



SPA TREATMENTS AND MESSAGES AT BLUE LAGOON
AND BLUE LAGOON SPA IN REYKJAVIK

BLUE LAGOON
ICELAND



Floating in the mineral-rich water, in close proximity to the Blue Lagoon's extraordinary environment, surrounded by the natural elements and pure Icelandic air, is a unique experience for body and mind.

Spa treatments and massages at Blue Lagoon

The Blue Lagoon's ecosystem is unique in the world, in fact one of Mother Nature's laboratories, connecting us with the forces of nature. Through nature and science Blue Lagoon spa treatments and massages provide you with the energy of the geothermal seawater and its active ingredients: minerals, silica and algae.

Blue Lagoon spa treatments and massages take place both inside and in the lagoon itself, in the open air. Blue Lagoon skin care products are used in all treatments.

In-water spa treatments take place on a specially designed wooden bench. Massages are performed on a mattress in the lagoon. The outdoor spa area is spacious and more than one treatment can take place simultaneously, making it possible for couples to have a treatment at the same time. Special blankets are used to keep guests warm.

To make your treatment as effective and enjoyable as possible we recommend that you check-in at reception 30 minutes prior to your appointment for a relaxation before and after treatment.

Blue Lagoon spa treatments and massages are also available at Blue Lagoon Spa at Hreyfing fitness center in Reykjavik. Treatments for hands and feet are offered at Blue Lagoon shop at Keflavik airport.

In-water treatments and massages

Blue Lagoon relaxing massage

Deep relaxing massage using a massage oil that contains Blue Lagoon active ingredients and essential oils. A unique experience for body and soul.

10 min.

20 min.

30 min.

60 min.

Silica massage for back

A deep cleansing and renewing massage that reduces stress and muscle tension in shoulders and back. The treatment begins with a back scrub using Blue Lagoon silica mud, which cleanses and exfoliates. The treatment ends with a nourishing and relaxing massage using Blue Lagoon massage oil. The treatment is especially suitable for oily skin, prone to outbreaks. This massage leaves the skin with a healthy and glowing appearance.

30 min.

Silica massage for legs

A deep cleansing and renewing massage for legs. The treatment begins with a scrub for legs using Blue Lagoon silica mud, which cleanses and exfoliates. The treatment ends with a nourishing and relaxing massage using Blue Lagoon massage oil which encourages balance and wellness. This massage is ideal for tired feet, leaving them energized and nourished.

30 min.

Salt glow

A renewing and cleansing full body treatment. The skin is polished with a unique combination of Blue Lagoon mineral salts and oils to remove dead skin cells and stimulate blood circulation, leaving it with a fresh and glowing complexion.

30 min.

Silica salt glow & massage

A renewing and cleansing full body treatment. The skin is polished with a unique combination of Blue Lagoon minerals,

silica and oil to remove dead skin cells and stimulate blood circulation, leaving it with a glowing appearance. The treatment ends with a deep relaxing massage. A pampering treatment that leaves you rejuvenated and relaxed.

60 min.

Nourishing algae treatment

A treatment that cleanses and nurtures the skin. It starts with a salt glow, where the skin is polished with a unique combination of Blue Lagoon minerals and oils, followed by a nourishing algae wrap. The guest floats on a mattress while face and scalp are gently massaged. The treatment ends with a 50 minute full body massage in the lagoon. This extraordinary treatment leaves you energized and nourished.

120 min.

Firming silica treatment

A treatment that cleanses and strengthens the skin. It starts with a salt glow, where the skin is polished with a unique combination of Blue Lagoon minerals and oils, followed by a firming silica wrap. The guest floats on a mattress while face and scalp are gently massaged. The treatment ends with a 50 minute full body massage in the lagoon. This extraordinary treatment leaves you energized and firm.

120 min.

