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# Union Spa

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SPA MENU



## SPA PHILOSOPHY

Come to us when your body and soul need rest. Our mission is to offer you treatments and the chance to enjoy swimming, bathing and massage in the midst of the unique and magnificent Geiranger World Heritage landscape.

Our highly trained and experienced therapists seek to give you the best possible experience.

From time immemorial, the people of Norway's west coast have always been outdoor types. We know the powerful effect nature has on body and soul. That's why we invite you to set aside plenty of time, if you can. Then you can start with a hike in the mountains, forests or fields before coming inside.

Let your senses be awakened, rediscover your resting heart rate, and reset.

### **Opening times**

Daily 10 a.m. to 7 p.m.

If you're up with the lark and would prefer an earlier spa treatment, please get in touch.

Opening times may vary in the low season  
– check [hotelunion.no/spa](https://hotelunion.no/spa) or ring us on  
+47 70 26 83 23.

*Welcome to Union Spa!*



## UNION BAD

Water is a joy for adults and children alike. A great spa water experience provides mental and physical exercise, harmony, positive moments and boundless energy. Our pool complex lets you swim inside and out, and relax between dips in our relaxation areas. A sauna refreshes the skin and the mind. For children, there's a dedicated area with slide, grotto and pool. After some time in the water, they can let off steam in the adjacent playroom.

### Facilities at Union Bad

- Indoor swimming pool with open fire and relaxation areas
- Outdoor heated pool featuring jacuzzi, massage jets and cobra waterfall
- Sauna
- Café Løsta with access to the garden
- Garden with comfortable loungers
- Children's pool for the little ones
- Locker rooms
- Practical baby care room
- Playroom
- Solarium

### Prices for hotel guests

Enjoy free admission during your stay.



# UNION SPA

Happiness is having a little extra time for yourself. Close to nature and with one of the world's most beautiful landscapes as a backdrop, experience what total wellbeing can do for you. Union Spa takes care of your mental health, helps you destress and provides inspiration, all at the same time. Authentic, pure and different spa water experiences, cleansing and treatments. A little escape from the everyday. We hope you'll come again.

## Facilities at Union Spa

- Locker rooms
- Sauna area with:
  - Hydrowalk
  - Hot bench with footbath
  - Experience showers
  - Sauna
  - Steam room
  - Japanese hot bath
- Relaxation areas including
  - Sitting room with fire
  - Quiet room
  - Relaxation room
  - Library
- Treatment rooms

