

# The Retreat

BLUE LAGOON ICELAND

The Retreat Spa



In 2018, Blue Lagoon completed a significant expansion, opening the Retreat at Blue Lagoon Iceland. Encompassing a subterranean spa, a geothermal lagoon, a restaurant that reimagines Iceland's culinary traditions, and a 62-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.





## A spa of the volcanic earth

Built into an 800-year-old lava flow on the south shore of the Blue Lagoon, the spa at the Retreat embodies the harmonic convergence of nature, design, and the radiant powers of geothermal seawater.

Conceived and created to transport your mind and body to new dimensions of peace and rejuvenation, the spa journey moves through volcanic realms of luxurious heat, enchanting geology, and inspiring conceptual design.

You proceed ever deeper through an extraordinary concourse of lava that encompasses endless possibilities: dry heat, steam heat, massage, 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 hallmark of the journey

The spa journey culminates with the Blue Lagoon Ritual.

In a spacious sanctuary of interconnected chambers, you cover your body with the three treasures of geothermal seawater: silica, algae, and minerals. Silica brings radiance and cleansing. Blue Lagoon algae brings nourishment and anti-aging. Minerals bring exfoliation and revitalization.

Ultimately, the Blue Lagoon Ritual opens new horizons of serenity and wellbeing.







## Mineral salt / Lava

The Blue Lagoon's uniquely potent array of mineral salts have revitalizing effects on your mind and body—exfoliating your skin and stimulating your circulation.

## Algae

Blue Lagoon algae is extraordinarily dynamic. It renews, nourishes, and moisturizes your skin— opening the door to an enduring, youthful glow.

## Silica

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





## The Retreat Lagoon

Intimacy. Warmth. Serenity.

Unlocking a new experience of the Blue Lagoon, the mineral-rich water surrounding the Retreat circulates through a terraced concourse of lava. With its canyons, corridors, and open spaces, this enchanting reservoir opens the door to the healing, rejuvenating properties of geothermal seawater.











## Spa Restaurant

Spa Restaurant is a place of nourishment, relaxation, and enchantment. With expansive windows revealing the luminous warmth of the Retreat Lagoon, you can fulfill yourself on the restaurant's light delicacies as you gaze out at the mesmerizing sight of the mineral-rich blue waters and the centuries-old lava.



## Lava Cove

Experience the luxuries of an exclusive spa

A completely secluded, self-contained spa within the Retreat Spa. This extraordinary suite—which includes a private entrance, a lagoon, and a fireplace—is a place of abundant comfort and wellbeing.











## Beyond the journey

Where the spa ends, the Blue Lagoon begins.

The full spectrum of Blue Lagoon in-water treatments is just beyond the lava walls of the spa. Exiting the volcanic earth, you enter a sheltered expanse of the Blue Lagoon where our therapists take you to new dimensions of wellbeing.

*For the full spa menu, please contact us.*







## Other spa areas

### Terrace

Ascend steps through the lava to an elevated deck and view the mountains, the sky, and the volcanic frontier of Blue Lagoon.

### Steam

Enjoy the timeless, purifying pleasures of steam heat from within a chamber of lava rock.

### Cold Well

Take a plunge in an invigorating pool of cold water.

### Refresh

Refresh yourself with ice cold glacier water and take a break from the spa journey.

### Nest

Lounge in a suspended nest chair in a spacious room encased by floor-to-ceiling windows. Gaze out at the shimmering waters of the Retreat Lagoon from this sanctuary of comfort and contemplation.

### Sauna

Warmed by the dry heat of hot rocks, view the mystical waters of the Retreat Lagoon outside the sauna window.

### Fire

Recline and relax by the light of a fire.

### Lava Spring

Discover the gently mesmerizing sights and sounds of water that drips from an unseen source of radiance and collects within a glass ceiling, creating the meditative sensations of a subterranean rainfall.

### Treatment rooms

In addition to in-water massage, the Retreat offers a wide array of massage and beauty treatments—all performed in exquisite subterranean treatment suites.

*For the full spa menu, please contact your account manager.*







## Day guests at the Retreat Spa

Prices and inclusions

Reservations: 5 hrs

Reservation includes:

- A changing room that accommodates 1 or 2 people
- Access to Retreat Spa
- Access to Blue Lagoon Ritual
- Access to Retreat Lagoon
- Access to Blue Lagoon
- A drink of your choice

The minimum age for spa entry is 12 years old, and anyone 18 or younger must be accompanied by an adult.

The changing room features a walk-in shower, hair dryer and straightener, towels, bathrobes, slippers, and Blue Lagoon skin care amenities.





## Lava Cove

### Inclusions

Welcome drink (Champagne) and fruit platter  
Handcrafted chocolates by our master chocolatier  
Minibar stocked with soft drinks and water (still & sparkling)  
Algae Mask and Silica Mud Mask  
Extra hour

Indoor area: 42 m<sup>2</sup>  
Private lagoon: 35m<sup>2</sup>  
Wood-burning fireplace  
In-water massage available on request  
Two heated chaise lounges for relaxation  
Blankets and pillows  
Shower  
Bluetooth sound system

*Must be purchased in addition to the Retreat Spa admission.  
Maximum occupancy of Lava Cove is 6 people.*