In-water pregnancy massage

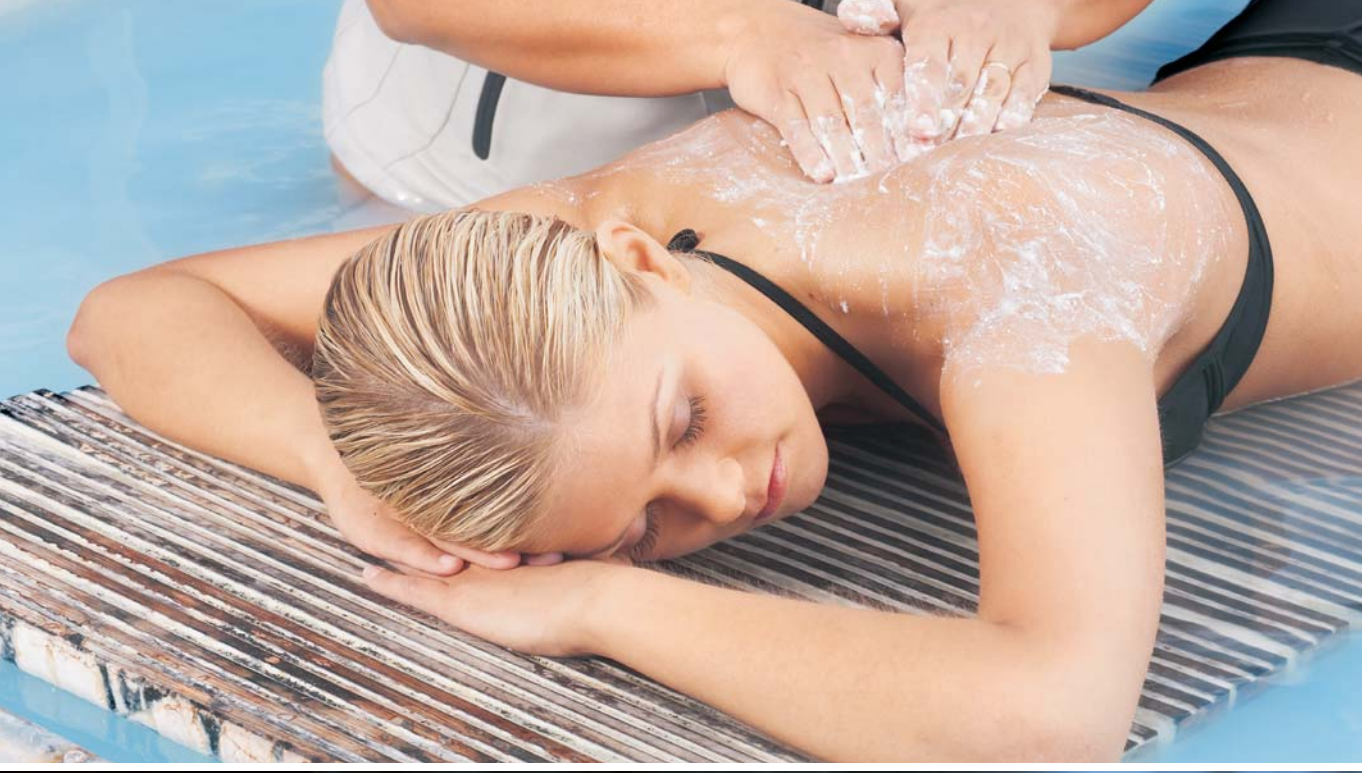
Relaxing and nourishing massage for expecting mothers. The massage is designed to relieve some of the normal discomforts during pregnancy, such as fatigue, backaches, and swollen feet. Blue Lagoon massage oil that contains Blue Lagoon active ingredients is used in this treatment which provides a feeling of well-being.

60 min.

