



treatment menu

1 - 2018

ENTRANCE

Weekday Spa Experience (Monday – Friday)	495,-
Weekend Spa Experience (Saturday & Sunday/public holidays)	695,-
Weekday Spa & Treatment Experience	295,-
Weekend Spa & Treatment Experience	495,-
Sunrise Spa Experience until 12:00 (Sunday - Friday)	325,-
Twilight Spa Experience from 18:00 (Sunday - Friday)	355,-

Spa Entrance includes:

- Complimentary use of 1 towel, 1 peshtemal, a robe and slippers
- Shampoo, conditioner, body lotion
- Fruits, tea and water
- Free use of the training room

Extra towel and a robe (on loan) cost 25 NOK per piece.
It is only permitted to use swimwear from Farris Bad.
Swimsuits are available for purchase from our Spa-shop.

SPA OPENING HOURS

Monday, Tuesday and Thursday	7.00am to 9.00pm
Wednesday and Friday	7.00am to 11.00pm
Saturday	8.00am to 11.00pm
Sunday	8.00am to 9.00pm

*For more information please visit our website: www.farrisbad.no
Please note that all above opening hours are subject to change.*

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SPA ETIQUETTE

We have established Spa Etiquette to ensure you gain the best spa experience.

As a guest in our Spa we kindly expect you to:

- Always shower thoroughly without swimwear before entering the Spa.
- Cover your body delicately with a towel or a peshtemal in the sauna.
- Use a swimwear in and around the pool area.
- Cover your body up with a towel, peshtemal or a bathrobe while walking around the Spa.
- Sit on towels or peshtemal on the wooden benches in the sauna. This prevents the skin and feet coming into contact with the wood.
- Rinse thoroughly your seat before and after using a steam bath with tiled benches.

We greatly appreciate your consideration and wish you the best spa experience!



Welcome to FarrisBad!
Fanny Andersson
Spa manager



PRACTICAL INFORMATION

Bathrobes, towels, peshtemals and slippers, as well as fruits, tea and water are included in the price of admission. You can use the fitness room and enjoy the spa facilities, as well as the yoga classes.

- Our Spa area is for guests over 16 years old.
- Mobile devices and cameras are not allowed in the Spa.
- It is not allowed to use your own swimwear in the Spa. Only Farris Bad Spa swimwear is available for use.
- Handbags or purses are not allowed inside the Spa.
- No outside food is permitted in the Spa.
- We kindly ask the hotel guests to change and store their personal belongings in the hotel rooms.
- Farris Bad is not responsible for theft, damage or loss of property.
- Verbal and non-verbal embarrassing and improper behavior is not permitted.
- Any kind of sexual activity or intimate physical contact is prohibited.
- Spa Entrance includes 1 towel, 1 bathrobe and a peshtimal. For environmental reasons renting of extra towels and bathrobes cost 25 NOK.



«We are the leading Spa concept in the Northern region, with natural hot springs and spa traditions»

Kristin Mariante
Spa-coordinator

Practical information prior to treatments

- Order treatments in due time before your arrival.
Tlf: 33 19 60 00 / booking@farrisbad.no
- Please let us know of any health conditions or special needs prior to your treatment, e.g. allergies, pregnancy, pacemaker, hypertension, ailments or injuries.
- We perform treatments on women after their 12th week of pregnancy.
- **To cancel** your treatment, we require 24 hours notice. Service charges will be applied in cases of late cancellation.
- Please arrive at least 10 minutes before your scheduled treatment. Later appearances will shorten the scheduled time for the treatment without compensation.
- Home care products will enhance and prolong the effect of your treatment. Our spa therapists will prepare an individual treatment program especially for you.
- For more information, please visit our website: www.farrisbad.no

Farris Bad – a place you will come back to!

PACKAGES

WOULD YOU LIKE TO ENJOY SEVERAL SPA TREATMENTS?

We provide a variety of tailor-made treatment packages designed to bring a better experience and effect.



COUPLES DREAM ESCAPE | 100 min. | **1995,-** pp. (ord.price 2190,-) | sun-fri.

Spend quality time together and share the experience of a genuine Turkish Hammam!

You will enjoy a revitalizing full body exfoliation, which leaves the skin smooth, soft and ready for a delightful foam and hair cleanse! Then you will embrace a 50-minute massage in a double room. The massage may be tailored to your individual needs from back, neck and shoulder massage to a full body massage.

• **Effect:** Removes dead cells and strengthens tired muscles.

