



## Hagastrand Spa Menu

Every treatment is a harmonious journey that supports natural recovery and gently awakens new energy. Our specialist practitioners offer different modalities, each with the same purpose: to restore your body's innate ability to heal itself. We also specialise in energy medicine and brain health. We complement these with a changing programme of Visiting Masters.

### Body treatments

#### Hagastrand Signature Massage

A relaxing and nourishing massage that begins with a personalised aromatherapy test. The essence oils of your choice will match your needs and will be applied in this treatment. This full body massage focuses on head and feet and includes sound healing to support your body's recovery at a deeper level. You will feel rested, creating space for new energy.

Price: 1,595kr

Duration: 50min

#### Classical Swedish Massage

This massage technique softens tense muscles and releases the surrounding connective tissue to increase blood circulation and alleviate pain and tension. At the same time this treatment takes your body and mind into a deep state of relaxation.

Price: 1,450kr

Duration: 50min

#### Fascia Body and Face Massage

This deep treatment focuses on releasing the fascia, which surrounds muscles and organs. Working the fascia relieves structural tension, increases flexibility and stimulates circulation to encourage a freer flow of energy. This enhances your overall feeling of wellbeing.

Price: 1,850kr

Duration: 80min

## Body treatments

### Body Strategist Deep Body Renewal

This treatment uses Comfort Zone Body Strategist products, a specialised line focusing on skin firmness, elasticity and deep hydration. It leaves the skin soft, silky and toned. An ideal treatment during seasonal transitions or whenever your body feels in need of restoration.

**Price:** 1,450kr

**Duration:** 50min

### Reiki Healing

Reiki is a Japanese healing practice that encourages the flow of the body's natural life force energy and so its natural healing ability, through gentle touch. Rei means universal power and spiritual wisdom and Ki means life energy. Reiki helps the body reach deep relaxation – a key to releasing stress and tension, dissolving energy blockages and restoring balance to body, mind and emotions. This practice can also strengthen the immune system and improve sleep. In a world where stress has become our greatest health threat, Reiki offers a path back to inner peace, presence and wellbeing

**Price:** 1,850kr

**Duration:** 50min

### Lomi Lomi

This traditional Hawaiian body massage releases tension using long, flowing strokes, reminiscent of gentle ocean waves, plus moderate stretching, to leave you with a sense of weightlessness. This treatment takes you to a deeply restorative state and helps you reconnect to your essence.

**Price:** 2,095kr

**Duration:** 80 min

### Nordic Deep Tissue Massage

This therapeutic massage releases deep-seated tension in muscles and connective tissue. Deep tissue work is especially beneficial for chronic stiffness, muscular pain, old injuries or limited mobility, as it supports full body alignment. The treatment uses slow, firm pressure and precise techniques to target specific areas such as the back, neck, shoulders, or hips, according to your individual needs.

**Price:** 1,450kr/ 2,100kr

**Duration:** 50/80 minutes

## Body treatments

### CO<sub>2</sub> Cardisuit Therapy

This full body reset blends science and serenity in an innovative way. You simply lie in a bodysuit (covering your body but not your head) that is gently filled with 100% carbon dioxide. The CO<sub>2</sub> is absorbed through your skin, naturally widening your blood vessels and allowing the oxygen in your blood to reach deeper into tissues and cells. This fuels your mitochondria—the energy batteries of your cells—so recovery and healing can happen at a cellular level.

The session deeply calms your nervous system, supports brain health by enhancing circulation and oxygen delivery to the brain and leaves you feeling both physically revitalised and mentally renewed.

**Price: 1,450kr**

**Duration: 50 minutes**

### CarboHaler

This science-backed breathing device helps restore the natural balance between oxygen and carbon dioxide in your body. Research shows this balance improves oxygen efficiency, calms the nervous system and enhances blood flow to the brain—supporting mental clarity, focus, and long-term brain health.

By inhaling air with slightly elevated CO<sub>2</sub>, for just five minutes a day, you can reduce stress, optimise recovery, boost physical endurance and promote a deep sense of relaxation.

**Price: 150kr**

**Duration: 5 minutes**

## Express Treatments

### CO<sub>2</sub> Cardisuit Therapy

This full body reset blends science and serenity in an innovative way. You simply lie in a bodysuit (covering your body but not your head) that is gently filled with 100% carbon dioxide. The CO<sub>2</sub> is absorbed through your skin, naturally widening your blood vessels and allowing the oxygen in your blood to reach deeper into tissues and cells.

Price: 650kr

Duration: 25 min

### Back Massage

Targeted relief for the back, shoulders and neck to relieve stress and physical tension.

Price: 650kr

Duration: 25 min

### Head Massage

Deeply calming massage around the cranium to release mental fatigue, improve blood flow and aid sleep.

Price: 650kr

Duration: 25 min

### Foot Massage

Stimulation of the reflex zones on the feet to restore balance and full-body relaxation.

Price: 650kr

Duration: 25 min

## Express Treatments

### Oquist Face Experience

This express holistic facial uses pure, plant-based and waterless products from Swedish brand, Oquist. This restorative ritual includes flowing movements with ceramic tools to stimulate circulation, plump the skin and leave you with a radiant complexion.

