

# The Retreat

BLUE LAGOON ICELAND

## Spa Treatment Menu

# Spa Menu Index

Treatments		Duration (minutes)	Price
In-water treatments	Signature In-Water Massage	120	ISK 49900
	Relaxing In-Water Massage	30 / 60	ISK 19900 / 26900
	Relaxing In-Water Massage with Full Body Silica Salt Scrub	60 / 90	ISK 31900 / 40900
Bench Massage	Relaxing Massage	30 / 60 / 90	ISK 19900 / 26900 / 31900
	Hot Stone Massage	60 / 90	ISK 28900 / 35900
Float Therapy	Solo Float Therapy	45	ISK 24900
	Couple Float Therapy	45	ISK 39800 (19900 per person)
	Group Floating	45	ISK 10900 per person
Facial	Classic / Miracle / Deluxe	45 / 60 / 90	ISK 19900 / 23900 / 33900



## In-Water Massage

Born of a desire to unify the dynamic pleasures of massage therapy, the revitalizing powers of geothermal seawater, and the otherworldly beauty of the Blue Lagoon's volcanic landscape, in-water massage unlocks new vistas of wellbeing for your mind, body, and spirit.

## Signature In-Water Massage

120 min | ISK 49900

The ultimate expression of the Blue Lagoon in-water experience, our 120-minute Signature Massage recharges your mind and leaves your body cleansed, nourished, and radiant.

Beginning with a salt glow, your skin is scrubbed and polished with Blue Lagoon mineral massage oil while lying on top of a partially submerged table. The salt glow is followed by a silica or algae wrap: your body is swathed in the element of your choosing and you lie on a floating mattress, covered with a blanket, while your face and scalp are gently massaged. The third and final stage of the treatment is a 60-minute full body Relaxing Massage.

Bringing you to a place of unique, exhilarating wonder, the interplay of massage and nature opens the door to timeless rejuvenation.

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## Relaxing In-Water Massage

30 min | ISK 19900

60 min | ISK 26900

Surrounded by lava and suspended in the mineral-rich warmth of a secluded expanse of the Blue Lagoon, you lie on a floating mattress, covered with a blanket, on the tranquil waters of a wonder of the world. With the arctic sky above and the tectonic earth below, your massage—deep, relaxing, and conducted with Blue Lagoon mineral massage oil—brings you to new dimensions of physical and emotional serenity.





## Relaxing In-Water Massage with Full Body Silica Salt Scrub

60 min | ISK 31900

90 min | ISK 40900

Combining the natural powers of silica with the luxurious pleasures of in-water massage, your treatment begins with a deep cleansing, exfoliating silica salt scrub that stimulates circulation, strengthens the skin barrier function, and leaves your body smooth, glowing, and revitalized. The silica salt scrub is followed by a 30/60 minute, deeply relaxing massage conducted with Blue Lagoon massage oil— bringing you to new dimensions of physical and emotional serenity as you lie on a floating mattress, covered with a blanket, in the lagoon's transformative waters.



## Float Therapy

Floating on the mineral-rich warmth of a wonder of the world, you enter a deeply relaxing, highly meditative state as you harmonize with the water, the earth, and the touch of your bodyworker. The hypnotic interplay of weightlessness and light massage soothes the body, calms the mind, and elevates the spirit—alleviating stress, relieving pain, and catalyzing inner peace.





## Three experiences

The balance between passive floatation and bodywork depends on the number of guests. The solo experience allows for constant attention. For groups, the bodyworker assumes a supervisory role and the journey is predominantly focused on passive floatation.

### Solo Float Therapy

45 min | One person | ISK 24900

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

### Couple Float Therapy

One bodyworker per couple

45 min | Two people | ISK 39800 (19.900 per person)

A shared experience of weightlessness and gentle bodywork that takes couples to a place of intimate, profound wellbeing.

### Group Floating

One bodyworker per group

45 min | 3-5 people | ISK 10900 per person

An unforgettable session of passive floatation enhanced with moments of gentle bodywork.

## Bench Massage

Scented massage oil composed of the Blue Lagoon's elemental treasures is the foundation for all of our treatments, enabling the nurturing discourse between your therapist and the dormant regions of your tissues and muscles. The soothing interplay of pressure and release unlocks reservoirs of tension, stress, and fatigue as your massage restores peace and harmony to your mind and body—bringing forth a river of physical and emotional wellbeing.







## Relaxing Massage

30 min | ISK 19900  
60 min | ISK 26900  
90 min | ISK 31900

With intuitive exertions of power and touch, your therapist generates the perfect strength to create a timeless experience of renewal and restoration. Mood, behavior, and alertness are rejuvenated as your circulation comes to life and stagnancy gives way to radiance.

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## Hot Stone Massage

60 min | ISK 28900  
90 min | ISK 35900

Radiating warmth through your nerves and muscles, heated stones are the foundation of this full body massage—a treatment that stimulates circulation and wellbeing while relieving stress, tension, and stiffness.

## Facials

The soothing touch of the therapist's hands. Masks and massage oils created from the natural wonders of the Blue Lagoon. The exquisite, energizing warmth of hot stones. Our treatments bring your mind and body to a place of radiance, rejuvenation, and relaxation. Uniquely designed according to your skin type, each therapy derives its transformative power from the timeless treasures of geothermal seawater—silica, algae, and minerals.







## Facials

45 min | ISK 19900

60 min | ISK 23900

90 min | ISK 33900

Based on the mineral and organic treasures of geothermal seawater, Blue Lagoon facials use elements selected specifically for your skin type, bringing purity, radiance, and serenity to your mind and body. Depending on the length of the treatment, each stage can be adjusted according to your desires, enhancing its effectiveness.

- Cleansing
- Exfoliation
- Neck/shoulder/face massage
- Personalized face mask

## Spa Etiquette

### Booking enquiries

For bookings, please contact us by email at [retreatspa@bluelagoon.is](mailto:retreatspa@bluelagoon.is) or by phone at (+354) 420-8800. To ensure the availability of your treatment, it is important to book in advance. Also be aware 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. It is wise to 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 into 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.



**BLUE LAGOON**  
ICELAND

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