

THE FOUR SEASON HEALTH PROGRAM

The four season health program is a rewarding journey to Iceland. This trip combines bathing, nature and overall well being. The days reflect each of the four seasons where participants discover balance between man and nature whileboosting their energy.

Arrival Day

Day 2: Winter Theme Day

You start the morning with breakfast at your hotel, followed by Yoga in the spectacular Icelandic nature. After doing Yoga we join together for a special made lunch consisting of only the healthiest ingredients. Then we visit the Reykjavik Geothermal beach and take a cold bath in the sea followed by a nice relaxing time in the geothermal hot tub. We finish the day off by joining together with a special healthy made dinner in the evening.

Day 3: Spring Theme Day

The day starts with a breakfast at your hotel and on this day we hike to a natural hot spring in Reykjadalur Valley, combining hiking and bathing in the raw nature. This is an easy hike in beautiful surroundings, suited for everyone. As we return to our bus we enjoy an energy drink with a secret ingredient. We all join together in a special healthy made dinner in the evening.

Day 4: Summer Theme Day

The day starts with a breakfast at your hotel. Wednesday is the field trip day! The Golden Circle circular is a 160 mile route (300km) which encompasses many of Iceland's most famous landmarks. We visit the geothermal field Geysir, where hot springs are in abundance as well as Gullfoss, one of Iceland most spectacular waterfalls. Finally we go to the famous Blue Lagoon. A visit to the Blue Lagoon, Iceland geothermal spa is an important part of your stay in Iceland. Guests renew their relationship with nature, soak up the scenic beauty and enjoy breathing the clean fresh air while relaxing in the warm geothermal seawater. We all join together in a special healthy made dinner in the evening.

Day 4: Fall Theme Day

At breakfast you will have some free time until we join together in a Sweat Lodge ceremony in the evening. A Swat Lodge is a ceremonial sauna which includes prayers and drumming. Stones are heated in an exterior fire and then placed in a central pit in the ground in a middle of a Swat Lodge tent. In the pitch dark everyone is equal offering to the spiritual world. Dinner is included.

Day 6: Day of Choice

Breakfast at your hotel and a day of choice. Shopping and sightseeing in Reykjavik or even select activities from AdventureBOX.

Departure Day



Available on the following dates:

July 4th till 10th and September 5th till 11th = Price pr person sharing a double € 870, staying at Hotel Reykjavik or Grand Hotel Reykjavik, Supplement for single € 240, supplement for staying at Hotel Reykjavik Centrum € 150

October 24th till 30th, December 5th till 11th, January 9th – 15th, February 13th till 19th, March 27th till April 2nd

Price pr person sharing a double € 690, staying at Hotel Reykjavik or Grand Hotel Reykjavik,

Supplement for single € 180, supplement for staying at Hotel Reykjavik Centrum € 120

Included in rates, bed and breakfast for 6 nights & activity program as above. Not included transfers from airport and activities on "day of choice"