

# The Retreat

BLUE LAGOON ICELAND

The Retreat Spa



Since 2018, The Retreat has offered unique 5-star services at the heart of Iceland's most popular destination. With a subterranean spa, a geothermal lagoon, a Michelin-star restaurant that reimagines Iceland's culinary traditions, and a 60-suite hotel encircled by the Blue Lagoon's mineral-rich waters, The Retreat is a place where guests can leave the world behind and enter a timeless realm of relaxation, rejuvenation, and exploration.

Retreat Spa is an award-winning sanctuary renowned for its meticulous attention to detail, unique offerings, and dedication to privacy. Access to the Retreat Spa is complimentary for guests at the Retreat Hotel.



## A spa of the volcanic earth

Built into an 800-year-old lava field by the Blue Lagoon, Retreat Spa is a space where nature, design, and the natural gifts of geothermal seawater come together in complete harmony.

Created as an antidote to the strains of modern life, the spa journey moves through calming heat, enchanting geology, and inspiring conceptual design.

The subterranean spa consists of different yet cohesive experience areas, with dry heat, steam heat, massages, fire, nesting, relaxation, lounging, a panoramic viewing deck, a cold plunge well, and the mineral-rich warmth of the Retreat Lagoon.

## The Blue Lagoon Ritual

The four-step Blue Lagoon Ritual is the pinnacle of the Retreat Spa experience.

With dedicated areas for preparing, cleansing, and moisturizing, the Blue Lagoon Ritual showcases the gifts of geothermal seawater through calming tranquility.

### Step 1:

Use the mineral salt scrub to prepare the skin for the potent and proven treasures of geothermal seawater: silica, minerals, and algae.

### Step 2:

Use The Silica Mud Mask to deeply cleanse the skin.

### Step 3:

Use the anti-aging algae mask to deliver moisture deep into the skin.

### Step 4:

Lastly, face and body oils made with algae and sweet almonds are applied to cooled skin to hydrate, revitalize, and rejuvenate the skin, while a lip balm hydrates the sensitive skin of the lips.

After the Ritual, it is recommended to give the skin 20 minutes to fully absorb the benefits of Blue Lagoon Skincare products before re-entering the enchanting Retreat Lagoon.







## The active ingredients in Blue Lagoon Skincare products

### **Mineral salt**

The Blue Lagoon's uniquely potent array of mineral salts revitalizes the mind and body, exfoliating the skin and stimulating circulation.

### **Algae**

Blue Lagoon algae is extraordinarily dynamic. It renews, nourishes, and moisturizes the skin for an enduring, youthful glow.

### **Silica**

Silica, the Blue Lagoon's iconic white mineral, cleanses and strengthens the skin instantly for a fresh, pure, radiant appearance.





## The Retreat Lagoon

Lava rock encircles the terraced Retreat Lagoon, where the build-up of natural silica adds a unique texture. With its canyons, corridors, and open spaces, this enchanting lagoon is a uniquely tranquil way to enjoy the healing properties of geothermal seawater.











## Spa Restaurant

Spa Restaurant is a place of nourishment and relaxation. Flooded with natural light and overlooking the warm Retreat Lagoon, guests can enjoy the restaurant's light delicacies while looking out at the mesmerizing blue waters and centuries-old lava.

## Lava Cove

A completely secluded private spa lounge, this extraordinary suite includes a private lagoon, complimentary refreshments, in-water treatments upon request, and a fireplace. It is a place of abundant comfort and wellbeing.

*Contact us for rates and availability.*











## Beyond the spa journey

The full spectrum of the unique Blue Lagoon in-water treatments is available just beyond the walls of the spa. In-water treatments are administered in a sheltered expanse of the Blue Lagoon, where experienced therapists offer in-water massages and relaxing float therapies that elevate guests' wellbeing.

Facial treatments and traditional massages are also available, administered in the spa's comfortable and tranquil treatment rooms.

*Contact us for the full spa menu.*





## Spa areas

### Panoramic viewing deck

An elevated terrace with views over the mountains, the sky, and the volcanic frontier of Blue Lagoon.

### Cold well

Taking an invigorating plunge in a cold pool is refreshing and beneficial.

### Nest

Comfortable nest chairs are suspended from the ceiling in a spacious room with floor-to-ceiling windows overlooking the Retreat Lagoon. This is an ideal area to enjoy following the Blue Lagoon Ritual.

### Sauna

Warmed by the dry heat of hot rocks, the sauna overlooks the mystical waters of the Retreat Lagoon.





## Spa areas

### Steam cave

An earthen chamber where moist, warm air provides relaxation and tranquility.

### Fire

This darkened, tranquil room features a fireplace surrounded by comfortable recliners and benches.

### Lava Spring

Water that drips from an unseen source and collects within a glass ceiling creates the meditative sensation of underground rainfall.

### Refresh

Enjoy ice-cold water and light fruit in a cozy space during your spa visit.

### Treatment rooms

In addition to in-water massages and float therapies, the Retreat offers an array of massage and facial treatments, all performed in thoughtfully designed and calming treatment suites.





## Day guests at the Retreat Spa

Access to the Retreat Spa is complimentary for guests staying at The Retreat Hotel. Day guests are welcome to book independent spa access for either 5 hours or a full day.

When booking access to the Retreat Spa, the guest is charged the rate of the private changing room, which can accommodate 1 or 2 people.

The private changing rooms feature a walk-in shower, hairdryer and straightener, towels, bathrobes, slippers, and Blue Lagoon Skincare amenities.

The minimum age for spa entry is 12 years old, and anyone 18 or younger must be accompanied by an adult. Contact the reception for luggage storage options for day guests.

### **Reservations include:**

- A private changing room that accommodates 1 or 2 people
- The Blue Lagoon Ritual
- Access to the Retreat Lagoon
- Direct access to the Blue Lagoon from within the spa
- One drink of the guest's choice





## Lava Cove

The tranquil Lava Cove spa lounge can host up to 6 people.

### Features

- Indoor area: 42 m<sup>2</sup>
- Private lagoon: 28 m<sup>2</sup>
- A private changing room that accommodates 1-2 people
- Wood-burning fireplace
- In-water massage on request
- Two heated chaise lounges
- Blankets and pillows
- Shower
- Bluetooth sound system

### Inclusions

- Welcome drink (Champagne)
- Fruit platter
- Handcrafted chocolates from our master chocolatier
- Minibar stocked with soft drinks and water
- Flexible arrival time from 9 a.m.
- Flexible departure time until 7 p.m.
- Blue Lagoon Skincare gift
- Afternoon coffee and Icelandic pastries

# The Retreat

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