainage support skin renewal and result in a smoother surface.

Pure Gold – Purest radiance enhanced facial (90 minutes)

Renew – Replenish – Revitalise

Massage techniques inspired by Kobido stimulate microcirculation. The treatment plumps the skin, supports collagen production and leaves a visibly revitalised appearance.

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Platinum Rare – Elevated rejuvenating facial (120 minutes)

Refine – Restore – Reverse

Platinum enriched formulations combined with cryotherapeutic impulses and massage techniques support the skin structure. The treatment targets visible signs of skin ageing and restores freshness and radiance.

LA PRAIRIE X THE DOLDER GRAND – DAY AND NIGHT EXPERIENCE

A new beginning in balance. The “Day and Night Experience” brings together the Life Balance concept of the Dolder Grand Spa with the Skin Caviar skincare line from La Prairie. The result is a package that harmonises day and night and reinterprets contemporary relaxation.

The experience includes one overnight stay with breakfast, soufflés with caviar by Kaviari as a welcome amenity, the Skin Caviar Day and Night Firming Duo Set and a Skin Caviar facial treatment by La Prairie. Guests enjoy unlimited access to the Dolder Grand Spa and may participate in fitness classes such as Yoga, Pilates or Morning Boost.

Validity

The package is limited and subject to availability. It is bookable from 1 January to 30 December 2026.

Price

From CHF 1'981.00 for two people in a Superior double room.

NOVELTY – LA PRAIRIE SKIN CAVIAR DAY AND NIGHT FIRMING DUO SET

The duo combines two 30 ml formulations for day and night use. The Cellular Complex and Caviar Premier support the skin's natural collagen synthesis. Fragmented caviar PDRN in both products strengthens the skin structure.

Contents

Skin Caviar Luxe Cream 30 ml with spatula

Skin Caviar Luxe Sleep Mask 30 ml (exclusive set size) with brush

Price

The limited edition set is available in the spa shop from CHF 625.00.

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 (17 GaultMillau points), a new seasonal vegan/vegetarian garden restaurant, blooms (16 GaultMillau points), and Saltz (15 GaultMillau points). These remarkable culinary offerings, in addition to a lively bar and rotating pop-ups such as The Grand Heritage, 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

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and cold plunge pools, sauna, steam, aroma pool, solarium, snow room, meditation room, a sun-soaked outdoor terrace, and more. The Dolder Grand (2 Michelin keys) is a member of The Leading Hotels of the World, Swiss Deluxe Hotels and Responsible Hotels of Switzerland.

For images and general information, visit our [media page](#).

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