



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 Steam bath 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

18 Treatment Rooms 11 massage rooms

1 room with Sanotherm and steam shower

6 rooms for facials

2 Spa Suites

Spa Suite 1 (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
Massage tables, sauna, mudbath, whirlpool, lounge, fireplace, TV

Spa Menu

All treatments in cooperation with
La Prairie, Kerstin Florian, Amala (100 % natural skincare)

Extracts Massages and Body rituals

- Hydraheaven by Kerstin Florian:
This treatment begins with a refreshing footbath and scrub. Your body is then treated to a dry loofah massage, followed by our rich moisturising lotion. In the floatation tank, you will experience a feeling of weightlessness in the water and enjoy deep relaxation for mind and body. This experience for all the senses is rounded off with a scalp, foot and meridian massage.
- 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.
- 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.
- 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).

Extracts Beauty Treatments

- Nature's Organic Seasonal Facial by Amala:
In this treatment, nature pampers you with a pure conditioning experience for radiant skin – with products containing 100 % natural ingredients from the whole plant. A relaxing foot bath with herbs from our own Hotel garden and a seasonal refreshment appeal to your senses. The Vedic Marma vital-points technique combines essences from wild blue lotus, bamboo and ginger plants to regenerate your skin. Soothing masks and a face massage with a deep-pore cleansing effect complete the treatment.
- 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
Workout	Fitness with cardio equipment (Technogym) and Personal Trainer
Studios	Group fitness courses such as yoga, Pilates, Zumba etc.
Medical Wellness	Aesthetic + Health Link: aesthetic dermatology and laser medicine, anti-aging medicine and plastic aesthetic surgery
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