

The Retreat  
BLUE LAGOON ICELAND

Wellness Experience Menu

## Wellness Experience Menu Index

Treatments	Duration (minutes)	Price (for 1-2 persons)
Yoga Flow	60	ISK 49500
Meditation	30	ISK 29900
Sound Healing	60	ISK 78000
Strength & Stretches	60 / 90	ISK 45900 / 55900
Sound Journey & Float Therapy in Lava Cove	480	ISK 389800

*Prices valid from 01.06.2023*

*Given the high level of demand, treatments and experiences may become fully booked during your stay. We kindly ask that you book our Wellness Experiences at least 3 weeks prior to your visit to ensure availability.  
All sessions are suitable for all fitness levels.  
All prices are for 1-2 persons. For additional guests, please contact our sales team.*



## Yoga Flow

60 min | ISK 49500

Based on the principles of hatha yoga, vinyasa yoga, and ashtanga vinyasa, this 60-minute guided session integrates asana, alignment, and breathwork, transitioning from one pose to another in gentle and fluid movements. Bringing balance and harmony to your mind and body, it is suitable for all practitioners, from beginners to masters, and can be modified according to your needs.

## Meditation

30 min | ISK 29900

Open to practitioners of all skill levels and customizable to your needs, this 30-minute guided journey is a seated meditation that brings forth relaxation, clarity, and mindfulness, enhancing mental and emotional wellbeing.







## Sound Healing

60 min | ISK 78000

Conducted by a qualified sound healer, this immersive sonic experience uses sound bath instruments—gongs and alchemy bowls—to create the frequencies of aural healing, triggering meditative brainwaves that escort your mind and body to a place of deeply restorative relaxation.

## Strength & Stretches

60 min | ISK 45900

90 min | ISK 55900

The Retreat's in-house personal trainer will lead you through a physically nourishing routine of bodyweight exercises and deep stretches calibrated to relieve and revitalize sore, tender, and tired muscles. The combination of calisthenics and flexibility training creates a multifaceted workout with a multitude of benefits. Simple. Strenuous. Supremely satisfying.







## Sound Journey & Float Therapy in Lava Cove

8 hours | ISK 389800

A secret spa within the Retreat Spa—Lava Cove is the pinnacle of affluent wellness at Blue Lagoon Iceland. A lavish sanctuary encompassing a private entrance, wood-burning fireplace, dining area, world-class Italian furnishings, and a mineral-rich lagoon, this hidden jewel will be yours for eight euphoric hours.

**Your time in Lava Cove will feature two remarkable experiences:**

- A 60-minute sound journey orchestrated by a master sound healer with singing bowls and a gong. This aural therapy is a multisensory excursion calibrated for deeply restorative relaxation.

- A 60-minute session of float therapy conducted in Lava Cove's mineral-rich waterscape. The interplay of warmth, weightlessness, and gentle bodywork will calm your mind, soothe your body, and elevate your spirit—relieving stress, alleviating pain, and catalyzing inner peace.

Ultimately, the Lava Cove experience and its uniquely extraordinary enhancements unlock the door to new dimensions of luxurious wellbeing.





## Etiquette

### Booking enquiries

For bookings, please contact us by email at [retreathotel@bluelagoon.is](mailto:retreathotel@bluelagoon.is). Given the high level of demand, treatments and experiences may become fully booked during your stay. We kindly ask that you book our Wellness Experiences at least 3 weeks prior to your visit to ensure availability. Also be aware that you must have a booking for the Retreat Hotel in order to reserve a Wellness Experience.

