



VILLA DAHLIA

SPA & SPIRIT



OUR TREATMENTS

VILLA DAHLIA SPA & SPIRIT IS A SANCTUARY DEDICATED TO RECREATION AND REJUVENATION. IMMERSE YOURSELF IN THE ESSENCE OF OUR SIGNATURE SCENT AND HOLISTIC TREATMENTS BY MIA HJALMARSSON, DESIGNED TO NURTURE YOUR BODY, MIND, AND SOUL. DISCOVER THE TRANSFORMATIVE POWER OF BIO-HACKING AND EXPERIENCE ANCIENT SCANDINAVIAN RITUALS – SAUNA, INFRARED SAUNA, COLD BATH AND HAMMAM, TO CLEANSE AND INVIGORATE EACH AND ALL OF YOUR SENSES.



THE ULTIMATE BODY MASSAGE

Relaxation for body and soul. A full-body massage for the whole body that is both relaxing and profound. The massage is based on classic Swedish massage, pressure points, reflexology and deep connective tissue massage that improves blood circulation. Our organic aroma oil leaves the skin soft and pleasant.

30 min SEK 1350 / 60 min SEK 1850 / 90 min SEK 2350

THE FULL BODY TREATMENT

Cleansing and soothing, from head to toe. A luxury treatment for both body and soul, which begins with our relaxing ritual. The whole body is then scrubbed with an organic scrub that makes the skin clean, soft and smooth. It is followed by a full body massage from the head and face down to the feet. The treatment is soothing and frees the body from both stress and tension. Aromatic oils and soothing sounds create an experience for all the senses. The treatment ends with a face mask and head massage.

90 min SEK 2350

THE LYMPHATIC BODY

A beneficial and gentle treatment with aromatic oils and fragrant chakra balms. Gentle massage for the whole body that resolves blockages and increases flow in the lymphatic system. The treatment also contributes to strengthening the immune system. Optimal treatment after the flight and in case of swelling during hot summer days.

60 min SEK 1850 / 90 min 2190 SEK

THE TOTAL RELAXATION

A total relaxation from the outside world. Relaxing, long-term strengthening and softening massage for the head, face, neck and décolletage. Our technology is based on various pressure points that increase circulation and skin firmness. The treatment reduces signs of stress and swelling in the skin, as well as in the soul. We begin with a thorough cleansing with organic balms and selected serums whose active ingredients strengthen the skin and create radiance.

60 min SEK 1850

CELLULITE TREATMENT

Effective and relaxing treatment for smoother and firmer skin. By creating a vacuum on the skin with cupping, we improve blood circulation and stimulate the lymphatic system, which effectively reduces cellulite and gives you a smoother skin texture. Tailor-made for maximum results in a course where the first treatment is a longer full-body massage with a focus on the lymphatic system.

30 min SEK 800

FACIAL TREATMENTS



THE SUPER FACIAL

The ultimate facial treatment. An individually adapted treatment that meets all the needs of your skin. The treatment is equally suitable for women and men - and begins with a skin analysis so that the therapist can choose the products that suit you. After that, we focus on deep cleaning, radiance and skin rejuvenation. The treatment is also anti-inflammatory and works well against acne. A relaxing facial massage or lymphatic drainage follows, which reduces signs of stress, swelling and fatigue.

30 min SEK 1350 / 60 min SEK 1850 / 90 min SEK 1990

THE EYE

Refreshing eye treatment including eyelash and brow tinting. A rejuvenating and smoothing treatment for the sensitive area around the eyes, while tinting eyelashes and/or eyebrows. We start with cleaning and tinting then we activate acupressure points that reduce swelling and dark circles under the eyes. With the help of a rose quartz roller and an active serum, you get a long-lasting result. The treatment ends with a softening eye mask and head massage.

45 min SEK 950

THE BEAUTY ELIXIR

An experience for your face that gives a glow. We begin the treatment with a skin-renewing enzyme peeling. Then you get acupressure on points that cleanse the skin of debris and increase circulation. Rose quartz roller with boosting serum and massage for face and décolleté gives new glow. We finish with a glow mask.

45 min SEK 1590

THE LYMPHATIC FACE

Initial gentle cleansing followed by acupressure and gentle lymphatic massage for the face, neck and décolletage as well as scalp massage. A relaxing treatment that reduces swelling, dryness and fluid retention.

30 min SEK 900 / 60 min SEK 1690

CONTACT & BOOKING

WOULD YOU LIKE TO KNOW MORE AND BOOK A TREATMENT?

Besök vår hemsida för mer information [hotelvilladahlia.com/en/villa-dahlia-spa-spirit](https://www.hotelvilladahlia.com/en/villa-dahlia-spa-spirit)
[Click here to book a treatment](#)

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