



HVANNDALIR SPA

# TREATMENTS

## ***Hvanndalir Serenity***

*A gentle and calming massage designed to reduce stress, promote relaxation, and restore inner balance. Ideal for those seeking a soothing experience.*

*60 minutes / 80 minutes*

11.900 | 14.900

## ***Hvanndalir Signature Massage***

*A traditional Swedish-style massage using smooth strokes and kneading techniques to improve circulation, release tension, and enhance overall well-being.*

*60 minutes / 80 minutes*

12.900 | 15.900

## ***Thermal Flow***

*Experience deep relaxation and renewed energy with the perfect balance of hot and cold stones. Gentle massage techniques combined with soothing heat and refreshing coolness melt away tension, boost circulation, and leave you feeling restored and revitalized.*

*60 minutes / 80 minutes*

13.900 | 16.900

## ***Hvanndalir Prenatal Massage***

*A gentle, supportive treatment that eases tension, improves circulation, and promotes deep relaxation for both mother and baby.*

*60 minutes*

12.900

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## **Hvanndalir Shoulder & Neck Release**

*Targeted massage to relieve tension, improve mobility, and restore comfort in the neck and shoulders. Perfect for easing stiffness and promoting relaxation.*

30 minutes

7.900

## **Hvanndalir Foot Serenity**

*Begin with a warm, soothing foot bath to relax and soften the feet, followed by targeted reflexology to boost circulation, release tension, and restore overall well-being.*

40 minutes

8.900

## **Spa Access**

*Enjoy a calm and welcoming space designed to help you unwind, recharge, and feel your best. A perfect escape for relaxation and renewal at your own pace.*

\*Included for hotel guests

2 hours

5.500

## **Spa Access & Sparkling**

*Enhance your experience with a glass of sparkling wine.*

2 hours

7.500