



# SPA menu

# NOREFJELL MENU

NEO-Norwegian Oils.

Choose between Balance, Energy,  
Warmth, Cellulite or Pregnancy.

**80 min • Norefjell Signature • NOK 1890,-**

Detox, Power and Energy.  
Hot Stone Massage, Scalp Cure  
and Real Scandinavian Mud Wrap.

**80 min • Norefjell Winter Dream • NOK 1690,-**

Skin Smoothing and Deep Relaxation.  
Body Scrub, Wrap, Hot Stone Massage  
and Face Treatment incl. Foundation.

**80 min • Norefjell Stress Relief • NOK 1490,-**

Stress and Aching Muscles.  
Massage and Back/Shoulder Treatment.

**50/75 min • Norefjell Hot Stone Massage**

**• NOK 1090,-/1490,-**

For Calm and Real Pleasure.  
Massage with Hot Stones.

**25/50 min • Norefjell Hands or Feet**

**• NOK 590,-/990,-**

Hand soak/Foot bath, scrub, mask, scalp  
massage and hand/foot massage.  
(25 min not incl. Hand soak/Foot bath.)

**50 min • Norefjell Snowflake • NOK 1090,-**

Hydrating and Revitalizing Face Treatment  
for Scandinavian Skin, with a touch of  
Hot and Cold Stone Face Massage.

Incl. Foundation

**50 min • Norefjell Viking • NOK 1090,-**

Warm Pine Bath and Balancing Massage.  
Serving of Viking Refreshment.



## NEW LOOK

**50 min • Make up • NOK 790,-**

**25/50 min • Wax • NOK 390,-/590,-**

**25/50 min • Permanent Color Brows,  
Lashes or Pluck Eye Brows**

• NOK 390/590,-

**St. tropez spray tan • NOK 490,-**

**Ultratone Body treatment**

• 45 min NOK 590,-

• 5 Treatments NOK 2590,-

Slimming, Detox, Cellulite, Toning,  
Training and Posture.



# FAMILY AND FRIENDS

We can offer couple treatments  
or SPA packages at our SPA Suite.

## SPA PACKAGES

**75 min • Romantic after ski • NOK 2590,-**

Surprise the person you love with a romantic after ski in our spa suite. You will start with a warm bath, and then you will receive a salt scrub and body massage. We serve you a glass of sparkling and fresh fruit.

**75 min • Family • 4 persons NOK 3490,-**

Spend time with your family in our SPA Suite. The whole family will get a warm Bath and a calming Massage from our Therapists. We serve you fresh Smoothie and Fruits.

**75 min • Mother and Daughter • 2 persons NOK 2590,-**

A great quality time for Mother and Daughter. You will start with a warm bath. Later on you will get a wonderful treatment for face, body and feet. We serve you fresh Smoothie and Fruits.

**25 min • Norefjell Kids • NOK 390,-**

(Up to 15 years.)

Aroma massage. Face and Hand treatment.

**3 hours • Spa Birthday**

**• Min. 5 Kids NOK 250,- per. Kid**

Swimming pool, Norefjell Kids treatment, Healthy finger snacks, Fruits and Smoothie.

Ask us for more details.



# SURPRISE OF THE MONTH

**50/80 min • NOK 990/1290,-**

We create a new treatment for our guests every month, follow our web site for more details.



## FALL NEWS!

### **Kalahari SPA:**

**30 min • Kalahari Calabash Sole Survivor • NOK 690,-**

Sync in a deep relaxation with a foot ritual who softens tired and aching feet. Natural sundried Kalahari Calabashes and soft aromatic fragrances. You will receive your own Calabash to bring home.

**45 min • Kalahari Desert Glow Exfoliation • NOK 690,-**

A deep exfoliation, you can choose between pure red Kalahari sand or Kalahari desert salt crystals. You will receive a Kalahari Bead bracelet to bring home.

### **More Treatments of Kalahari Spa to come...**

**45 min • Intraceuticals • NOK 1190,-**

**6 treatment's including products • NOK 6790,-**

The famous Madonna face treatment... now at Norefjell!

Amazing Oxygen treatment, for different skin conditions.

**We will also introduce you to treatments and products from Nimue, Darphin, Guinot and Mama Mio.**

**Ask us for details.**



# CLASSIC SPA MENU

Men and Women's favorite

**25/50 • Classic Aroma massage • NOK 590,-/990,-**

Choose between energizing or relaxing oils.

**25/50 • Classic Back Shoulder, Scalp massage  
• NOK 590,-/990,-**

Great for muscle pains and headaches.

**50 • Classic Swedish massage • NOK 990,-**

Perfect for muscle pains and tired bodies.

**25/50/80 • Classic Face treatment**

**• NOK 590,-/990,-/1290,-**

We make a skin analysis to find your skin type and condition, so we can give you the perfect treatment you need.

**50/80 • Classic Mother to be treatment**

**• NOK 990,-/1290,-**

We design your treatment during and after your pregnancy.

# SPA CONFERENCE

## Eva Nansen suite

We can offer you a memorable Spa Conference, with your choice of Spa Activities during your meeting.

Let us make your stay memorable for your participants.

## Spa Activity

- 45 min NOK 195,- 5-20 persons

Saunaguss

Energy Massage

Spa Rituale

Core

Yoga

## Spa Conference Menu

- 25/50 min NOK 490,-/890,-  
pre-ordered min. 5 persons  
(Ord. NOK 590,-/990,-)

Aroma/Classic/Back-Shoulder Massage

Face treatment

Foot treatment

Hand treatment

Body Scrub

Please contact Conference for more details

32 14 82 00/booking.norefjell@choice.no

32 14 82 80/spareception.norefjell@choice.no

[www.norefjellsparesort.no](http://www.norefjellsparesort.no)

# SPA ETIQUETTE

We recommend that you arrive about 30 minutes prior to your treatment.

You will receive a bathrobe and slippers.

You can keep your own lingerie on.

We recommend sauna prior to your treatment.

Relax and enjoy a cup of tea before and after your treatment.

If you are late, we will have to reduce your appointment.

Always remember to fill in our client form.

Turn off your mobile phone.

Do not use the shower immediately after your treatment.

Drink a lot of water.

Please reduce the use of alcohol.

In case of cancellation less than 24 hours prior to your treatment, you will be charged for the whole amount.

Treatments and prices are subject to change, make sure you have the latest edition.



**SPA & RESORT NOREFJELL**  
BY NORDIC CHOICE

Please contact Spa Booking for more information

Spa Booking 32 14 82 00/[booking.norefjell@choice.no](mailto:booking.norefjell@choice.no)

Spa Reception 32 14 82 80/[spareception.norefjell@choice.no](mailto:spareception.norefjell@choice.no)

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