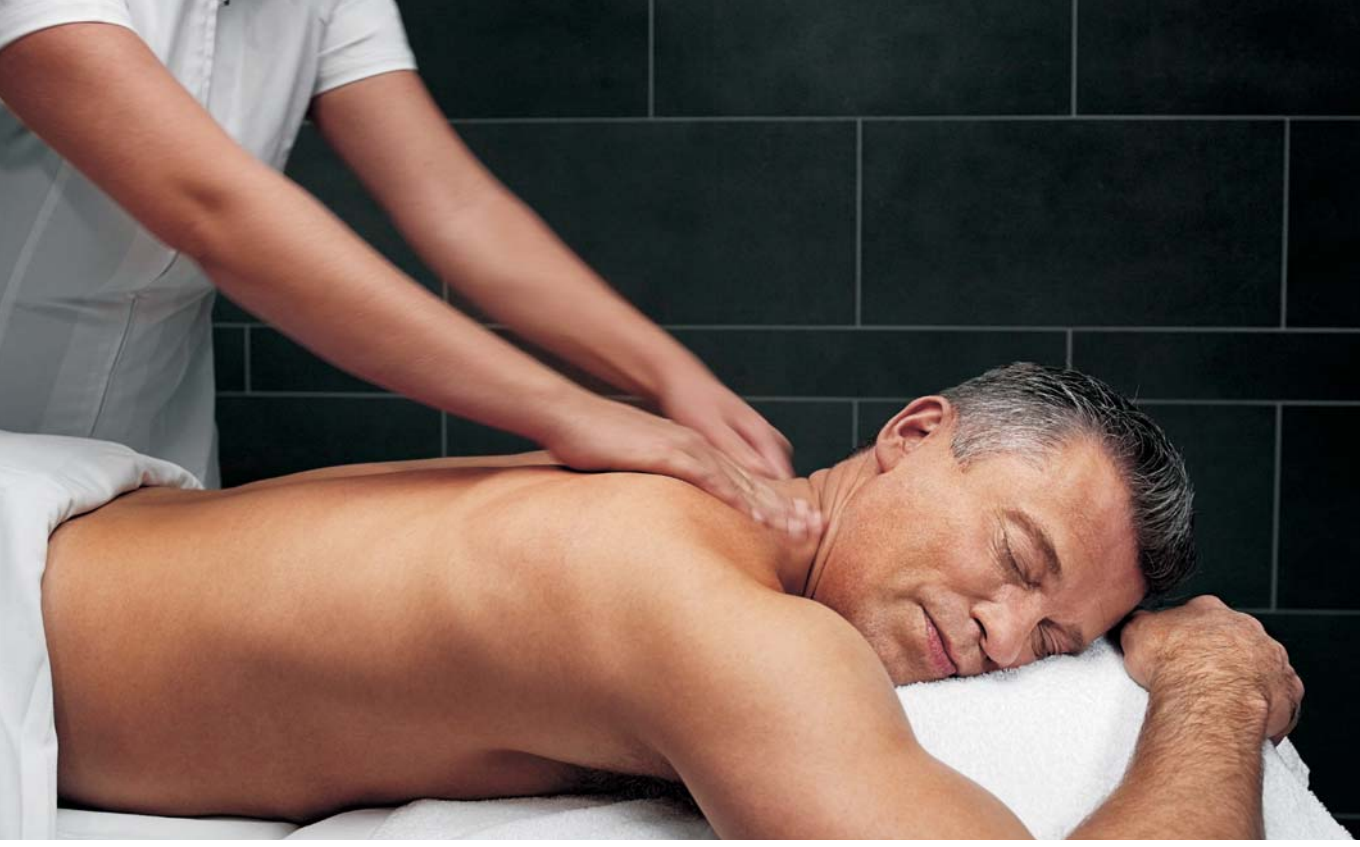
Massage for children 6-11 years

Relaxing and calming massage for children that reduces tension and provides a feeling of well-being. The child relaxes on a mattress in the lagoon and is massaged with Blue Lagoon massage oil.

20 min.



