

Factbox	
Prices start from :	£ 1,129
Travel between :	19 Apr 24 and 19 Apr 24
Rating :	4 Star Icon
Board Basis :	Bed & Breakfast
Duration :	4 nights
Book by :	31 Mar 24
Includes :	Direct Economy Flights with 23kgs Baggage 4 Nights at Hotel Island Spa and Wellness in a Standard Room with Breakfast Wim Hof Cold Nature Therapy 7-Step Spa Ritual in the Sky Lagoon Including Transfers Return Shared Transfers to/from Airport



Detailed Itinerary

Upgrade:

*Upgrade to Panorama Top Floor Room with Balcony with Free Spa Access for £209pp

Hotel featured:

Hotel Island - Spa & Wellness Hotel 4

Hotel Island - Spa & Wellness Hotel

Hótel Ísland is centrally located next to Laugardalur, a place offering Iceland's largest outdoor thermal pool, a botanic garden, Reykjavík park and zoo, an ice skating hall and a sports center. Apart from that the financial district of Reykjavík is just around the corner.

Why Hotel Island - Spa & Wellness Hotel?

- *Hotel Island - Spa & Wellness Hotel provides a coffee shop/cafe, dry cleaning/laundry services and a bar
- *Treat yourself to a Swedish massage or a body treatment at the on-site spa
- *Yoga classes and aerobics classes are offered at the gym
- *Hotel Island - Spa & Wellness Hotel also has conference space, a steam room and a sauna
- *In addition to 3 hot tubs and a restaurant, guests can connect to free in-room WiFi
- *Swimming pool, bike hire, and coffee/tea in the reception
- *Luggage storage, smoke-free property, and 4 meeting rooms

✿Sat 20 Apr 2024: 7-Step Spa Ritual in the Sky Lagoon

7-Step Spa Ritual in the Sky Lagoon Including Transfer The Sky Lagoon is a brand new geothermal lagoon and is all about that Icelandic feeling of warmth and wonder. Join us for rejuvenation and inspiration at the edge of the world.

Product Code: 24308P52

The Sky Lagoon is a brand-new geothermal lagoon and is all about that Icelandic feeling of warmth and wonder. Join us for rejuvenation and inspiration at the edge of the world.

Inclusions:

7-Step Spa Ritual

Towel

Wi-Fi

Air-conditioned vehicle

Meeting and Pick up

Meeting Point

Bus Terminal Reykjavk

Vatnsmrarvegur 10, 101 Reykjavk, Iceland

End Point

Bus Terminal Reykjavk

Vatnsmrarvegur 10, 101 Reykjavk, Iceland

Please be ready 15 minutes prior to departure at BSI Bus Terminal the home of Reykjavik Excursions in the City Centre. Immerse yourself in the new geothermal pool in Reykjavik, Sky Lagoon a thermal spa inspired by nature & culture. The dramatic North Atlantic Ocean stretches out before in the infinity pool with views over Geldingadalur active Volcano and the presidential residence at Bessastair. Step out of your comfort zone and try the 7-step spa Ritual included for all visitors at the Sky Lagoon.

Duration: 2 hours, 30 mins

✿Sun 21 Apr 2024: Nature Cold Therapy

Driven by the direct teachings from world-renowned authors, coaches, and teachers in the field of Mind-Body techniques, Andri has become a go-to reference in Iceland for those seeking a transformational experience like no other. There is simply something profoundly unique one discovers when deepening our understanding of breathwork, challenging old belief patterns, and going into ice-cold water. It's a simple way to rediscover your abilities to take back control of your automatic stress response and learn to be OK no matter what. It's learning to be in the eye of the hurricane.

Product Code: 418140P1

What's Included

Inclusions: Transportation from the studio to the outdoor location.

Exclusions:

Swimsuit & Towel

Meeting and Pick up

Meeting Point

ANDRI ICELAND

Rauageri 25, 108 Reykjavk, Iceland

End Point

ANDRI ICELAND

Rauageri 25, 108 Reykjavik, Iceland Raudagerdi 25 - Right side of the building up the stairs. Next to the music school.

What to Expect

You will be guided through the health benefits of Cold Therapy (Wim Hof Method), breathwork, and the power of our minds. The Wim Hof Method is built on three pillars, which are breathing, cold therapy, and mindset. Combined, these three pillars form a powerful method that is capable of changing your life. By activating a cascade of health benefits.

What you will experience:

Understand your mind-body connection Breathwork for optimal health Cold Exposure. Learn to stay calm in tough situations. How to use cold as a mental and physical health tool Secluded Icelandic nature You will start at our studio in Reykjavik. Where Andri will give you some good background, explain how the body responds to stress with some key exercises on how to work with the cold, and lead you into a breathing exercise. Then, we drive from Reykjavk to a location in nature (Ocean, lake, or waterfall depending on the weather) and enjoy this once-in-a-lifetime experience, and learn the techniques to teach the body to relax in the cold. You will feel an authentic power within you.

The cold will be your new WARM friend in Iceland after this experience.

Duration: 2 hours

Prices and Departures:

Deposit £125pp

*Y15425 Single Supplement £599pp

*Y14153 Heathrow from £1129pp

*Y15427/29 Manchester or Glasgow from £1129pp

*Y15432 Dublin from £1189pp

*Y16872 Southampton from £2219pp

How to Book?

Call 0208 585 4020

Email holidays@travelpack.com

Terms & Conditions:

Based on 2 Adults Sharing, Subject to Availability