LOVE PACKAGE FOR TWO | 95 min. | **1690,-** pp. (ord.price 1890,-)

Enjoy a 50-minute classical massage with your beloved in a double treatment room, followed by a nourishing and luxury milk bath.

• **Effect:** Romantic quality time with your beloved, relaxing and nutritious for the skin.

PACKAGES

SIGNATURE PACKAGE FOR ONE | 100 min. | **2195,-** (ord.price 2390,-)

Find pleasure in a 50-minute results based facial treatment that is customized to meet your needs. This treatment is followed by a 50-minute massage, combining a relieving classical back, neck and shoulder massage with a full body massage.

• **Effect:** Regenerating and moisturizing for the skin, relaxing for the body.

DREAM DAY FOR ONE | 3 hours | **3150,-** (ord.price 3885,-)

Take more time to enjoy getting a full care from head to toe. The therapist starts with a detox body scrub, followed by a body wrap and facial treatment. The dream finishes with a foot bath accompanied by a delicious cleansing detox tea.

• **Effect:** Detoxifying, firming, slimming and rejuvenating the skin.





OUR TRAINING AND DEVELOPMENT MANAGER, LASSE, RECOMMENDS...

FARRIS BAD SIGNATURE TREATMENTS

DELUXE FACIAL | 75 min. | 1695,-

The treatment begins with a skin analysis. The therapist then selects products that will work actively on your skin type. The treatment includes facial cleanse, exfoliation, facial massage with special serum, special face mask, scalp massage, eyebrow shaping, finishing serum and cream. Upgrade your treatment with dyeing of eyelashes and eyebrows for kr. 150.

- **Effect:** Reduces lines, nourishes, tightens the skin and gives it a healthy glow.

FACIAL TREATMENT | 50 min. | 1195,-

Our therapists carry out a detailed skin analysis to select relevant products for your skin type. Includes cleanse, exfoliation, facial massage, face mask, eyebrow shaping and finishing cream.

- **Effect:** Nourishing, regenerating and relaxing.

FARRIS BAD NECK&HEAD | 50 min. | 1295,-

Experience our neck and head massage, combined with a fresh balm that will help you relieve tension and relax your mind. Massaging the points on the face and neck with warm herbal stamps, will give you a pleasant feeling during this 50-minute massage. All this brings freshness and clarity, and provides a pleasant and stress relieving experience. The neck and head massage is specially developed by our therapists, the way they think it should be.

- **Effect:** Relieves tension in the neck/head, relaxing and clarifying. It is especially good for those who use computers and smart phones.



BACK AND NECK MASSAGE | 50 min. | 1295,-

Have the benefit of a deep and effective treatment tailored for people with tension and pain, or for everyone who wants to have a good, thorough back and neck massage. The therapists at Farris Bad have been inspired by classical and aromatherapy massage techniques and have developed special techniques to best fit the client's needs for this massage. The treatment starts with pressure, kneading and torsion, followed by deep muscle massage, which releases chronic patterns of muscular tension by slow drags, stretching and deep frictions. The treatment is powerful and may cause some soreness during or right after the massage.

- **Effect:** Relieves muscular tension and pain, improves breathing and provides flexibility on the relevant area. Passive muscle training ensures a comfortable and relaxed feeling throughout the whole body.



HOT STONE MASSAGE | 80 min. | 1795,-

The Hot Stone Massage promotes deep muscle relaxation through the placement of smooth heated stones at key points of the body. The touch and heat from the stones allows the muscles to relax quickly. This deeply relaxing massage is designed to remove toxins, soothe the body and ease the mind. The unique treatment is developed by our masseurs to provide the best possible massage experience.

- **Effect:** A favourite treatment that can relieve chronic pain, reduce stress and promote complete composure and relaxation.

FOOT AND LEG MASSAGE | 50 min. | 995,-

The treatment combines Thai, Chinese, connective tissue and reflexology techniques, which our therapists have developed precisely to show our vision for a pleasant foot and leg massage.

- **Effect:** Relieves tension and clears blockages in the feet and legs.

HERBAL COMPRESS MASSAGE



Unique treatment that combines classical massage and hot compresses filled with boosting and healing herbs. Those compresses, generally wet and then steamed, release the healing herbal benefits into the pores of the skin. By using various techniques, such as gentle pressing and rolling movements, this herbal compress massage releases tension, removes pain and increases blood circulation. Herbal Compress Massage is a calming, aromatic and alleviating massage giving the body unique sensory experience. The treatment can be tailored to your individual needs from a back, neck and shoulder massage to a full body massage.

