

The Retreat

BLUE LAGOON ICELAND

Spa and wellness menu



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Treatments		Duration (minutes)	Price
In-water treatments	Relaxing in-water massage	30 / 60	21,900 / 30,400
	Relaxing in-water massage with full-body silica salt scrub	60	37,700
	Signature in-water massage	120	55,500
Float therapy	Solo float therapy	45	27,200
	Couple's float therapy	45	44,000
Facials	Classic	45	25,100
	Deluxe	60	27,200
	Signature facial	75	37,700
BL+ Facials	BL+ Resurfacing facial	30	27,200
	BL+ Sculpting facial	45	31,400
	BL+ Resurfacing and sculpting	60	35,600
	BL+ Ultimate facial	90	46,100
Traditional massage	Relaxing massage	30 / 60 / 90	21,900 / 30,400 / 35,600
	Hot stone massage	60	35,600
Private wellness experiences	Guided meditation	30	25,200
	Private yoga flow	60	52,000
	Sound healing	60	81,900

Prices valid for 2027
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

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.



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.

The steps are:

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

Deluxe facial

60 min

The treatment starts with an 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. Gua Sha is used to boost circulation and skin function. The treatment ends with a mask, serum and cream according to your skin type.

The steps are:

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





Signature facial

75 min

The Signature Facial begins with a cleansing and exfoliating back treatment, followed by a soothing warm algae mask.

While you relax on the warm mask, your beautician 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. Gua Sha is used to boost circulation and skin function. Your beautician then applies face masks, serums, and creams that suit your skin type.

The steps are:

- Back cleansing & exfoliation
- Warm algae mask
- Cleansing
- Exfoliation
- Face/neck/shoulder massage
- Hot stone massage for face/neck/shoulders
- Gua Sha
- Personalized face mask
- Serum and personalized 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 exfoliation using ultrasonic skin-scrubber technology, leaving your skin radiant, revitalized, and ready to receive BL+Complex. Your beautician gently glides the ultrasonic spatula across the skin to loosen and lift away superficial impurities and dead skin cells.

The steps are:

- Cleansing
- Deep-cleansing Silica Mud Mask
- Ultrasonic skin-scrubber
- Face mask selected to suit your skin type
- Serum and personalized cream

BL+ Sculpting

45 min

Using 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.

The steps are:

- Cleansing
- Deep-cleansing Silica Mud Mask
- Mineral Mask
- Ultrasound
- Serum and personalized cream





BL+ Resurfacing and sculpting

60 min

A transformative 60-minute experience leaves you feeling smooth and radiant, thanks to the combination of ultrasonic skin-scrubber exfoliation, ultrasound technology, and the bioactive BL+ Complex.

This multi-step treatment delivers the powerful and bioactive BL+ Complex deep into the skin using the combined effects of ultrasonic skin-scrubber exfoliation and ultrasound waves.

The steps are:

- Cleansing
- Deep-cleansing Silica Mud Mask
- Ultrasonic skin-scrubber
- Mineral Mask
- Ultrasound
- Serum and personalized 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 ultrasonic skin-scrubber technology 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 treatment 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
- Ultrasonic skin-scrubber
- Hot stone massage for neck and shoulders
- Neck, chest and face massage
- Mineral Mask
- Ultrasound
- Serum and personalized cream



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

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.

A photograph of three people practicing yoga on a rooftop deck. In the foreground, a woman with long brown hair is in a cobra pose, wearing a light blue tank top. Behind her, a man with a beard and sunglasses is also in a similar pose, wearing a dark green shirt. In the background, another woman is in a cobra pose, wearing a white t-shirt. They are on a wooden deck with a glass railing. The background shows a city skyline with a prominent tower under a clear blue sky.

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.



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 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. BL+ facials are not recommended for guests under 18 years old.

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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