

spa menu

C Spa Bathing



Relax in the sauna



Dip into the cold plunge



Heat up in the sauna again



Cool off with cold water



Repeat as many times as you like

The C Spa bathing experience can be enjoyed before or after your spa treatment or fitness session. Alternating hot and cold baths detoxes the body, relaxes tired muscles and boosts circulation.

C Spa bathing ritual

60 - 120 min

For a complete bathing experience include dry brushing, organic products and me-time for a self-applied bathing journey enjoyed at your own leisurely pace.

stilla

[CALM]

swedish mindful massage

60 / 90 min

Find Equilibrium
Total Rest
Unwind

choose your focus

Body Healing
Energy Healing

upgrade

30 min

Face & Scalp Massage
Guided Meditation

ren

[CLEAN]

swedish detox massage

90 min

Relieve Soreness
Energize
Cleanse

choose your focus

Mild Lymph Detox
Deep Tissue Detox

upgrade

30 min

Body Scrub
Cupping

djup

[DEEP]

swedish deep massage

60 / 90 min

Increase Mobility
Reduce Stress
Ease Tension

choose your focus

Trigger Points
Specific Area

upgrade

30 min

Dry Brushing
Stretching

stilla

[CALM]

northern stillness

120 min

Face & Scalp Massage
Soothing Body Scrub
Swedish Mindful Massage

choose your focus

Body Healing
Energy Healing

ren

[CLEAN]

arctic detox

120 min

Detox Body Scrub
Swedish Detox Massage
Cupping

choose your focus

Mild Lymph Detox
Deep Tissue Detox

djup

[DEEP]

nordic restart

120 min

Dry Brushing
Swedish Deep Massage
Stretching

choose your focus

Trigger Points
Specific Area

fin

[FAIR]

nordic classic facial

60 / 90 min

The Organic Pharmacy
Natural Anti-Aging
Skin Renewal

choose your focus

Radiance
Hydration

upgrade

30 min

Facial Cupping
Beautiful Eyes

ljuv

[LOVELY]

custom facial

60 / 90 min

HydroPeptide
Customized
Anti-Aging

choose your focus

Rejuvenation
Purification

upgrade

30 min

Additional Peels
Eye & Lip Treatment

vacker

[BEAUTIFUL]

hydracial

60 / 90 min

Skin Health Technology
Non-Invasive Face Lift
Immediate Effect

choose your focus

Skin Tightening
Deep Cleansing

upgrade

30 min

DermaBuilder
Make Up

hand

[HAND]

longevity manicure

60 min

express longevity

30 min

classic manicure

60 min

royal hands

75 min

Manicure, scrub,
wrap and massage

fot

[FOOT]

longevity pedicure

60 min

express longevity

30 min

classic pedicure

60 min

royal feet

75 min

Pedicure, scrub,
wrap and massage

hår

[HAIR]

organic hair ritual

60 min

Scalp massage, hair mask,
wash and blow dry

blow & style

Short/Medium/Long Hair

Hair Up

Styling Session

Wash & Blow Dry

Wash, Cut & Blow Dry

Wash, Curl & Blow Dry

herr

[GENTLEMEN]

Our highly skilled therapists are here to offer you tailor-made treatments and grooming experiences. Treat yourself!

hair cut

30 min

nordic facial

60 / 90 min

manicure

30 min

pedicure

60 min

kraft

[STRENGTH]

Our personal trainers will offer programs to inspire you to build commitment and enthusiasm for movement and exercise.

personal training

60 min

personal training (for 2)

60 min

classes

45-60 min

favoriter

[OUR FAVORITES]

frisk

[HEALTHY]

Personal Training, 60 min
Nordic Bathing Ritual
Swedish Deep Massage, 60 min
Spa Lunch

frid

[SERENITY]

Nordic Bathing Ritual
Swedish Mindful Massage, 90 min
Guided Meditation, 30 min
Swedish Fika

topp till tå

[TOP TO TOE]

HydraFacial, 90 min
Longevity Manicure, 75 min
Longevity Pedicure, 75 min
Spa Lunch

spa arrival

Arriving late may make it necessary to limit the time for your treatment so that the next guest is not delayed. Please arrive at the latest 15 minutes before the scheduled time to check in and prepare to enjoy your treatment.

health matters

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any other health related concerns you may have when making your appointment and before using the wet area. We do not recommend the consumption of alcohol before or directly after spa treatments.

pregnancy

Certain treatments can be adapted for pregnancy. Please ask our LivNordic team members for more information and they will be happy to assist.

spa attire

We will provide you with spa attire, including a choice of spa underwear. Our therapists are trained to use draping techniques to respect your privacy.

valuables

We do not assume any liability for personal items and recommend you leave valuables at home.

cancellation policy

The treatments you select are reserved especially for you. Guests will be charged a 100% cancellation fee for any treatments cancelled less than 24 hours from the scheduled appointment time.

hours of services

Spa Opening hours: 10am to 10pm

Fitness Opening hours: 6am to 10pm



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