

SPA MENU 2021-2022

Valid until further notice from December 17 2021, subject to changes

RELAX PRICES

Entrance relax 350,-
(Hotel guests 200,-)

SPALUXUY 625,-
Including entrance to relax, treat yourself pack, bathrobe & smoothie
(Hotel guests 525,-)

Delayed arrival to your booked treatment will be deducted from your service time.
Cancellation is demanded at least 24 hours prior to a booked treatment or the treatment must be paid in full.

SPA ETIQUETTE

- Our treatments are suitable for all ages from 16. We also have special treatments for the children.
- You are welcome to enjoy the peace and quiet at our relax area before your treatment.
- All treatments and packages includes a bathrobe, slippers, a towel and entrance to the relax area.
- Always inform upon booking if there is anything special we should know about: illnesses, injuries, allergies or pregnancy in order to give you the best possible treatment.
- Guests under the influence of alcohol or other drugs will not be treated.
- Swimwear is mandatory in our saunas and pools.
- During the treatment, you can choose to wear your own underwear or you will be given disposable ones from us.
- Shower before entering the spa.

OUR SUPPLIER

BABOR

BABOR Cosmetics is a German brand with over 60 years of experience in cosmetics, individual skin and body products. Like all German brands, Babor too is characterized by its seriousness and quality. Babor has signature treatments for relaxation, luxury, pampering and wellness experiences.

OPENING HOURS Relax: 08.00 – 20.00 | **Treatments:** Tus –Sat 11.00 – 19.00

TREATMENTS

BODY

Shaping 80 min (1755,- Friday-Saturday 1955,-)

Allow yourself to be grounded and fully relaxed. Starting with preparing the skin with a scrub of poppyseeds and oils. Followed by a relaxing massage with firming body oil.

Shaping 100 min (1995,- Friday-Sunday 2195,-)

In addition to the 80 min treatment, you will also get an intense firming body wrap. During the wrap you will receive a relaxing face and scalp massage.

BABOR Ocean experience 80 min (1755,- Friday-Sunday 1955,-)

Experience the freshness of the ocean and spoil your body in this energizing body treatment. Starting with a saltpeeling to increase circulation and remove dry skin. Followed by a full body massage in energizing oil.

BABOR Ocean experience 100 min (1995,- Friday-Sunday 2195,-)

In addition to the 80 min treatment, you will also get a nourishing body wrap. During the wrap you will receive a relaxing face and scalp massage.

Mountain glow 50 min (1255,- Friday-Sunday 1355,-)

A treatment to give you glow and energy. To start you off, we will give you a full body scrub to remove dry skin. You will then receive cleanse and peeling of the face. The treatment is finished with a lovely facemassage.

DUOTREATMENT 80 min (2195,- Friday-Sunday 2295,-)

In our duotreatment you will get the opportunity to share the joy together with someone you like! We offer you this treatment in the same room and you will in addition get juice and fruit to share during your time in the treatmentroom. You take turns and both will get a nice hot bath and a relaxing back and neck massage.

If you wish to add a glass of prosecco, that is possible to the price of 120,-/glass..

HAND & FEET

Soft feet 20 min (695,- Friday-Sunday 795,-)

You will get a nice a foot bath followed by a peeling to soften your feet. We finish with a relaxing massage of the feet.

Soft hands 20 min (695,- Friday-Sunday 795,-)

We start with soaking the hands in a bath, followed by a peeling to remove dry skin. Finishing with a relaxing massage of the hands and underarms.

MASSAGE (20/50/80 min: 755,-/1095,-/1595,- Friday-Sunday: 855,-/1195,-/1795,-)

Classic Massage

A classical massage for relaxation. Your therapist adapts the massage according to your wishes.

Therapeutic Massage

A deeper massage where the therapist can work more on tension in the muscles or if you have problem areas.

Aroma Massage

A relaxing massage with nice scented oils.

Shiatsu Massage (only 50 & 80 min)

A therapeutic Japanese massage to re-balance your energy flow and stimulate the self-healing power of the body. You receive the massage dressed, wear soft cloths. Natural fabrics are preferred.

MANA LOMI® (only 50 & 80 min)

The Mana Lomi® technique is based on Hawaiian concepts of working with the "mana" of the body, mind, and soul of an individual. The central philosophy of Mana Lomi® is that each person is equally divine in every aspect: body, mind & soul. The concept of evaluating the constitution of the whole person and finding the imbalance, allows the lomi practitioner to look at each patient as a unique individual.

FACE

KOBIDO or PATH OF BEAUTY 50 min (1195,- Friday-Sunday 1295,-)

A Japanese facial massage that works like a facelift and relaxes the whole body. We start the treatment with a cleansing of the face and during the massage you receive a nice facial oil. The treatment increases elasticity and leaves the skin glowing.

Mountain peace 50 min (1195,- Friday-Sunday 1295,-)

In this treatment, the main focus is on the face and scalp. A thorough cleansing is done on face, neck and décolleté and ends with a heavenly face- and scalp massage.

MOTHER

Mother to be experience

Relaxing, soothing and energizing treatments especially designed for you who are pregnant. Your therapist will take care of you and embrace your wishes in the best way. Treatments that nourish, moisturize and are overall beneficial for both body and soul:

- Classical massage 20/50/80 min
- Fjellro 50 min
- KoBido 50 min

SPA FOR THE CHILDREN

Massage 20 min (555,- Friday-Sunday 655,-)

Our massage for the children is suitable for the ages 5-17 years. Soft and relaxing massage that is suitable for the young ones.