Price: 850kr

Duration: 30 min

### Hydra Glow

A super-fresh and intensive cold treatment for anyone seeking an immediate visible glow, hydration and vitality. Thanks to a unique combination of a lactic acid peel, a hyaluronic acid mask and bioactive prickly pear extract, this facial delivers an instant healthy, dewy look.

Price: 650kr

Duration 25 min

## Facial treatments

### Hydra Glow

A super-fresh and intensive cold treatment made for anyone seeking an immediate visible glow, hydration and vitality. Thanks to a unique combination of a lactic acid peel, a hyaluronic acid mask and bioactive prickly pear extract, this facial delivers an instant, healthy, dewy look.

Price: 950kr

Duration: 50 min

### Sublime Skin Pro-lift

New-generation peels and innovative lifting solutions in this facial correct signs of ageing such as wrinkles and loss of tone. The firming and natural filler-effects come from the synergy of a double peel, a re-plumping peel-off mask and the Kobido massage technique that restore fullness to your face. This intensive peel and massage method results in a visible reduction of expression lines and wrinkles, for exceptional smoothness. smoothness.

Price: 1,250kr

Duration: 50min

### Remedy Detox Sensitivity

An innovative, fortifying approach to sensitive, delicate skin. Using a prebiotic from sugar beets, for cutaneous resilience and marula oil, this facial calms discomfort, relieves neuro-inflammation and reinforces the skin's defences.

Price: 950kr

Duration: 50 minuter

### Fascia Face Massage

This facial includes a massage technique that focuses on connective tissue - the fascia - to release tension, increase blood circulation and plump your skin. Slow, deep strokes stimulate lymphatic flow, dissolve tension and provide a natural lift to the skin. Facial contours become more defined and the eyes appear brighter. We call this treatment 'natural botox'.

Price: 1,450kr

Duration: 50min

## Signature Rituals

### Hagastrand Signature Ritual

This is a two-hour ritual in the double Sun Suite, including a sauna experience. The ritual starts with an aromatic foot bath using sea salt and essential oils. You then relax together in your private sauna before a full body, relaxing massage with your chosen aromatherapy oil.

**Price:** 4,395kr

**Duration:** 120 min

### Skin Nourishing Ritual

This is a two-hour ritual in the double Sun Suite, including a sauna experience. The ritual starts with an aromatic foot bath using sea salt and essential oils, followed by a gentle steam in the sauna to warm your body. In the sauna a cleansing scrub is applied and the treatment ends with a body wrap to nourish and hydrate your skin.

**Price:** 4,195kr

**Duration:** 120 min

### Tranquility Pro Sleep Massage

Inspired by the Indonesian Sea Malay Massage, this exceptional ritual acts in synergy with our Tranquillity™ Sound experience, a curated playlist including binaural waves to achieve deep relaxation and essential oil blend to effectively induce a state of deep rest. Ideal as jet lag recovery.

**Price:** 1,550kr

**Duration:** 50min

## Wellness Suite

The Wellness Suite has its own sauna, steam room - where you can also enjoy body treatments - hot-cold therapies, lounge area and changing rooms. It's designed for exclusive use for parties of two, families, friends or groups of up to 20 people for corporate events. Here you can book a private hammam experience (in the steam room) and sauna rituals.

### *Journeys in the Wellness Suite*

#### **Personalised Sauna Sessions**

Our tailor-made sauna ceremonies are perfect to experience privately or for small groups seeking something beyond the ordinary. Our sauna masters guide you through an hour-long ceremony with herbal scents, swirls of steam and musical sounds. This group experience is purifying, bonding and fun.

**Price:** 450kr per person min 10 guests

**Duration:** 60min

#### **Hagastrand Self-Care Beauty Workshop**

This group experience is perfect for women to gather together and perform a facial on one another. Our therapist will guide you through a treatment process using organic facial products, exclusively produced for Hagastrand by Organics by Sara, and sharing techniques for reducing puffiness and boosting your radiance. This is a ritual for beauty and feminine connection.

**Price:** 1,395kr per person min 10 guests

**Duration:** 90min



## *Journeys in the Wellness Suite*

### **Individual Hammam for Cleansing and Recovery**

This ritual is perfect for those who want to cleanse, relax and recover. Especially recommended after flights, for stress or physical fatigue.

Warm up in the high humidity steam room, infused with your choice of essential oil, to relax your body and open your pores. After a short rest with tea, our therapist will give you a full body exfoliation in the steam room, with soap and a kese mitt, traditionally used in an Arabic hammam. Here you'll also have your hair washed and coated with a nourishing mask while you enjoy a scalp massage. You close with rest and a cup of tea. This is a sensory journey of care, calm and renewal. Your body will feel lighter, your skin softer and your inner state more balanced.

**Price:** 3,500kr one person/ 6,000kr two people

**Duration:** 1h 30 min (for one person) / 2h (for two people)

### **Ceremonial Hammam**

This nurturing and joyful journey is designed for connection, self-care and celebration. In the Wellness Suite, your group of friends create your own natural body scrubs, enjoy gentle heat experiences, share warming drinks and finish with a soothing sound meditation. Perfect for celebrating a special occasion or for a cosy gathering of close friends.

**Price:** 1,395kr per person minimum 10 guests

**Duration:** 2 hours 15 minutes