

# The Retreat

BLUE LAGOON ICELAND

Spa and wellness menu

# Spa and wellness menu

Treatments		Duration (minutes)	Price
In-water treatments	Signature in-water massage	120	52,900
	Relaxing in-water massage	30 / 60	20,900 / 28,900
	Relaxing in-water massage with full-body silica salt scrub	60 / 90	33,900 / 42,900
Float therapy	Solo float therapy	45	25,900
	Couple's float therapy	45	41,900
Traditional massage	Relaxing massage	30 / 60 / 90	20,900 / 28,900 / 33,900
	Hot stone massage	60 / 90	30,900 / 37,900
Facials	Classic	45	20,900
	Deluxe	60	25,900
	Signature	90	35,900
BL+ Facials	BL+ Resurfacing facial	30	25,900
	BL+ Sculpting facial	45	29,900
	BL+ Resurfacing and sculpting	60	33,900
	BL+ Ultimate facial	90	43,900
Private wellness experiences	Private yoga flow	60	49,500
	Guided meditation	30	24,000
	Sound healing	60	78,000

Prices are valid for 2025  
Prices are in Icelandic krona (ISK)



## In-water treatments

Our unique in-water treatments harness the power of geothermal seawater and massage therapy, unlocking new dimensions of wellness and wellbeing.

## Signature in-water massage

120 min

This three-stage pamper reduces stress, stimulates circulation, and leaves you feeling recharged. Finishing with a salt scrub and silica or algae wrap, you will emerge from the warm water feeling smooth and radiant.

## Relaxing in-water massage

30 min | 60 min

A soothing, full-body massage on a flotation mat, submerged in the mineral-rich water of the Blue Lagoon—a treatment found nowhere else in Iceland.

Draped in a warm blanket and supported by a flotation mat, you will enjoy your soothing, full-body massage in comfort and warmth, surrounded by the iconic blue waters of the lagoon.







## Relaxing in-water massage with full-body silica salt scrub

60 min | 90 min

Combining the natural powers of silica with the indulging in-water massage, your treatment begins with a cleansing and exfoliating silica salt scrub that stimulates circulation, strengthens the skin barrier and leaves your body smooth, glowing, and revitalized. The silica salt scrub is followed by a deeply relaxing massage enhancing your physical and emotional wellbeing.



## Float therapy

This balance of weightlessness and a light massage can alleviate stress, relieve pain, and allow your mind to rest.





## Solo float therapy

45 min | One person

A deeply therapeutic experience of weightlessness and gentle bodywork in the mineral-rich warmth of the Blue Lagoon.

## Couple's float therapy

45 min | Two people

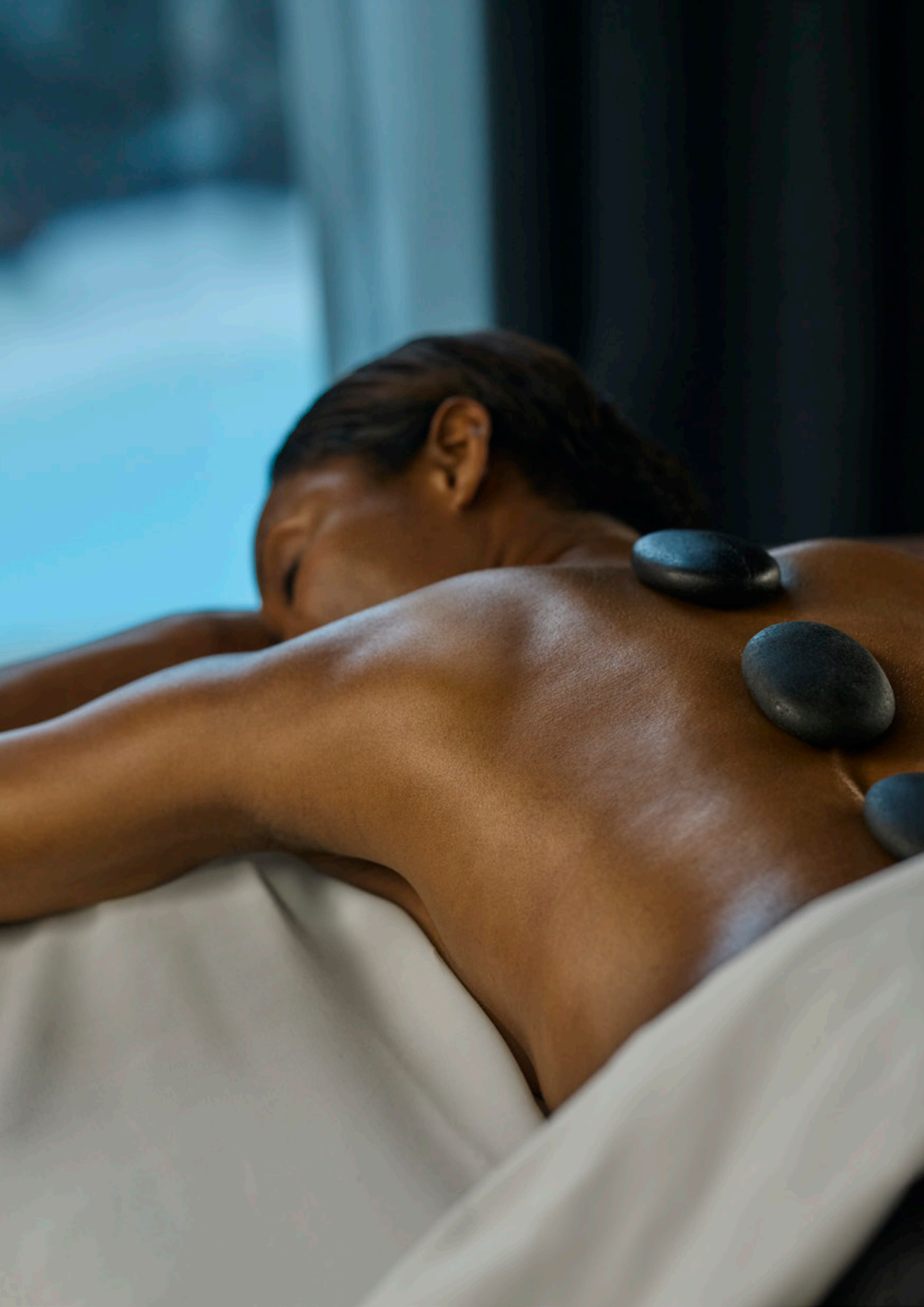
This shared and mindful experience soothes the body and calms the mind.

