THE DOLDER GRAND

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, MARGY'S Monte Carlo, Seed to Skin and TEAM DR JOSEPH. 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.

Our multi-award-winning spa world offers a unique range of well-being on 4,000 square meters. The Ladies' Spa and the Gentlemen's Spa are each equipped with a sauna, steam bath, foot bath, aroma pool, steam pots, plunge pool and solarium. The Aqua Zone offers a 25 meter long swimming pool, whirlpools, sanarium, snow paradise, steam bath and outdoor sun terrace. You will find meditative calm in the relaxation rooms, in the hanging chairs in the chill-out room and in the meditation room with its fascinating dome made of mirror mosaic. In addition to the spa area, our spa café and shop await you, as well as fitness facilities and treatment rooms for your next spa treatment. Children are welcome from the age of twelve.

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.

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 19 treatment rooms are two luxurious Spa Suites for exclusive, private relaxation. All treatments are administered using the products of La Prairie, MARGY'S Monte Carlo, Seed to Skin and TEAM DR JOSEPH.

Indoor and outdoor activities
The fitness area offers both indoor and outdoor activities. 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.

Medical Wellness
The Dolder Grand offers a professional Medical Wellness program based on medical principles. The Dolder Medical team consists of experienced Swiss specialists in internal medicine, sports medicine, dermatology, and plastic and reconstructive medicine. In addition to their shared presence at The Dolder Grand, the five specialists and the psychosocial consultant also operate their own clinics and practices in Zurich. On-site, guests can access consultations, medical histories, and selected non-invasive or minimally invasive treatments. The Dolder Medical practice is located within the hotel but is not part of the Grand Spa.

Day Spa and Members Club
The admission fee is equivalent to a credit that can be used for treatments and grants you unlimited access to the Dolder Grand Spa from 6:00 AM to 10:00 PM. Please note that the credit cannot be redeemed for purchases at the Spa Café or Spa Shop. Additionally, the credit is non-transferable and cannot be accumulated.

Membership in the Spa Members Club is granted to selected individuals and is valid for one year. Members of the Spa Members Club have full access to the entire spa and fitness facilities at the Dolder Grand.

About the Dolder Grand
Opened in 1899, the Dolder Grand has 175 luxurious rooms and suites. Regally perched high above Zurich on the Adlisberg, the City Resort offers stunning views of the vibrant city life, Lake Zurich and the Swiss Alps. The legendary hotel has had an extraordinary history with illustrious guests and has established itself as a destination for culinary delights, art and wellness. The striking, palatial building bears the signature of renowned architect Lord Norman Foster. With its five permanent restaurants, the five-star superior hotel offers an exceptional dining concept: The Restaurant (2 Michelin stars and 19 GaultMillau points), Mikuriya (17 GaultMillau points), the vegan/vegetarian garden restaurant blooms (16 GaultMillau points), Saltz restaurant (15 GaultMillau points), and a restaurant with time-limited food concepts. The Canvas Bar complements the culinary offerings that garnered the Dolder Grand the title of “Hotel of the Year 2024” from GaultMillau. The spa area offers 4,000 square metres of pure relaxation. The Hotel is also known for its extensive art collection, encompassing over 100 works from world-renowned artists including Salvador Dalí and Takashi Murakami. The Dolder Grand is a member of the Leading Hotels of the World, Swiss Deluxe Hotels and the Responsible Hotels of Switzerland.
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