

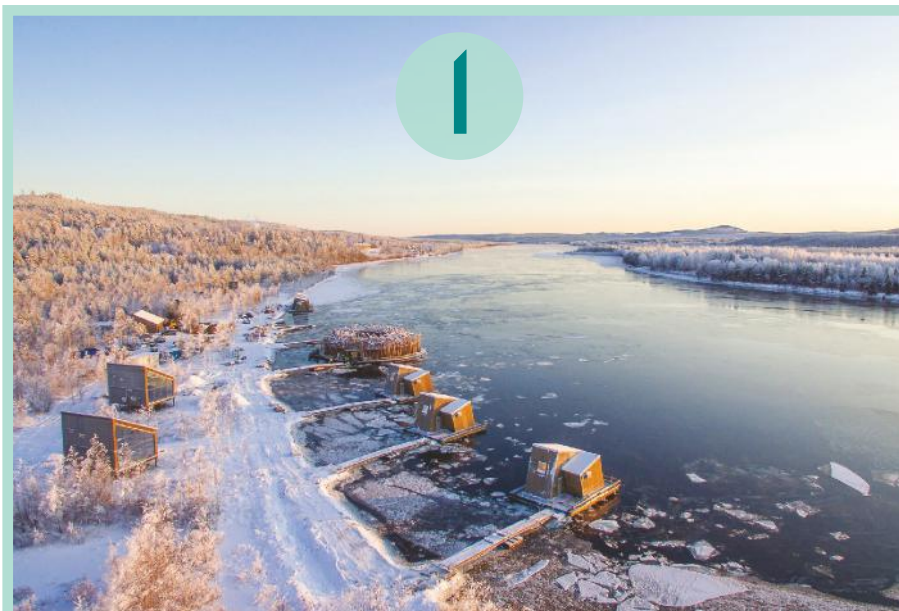
6 of the BEST

SCANDI SPA BREAKS

Centuries-old spa traditions offer the chance to sell a wellness trip with a cool Nordic twist, writes **Alice Barnes-Brown**

The Nordics are proving to be one of this summer's most popular destinations – and it's not just the midnight sun that's bringing it to light. The latest WTM Global Travel Report reveals that summertime travel to Sweden, Norway and Finland was on course to grow 9% in 2025 – compared with the Med's 5%.

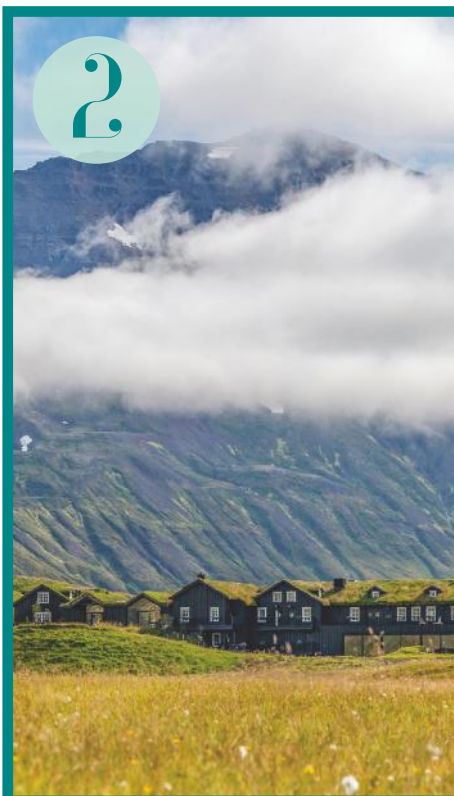
The desire to retreat to cooler climes, a dedication to nature and living in the moment, plus some impressive bathing rituals and sauna customs make the Nordics ideal for a spa-focused stay. From subterranean city spas to cold plunges in snowy forests, we've picked a selection of breaks sure to boost your clients' wellbeing.



RIVER SHIVERS

The Arctic Bath resort (pictured) in Swedish Lapland combines woodland-cabin vibes with the immersive views of an overwater bungalow. The spa itself appears to float on the Lulea River and at the heart of its ring-shaped edifice is a pool that allows clients to dip into the icy waters below. If they wish to splurge, suggest adding a glow-boosting Nordic berry facial or a clay massage. Sue McAlinden, general manager at Best Served Scandinavia, says: "With sauna and cold bathing a rite of passage in Swedish culture, a stay at Arctic Bath is where nature really wraps a blanket around you."

