½ Day Spa Experience

This day is for anyone looking for a reset and rejuvenation. Join this relaxing day alone or with friends. Give it as a gift for the person who has interest in wellbeing or has a stressful life and would deserve a break. The day consists of rotations of the following spa and hygge elements:



1

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.

2

Swedish Massage

The benefits of a Swedish massage go beyond relaxation- it can help increase the level of oxygen in the blood and improve circulation and flexibility.





3

Authentic Finnish Sauna

Gain vital insight into the Scandinavian culture and the tranquillity of hygge, while leaving the stresses of everyday life behind. Scientific studies have identified strong links between sauna use and lower risk for age-related conditions, such as cardiovascular diseases and cognitive decline.

4

Himalayan Salt Lounge

Also known as halotherapy, it is a natural, non-invasive therapy used to detoxify, relax, and treat a number of skin and respiratory problems.





5

Refreshing Hors D'oeuvre

Try Nordic tastes while meeting interesting new people. Hygge is about atmosphere and an experience, the time when everything else is put on hold.

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