

## **Welcome to Dagmar Spirit & Retreat**

We have created a sanctuary in the heart of Stockholm where body, mind and soul can receive a much-needed break. Dagmar Spirit & Retreat is a close collaboration with Mia Hjalmarsson and offers the very best in skincare. Here you will find a wide selection of classic favourites as well as innovative treatments with elements of modern spirituality - a place where we consider the holistic idea that body and soul belong together.

### **Treatments**

All 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. Here you find everything from facial treatments, massages to sound healing.

### **Book**

If you wish to book a treatment, kindly contact our front desk or scan the QR code below to visit our website.



## **The Body**

We combine different techniques together with carefully selected products in each body treatment 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 Ultimate 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 1850 SEK

### **Lymphatic Body - a full body treatment that releases tensions, drains fluid collections**

A beneficial and gentle treatment with aromatic oils and fragrant chakra balms. Mild full body massage that removes blocks and increases flow in the lymphatic system. The treatment also boosts immune system and is ideal after a long flight or for feeling swollen during a hot summer day.

60 min 1850 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 gentle face cleanser, face mask and scalp massage.

90 min 2350 SEK

### **The Feet - a tribute to our feet**

A relaxing foot bath with aroma oils and grounding crystals will prepare you for a full pedicure. 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 1990 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 a full body boosting effect.

60 min 1850 SEK

## **The 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. In our treatments, we use the Swedish organic skincare brand M Picaut, which gives fantastic results.

## **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 1850 SEK

## **The Beauty Elixir - a facial experience to get that glow**

We will start with a renewal enzyme peeling. Enjoy acupressure 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. End the treatment with a facial glow mask and crystals for the facial points while you listen to relaxing tones of Alchemy Crystal Bowls.

60 min 1750 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 1850 SEK

## **The Lymphatic Face Massage – a relaxing treatment reduces puffiness**

An individually adapted treatment to reduce puffiness and dryness. We start with a gentle cleansing and peeling, followed by a massage that increases the lymph circulation and metabolism in the skin. The treatment activates the immune system and gives increased luster and nourishment to dry, tired and swollen skin. We end the treatment with a facial mask customized to your skin needs and a relaxing scalp massage.

60 min 1850 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 acupressure 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.

45 min 950 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 ow 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.

## Gonghealing & Soundbath - 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.

### The effect of Sound healing and the historic significance of the gong

Sound therapy, sound healing, is based on the assumption that you are a set of vibrations that can lose their rhythm when illness occurs. Sound and vibration travel through water more efficiently, and you consist of 70% water, so this affect every cell in your body. Trapped emotions releases. The vibrations release energy from previous experiences.

### About Mattias Sundman

Mattias Sundman is a trained Gong master and Yoga teacher and has been playing the Gong for over 7 years. He regularly holds company events and various classes all over Stockholm. He is also often involved in various events, festivals and also holds training courses. Mattias loves to share his passion with the Gong and always plays from the heart and for world peace. Read more about Mattias [here](#).

**Information:** The Gong Healing and Sound Bath is held every Saturday morning at 9.00 am for a maximum of four people at the same time. Dress in relaxing clothes, no shoes needed.

**Bookings:** For bookings and further questions, please contact the front desk. Please note, bookings need to be made no later than 19.00 the day before.

**Hotel guest:** Included.

**External guests:** 1000 SEK / person.

**Private session:** 1-4 persons, 4500 SEK total.