



## The Dolder Grand Spa – Fact Sheet

Opening	April 2008
Surface	43'056 sqft, 4'000 m2
Partner	Foster and Partners Ltd., London (Architecture) United Designers Ltd., London (Interior Design) SPAd Inc. Sylvia Sepielli, Sedona/Arizona (Spa Concept)
Opening hours	7 days a week, generally 7.00 am to 10.00 pm
Admissions	Guests of The Dolder Grand, Spa Members Club, Day Spa
Philosophy	Classic traditions with a techno beat European and Swiss therapies with traditional Japanese influences
Ladies' Spa Gentlemen's Spa (1076 sqft, 100 m2 each)	Separated areas with Steam pot columns with aromatized steam Kotatsu Footbath with simulated current and pebble surface, solid walnut table Sauna Steambath Cold Water Basin Cooling Down Shower Aroma pools  Relaxation with fireplace  2 stand-up Solariums
Aqua Zone (mixed zone)	Swimming Pool, Bisazza mosaics, 25 metres long, 1.35 m deep Indoor Whirlpool Outdoor Whirlpool (warm water and cold water pool, mineral water couches), terrace  Sanarium Steam bath Snow paradise

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: hammock chairs with relaxing music

19 Treatment Rooms	<p>10 massage rooms</p> <p>1 hydro massage room and steam shower</p> <p>1 hydrotherapy room, steam shower and fireplace</p> <p>1 room with Sanotherm and steam shower</p> <p>6 rooms for facials</p>
2 Spa Suites	<p>Spa Suite 1 (753 sqft, 70 m2), Mother-of-Pearl walls Massage tables, mudbath, whirlpool, lounge, fireplace, TV</p> <p>Spa Suite 2 (915 sqft, 85 m2), Mother-of-Pearl walls Massage tables, sauna, mudbath, whirlpool, lounge, fireplace, TV</p>
Spa Menu	<p>All treatments in cooperation with La Prairie, Kerstin Florian, Kenzoki</p> <p>Extracts Massages and Body rituals</p> <ul style="list-style-type: none"> <li>- Bamboo Shiatsu: This traditional technique uses rhythmic tapping with bamboo to stimulate the body and senses. Gentle but intensive massage with the "shi" (fingers) and "atsu" (pressure) along the energy centres relieves, relieves tension and stress, generates an overall sensation of well-being and releases new energy. The massage is traditionally carried out on a shiatsu futon.</li> <li>- Organic Signature Massage by Kerstin Florian: This treatment, created especially for the Dolder Grand Spa, begins with a soothing footbath and a dry loofah massage. The whole-body massage with your favourite aromatic oil will leave you with a deep sense of relaxation.</li> <li>- Grand Body Rituals with individual 30-minute treatments (for a description see Spa Menu). The starting point is a massage combined with at least one of the three body treatments (body scrubs, body wraps, bath rituals).</li> </ul>

Extracts Beauty Treatments

- Belle de Jour by Kenzoki:  
This luxurious treatment starts with a silky milk footbath. It continues with a facial, including cleansing, scrub and a soothing massage that will leave you with pampered and relaxed. The fragrance of lotus blossoms will stimulate your senses.
- Beauty Express Facial by La Prairie:  
Developed for businesswomen under pressure. Caviar Collection products give you silky, smooth skin. A facial masque stimulates the circulation and makes your skin look more radiant. A scalp massage leaves you with a wonderful feeling of renewal and relaxation.

Meditation room	Mirror mosaic cupola with candle light
Work out	Fitness with cardio equipment (Technogym) and Personal Trainer
Mind Body Studio	Courses (e.g. yoga)
Movement Studio	Studio Courses (e.g. Pilates)
Medical Wellness	Aesthetic Link: aesthetic dermatology and laser medicine, anti-aging medicine and plastic aesthetic surgery (Beauty by Clinica Ivo Pitanguy)
Spa Café	Healthy and vitalising drinks and snacks
Hairstyling	En Vogue in the Kérastase institute (exclusive Kérastase ritual)
Library	Literature on health and wellbeing (600 books)
Shop	Exclusive products for wellness, beauty and fitness, fashion and lifestyle accessories, gifts
Membership	Leading Spas of the World