

The Retreat

BLUE LAGOON ICELAND

Fact Sheet

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.





Origins

The beneficial powers of geothermal seawater were first discovered in the early 1980s when local residents began to bathe in the warm blue reservoir that had formed in the shadows of the Svartsengi geothermal power plant. Engineers at the facility had expected the water to seep through the lava and return to the earth's volcanic aquifers. However, owing to the fluid's high concentration of silica, proper drainage did not occur and a beautiful body of water took shape.

The lagoon eventually became the focus of intense scientific study, giving birth in 1992 to Blue Lagoon Limited, a company dedicated to the research and development of the water's primary elements: silica, algae, and minerals.

In 1995, with research confirming the healing properties of geothermal seawater, Blue Lagoon Ltd. launched a renowned line of skin care. This was followed in 1999 by the opening of the modern-day spa facility and, in 2005, a clinic hotel for the treatment of psoriasis.

Today, many decades after the first inquisitive souls began venturing into the water, the Blue Lagoon has blossomed from a humble curiosity into an extraordinary destination that was chosen as a wonder of the world by National Geographic. Indeed, the story of the Blue Lagoon continues to be written with every guest who enters the water.

Location

A UNESCO Global Geopark

In 2015, Iceland's Reykjanes Peninsula was officially given the status of UNESCO Global Geopark. Home of Blue Lagoon Iceland, the Reykjanes Peninsula straddles the Mid-Atlantic Ridge—the tectonic boundary where the North American and Eurasian plates converge. Owing to its volcanic provenance, the peninsula is a wonderland of geothermal phenomena. The terrain is alive with craters, fissures, mud pools, steam vents, hot springs, and endless moss-covered lava fields.





A place on the Mid-Atlantic Ridge

Simultaneously remote and easily accessible—Blue Lagoon is just 20 minutes from Keflavík International Airport and 45 minutes from Iceland's capital, Reykjavík.

Architecture

The unity of man and nature

Preserving the bond between man and nature was at the forefront of the Retreat's design and construction process. The architects were guided by the principle that building and geology should become one—unified by the convergence of form, function, and the volcanic earth.

"Nature was the guide," says Sigríður Sigþórsdóttir, lead architect of the Retreat and founder of Basalt Architects. "There was often a sense that any given location was a gamble."

In some cases, features mandated by the design were not supported by the type of lava laid bare by the construction. Conversely, some lava was so unique and captivating that it compelled the architects to halt work so that they could devise a strategy for incorporating it into the masterplan.

Interior design

Timeless sophistication

Channelling the shapes, colors, and patterns of the surrounding frontier, interior design throughout the Retreat adheres to the principle of timeless sophistication.

"What does 'timeless sophistication' mean?" asks Sigurður Thorsteinsson, Chief Creative Officer of Milan-based Design Group Italia, the studio that conceived and created the Retreat's interior design. "It means simple shapes. It means colors that are tone-to-tone. It means high quality in terms of the materials and the finishing. It means extreme attention to detail. But it should also convey a sense of warmth and a reassuring atmosphere. You should feel cocooned."

At heart, timeless sophistication strives to establish a human connection to an extraordinary environment. When you enter the Retreat, you do not exit nature. Rather, you go deeper into nature.





Hospitality

Comfort. Tranquility. Belonging.

