

THE SPA AT  
THE REYKJAVÍK  
EDITION®

MENU OF SERVICES

# THE SPA AT THE REYKJAVIK EDITION

## YOUR WELLNESS SANCTUARY

EDITION Spas embody vibrant living, by bringing internationally inspired healing practices with a local flare to each location. Showcasing the best wellness treatments and beauty services, The Spa at The Reykjavik EDITION blends timeless philosophies with innovative techniques and emerging trends.

What does wellness mean to you? Our team of Spa Professionals are ready to curate and advise on your experience, to continue lifestyle choices or open your mind to new modalities that enhance your state of wellbeing. Should you want more information on any of our service offerings, please consult the online menu or contact our spa experts for more details.

The following spa facilities are available at The Spa at The Reykjavik EDITION:  
Sauna, steam room, power showers, hot tub, spa changing and relaxation areas.

Hotel guests are invited to use the spa facilities at their convenience. Out of house guests who have reserved a treatment of more than 30 minutes may also enjoy access to the spa facilities. The capacity of the Spa may be limited according to local law. We kindly ask you to respect the capacity limit of individual Spa areas

# EDITION EXPERIENCES

With wellbeing and local rituals at its heart, our bespoke ceremonies envelop the mind and body in total harmony.

## YOUR EDITION SIGNATURE MASSAGE

Melt into an authentic EDITION experience with a focused intention on your body's needs. This massage, personalized to your desired pressure applying Swedish massage techniques, uses a nourishing blend of oils featuring the EDITION brand's signature Black Tea scent by Le Labo, a rich and complex aroma designed to tap into your feelings of wellbeing and comfort. The massage commences with a local ritual to embrace your sense of place within each destination. This exclusive massage experience is featured at our hotel spas worldwide and will leave you feeling calm, relaxed, and rejuvenated.

60min | 28,900

## ┆ URUZ

A uniquely authentic Icelandic experience, including a synergy of modalities to stimulate nerve endings and rejuvenate the senses. Start with 45-minute targeted hot and cold stone massage followed by an enchanting hammam session including a DIY salt and oil body scrub, a restorative marine mud for the body and a clay mask for the face.

90min | 36,900

## VÍKINGUR

Crafted for the Viking within to help relieve tension from your active lifestyle. This muscle relieving body massage includes warm salt stones to focus on areas of concern, tension relieving essential oils, vitamin-packed smoothie and expert therapeutic care to prevent post-activity aches.

60min | 26,900

## ENDURNÝJUN

Icelandic for renewal, this treatment is inspired by the local seascape and abundance of rich nutrients. Start with a circulation boosting body brush and exfoliation, followed by a personalized body wrap with naturally detoxifying algae or nourishing marine mud; and a customized facial to purify re-balance, and bring out that healthy glow. Top it all off with a scalp massage to melt away all anxiety.

120min | 48,900

## ÆGIR

Illuminate your skin with a radiance restoring facial, tension-melting back massage and DIY sea salt hammam scrub, followed by a hand crafted spa cocktail to prepare you for a fabulous night.

120min | 45,900

## DIY HAMMAM CEREMONY

Soothe the nervous system and melt tension away with the gentle warmth of our healing hammam. Enhance your time in the hammam with a salt and oil body scrub, a restorative marine mud for the body and a clay mask for the face.

45min | 15,000

# ESPA FACIALS

## INSTANT RADIANCE FACIAL

Brighten and revitalize with this intense, instantly effective facial. Innovative formulas unlock nature's power to transform a fatigued or lacklustre complexion. Fresh, toned, radiantly healthy-looking skin emerges, and your natural glow is restored.

90min | 33,900

## ACTIVE NUTRIENTS GLOW FROM WITHIN FACIAL

This invigorating, nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, feeding your skin and your mood so your face will glow with vitality. Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage which stimulates the lymphatic and circulatory systems, helping to boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté and combining steaming, exfoliation and multi-masking to maximize results. Body, mind and skin feel renewed while your face has a lit-from-within luminosity.

60min | 24,900

## INTENSE REGENERATING FACIAL

Visibly diminish wrinkles and fine lines with this powerfully age defying facial. Instantly effective, naturally renewing formulas combined with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened, and your skin is left feeling beautifully refined, soft and supple.