80 min. includes neck, head and scalp massage

50 min. | 1295,-

80 min. | 1795,-

- **Effect:** Energizing, analgesic and muscle relaxant.

FARRIS BAD SCRUB&MASSAGE

This amazing treatment combination gives the feeling of a new body. Enjoy the gentle scrubbing movements which leave the skin exfoliated, smooth and clear. The treatment finishes with relaxing back and neck massage.

80 min. includes full body massage.

50 min. | 1295,-

80 min. | 1795,-

- **Effect:** Removes dead skin cells and makes the skin smooth and supple. Loosens stiff aching muscles and improves circulation.



The nine months of waiting for your child to arrive is a special time!
Everyone deserves uplift every now and then, but no one deserves it more than a pregnant woman. A relaxing treatment brings wonders while waiting for your *little miracle* to come.

MOTHER-TO-BE | 75 min. | **1795,-**

This unique therapy strengthens the bond between mother and baby through the power of touch, working with two heartbeats as one. During the entire treatment you will rest on soft cushions that provide support and security. Massage therapists use unique techniques adapted to pregnant women, massaging the back to soften the tension in the body. A hand, foot and leg massage is then used to prevent and reduce water retention. The treatment ends with a soothing facial and scalp massage for optimal tranquility and presence. Lovely gentle fragrances stimulate and give new energy to the mother-to-be.

• **Effect:** Provides new energy, reduces swelling and relieves muscle tension.

MOTHER TO BE FACIAL | 50 min. | **1195,-**

This efficient and relaxing facial is adapted to suit your skin needs and desires. Our therapist performs consultation and skin analysis to select and ensure the appropriate products for your skin type. The treatment includes cleansing, peeling, facial and scalp massage, face mask, eyebrow shaping and final cream.

• **Effect:** Removes dead skin cells, nourishes and brings natural glow to the skin.

MOTHER TO BE DELUXE

We use innovative clinically proven products that have been designed specially to prevent stretch marks during pregnancy. We give maximum comfort, care and attention to achieve the desired effect, as well as a wonderful and relaxing feeling for the whole body from head to toe. The treatment begins with a good back massage, followed by an all over smear with a warm and firming body mask. While the mask works, you get a pleasant foot massage that soothes aching, tired, heavy and swollen feet. The 75-minute treatment includes a short facial treatment with a soothing facial massage and application of products that provide optimum glow and nutrition.

50 min. | **1295,-**
75 min. | **1795,-**

• **Effect:** Prevents stretch marks, increases the elasticity and moisturizing.

All massages and body treatments for pregnant women are performed after the first 12 weeks of pregnancy.



DUO

HAMMAM FOR TWO | 40 min. | 995,- pp. – two therapists

Experience the pleasure of our authentic Turkish Hammam spending some time together!

This private treatment for two allows you to enter the journey with your own spa therapist and feel a totally authentic experience. You commence your treatment in the steam room. There you will receive a full body exfoliation, leaving your skin fresh and ready for the soft, warm lather and the pleasant foam massage. The experience ends with a delicate scalp massage and hair wash.

• **Effect:** Removes dead skin cells and gives a soft and silky skin



LUXURY FOR TWO | 110 min. | 1395,- pp. – one therapist

Especially for you and one you care about!

Experience the pleasure of giving each other a soothing scrub. While one of you is enjoying a relaxing warm bathtub, the other one is indulging in a delightful back massage. Then you take turns. The bath leaves your skin scented and silky soft. The 30-minute massage performed by our masseurs, reduces tension in your neck, back and shoulders. Relax at the end of your treatment in your suite with fruits, chocolates and refreshing drinks.

• **Effect:** Loosens the muscles, nourishes the skin and creates quality time with your loved one.

FLOAT AND MASSAGE FOR COUPLES | 50 min. | 1095,- pp. – one therapist

Float to relax.

Combining floating and massage is the best way to relieve muscle tension and give relaxing effects on your body. You enjoy the treatment together in the same room. While one of you takes pleasure in a back, neck and shoulder massage that loosens muscle tension, the other one is wrapped in comfort with soft towels while floating on a floating air bed. After 25 minutes you change places. Maximum weight 90 kg.

• **Effect:** Loosens tight muscles, soothing and relaxing





FACIAL AND BODY TREATMENTS

We work with best of the best at Farris Bad! With us you can select among Europe's best brands from Ireland, England and Germany. At Farris Bad you can choose exactly what fits your needs and desires.