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Indoor treatments

Part massage

A massage which focuses on particular areas that need some extra attention, such as shoulders, neck, head or scalp. Geothermal seawater and a special Blue Lagoon massage oil is used. This massage reduces muscle tension and drains away fatigue.

30 min.

Deluxe Blue Lagoon massage

A special deluxe deep-relaxing massage performed using geothermal seawater and a Blue Lagoon massage oil. A special technique is used in this massage that has been developed from the Blue Lagoon in-water massage, where stretches and long strokes are used. This pampering massage reduces stress and provides balance for body and mind.

60 min.

Swedish massage

A deep-relaxing massage using pure natural Blue Lagoon geothermal seawater and massage oil. It improves circulation and increases blood and oxygen supply to the skin. This massage reduces tension and promotes health and well-being.

60 min.

Pregnancy massage

Relaxing and nourishing massage for expecting mothers. The massage is designed to relieve some of the normal discomforts during pregnancy, such as fatigue, backaches, and swollen feet. Blue Lagoon massage oil that contains Blue Lagoon active ingredients is used in this treatment. Provides a feeling of well being.

60 min.

Spa indulgence

Wellness 1, 2 & 3

Relaxing in-water massage performed on a mattress in the lagoon. A massage oil, containing Blue Lagoon's active ingredients and essential oils, is used in this treatment. Blue Lagoon silica mud mask, which cleanses and exfoliates the skin, is applied on face (10 min). Included is Blue Lagoon gift pack. Entrance to Blue Lagoon, towel and bathrobe included.

Wellness 1 30 min.

Wellness 2 40 min.

Wellness 3 60 min.

*Strong connection with Blue Lagoon's natural environment,
lava stones, use of colors and light makes the design of the city spa
a true Blue Lagoon atmosphere*

BLUE LAGOON SPA - REYKJAVIK





Blue Lagoon Spa Reykjavik

Blue Lagoon spa treatments in Reykjavik are a unique experience. They bring connection to Icelandic primordial nature through the exclusive Blue Lagoon skin care line which is the foundation of the treatments. The skin care line is a true naturaceutical product line based on the Blue Lagoon geothermal seawater and its active ingredients; minerals, silica and algae and represent a perfect harmony between nature and science.

The spa offers relaxed settings within the new modernly designed indoor spa area. It gives you access to sauna,

steam room, indoor and outdoor jacuzzis as well as an extensive fitness centre. To make your treatment as effective and enjoyable as possible we recommend that you check-in at reception 30 minutes prior to your appointment for a relaxation before and after treatment.

Blue Lagoon treatments and massages, which take place in the water under the open air are also available at the Blue Lagoon. Treatments for hands and feet are offered at Blue Lagoon shop at Keflavik airport.

Body

Energizing and strengthening silica treatment

True pampering while skin is provided with pure Icelandic energy. The white geothermal silica mud is the Blue Lagoon's signature ingredient. It is energizing and relieves stress and fatigue. It naturally deep cleanses and exfoliates and strengthens the skin leaving it with a healthy, youthful glow. The treatment begins with a salt glow where the skin is polished with a unique combination of Blue Lagoon minerals and oils. Then the body is wrapped in firming silica wrap which is left to work while feet are massaged. The treatment ends with a scalp massage. A face mask selected for each skin type is applied. This is an extraordinary treatment that cleanses firms and strengthens the skin.

90 min. 120 min.

Nourishing algae treatment

This unique treatment nourishes and awakens the senses. It begins with a unique combination of Blue Lagoon geothermal mineral salts and oils that cleanse and nourish the skin. The body is then wrapped in a nourishing Blue Lagoon algae wrap while feet are massaged. The treatment ends with a scalp massage and appropriate face mask and cream is applied. This is an extraordinary treatment that cleanses, nourishes and relaxes the skin.

90 min. 120 min.

Balancing mineral salt treatment

Balancing treatment for body and soul. Provides the skin with essential minerals and leaves the skin with a radiant complexion. The body is exfoliated with Blue Lagoon mineral salts and enveloped in a mineral wrap. The treatment ends with a full body massage and especially selected face cream and mask.