60min | 24,900

## INNER BEAUTY FACIAL

Deeply cleanse, hydrate and renew with this instant results facial. Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aromatherapeutic oils encompass your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored. Purify your body and deeply replenish your skin.

60min | 23,900

# ESPA BODY TREATMENTS

## BACK, FACE & SCALP TREATMENT

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combined with the purest aromatherapy oils and a highly personalized facial help you to look and feel your very best, restored, de-stressed and beautifully radiant.

90min | 35,900

## BODY WRAP

Purify your body or deeply replenish your skin with this personalised body wrap. Reveal instant results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

60min | 27,900

# ESPA MESSAGES

## PERSONALIZED EXPERIENCE

Rely on the expert hands of our therapists and allow yourself to be the center of a completely customized massage session. Our therapists will tailor their skills to suit your needs and choose the massage technique based on the outcome you are looking for.

75 min | 29,900

## HOT AND COOL STONE BODY BALANCE MASSAGE

Re-charge and revitalize body and mind with this natural Basalt stone and Onyx marble massage. Warm Volcanic stones used in a free-flowing massage style to ease muscle tension while cool Onyx marble helps to stimulate and improve circulation. Powerful essential oils help to soothe and bring clarity to mind and body leaving you with a renewed sense of inner calm.

60min | 26,900      90min | 33,900

## INNER CALM MASSAGE

Quiet your mind, release tension and nourish your skin with this holistic, ultimately restorative experience. Personalized to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse or energize, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

60min | 25,000      90min | 31,900

## DEEP MUSCLE MASSAGE

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching and specialized massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

60min | 25,900      90min | 32,900

## SWEDISH MASSAGE

Revive your body and enliven your spirits with this invigorating massage. Working swiftly and deeply where you need it most, traditional Swedish massage with pure, nourishing oils to boost circulation, alleviate tight, aching muscles and awaken the body from head to toe.

60min | 24,900      90min | 31,900

## DUO MASSAGE

Any of the 60- or 90-minute Massage experiences can be enjoyed together in our adjoining treatment room. Please allow our reception team to schedule this for you.

60 or 90 min

## MUSCLE REVIVER

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension in the back is eased, skin looks re-energized. and a positive mindset is restored.

45min | 19,900

# EXPRESS TREATMENTS

## BACK, NECK & SHOULDER MASSAGE

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalized to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energizing your body and calming your mind.

25min | 16,900

## EXPRESS FACIAL

Reveal a clear, refreshed, naturally beautiful complexion with this express facial. Personalized to your needs, natural active formulas cleanse, rebalance and hydrate while aromatic essential oils capture your mind, leaving you looking and feeling relaxed and radiant.

25min | 17,900

## FOOT REJUVENATION

A foot scrub and stone massage treatment designed to reinvigorate and enhance your feet and lower legs vitality. Natural Icelandic herbal salve is used to soften the skin and protect your feet.

25min | 18,900

# GUIDELINES

Our Spa environment is one of relaxation and tranquility. Please respect all guests' right to privacy and serenity. The Spa is a phone, camera and smoke-free zone.

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your Spa reservation. For pregnancies, please allow our Spa experts to guide you in selecting the most suitable treatments during this special time.

Please give us a call at least 24 hours prior to your appointment should you need to cancel to avoid the cancellation fee which is the full listed menu price.

Children under 18 years of age are not permitted in the spa, lounge or locker area.

Please visit our website to subscribe and benefit from our seasonal promotions:

[www.editionhotels.com/reykjavik/spa-and-fitness/](http://www.editionhotels.com/reykjavik/spa-and-fitness/)

Or call us at 582-0020 for a custom curated Spa experience.

## ARRIVAL

Please allow sufficient time before your booked treatment to complete a Spa Intake Form. We recommend arriving at least 30 minutes in advance of your treatment so that you may change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

## SPA ATTIRE

Most body treatments are enjoyed without clothing. However, please wear whatever is comfortable for you. During all treatments, the body is fully draped, except for the area being worked on. The Spa will provide luxurious towels, robes, slippers and any amenities required for use during your spa visit as well as a use of a locker for your personal belongings.

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