VOYA

VOYA is a multi award-winning spa brand specializing in luxurious, organic and skincare products. The brand uses certified organic seaweed, carefully selected and gently hand-harvested from the wild Atlantic coast of Ireland. VOYA is certified by the organic standards of the Organic Soil Association. This assures that VOYA's ingredients are recognized globally for setting strict environmental and ethical standards. VOYA's ecological treatments and products are distributed today to exclusive spas in 37 countries.

BABOR

BABOR is German series with over 50 years of experience in professional and personal Skin & Body Care. It is a serious company ensuring the highest quality and efficiency. BABOR group has a strict quality control that applies to all stages of production, from raw materials to selling components, before the products finally reach the consumer market.

ELEMIS

Over 6, 5 million people every year experience the wonderful Elemis treatments at the exclusive skin care salons and spas. This innovative British spa and skincare brand combines powerful, natural ingredients, cutting-edge formulation technology and clinical trials that allow Elemis to bring some of the most effective anti-aging products and spa-therapies the beauty industry has ever seen.



FACIAL

VOYA DELUXE ANTI-AGEING FACIAL 75 min. | 1695,-

Includes VOYA special algae mask with fresh Laminaria that repairs damaged skin, stimulates collagen production and improves skin firmness. Rejoice in a pleasant scalp massage while the algae work their magic. The result is firmed and tightened skin, with a natural radiant glow.

Add an eye treatment, that helps reduce puffiness and fine lines around the eye area, to your facial treatment for kr. 200.

- **Effect:** Stimulates collagen production to tighten and soften dry and dehydrated skin, while reducing the appearance of fine lines and wrinkles.

VOYA ORGANIC ILLUMINATING FACIAL 50 min. | 1195,-

This organic facial is deeply detoxifying and will provide a great, smooth, clear complexion and nice glow. The acupressure massage targets the deeper facial muscles to release toxins, increase clarity and radiance of your skin. The face mask and enzyme peeling used in the treatment help to shrink pores, reduce skin pigmentation and provide new glow. The facial is complemented with a reflexology inspired foot massage to melt away anxiety, and leave you with the feeling like you are floating on air.

- **Effect:** Deeply detoxifying. It promotes a smooth, clear complexion. Leaves the skin silky, smooth and radiant.

FACIAL

BABOR LIFTING DELUXE | 75 min. | 1695,-

Luxuriate in a treatment designed for the decisive woman and man, who want to keep longer the inner elegance. Enjoy time for yourself and let us take care of your skin. By using innovative special mask that prevent premature aging, this ultimate treatment leaves the skin with long-term lifting effect. In addition, it will help the skin look and feel better. The keywords here are strength, flexibility and agility, well combined with relaxation and pleasure through both a scalp and facial massage.

- **Effect:** Makes the skin feel smoother, more vital and remarkably glowing.

PRO-COLLAGEN AGE DEFY | 50 min. | 1295,-

Award- winning Elemis facials

This treatment counteracts aging, making lines and wrinkles less visible, adds a lot of moisture and glow while the body relaxes with a fantastic facial massage.

- **Effect:** Protects against free radicals, improves collagen synthesis and leaves the skin more elastic and smoother.

FACIAL

BRAND NEW! RED CARPET TREATMENT | 50 min. | 1295,-

Benefit from this super efficient non-surgical cosmetic treatment, which is a great “quick fix” with filler effect.

This treatment contains cleansing, Aha-Peeling and DR Babor Collagen Booster Complex. These applications supply your skin with intense moisture, and make you look super fresh in 1-2-3.

You will both look and feel amazing.

- **Effect:** Renews and rejuvenates. Leaves skin glowing and festive.

BRIGHT EYES | 50 min. | 995,-

A gentle facial treatment focusing on eyelashes and eyebrows.

The treatment offers eyelash and eyebrow dyeing, and brow shaping. It is followed by a wonderful eye mask that provides moisture, tightens the skin around the eyes and gives a radiant glow to the face.

- **Effect:** Moisturizes, reduces fine lines for perfect lashes and brows.



BABOR BODY RITUAL

BABOR Spa – the luxurious body care series – combines exceptional wellness fragrances with silky-smooth textures and exclusive active ingredients derived from plant stem-cell extracts. Thanks to these select active ingredients, the products in the BABOR Spa series feel pleasant on the skin and provide a high-performance, anti-aging effect. The various exclusive fragrances create unique moments of pleasure and all-encompassing luxurious Spa experience for body, mind and soul.

