

# THE DOLDER GRAND



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5. Oktober 2026 | 2

## The Dolder Grand Spa – Fact Sheet

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

# THE DOLDER GRAND

5. Oktober 2026 | 3

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: loungers and armchairs

## 19 Treatment Rooms

13 Massage rooms  
1 Bamboo Shiatsu room  
1 Couples room  
6 Rooms for facials

## 2 Spa Suites

Spa Suite Superior (753 sqft, 70 m2), Spa Suite Deluxe (753 sqft, 70 m2), Mother-of-Pearl walls  
Massage tables, mudbath, whirlpool, lounge, fireplace, TV

Spa Suite 2 (915 sqft, 85 m2), Mother-of-Pearl walls  
each equipped with two treatment couches and a steam bath, whirlpool, snail shower, reclining area, balcony, fireplace and TV

## Spa Menu

All treatments are executed with the product lines La Prairie, MARGY'S Monte Carlo, Seed to Skin and TEAM DR JOSEPH.

### The Dolder Collection (signature treatments)

- Hydrating Beauty Facial by MARGY'S Monte Carlo (Life Balance - Beauty)
- Age Defying Vitality Facial by MARGY'S Monte Carlo (Life Balance – Vitality)
- Firmfix Detox Body Treatment by MARGY'S Monte Carlo (Life Balance – Detox)
- Bamboo Shiatsu (Life Balance – Vitality)
- Organic Precious Moments by ME and ME (Pre- or Post-Pregnancy Treatment) (Life Balance – Relax)

## Meditation room

Mirror mosaic cupola with candlelight

## Workout

Fitness with cardio equipment (Technogym) and Personal Trainer

## Studios

Group fitness courses such as Yoga, Pilates, Power Workout, Boxing, Boot Camp etc.

## Medical Wellness

Network of doctors and specialists in 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

# THE DOLDER GRAND

5. Oktober 2026 | 4

## Library

Literature on health and wellbeing (600 books)

## Shop

Exclusive products for wellness, beauty and fitness, fashion and lifestyle accessories, gifts