90 min. 120 min.



Relaxing and rejuvenating clay treatment and massage

This special Blue Lagoon treatment is based on cleansing mud therapy. The treatment starts with the application of Blue Lagoon mineral exfoliator, which removes dead skin cells and prepares the skin for deeper Blue Lagoon mud cleansing. The mud room then fills with steam while you enjoy and relax for 20 min. The treatment ends with a relaxing face and body massage.

90 min. 120 min.

Silica mud bath

In this unique treatment guests apply Blue Lagoon silica mud mask on the skin and relax for 20 minutes in a special steam bath. The steam ends in light rain that gently washes away the silica mud and leaves the skin with a healthy glow.

20 min.

Salt glow and massage

Renewing and cleansing full body treatment. The skin is polished with a unique combination of Blue Lagoon mineral salts and oils to remove dead skin cells and stimulate blood circulation. Leaves skin with a healthy glow and fresh complexion.

90 min.

Lava deluxe treatment

Experience a unique foaming treatment. Icelandic Lava dust is one of the key elements of this treatment. An extraordinary treatment you must experience. This treatment is ideal for two people having a treatment at the same time.

90 min. 120 min.

Floating deep relaxation / massage

A deep meditation treatment floating in a strong salt solution with natural Blue Lagoon minerals. An unusual experience for both body and mind. The rejuvenating effect is shown to be equivalent to eight hours of sleep.

40 min. 100 min.

Energizing silica treatment and massage

Blue Lagoon silica massage is an invigorating experience that awakens the body and the senses. Designed to reduce muscle tension and drain away fatigue. Rejuvenates body and mind and leaves skin with a healthy and glowing appearance.

Silica massage for back (30 min.)

Silica massage for legs (30 min.)

Silica massage - full body (60 min.)



Please check in at reception 30 minutes prior to appointment / A 24-hour cancellation notice is required
Access to Jacuzzis, saunas and fitness center is complimentary with all treatments

Wellness massage

This relaxing massage increases blood circulation and oxygen flow to the muscles. This is an effective full body massage that reduces swelling and muscle tension. Provides relaxation and wellness.

60 min. 90 min.

Relaxing massage – deluxe

Deep-relaxing massage using pure natural Blue Lagoon geothermal seawater and Blue Lagoon massage oil. It improves circulation, increases blood and oxygen supply to the skin and reduces stress and fatigue. Provides wellness and balance.

60 min. 90 min.

Sport massage

The sport massage is an ideal choice for athletic people. Reduces fatigue, swelling and tension in muscles. Enhances flexibility.

30 min.

Part massage (Shoulders, neck, head and scalp or mix)

This is an effective massage that reduces swelling and muscle tension in selected areas.

30 min.

Pregnancy massage

This is a unique massage that reduces tension. Provides relaxation and wellness. Full body massage adjusted to the needs of the expecting mother during any period of the pregnancy.

60 min.

BLUE LAGOON SPA - REYKJAVIK



Face

Blue Lagoon facial treatments

Blue Lagoon facials are a true pampering. They are designed to meet the needs of different skin types - and the needs our skin and lifestyle has at each time. All treatments are based on Blue Lagoon skin care that contains active Blue Lagoon geothermal elements: minerals, silica and algae. Blue Lagoon face care products are selected for each treatment to strengthen the skin barrier and diminish the signs of aging. These unique facials rejuvenate skin; give it essential energy and a healthy glow.

Anti-aging & lifting

Lifts and works against the signs of aging. Encourages the skin's own collagen production and provides essential moisture. For mature skin.

Hydrating & destressing

Provides moisture and reduces stress. Strengthens the skin barrier. Provides intensive moisture. Leaves skin with a lively complexion. For normal and dry skin.