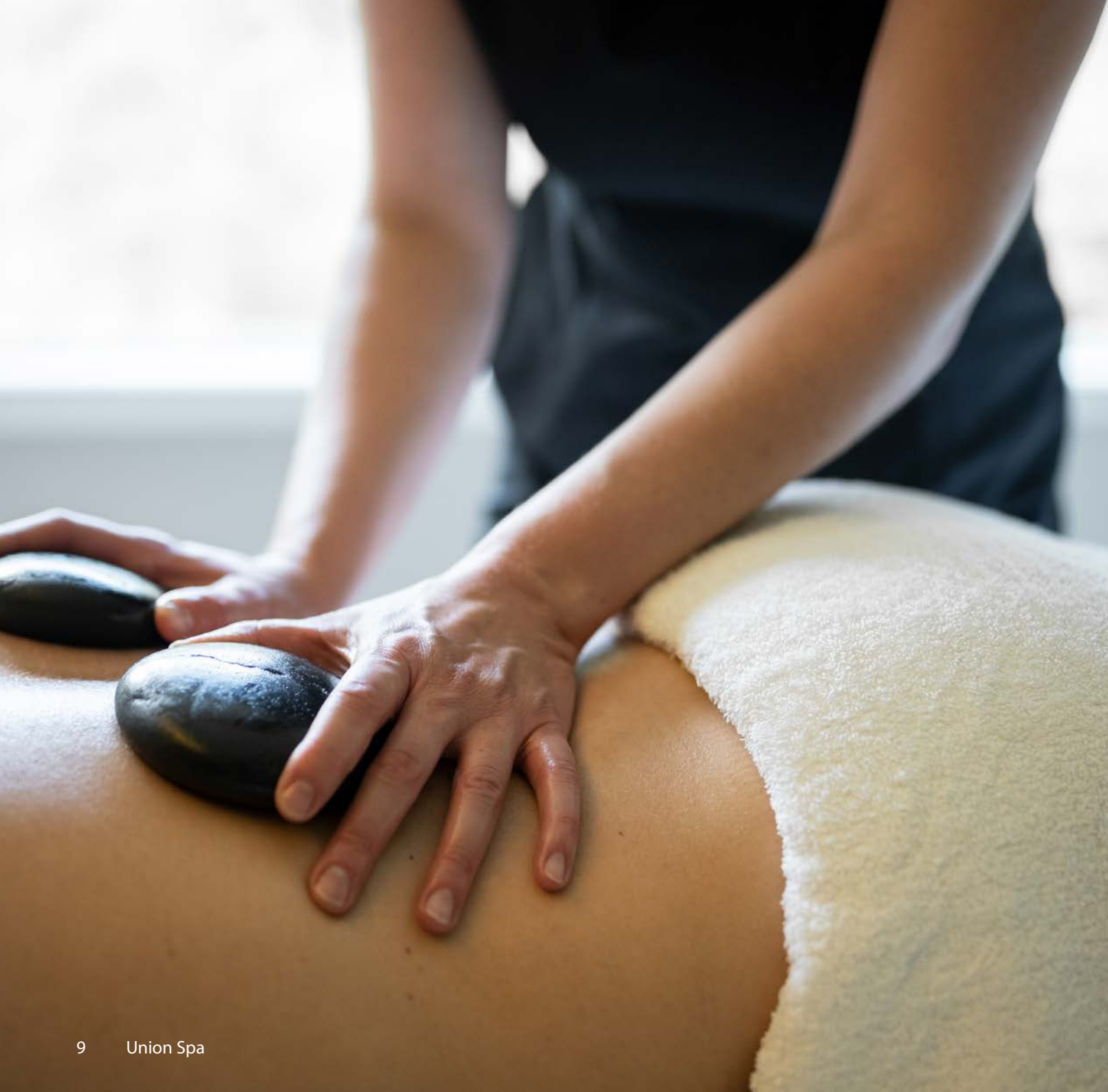
## Prices for admission to Union Spa for hotel guests

Day pass NOK 300

2-day pass NOK 500

## Union Spashop – **NEW!**

Our spa shop can now be found on level 1 by the main reception. Here you can book a treatment, buy a pass for Union Spa or purchase products. Our skin therapist will help you find the right products to suit you and your needs.



## SIGNATURE TREATMENT

### 'GEIRANGERFJORD SIGNATURE'

Body massage and facial

**Duration**

80 mins

**Price**

NOK 1,650

Using smooth hot stones, the therapist will slowly massage your entire body, from aching shoulders right down to the soles of your feet. You'll finish with a thorough facial – cleansing and moisturising – while the black stones keep you warm.

This treatment draws on the power of nature to give you the best possible massage and ease tender spots. We use moisturising creams from the German quality brand Babor.

## BODY TREATMENTS

### 'NORTHERN LIGHTS OVER THE MOUNTAINS'

Scrub and clay treatment in the steam room

Duration	Price
25 mins	NOK 550 per person

Indulge in a self-treatment in our circular, pale-green steam room. The ceiling lights call to mind the northern lights and the magnificent landscape we are part of.

Here we invite you to treat yourself to one of the best things we know: scrubbing your whole body with a blend of acacia seeds in exquisite oil of blue cypress. Then apply a moisturising blend of green clay and seaweed, before finishing with warm 'rain' from the ceiling.

This treatment is ideal for 1 to 4 guests.

### 'SKAGEFLÅ

'Body scrub (ideal before another treatment)

Duration	Price
20 mins	NOK 550

We use special oil of rose and extra-fine salt for a thorough all-over scrub. This treatment is ideal before a massage or other treatments that do not include a body scrub. The salt removes dead skin cells, boosts the circulation and primes the skin to absorb the active ingredients in the exclusive oil.

### 'THE MOUNTAIN WANDERER'

Scrub, moisturising mask and floating massage

Duration	Price
50 mins	NOK 1,090

The treatment is carried out on a water bed, constructed in accordance with the modern principle of floating. You'll be given a full body scrub and have a nutritious mask applied, before being wrapped in big white towels. Hot currents of water massage the back, neck and legs. We use the latest technology and philosophy to provide you with a unique full-body treatment in an almost weightless state.

