

THE DOLDER GRAND

30. December 2024 | 1

Press release

New Year, New You. Kick-start 2025 with a stay at the Dolder Grand, the ultimate Wellness retreat

The Dolder Grand is an inspired wellness destination, a luxurious, landmark hotel surrounded by Swiss nature at its finest where rich heritage and tradition unite with modern-day innovations. Within its grand walls lies the multi award-winning Dolder Spa, an expansive sanctuary where guests can foster a sense of renewal, where a host of personalised, rejuvenating experiences allow for a meaningful and mindful getaway to soothe body and mind, to start the year off right.



Wellness programmes are centred around the four pillars of the Dolder Grand Life Balance philosophy: Relax, Vitality, Beauty and Detox. Guests can find inner peace and serenity through treatments that reduce tension, calm the mind and promote a sense of relaxation and tranquillity, delve deep within to find a renewed sense of energy and strength, rejuvenate the skin, and eliminate toxins from the body.

From age-defying facials to exclusive body rituals, bespoke fitness coaching and mindfulness programmes, and in-depth nutritional analysis, organic beauty of the highest biotechnological order and next-generation formulations from La Prairie, 100% natural Amala and Margy's, treatments are designed to restore physical balance and inner harmony.

Set over an expansive 43,000 sq ft, the Dolder Spa features an Aqua Zone, a reclining area with outdoor whirlpools, sanarium, steam bath and a snow paradise for cooling off. Guests experience relaxation Japanese-style in the warm pebbles of the sunaburo, and two separate areas for Ladies and Gentlemen each offer a sauna, steam bath, kotatsu foot bath, aroma pool, steam pot, cold-water basin and solarium. The relaxation area, hanging lounge chairs in the chillout area and the meditation zone with its mirror mosaic dome are the perfect spaces to find some calm.

Beyond the Spa, guests can immerse themselves in nature through the practise of Forest Bathing, a form of therapy rooted in the Japanese practice of Shinrin Yoku, experiencing the environment with all senses, elevated by meditation.

THE DOLDER GRAND

30. December 2024 | 2

The Dolder Grand also offers epigenetic testing and four comprehensive medical wellness modules including Health & Immune Boost, Face & Body Tightening, Skin Rejuvenation and Coaching for the Future. The holistic programmes are run by a team of Swiss experts in the fields of internal medicine, sports medicine, dermatology and plastic and reconstructive surgery, with ready access to a pool of world-class medical facilities for invasive procedures.

Wellness programmes are complemented by the finest in Swiss hospitality, world-class gourmet dining and magnificent accommodation in the most serene setting. The 5-star resort is nestled in the Adlisberg Forest overlooking Zurich, far out enough to feel immersed in nature – yet just a minutes' drive from all the sights and sounds of the city, a rare gem that combines the sophistication of urban culture with the peace and beauty of a mountain retreat.

Whether seeking physical, mental or spiritual rejuvenation, a medical reset, or a revitalising long weekend away, guests at the Dolder Grand are welcomed on a journey of discovery, sure to set the tone for a year ahead.

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 (16 GaultMillau points), Saltz (15 GaultMillau points), and a new seasonal vegan/vegetarian garden restaurant, blooms (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 and cold plunge pools, sauna, steam, aroma pool, solarium, snow room, meditation room, a sun-soaked outdoor terrace, and more. A proud member of Leading Hotels of the World, Swiss Deluxe Hotels, and Responsible Hotels of Switzerland, the world-class city resort masters the art of Swiss hospitality and invites guests to enjoy the magic of Zurich in the most memorable of settings.

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

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