



Health and wellness

Why not want forget the everyday and the hectic working life for a couple of hours, or perhaps days? We all need to let our body and soul to seek a higher level once in a while, so that we at the end feel like a complete person again – full of energy and power!

This is the goal with our wellness concepts that could take place either at home or abroad:

Aqua Dome

In the Austrian Alps you have the possibility to achieve the optimum dose of comfort. Here your body and soul will be taken care of in beautiful surroundings. There are plenty of possibilities – from fitness, aerobics and spa to massage, aroma therapy and treatments with hot stones.

Frederiksberg Spa

Who have literally tried to experience the American movie clichés with champagne and strawberry in the spa? Vice Versa is welcoming you to a newly renovated and historical swim bath from the thirties.

Experience aroma scent baths, sauna with auf-guss spa, jet massage and what about floating around in the water like in "The Dead Sea"?

Ystad Spa

In Ystad - just on the other side of the Sound - professional masseurs are waiting to welcome you to a total experience of your senses!

Do you need a rejuvenation treatment, a body peeling or body scrub is an idea – not to mention aroma massage or mud baths.

Yasuragi

Yasuragi Hasselunden is a unique and peaceful oasis where you can meet and enjoy the perfect balance between work and spare time. Do you need a different kind of seminar or conference? Then we are able to offer you this exceptional opportunity, which is based on the principles of the 5000 year old Feng Shui tradition.