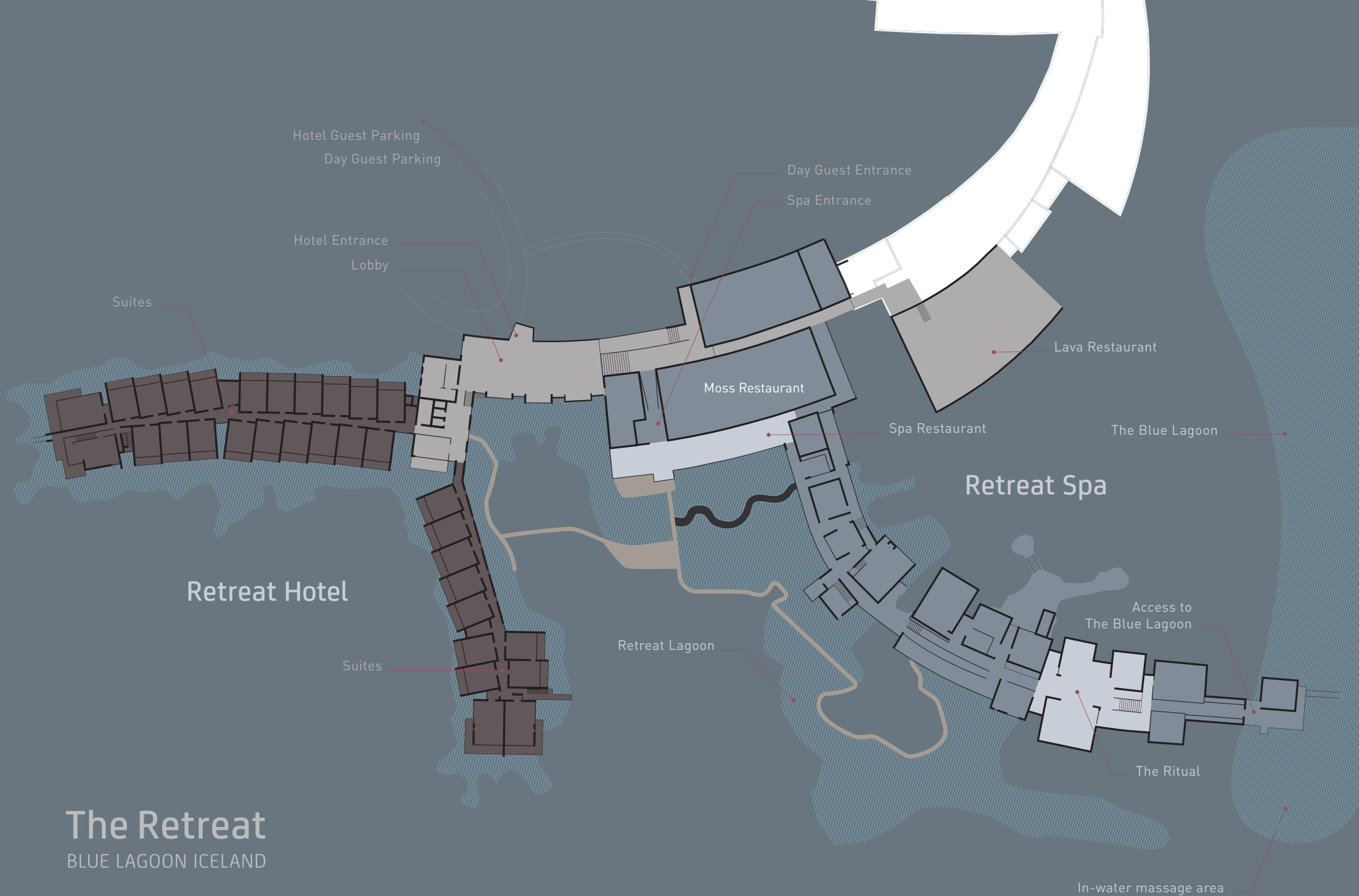
The atmosphere at the Retreat is informal and welcoming. For the duration of your stay, your host is your guide and your attendant—instilling in you a sense of belonging: you are at home here, although here is unfamiliar, otherworldly, and likely a place you've never been.

Whether managing your itinerary, confirming your tour bookings, or alerting you to the imminent arrival of the Northern Lights, your host is at your service and the Retreat is a place of timeless comfort.

Retreat Hotel

The Retreat

BLUE LAGOON ICELAND





A Spa of the Volcanic Earth

Carved into the volcanic earth, the spa at the Retreat brings you into harmony with nature. Incorporating a mineral-rich lagoon bounded by remarkable lava walls, the spa is an underground realm of inspiring design, enchanting geology, and radiant wellness.

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.

The spa experience can be enhanced with in-water massage. Likewise, all spa guests have unrestricted access to the original source of wonder: the Blue Lagoon.

Changing room features

- Walk in shower
- Mirror and hangers
- Hair dryer and straightener
- Towels, bathrobes, slippers and Blue Lagoon skin care amenities.

Total spa area: 4116 m²

Total lagoon square meters: 900 m²

Temperature: 35–40°C (95–104°F)

Depth: 0.8–1.4 m

Minimum reservation: 4 hours

Reservation includes a changing room.

Minimum age for the Retreat Spa, Blue Lagoon Ritual, and the Retreat Lagoon, is 12 years. Minimum age for the Blue Lagoon is 2 years.







Lava Cove

Experience the luxuries of an exclusive spa

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

Lava Cove features:

- Indoor area: 42 m²
- Private lagoon: 35 m²
- Butler service
- Wood-burning fireplace
- In-water massage available on request
- Two heated chaise lounges for relaxation
- Blankets and pillows
- Shower and changing facilities
- Silica mask
- Algae mask
- Bluetooth soundsystem

Lava Cove must be booked separately, please contact your account manager.

Each individual changing room is configured for 1-2 people.

Maximum occupancy of Lava Cove is 6 people.

Reservation includes: Access to Retreat Spa, Blue Lagoon Ritual, Retreat Lagoon and Blue Lagoon. Reservations are for 6 hours. Additional hours available on request.

