

Healing wellness day



We invite you to discover the essence of the Scandinavian lifestyle - one that finds joy in life's quiet moments. The seven-hour healing wellness day includes the following:



Nordic Walking

1

Walking with poles provides a full-body workout, burning more calories than regular walking and engaging 80%-90% of your muscles. Also spending time in nature can ease the body's stress response and lower anxiety, helping the brain feel calmer, clearer, and more creative.

2

Welcome Non-Alcoholic Drinks

Scandinavian countries are known to be the happiest and healthiest countries in the world, but why? One secret to happiness is to be gentle with yourself, connect with nature and pay attention to what matters the most.



Turn Heath Into Healing

3

Saunas aren't just for relaxation and detoxification—they're also a growing trend of healing tourism, valued for their recovery benefits. Learn how sauna bathing may support overall health and longevity, help balance hormones, and care for aging skin. You'll also learn how to build a sauna at home.

4

Himalayan Salt Lounge

A softly glowing cocoon of negative ions, silence, and comfort. Also known as halotherapy, it is a natural, non-invasive therapy used to detoxify, relax, and treat a number of skin and respiratory problems.



A gentle reminder that wellbeing is foundational to living a fulfilling life.



Swedish Massage

5

Swedish massage encompasses a range of techniques that work together to create a harmonious and effective treatment. Restore your body through our expertly delivered massage, proven to reduce cortisol levels, ease tension, and slow the heart rate. A touch of calm and luxury.

6

Nordic Palette

Indulge in fika—a mindful break rooted in Swedish tradition. More than a pause, fika is a dedicated moment to step away from what you're doing and simply be present. Experience fika while savoring refined Scandinavian hors d'oeuvres, each dish a minimalist celebration of seasonal flavor.



Private Finnish Sauna Experience

7

The sauna is a ritual of warmth and connection. Its power lies not in timing, but in presence—a space for healing and reflection. The heat-induced stress, known as hormetic stress, activates the body's natural repair processes, boosting circulation, supporting hormone balance, and building resilience.

8

Glowing Skin Care

The Scandinavian approach to glowing skin—often termed "Scandi glow"—prioritizes a healthy, resilient skin barrier over multi-step complexity. Rather than forcing a synthetic shine through intense chemical exfoliation, Nordic skincare relies on minimalism, intense deep hydration, and powerful regional botanicals like cloudberry, oat milk, and arctic spring water to combat harsh, changing climates.