Purifying & detoxifying

Effective deep cleansing based on the white Blue Lagoon Silica mud mask. Suitable for skin that needs cleansing. Brings out the skin's inner glow. For mixed and dry skin.

75 min. (facial) 90 min. (facial deluxe)

Deluxe facial includes a pampering for hands. Hands are massaged and silica mask applied and finally nourishing Blue Lagoon cream.

Massage and facial mask

Rejuvenating treatment that gives the skin a glow. Includes cleansing, facial mask and relaxing massage.

60 min.

Cleansing

Unique treatment that cleanses and polishes the skin. Nourishes and provides essential hydration. Gives a matt complexion.

60 min.

Feet

Pedicure

Feet that are well taken care off provide a feeling of wellness.

Without polish With polish With French With gel

Pedicure and deluxe treatment for feet and legs

Specifically designed, invigorating treatment for swollen, heavy and tired legs. Increases blood circulation, boosts the skin, encourage balance, wellness and ensures total relaxation. This treatment includes pedicure, foot mask and massage with nourishing and cooling Bue Lagoon foot cream.

Without polish With polish With French With gel

Hands

Manicure

Provides well maintained hands and nails. Light hand massage makes this treatment a true pampering for all the senses.

Without polish With polish With French

Manicure & deluxe treatment for hands

This deluxe Blue Lagoon treatment for nails, hands and arms cleanses, exfoliates, boosts and nourishes the skin. A mixture of mineral body scrub and silica mud mask wrap that deep cleanses and boosts the skin. Soothes chapped hands and diminishes the signs of aging. Gentle massage provides pure pampering. The deluxe treatment leaves hands and arms feeling clean, energized and nourished.

Without polish With polish With French

Other treatments

Nails

Gel nails with extension

Gel on your own nails with "French"

Repair

Repair one nail

Polish

Wax treatment

Upper lip

Chin

Upper lip and chin

Leg from knee down

Leg from knee down including bikini line

Entire leg

Entire leg including bikini line

Bikini line

Upper back

Entire back

Underarms area

Arms

BLUE LAGOON SPA - REYKJAVIK



Chocolate wax treatment

Brazilian wax

Bikini line

Underarms area

Brows & lashes

Eyelashes and eyebrows, color and plucking

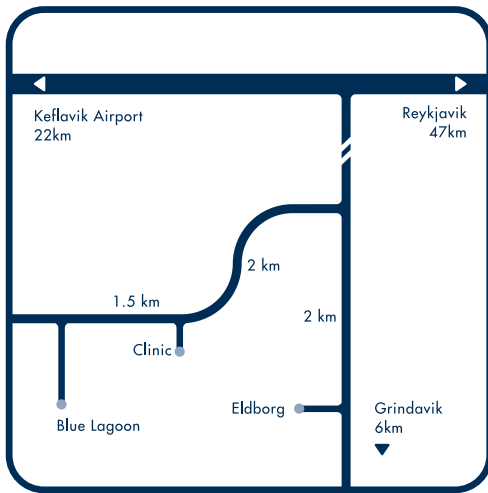
Eyelashes color

Eyebrows color and plucking

Plucking

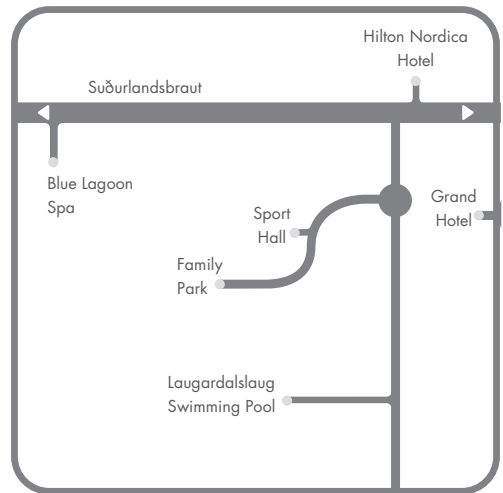


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