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 browse through magazines as you 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.





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.

Size: 133 m²

Seating: 28 people

Opening hours: All day menu 11:30–20:30

Meals are served until 20:30 but it is possible to sit at the restaurant until 21:30.



Suites

Conceived for comfort. Designed for serenity. Architected for wellbeing. Encircled by the Blue Lagoon's revitalizing warmth, suites at the Retreat are arranged on two levels. On the lower level, the suites have terraces with entrancing views of the centuries-old lava and the surrounding lagoon. Some of these suites even give you direct access to the lagoon's mineral-rich, geothermal waters. On the upper level, each suite is endowed with unforgettable perspectives on the volcanic horizon. But regardless of location, each suite is the foundation of a transformative experience.

Total size: 10.000 m²

Suites: 62

Suite sizes: 40 m²–200 m²

Suite types: 6

In accordance with our goal of fostering a tranquil environment throughout the Retreat, the suites are not equipped with TVs.





Suite features and inclusions

Features

- Bespoke furniture exclusively crafted by B&B Italia
- Bespoke lighting
- European grand king size bed
- Luxury linen
- Blackout curtains
- Heated floors
- Coffee machine and a selection of tea
- Tablet
- Bang & Olufsen Bluetooth speakers
- Charging stations and safe box

Bathroom features:

- Walk-in shower and free-standing bathtub*
- Quality bathrobes, slippers, and flip flops
- Hair dryer & straightener
- Selection of Blue Lagoon skin care products and other bath amenities
- Blue Lagoon Body Lotion
- Blue Lagoon Foaming Cleanser
- Blue Lagoon Hydrating Cream
- Blue Lagoon Shampoo
- Blue Lagoon Conditioner
- Blue Lagoon Shower Gel
- Blue Lagoon Silica Mud Mask

**Twin rooms do not feature a free-standing bathtub*

Inclusions

- Access to the Retreat Spa*
- Access to the Blue Lagoon Ritual
- Access to the Retreat lagoon
- Access to the Blue Lagoon**
- Welcome drink
- A la carte breakfast (07:30-11:00)
- Blue Lagoon skin care amenities
- In-room minibar (complimentary soft drinks, wine, and Icelandic beer)
- Wi-Fi
- Turndown service
- Daily guided group hike
- Daily group yoga session
- Use of fitness center
- Team of hosts
- Afternoon Icelandic coffee in the lounge
- Concierge service
- Valet parking

**Minimum age for the Retreat spa, Blue Lagoon Ritual, and the Retreat lagoon is 12 years.*

***Minimum age for the Blue Lagoon is 2 years.*





Moss Junior Suite

Walls of glass open up to panoramic vistas of ever-changing moss. Sweeping lava fields unfold into the volcanic horizon. With timeless design that channels the forms and colors of the enchanting landscape, each Moss Junior Suite becomes one with nature—creating a place of profound comfort.

Suite features

40 m² / 431 ft²

10 m² private balcony

Upper level

Horizon view



Lagoon View Junior Suite

Spacious. Cozy. Simple. Elegant. With concept and design inspired by the serene blue waters and multi-colored lava that lie just beyond the floor-to-ceiling windows, each Lagoon View Junior Suite creates harmony between luxurious interior and sublime exterior.

Suite features

40 m² / 431 ft²

10 m² private terrace

Lower level

Lagoon view*

** This suite offers a great view of the surrounding lagoon. For private lagoon access from your suite, please book the Lagoon Suite. Children aged 8 or younger are not permitted to stay in the suites on the ground level. This is because these suites have direct access to the water surrounding the complex.*



Lava View Junior Suite

Carved into the earth, this suite brings you face-to-face with frozen-in-time layers of historic lava. From your terrace you can reach out and touch the once-molten flow. These shapes and colors are embodied by the suite's interior design, creating the sublime interplay of nature and comfort.

Suite features

40 m² / 431 ft²

10 m² private terrace

Lower level

Lava view

Children aged 8 or younger are not permitted to stay in the suites on the ground level. This is because these suites have direct access to the water surrounding the complex.



Lagoon Suite

Floor-to-ceiling windows dissolve the boundary between interior and exterior, transforming this two-room sanctuary into an experience of the geothermal waters that surround the Retreat. From the relaxing comfort of each suite, the mineral-rich warmth of your own private lagoon is just a step away.

Suite features

60 m² / 646 ft²

28 m² private terrace

Private lagoon*

Lower level

Living area with sofa

Minimum stay is two nights

**Children aged 8 or younger are not permitted to stay in the suites on the ground level. This is because these suites have direct access to the water surrounding the complex.*



Moss Suite

The timeless majesty of the moss-covered lava fields—radiant, pristine, ever-changing. The exquisite tranquility of two rooms that unlock the harmonic interplay of design and nature. Each Moss Suite becomes the centerpiece of an otherworldly perspective and a transformative experience.