## Traditional massage

Renewal, restoration, and relaxation await in an exquisite subterranean massage suite.







## Relaxing massage

30 min | 60 min | 90 min

Centered on eliminating tension, stress, and fatigue, this massage will leave you feeling restored and relaxed. Your therapist will help your circulation by applying various degrees of pressure where you most need it.

## Hot stone massage

60 min | 90 min

Heated stones soften your muscles and enhance the feeling of wellbeing.

The basalt stones radiate warmth through your nerves and muscles, which stimulates circulation while relieving stress, tension, and stiffness.

## Facials

Using masks and massage oils created from the natural wonders of the Blue Lagoon water, our facial treatments bring you to a place of radiance, rejuvenation, and relaxation.





## Classic facial

45 min

Customized to your needs and skin type, this 45-minute facial combines soothing massages and Blue Lagoon Skincare products for refreshed, revitalized skin. There are five steps to our classic facial, all improving your skin's appearance and leaving it refreshed and revitalized.

- Cleansing
- Exfoliation
- Face/neck/shoulder massage
- Personalized face mask
- Personalized serum and face cream

## Deluxe facial

60 min

The treatment starts with an expert examination of your skin, followed by both surface and deep cleansing. A soothing face, neck, and shoulder massage, enhanced by hot stones, helps ease muscle fatigue. Cold Gua Sha is used to boost circulation and skin function. The treatment ends with a mask, serum and cream according to your skin type.

- Cleansing
- Exfoliation
- Face/neck/shoulder massage
- Hot stone massage for neck/shoulders
- Gua Sha
- Personalized face mask
- Personalized serum and face cream







## Signature facial

90 min

The Signature facial includes a full back massage, upper body massage, and a relaxing head massage. Your treatment specialist then examines your skin to match products to your needs, followed by both surface and deep cleansing. A soothing face, neck, and shoulder massage, enhanced by hot stones, helps ease muscle fatigue. Cold Gua Sha is used to boost circulation and skin function. Your treatment specialist then applies face masks, serums, and creams that suit your skin type.

- Back massage
- Cleansing
- Exfoliation
- Face/neck/shoulder massage
- Hot stone massage for face/neck/shoulders
- Gua Sha
- Personalized face mask
- Personalized serum and face cream



## BL+ facials

BL+ Complex is a bioactive powerhouse ingredient, designed to penetrate deep into the skin so you feel smooth and radiant.





## BL+ Resurfacing

30 min

A gentle Aqua peel exfoliation that uses ultrasound waves, leaving your skin radiant, revitalized, and ready to receive BL+ Complex. Your treatment specialist will gently exfoliate your skin to push out superficial impurities.

- Cleansing
- Deep-cleansing Silica Mud Mask
- Aqua Peel resurfacing
- Face mask selected to suit your skin type
- A personalized application of BL+ Serum, BL+ The Cream, and eye treatment.

## BL+ Sculpting

45 min

Using high-frequency ultrasound waves, this 45-minute facial stimulates collagen production, enhances cellular turnover, tones the skin, relaxes muscles, and smooths fine lines and wrinkles. This gentle yet effective approach brings out your radiant glow through the combined power of the BL+ Complex and technology.