### Children

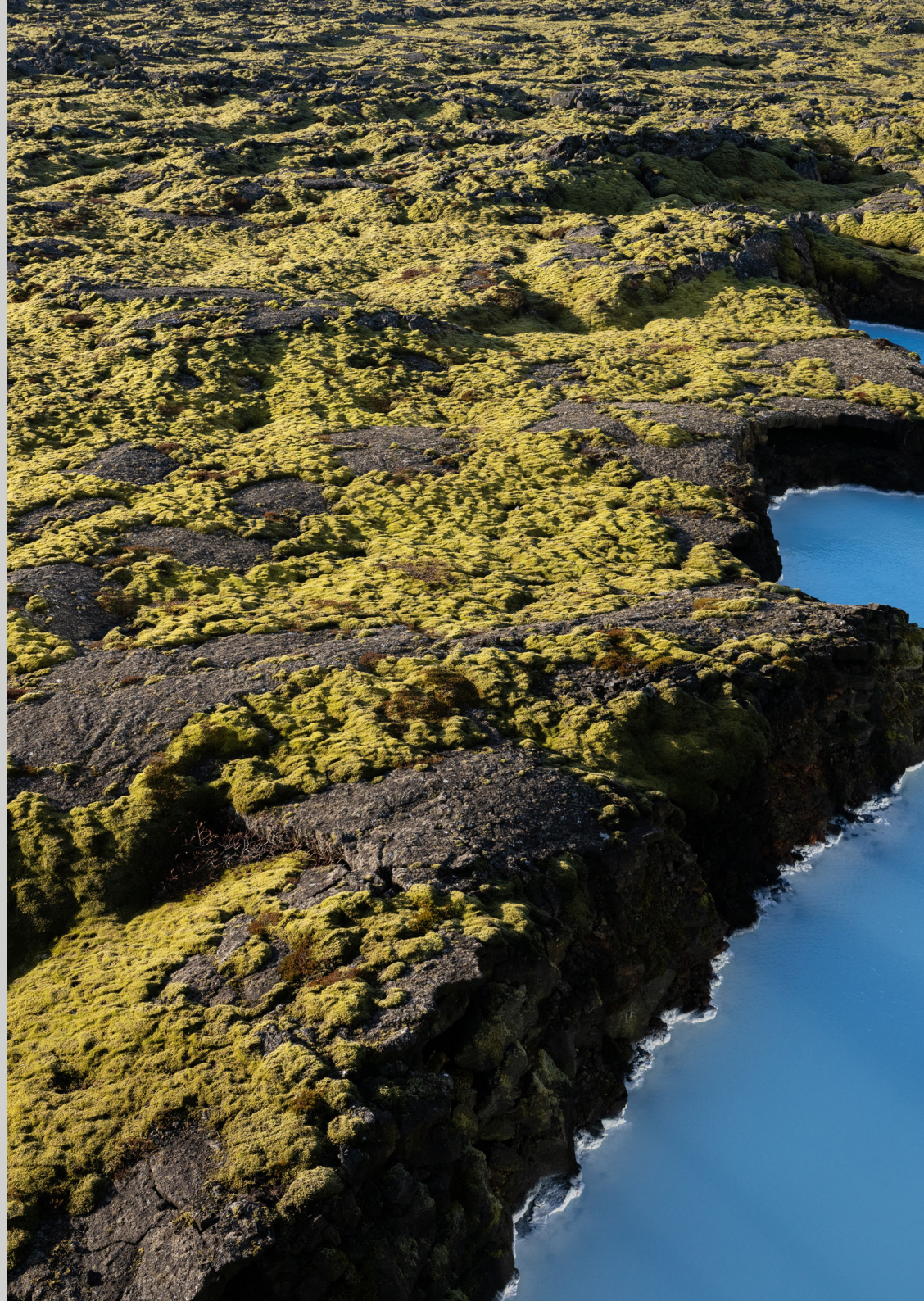
The minimum age for Wellness Experiences is 12 years old. Anyone under the age of 18 must be accompanied by a parent or legal guardian.

### Cancellation policy

There is no fee for cancellations made at least 72 hours in advance of a booked appointment. Cancellations made within 72 hours of a booked appointment will be charged the full price of the booking.

### Health considerations

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





**BLUE LAGOON**  
ICELAND

For further information please contact us:  
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