### 'SKRAPA'

Scrub and cellulite treatment

Duration	Price
50 mins	NOK 1,090

We scrub the entire body with a blend of salt and oil.

Our therapists will bandage you where you need it most – stomach, buttocks, thighs or arms. The scrub helps to soften and warm the skin, allowing maximum benefit from the tightening treatment. For best results, we recommend having this treatment when you've finished taking a sauna, swimming and exercising.

### HAMMAM

Scrub and massage in the Turkish bath

Duration	Price
50 mins	NOK 1,090

Enjoy a sensory visit to a Turkish bath! We've decorated one of our largest bathrooms with marble tiles and built a large, heated stone massage bench in the centre. Here you can enjoy Turkish bathing traditions at their best, with large quantities of steam, water and soap.

We scrub the entire body with a special Turkish exfoliating glove, massaging you with generous amounts of lather. The treatment finishes with a massage of the neck and base of the skull, topped off with a good shampoo.

The ideal treatment, whether you're on your own or with your loved one or a friend.

Afterwards you'll be served a speciality Turkish apple tea, both sweet and refreshing.





## MASSAGE

### 'THE SEVEN SISTERS'

Classic massage

Duration	Price
25   50   80 mins	NOK 550   1,090   1,650

Classic and effective massage targeted at achy areas such as the back, neck, shoulders and legs. Our therapists will quickly find out which areas need extra attention, and you can tailor the treatment to the length you want. This treatment is ideal for anyone seeking a moment of tranquility and pleasure, but whose body also needs to feel the benefit of skilled hands and quality products.

### 'LAUSHORNET'

Hot stone massage

Duration	Price
80 mins	NOK 1,650

A full-body massage using hot lava stones, oil and gentle hands. We use lava stones to slowly warm up the muscles and prepare the body for massage techniques that go deeper. This treatment is ideal for a sore and aching body, stiff muscles or anyone seeking total tranquility and an escape from the everyday stress.

### 'LAUSNESET'

Aroma massage

Duration	Price
50 mins	NOK 1,090

Full-body massage with exquisite oils, invigorating or calming – your choice! Our experienced therapists will do everything they can to give you 50 minutes of high-quality massage. Perfect when you need a bit of time to yourself, to charge the batteries and rediscover your resting heart rate. Before you're ready to start again.



## FOR PREGNANT WOMEN

### 'WAITING TIME'

Scrub and body wrap

Duration	Price
50 mins	NOK 1,090

This treatment combines a full-body scrub with a moisturising treatment using our very best creams, before carefully wrapping you in large towels. Our therapists know that expectant mothers need some extra attention. And so do your skin and body in this special 'waiting time'. If you like, we'll be pleased to give you some tips on the best way to look after the skin – face and body – at this time. We'll make the massage bench as comfortable as we can for you to lie on.

### 'BRINGA'

Pregnancy massage

Duration	Price
50 mins	NOK 1,090

The therapist's practised hands will massage your neck, shoulders, back, lumbar region and legs, paying extra attention to the areas that need it most and in line with your preferences. Carrying a new life means you need more rest. We offer a full-body massage, entirely tailored to your needs. We'll make the massage bench as comfortable as we can for you to lie on.

**Safe treatments for pregnant women:** *'The Mountain Wanderer', 'The Bridal Veil' facial, manicure, pedicure.*

## UNION CLASSIC FACIAL

### 'THE BRIDAL VEIL'

Classic cleansing treatment with scrub

Duration	Price
25   50 mins	NOK 550   1,090

We cleanse and scrub the face, then moisturise with luxurious creams. This 50-minute treatment also includes massage of the face, décolletage and neck, and aims to thoroughly reinvigorate your skin.

### 'FLYDALSJUVET'

Eyelash and eyebrow tinting, including basic cleansing

Duration	Price
50 mins	NOK 1,090

We tint lashes and brows, and pluck/wax as required. The treatment finishes with cleansing and an extra-moisturising cream.