- Cleansing
- Deep-cleansing Silica Mud Mask
- BL+ The Serum and BL+ Eye Serum
- Mineral Mask
- Ultrasound
- BL+ The Cream and BL+ Eye Cream







## BL+ Resurfacing and sculpting

60 min

A transformative 60-minute experience leaves you feeling smooth and radiant, thanks to the combination of Aqua Peel technology, a gentle exfoliation, and the bioactive BL+ Complex.

This seven-step treatment delivers the powerful and bioactive BL+ Complex deep into the skin using the combined effects of Aqua Peel and high-frequency ultrasound waves.

- Cleansing
- Deep-cleansing Silica Mud Mask
- Aqua Peel resurfacing
- BL+ The Serum and BL+ Eye Serum
- Mineral Mask
- Ultrasound
- BL+ The Cream and BL+ Eye Cream

## BL+ Ultimate

90 min

Results-driven techniques, bioactive skincare products powered by BL+ Complex, and a hot stone massage will leave you looking and feeling transformed.

This 90-minute experience utilizes the Aqua Peel device for gentle micro-exfoliation and ultrasound technology to firm and sculpt while delivering BL+ Complex deep into the skin. With a neck, chest, and face massage between facial steps as well as a hot stone massage, you will leave feeling warm, relaxed and radiant.

### The steps are:

- Cleansing
- Deep-cleansing Silica Mud Mask
- Aqua Peel resurfacing
- Hot stone massage for neck and shoulders
- Neck, chest and face massage
- BL+ The Serum and BL+ Eye Serum
- Mineral Mask
- Ultrasound
- BL+ The Cream and BL+ Eye Cream







## Private wellness experiences

Treatments that focus on mindful wellbeing are just as important as taking care of the body.



## Private yoga flow

Based on three types of yoga, this private guided session brings balance and harmony to both body and mind.

This 60-minute experience integrates asana, alignment, and breathwork as you transition from one pose to another in gentle and fluid movements.

All sessions are suitable for all skill levels and can be modified to meet your needs. The price listed is for one to two people. For additional guests, please contact us.





## Guided meditation

Meditation helps us practice gratitude and enjoy the present moment.

This 30-minute session requires no experience or skill. It can be fully customized to meet your needs or help you work toward your own goals.

These sessions are for one or two people at a time. For additional guests, please contact us.



## Sound healing

An immersive sonic journey based on the therapeutic tones of sound-bath instruments.

Gongs and alchemy bowls produce sounds at a frequency that can bring about a meditative state. This ancient, highly spiritual practice has been used as a holistic healing tool throughout history and we are now rediscovering the soothing effect that pure sounds can have on our minds and bodies.

All sessions are private and suitable for everyone and are intended for one or two people at a time. For additional guests, please contact us.

*Sound healing requires a one-week booking notice due to limited availability.*



## Etiquette and policies

### Booking enquiries

To ensure that the treatment you want is available, it is important to book in advance. To book, please contact us by email at [retreatspa@bluelagoon.is](mailto:retreatspa@bluelagoon.is) or by phone at (+354)420-8800. Please note that you must have a booking for the Retreat Spa or the Retreat Hotel in order to reserve a massage or treatment.

### Children

The minimum age for using the spa or having a treatment is 12 years old. Anyone under the age of 18 must be accompanied by a parent or legal guardian.

### Cancellation policy

There is no fee for cancellations made at least 24 hours in advance of an appointment. Cancellations made within 24 hours of an appointment will be charged the full price of the booking.

### Checking in

Please arrive early for your appointment and check in at reception. We recommend that you give yourself ample time to relax before your treatment or spa experience.

### Precautions

Owing to the salinity of geothermal seawater, we don't recommend wax treatments prior to using the lagoon.

### Health considerations

If you have any health concerns or medical conditions, please consult your doctor prior to your visit.

### Peace and privacy

Peace and privacy are essential for a fulfilling spa experience. Please respect the privacy of your fellow guests and the serenity of the spa environment.

### Smartphones, tablets, and cameras

We are dedicated to ensuring that the Retreat Spa is a place free from the disruptions of modern life. Therefore, electronic devices and cameras are not permitted in the spa.

### Spa attire

We provide bathrobes and slippers. Please wear a bathing suit at all times.

### Valuables

We don't recommend wearing jewelry or other valuables in the lagoon or during the spa journey. If you need to store any valuables, you may leave them in your changing room or in the lockers near Spa Restaurant. Blue Lagoon Iceland accepts no liability for lost, damaged, or stolen items.

### In-suite treatments

The spa offers in-suite massages for Retreat Hotel guests. A surcharge of ISK 14,000 applies for any in-suite treatment.



# The Retreat

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For further information, please contact us:  
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