



VILLA DAGMAR

Spirit & Retreat





# 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. 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.

## BODY TREATMENTS

### 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 1.350 / 60 min SEK 1.850 / 90 min SEK 2.350

### 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 2.350

### 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 1.850 kr / 90 min SEK 2.350

### THE TOTAL RELAX

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 1.850

### 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 1.350

# 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 1.350 / 60 min SEK 1.850 / 90 min SEK 2.190

## EYEBROW- & LASH LIFT WITH COLOR

Enhance your eyes with a gentle treatment that gives beautifully tinted, curled eyelashes and shaped, tinted eyebrows.

Only eyebrows 60 min 1050 kr / Only lashes 60 min 1050 kr / Eyebrows & lashes 90 min 1050 kr

## EYEBROWS & EYELASHES

Renew your eyebrows and eyelashes with a treatment that includes eyebrow shaping and coloring of both your eyebrows and eyelashes.

30 min SEK 750

## 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 1.350 / 60 min SEK 1.850

# CONTACT & BOOKING

## WOULD YOU LIKE TO KNOW MORE AND BOOK A TREATMENT?

If you wish to book a treatment, kindly contact our front desk or visit our website [hotelvilladagmar.com/wellness-retreat](http://hotelvilladagmar.com/wellness-retreat)