*Why not treat yourself and have simple daytime makeup applied after your treatment? NOK 550*



## UNION EXCLUSIVE FACIAL

### 'KNIVEN'

Enzyme treatment

Duration	Price
80 mins	NOK 1,650

An exclusive speciality treatment comprising facial scrub and mask, developed by the American dermatology company Danné. The rich facial mask is generously applied right down to the hollow of the neck for the best results. The aim is to achieve a visible effect from the unique plant enzymes. Popularly known as a 'Cinderella treatment', this treatment is intended to tighten, smooth and rejuvenate the skin with the help of effective enzymes. Can also be beneficial for sun damage and acne.

### 'BLÅTIND'

Acid treatment

Duration	Price
50 mins	NOK 1,090

This facial combines cleansing and a chemical scrub using fruit acids. It is ideal for those who want a healthy, smooth skin without lengthy treatments. The scrub removes dead skin cells to reveal bright, new skin.



# BEAUTY TREATMENTS

## MANICURE

Duration	Price
50   80 mins	NOK 1,090   1,650

If you want to give your hands a little extra attention, you've come to the right place! We apply rich, nourishing creams, and cut, file and shape the nails. And we give you helpful tips and advice you can use at home. We finish the treatment by applying nail polish. If you prefer a longer-lasting polish, we recommend the 80-minute treatment, which includes shellac polish.

*Removal of shellac 25 mins NOK 200*

## PEDICURE

Duration	Price
50   80 mins	NOK 1,090   1,650

If you want to give your feet a little extra attention, why not book a pedicure? We remove hard skin, apply rich, nourishing creams, and cut, file and shape the nails. And we give you helpful tips and advice you can use at home. We finish the treatment by applying nail polish. If you prefer a longer-lasting polish, we recommend the 80-minute treatment, which includes shellac polish.

*Removal of shellac 25 mins NOK 200*

## UNION MAKEUP

	Duration	Price
Day	25 mins	NOK 550
Evening	50 mins	NOK 940
Bridal	50 mins	NOK 1,690

*Bridal makeup includes a consultation in advance.*

If you're going to a party or celebration or want to look extra good for a special meal, why not book a professional makeup session with our cosmetologists. We offer both a light daytime look or full evening makeup, and will be pleased to advise on what would suit you best.

## WAXING

Price per area

Duration	Price
25 mins	NOK 300

We also offer waxing in Union Spa, which can be combined with other treatments. Using warm wax, we quickly and effectively remove hair from the calves, thighs and bikini area, armpits, back, brows, upper lip and chin.



*"An experience is better  
when you have someone  
to share it with"*

## SMALL GROUPS

Want to do something special for one of your party? Perhaps someone celebrating an anniversary or a bride-to-be? Or perhaps you're travelling as a group and would like to visit our spa together? We're happy to accommodate small groups to give you a taster of our spa treatments. This makes the visit to our spa a shared experience, and gives everyone welcome breathing space. Contact us in advance to ensure we can provide exactly what you want.

### RELAXING HAMMAM RITUAL FOR GROUPS (4-8 PERSONS)

Communal Turkish bath, scrub and body mask in steam and water

Duration	Price
25 mins	NOK 300 per person

One of our therapists will guide small groups in a sensory visit to our Turkish bath. There is room for groups of 4 to 8, and we're happy to welcome groups of friends or colleagues. The self-treatment takes place in an authentic bathroom with marble tiles and a large, heated stone bench in the centre. We warmly recommend this for anyone who wants to enjoy some steaming downtime together in our spa.

### 'NORTHERN LIGHTS OVER THE MOUNTAINS' FOR GROUPS (2-4 PERSONS)

Scrub and clay treatment in the steam room

Duration	Price
25 mins	NOK 550 per person

Indulge in a self-treatment in our circular, pale-green steam room. The ceiling lights call to mind the northern lights and the magnificent landscape we are part of. Here we invite you to treat yourself to one of the best things we know: scrubbing your whole body with the scrub of the season. Then apply a moisturising blend of green clay and seaweed, before finishing with warm 'rain' from the ceiling.

This treatment is ideal for 2 to 4 guests.



*"The sauna ritual takes you into the heat of our sauna with its views up to the mountains. The therapist uses essential oils and creates hot steam in the room. This boosts the circulation and stimulates a cleansing process for body and soul. Come and enjoy 15 wonderful minutes with us"*



## SPA ETIQUETTE

Peace and tranquillity are key ingredients in achieving a deep sense of inner calm. This is why the atmosphere in our spa facility plays an important role. A minimum age of 18 applies, but parents may bring children of 16 and over.