Book it: Best Served Scandinavia sells a three-night stay from £2,475 per person, based on two sharing. Includes breakfast and dinner, luggage, transfers and flights from Heathrow, based on select departures in September. best-served.co.uk



VIKING INVIGORATION

Tucked away on Iceland's jagged Troll Peninsula, Deplar Farm (pictured) isn't just any rural stay. There are only 13 rooms, creating a sense of isolation among the mist-covered mountains – and with a geothermal-heated indoor-outdoor pool, a huge spa, flotation tanks, a sound bath studio and even a 'Viking sauna' dug into a grassy mound, clients will have plenty of opportunity to unwind. Andrea Godfrey, head of Regent Holidays, says: "Deplar Farm feels a world away. The outdoors brings a plethora of activities, including hiking, biking and fishing in the summer and snowmobiling and snowshoeing in the winter, but guests will always come back to the inviting luxury of the lodge."

Book it: A three-night holiday with Regent starts at £8,045 per person, based on two sharing. Includes activities, all meals, transfers and flights from Gatwick in October. regent-holidays.co.uk

DESTINATIONS

NORDICS | SPA BREAKS

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FJORD PAMPERING

Sitting at the edge of Bjornafjorden, Norway's widest fjord, the Solstrand Hotel and Spa's magnolia-hued mansion offers a relaxed atmosphere before clients even step into the spa. Inside, a pool and the usual staples await – a steam room, Finnish sauna, therapy pool with massage jets (*pictured*) and cold-plunge area. For a gentler option, the sanarium is a low-temperature sauna with higher humidity. Katie Bunting, business development manager at Sunvil, says: "Award-winning Nordic wellness at Solstrand includes hot saunas and indoor and outdoor pools with fjord views, seasonal local cuisine – from fjord fish and shellfish to western Norway lamb and seasonal vegetables – plus unforgettable experiences on the water and in the mountains, including kayaking and hiking."

Book it: Sunvil sells four nights' half-board from £1,679 per person, based on two sharing. Includes luggage, car hire and flights from Gatwick on August 24. sunvil.co.uk



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COSY CITY

Copenhagen's Hotel d'Angleterre has a secret spa in the basement. Diane Geddie, Osprey Holidays' product and short-break specialist, says: "It's elegant yet relaxed, with modern Scandi touches softening its classic luxury. From leisurely afternoon teas to a peaceful and understated spa, every detail is thoughtfully curated. There's a swimming pool (*pictured*), sauna, aromatherapy steam room and fitness room, as well as a relaxation area."

Book it: Osprey Holidays sells a two-night stay from £1,496 per person, based on two sharing a Superior Room. Includes breakfast, luggage and flights from Gatwick on November 10. ospreyholidays.com



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LAPLAND LOUNGING

If clients are planning a trip to Finland's far north, add spa experiences to complement snow sports and spotting the northern lights. The Levi Hotel Spa Resort (*pictured*) in Finland's largest ski resort is home to Water World, featuring 17 pools. Jessica Howell, senior destination manager at Inghams Lapland, says: "The Levi Hotel is one of our most popular hotels in the heart of the Arctic village. Clients can enjoy free access to Water World, which includes adult and child pools, so it's a sanctuary that everyone can enjoy."

Book it: Inghams Lapland offers three nights' half-board from £889 per person, based on two sharing. Includes transfers and flights from Gatwick on January 10, 2027. ingham.co.uk



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SEASIDE SPA

With its enviable location on top of a natural spring but also beside the seaside, Farris Bad (*pictured*) in southern Norway offers the chance to dunk in both fresh and salt water. Scented saunas, mineral-rich face masks and body scrubs all replenish the mind and body – and guests can also take advantage of complimentary yoga classes. Martin Garland, co-owner of Expressions Holidays, says: "Farris Bad is a typical example of contemporary Norwegian brilliance, blending stunning modern architecture, using natural resources and perpetuating traditional pastimes such as the sauna and seawater swimming. Pre-booking spa treatments and sauna time is an absolute must."

Book it: Expressions Holidays sells a four-night stay from £1,650 per person, based on two sharing. Includes breakfast, car hire and flights departing July 1. expressionsholidays.co.uk

