

Dagmar Spirit & Retreat



We have created a sanctuary in the heart of Stockholm where body, mind and soul receive a much-needed break. Here you will find traditional favorites as well as innovative treatments with elements of modern spirituality.

With a holistic perspective we see the body and mind as one. We will offer you a experience beyond the ordinary.

Treatments

All our treatments have a beginning and an ending ritual. Scent, sound and touch wraps you into relaxation and inner balance. We will massage pressure points on your head and body. This small ritual will welcome you into your treatment. At the end of each treatment, you will inhale an energizing aroma balm that makes you feel energized and ready to take on the rest of your day.

Face

With years of experience, your therapist will make an analysis that meets every need of your skin. You will both get the expertise as well as all the pampering of a modern treatment. All our therapists have a holistic approach and are trained as health coaches to support you with how to improve your skin and beauty from within.

The Super Facial - the ultimate facial treatment

This custom-made facial treatment is suitable for both men and women, that meets every need of your skin. We will start with a cleansing ritual that includes removing the makeup and a refreshing or deep peeling. After the steam you will get a deep pore cleansing for a refreshed skin, this followed by a massage with active serums and oils for your face, neck and décolletage. We work on the lymphatic system helping to detox your skin and get rid of traces from stress, puffiness and tiredness. The increased circulation will get you a new glow and rejuvenation.
60 min 1690 SEK / 90 min 1990 SEK

The Beauty Elixir - a facial experience to get that glow

We will start with a renewal enzyme peeling. Enjoy acupuncture for a deep tissue cleanse and increased circulation. Rosequartz roller with a boosting serum followed by a face- and décolletage massage to get your skin glowing. Topped off with a glow mask and crystals for the facial points while you listen to relaxing tones of Alchemy Crystal Bowls. OLG Super Latte included.
60 min 1590 SEK

The Total Relax - a total relaxation from reality

Relaxing, deeply restorative and smoothing massage for face, neck and décolletage. We use techniques with pressure points to enhance the circulation and texture of the skin. Reduces traces of stress and puffiness on the skin. After a lighter cleansing ritual, we will use organic essential balms and serum with active ingredients to get you the result your skin needs and to regain the glow.

60 min 1590 SEK

The Eye - rejuvenating and smoothing treatment for your eye area

The treatment starts with a cleansing ritual and coloring of brows and lashes. While getting a refreshed look we will activate acupuncture points that take away swelling and dark circles. We will use a crystal roller and serum for a beautifying effect. A smoothing eye mask while you get a scalp massage will make you feel renewed.

60 min 1390 SEK

Body

In our body treatments, we combine different techniques together with carefully selected products to give you an enjoyable experience. We offer a variety of treatments based on our long experience, that is beneficial for both body and soul.

The Feet - a tribute to our feet

A foot bath with aroma oils and grounding crystals will prepare you for a full pedicure. While you sip on OLG Super Latte we will pamper your feet with organic scrub, aroma balms and reflexology foot massage. We will work on your skin and your nails leaving your feet soft and beautiful.
90 min 1590 SEK

The Awakening - a real energy boost

You will enjoy an energizing foot - and leg massage with a stimulating aroma balm. Followed by a heart chakra opening massage including décolletage, arms and hands. Pressure points for the scalp and head to release stress on a deep level. "Tuning Forks" vibrations on the top of your head, the heart and under your feet will create balance between your power centers. The session will end with a crystal grid on your heart chakra and a deep relaxation to the tones of Crystal Alchemy Bowls. OLG Super Latte included.
60 min 1 590 SEK.

The Classic Body Massage

A full body massage for the whole body that is both relaxing and deep. The massage is based on classic Swedish massage, pressure points, reflexology and deep tissue massage that improves blood circulation. The whole treatment provides an inner peace and well-being for both body and soul. Our organic aroma oil leaves the skin soft and comfortable. 60 min 1690 SEK

The Healer - strengthen your immune system and increase vitality

A full body massage with carefully chosen aroma balms, to strengthen and boost your immune system. Acupressure to open and increase circulation and release heavy energy. This will help your body to heal itself and regain vitality. The treatment will end with crystals on each chakra for activation and balance. OLG Super Latte included. 60 min 1590 SEK

Full Body Treatment - pampering of your body and mind

You will get a full body organic scrub leaving the skin soft and smooth followed by a full body massage including your face, neck, scalp and feet. The massage is deeply relaxing and reduces all traces of stress in your body. Relaxing aroma oils and sounds give you a total experience, ending the treatment with a face mask and pressure points on your scalp. 90 min 1590 SEK

The Chakra Balance Massage - deep relaxation and restoration of your body, mind and chakra system

After a short reading of your chakra system, you get a relaxing massage of the whole body, face and head. The effect of the massage is enhanced with our uniquely developed Chakra balms that both activate and balance. Your natural energy flow in the body is restored and any blockages are released. We end with a Palo Santo tree Incense to give you an uplifting feeling. You get increased mental focus, inner joy and vitality! 60 min 1690 SEK

The Reflexology - foot massage with zone therapy that stimulates the whole body

Enhances the overall health and well-being. This treatment will help back pain, stomach and sleeping problems, as well as boost your immune system, detoxify and balance your body. We will use ear acupuncture for full body boosting effect. OLG Super Latte included. 60 min 1590 SEK

The Soul

Our health and well-being start from the inside. Here we go in depth to see what stands in your way of health, joy and flow in life. Our educated healer has many years of experience in order to create a space where you can feel safe and allow yourself to heal.

Gong Healing & Sound Baths with Lady Gong -

**bathe in the sound waves of one of the world's oldest instruments,
a unique form of self healing and transformation**

The Gong is one of the oldest transformational and therapeutic instruments, used in healing rituals since the Bronze Age. As one of the most effective instruments for sound healing, the gong has the ability to affect you on a cellular level by vibrating your cells and internal organs. Sound healing gently massages the molecules back into the right places, clearing blockages and restoring harmony. Each cell vibrates at different frequencies and together with the gong, these vibrations are synchronized into a harmonious whole. Welcome to a unique form of transformation, using the power of self-healing.

How it Works: To begin, Sara -Lady Gong- Emilionie guides you in deep breathing exercises in order to increase your vitality, she then offers you a healing sound journey with a gong shaman drum and sound bowl. Afterwards, you are welcome to stay and rest in the Retreat and let the rest integrate and continue inner chakra balancing. The warmth helps your system unwind and deepen your relaxation.

About Sara - Lady Gong - Emilionie:

Sara is a yoga therapist, mindfulness educator, gong player and through her work she has developed a balance method that is part of Swedish research (Danderyds Hospital, Karolinska Hospital). Sara has worked since 2012, providing businesses, healthcare and schools with tools for stress reduction and self-healing. Some of Sweden's largest workplaces offer her method to their employees, including law firms, pharmaceutical companies and aid organizations.

Information: The Gong Healing and Sound Bath is included for Villa Dagmar hotel guests and held every Saturday morning at 8.30 am for a maximum of four people at the same time.

External guests 60 min 1000 SEK

Private session 1-4 people 60 min 3000 SEK

Dress: Relaxing clothes and no shoes.