### ARRIVE IN GOOD TIME

A visit to Union Spa should be relaxed and stress-free. If you've booked a treatment, we recommend arriving approx. 30 minutes before the treatment begins. This gives you plenty of time to change, and perhaps enjoy a warming or invigorating spa water experience to prepare. Should you arrive late for your treatment for any reason, the appointment will be shortened correspondingly out of fairness to the person who has booked the next appointment. Always drink plenty of water before the treatment starts.

### GET TO KNOW UNION SPA

Everyone visiting Union Spa is offered a guided tour to get to know the facilities better. If you'd like a guided tour of Union Spa without having to wear a bathrobe, you can prebook a tour outside opening hours.

### TOWELS

You'll find towels at various points around Union Spa and, for reasons of hygiene, we ask you to use these when visiting the sauna and steam room and on heated benches. When in the relaxation areas, remove wet swimwear

or use a towel on the loungers. As an Eco-Lighthouse enterprise, we hope you'll be mindful of the environment.

### TAKE A LITTLE TIME ALONE

Take some time for yourself before your treatment begins. A swim, indoors or outdoors, is a good way to relax. Or what about a cleansing sauna, a Japanese hot bath or standing under our experience showers? All of these will warm body and soul, enabling you to get the most out of your treatments. After your treatment or sauna visit, we recommend spending some time in our relaxation areas, where you can rest, sleep or read.

### CORRECTLY DRESSED

All spa guests are provided with luxurious, fluffy bathrobes and slippers, which we ask you to use during your visit to Union Spa. Swimwear must be worn in the sauna and wet rooms. Wear the bathrobe and slippers when in the relaxation areas. Jewellery and personal possessions can be securely locked in the lockers. For most body treatments and massages, you'll be wearing underwear or swimwear. Disposable underwear is also available and is recommended for treatments that may stain.



## GOOD TO KNOW

So that you have the best possible spa experience, we recommend a consultation with one of our therapists on what is important for you before starting any of our treatments. It's important to mention any health complaints, allergies or other issues that may affect the outcome. Your treatment will be fully tailored to your needs and preferences, enabling you to get the most out of your treatment. Good communication is the key to a

### RELAXATION

Our wellbeing facility includes several relaxation areas where you can enjoy complete tranquillity before and/or after your treatments, as you wish. Perhaps you prefer to relax with a book from the library, lie back and close your eyes in a comfortable lounge, enjoy the peace of the quiet room or meditate on the view. We recommend drinking plenty of our pure and refreshing water before, during and after your spa visit. Water is particularly important when you're in the sauna area.

### REFRESHMENTS

We serve a light, continental breakfast from 10 a.m. to midday. Coffee, tea and fruit are available all day in the sitting room. You can order other drinks to be served in the spa. If you'd like something to eat, we recommend Café Løsta or the garden by the pool area.

### SHAVING

A good facial is better with smooth skin, and, if appropriate, we recommend shaving 5-6 hours before your treatment. If you'd like to enjoy

the special relaxing sensation of our body treatment in the Turkish hammam, we recommend shaving the day before.

### TREATMENTS FOR TWO OR MORE

It's always nice to share a positive experience with others. We offer various treatments that two or more people can enjoy together. You can read more about sharing a little luxury and happiness in the spa menu.

### CANCELLATION

Should you need to cancel a spa treatment, please do so at least 24 hours in advance. Cancellations after this time will be charged in full.

### MOBILE PHONES

A spa experience is intended to reduce your stress level through quiet and relaxation. Put your mobile phone on silent and place it in the locker before entering Union Spa – or leave it in your room.

### PHOTOGRAPHY

A visit to the spa should be a private experience. We want our guests to be able to enjoy their time in the spa without being disturbed by anyone taking photographs or filming.

### OPENING TIMES

Daily from 10 a.m. to 7 p.m. If you're up with the lark and would like a treatment before 10 a.m., please get in touch.



## FINDING YOUR WAY ARO-

### ● LEVEL 1

1. Main entrance
2. Reception
3. Union Spashop

### ● LEVEL 3

4. Café Løsta
5. Playroom
6. Union Bad
7. Children's pool
8. Union Spa
9. Hotel garden