Suite features

60 m² / 646 ft²

26 m² private balcony

Upper level

Horizon view

Living area with sofa

Activities and adventures

Beyond the wonders of the water, there are many things to do at the Retreat. From the mindful to the physical, discovery is a touchstone of the Retreat journey.

Each morning, there is a guided yoga session based on various styles of yoga such as Hatha, Vinyasa, and Kundalini.

There are also guided hikes that bring you closer to the landscape, enabling you to explore the striking geological features of Blue Lagoon's volcanic surroundings.

There is also a wide array of adventures available at the Retreat's doorstep: Tour the stunning volcanic phenomena of the Reykjanes Peninsula in a chauffeur-driven luxury sedan; Experience Iceland from the sky in a private helicopter; Ride an ATV across black sand beaches, sprawling lava fields, and extinct volcanoes. Whether you wish to remain close to the Retreat or venture deeper into Iceland, your host can arrange a tour that suits you.





Retreat areas

Lobby

The entry to the Retreat is one continuous open space, an architectural crossroads leading you into the earth, creating an experience of unity with nature. Wall-to-wall glass at the far end opens to the light and lava of the surrounding lagoon while the lounge's wood-burning fireplace brings warmth and wellbeing. With breakfast in the morning and coffee in the afternoon, this cavernous space is a focal point for nourishment and socializing.

Library

The library features a curated selection of books and magazines, a wood-burning fireplace, a stunning view of lagoon, and an honesty bar.

Gallery

Hosting a rotating exhibition of 20th Century Icelandic ceramic art—a unique collection donated to the Icelandic Museum of Design & Applied Art by Blue Lagoon—the gallery opens a fascinating window into the creative forces that helped define Iceland's national identity.

Yoga center

There are daily yoga sessions conducted in a room that has a breathtaking view of the volcanic horizon. You also have the option of booking a personal yoga instructor.

Fitness center

Our fitness center has state-of-the-art equipment and is open 24/7. You also have the option of booking a personal trainer.

Terrace

The Northern Lights, the Midnight Sun, lava flows that stretch all the way to the horizon—the terrace is a place for experiencing the enchanting beauty of the Retreat's otherworldly surroundings and the celestial majesty of the arctic sky. There is also a service button for ordering drinks and light snacks.



Moss Restaurant

Seated at a table in Moss Restaurant, looking out at the majestic landscape, you can travel the island by way of the culinary creations that emerge from the kitchen. With a la carte and set menus that move effortlessly from the mountains, to the farmlands, to the rivers, to the oceans, each dish opens the door to the living heritage and diverse delights of Icelandic cuisine.

The Moss dining experience was created by a team of chefs who have mastered both their craft and the sourcing that gives it life—each member bringing their own individual wisdom and awareness of where and when regional ingredients are the freshest, purest, and most desirable.

Complemented by design and architecture calibrated to bring interior and exterior together, highlighting the ever-shifting colors and tones of the moss-covered horizon, Moss's menus are likewise mercurial: changing with each season but intimately bound to the land.

Total size (interior): 192 m²

Total size (terrace): 84 m²

Seating: 60 people

Menu: Set menus

Cuisine: Tradition reinvented

Opening hours: Dinner: 18:30–21:30

Late dining is available upon request for extra cost.

Advance reservation is recommended.









The Chef's Table

The Chef's Table is a seven course gourmet journey founded upon heritage, tradition, and reinvention. Fresh, local, seasonal ingredients are the guiding lights for this unforgettable feast.

Seated right next to the kitchen at a magnificent table made of lava rock that was quarried onsite, you are an honored guest as the chefs give new life to classic Icelandic recipes.

The Chef's Table can accommodate 9 individual bookings, or groups of up to 10. Advance reservations are required.

Wine Cellar

Taking a journey from the restaurant into the earth, we enter the Wine Cellar—a cavern of multi-hued, frozen-in-time lava that erupted in the year 1226. The striking colors in this geologic dominion evoke sensations of cave paintings, but these walls—lined with wines from all over the world—were painted by the volcanic hand of nature.

Anchored by Old World wines from France's celebrated wine growing regions—with a focus on Bordeaux and Burgundy—as well as selections from the classic vineyards of Italy, Spain, and Germany, the timeless heritage embodied by our wine list is complemented by wines from some of the preeminent New World wine producers of the Americas and Australia.

*Wine tasting is available for individuals and small groups.
Please contact your account manager for further information.*