A good body scrub with mineral salt and warm oil, followed by a creamy and delicious wrap. Intensive nutrition and hydration with almond oil, thermal water and stem cells that makes the skin protected against environmental influences and brings new freshness and moisture.

You can choose between:

ENERGIZING LIME MANDARIN | 50 min. | **1295,-**
Suitable for those who need a refreshing energy boost.

• **Effect:** Increases circulation, initiates cell renewal and leaves skin silky smooth.

RELAXING LAVENDER MINT | 50 min. | **1295,-**
Relaxing and calming treatment for those who need to clear their minds and find inner peace.

• **Effect:** Soothes mind and body, leaves skin feeling silky smooth.

VOYA LUXURY SEAWEED SCRUB | 50 min. | 1295,-

Exfoliation with VOYA's certified *Organic Fucus Vesiculosus Seaweed Scrub* is the ultimate treat for tired and dull skin. The antioxidants of our mineral rich seaweeds have a purifying and firming effect on the body and skin. The treatment starts with a relaxation massage with VOYA's *Angelicus Serratus Seaweed Oil* perfumed with lemon, lime, tangerine, patchouli, basil and carnation. The treatment ends with the application of VOYA's *Softly Does It* firming body lotion. A medium body scrub.

- **Effect:** Enhances blood circulation and drainage, improves skin tone and texture. Leaves skin deeply nourished and renewed with a fine glow.



VOYA BODY WRAPPING TREATMENT | 50 min. | 1595,-

We use fresh seaweeds from the wild Atlantic coast to wrap the body. Wrapping the body with algae has a strong detoxifying effect. It softens and awakens the body and it is an excellent skin rejuvenator. The treatment ends with an application of a delicious and firming body lotion. For maximum treatment efficacy, we recommend the last procedure for any of our scrub treatments.

- **Effect:** Detoxifying, slimming and firming.



VOYA MINDFUL DREAMS | 75 min. | 1795,-

Do you struggle with bad sleep and a lot of stress? We welcome you to VOYA's Mindful Dreams Massage. Enter a world where we focus on achieving better sleep quality. Enjoy a delicious foot bath with scrub and foot massage then sink into bliss on the bench, where we pamper you with VOYA's beautiful scents that promote peace and well-being. The treatment includes face cleansing and massage, hot oil massage and a full body massage with long movements, where we use hot VOYA's oil. The whole treatment ends with VOYA's ecological algae.

- **Effect:** Improves sleep, reduces stress, renews and nourishes the skin.



BABOR ANTI-CELLULITE | 50 min. | 1395,-

Say goodbye to cellulite!

BABOR anti-cellulite treatment starts with an effective scrub to remove dead skin cells. Bandages are then applied around the stomach, buttocks and thighs with wraps, soaked in the most effective ingredients that increase metabolism and circulation, while draining excess fluid in the body. While the ingredients in the mask are left to deliver the desired benefits, you will enjoy a lovely and relaxing scalp massage.

Depending on the normal rate circulation, the skin may redden more or less after the treatment. After just one treatment, a visibly smoother and more even skin will be observed. We recommend a course of 6-8 treatments to obtain optimal results. A subsequent use of home products is also suggested for maximum effect.

- **Effect:** Draining and firming.

BODY

THE KING'S HAMMAM | 40 min. | 995,-

Hamam is a traditional Turkish cleansing and rejuvenating body ritual.

This treatment starts in a steam room to prepare the skin and open the pores. Then you lie down on the heated Larvikitt stone, where a therapist gives you a full body exfoliation using a gentle glove that effectively removes dead skin cells and cleanse the skin, leaving you feeling fully rested and relaxed. Your whole body is then covered in white soap suds. The treatment is followed by a foam massage and a full-body wash with soap bubbles. A pleasant hair wash and a light scalp massage in the end make you feel like a king!

- **Effect:** Rejuvenates the skin and soothes tired muscles.

THE QUEEN'S HAMMAM | 40 min. | 995,-

Hamam is a traditional Turkish cleansing and rejuvenating body ritual.

During the days of the Sultans, brides-to-be would spend hours getting pampered in various Hammam chambers entirely devoted to the pursuit of personal beauty. This unique treatment starts in the cozy Hammam steam bath to soften and moisturize the skin. A soft and delightful body exfoliation makes way for new, fresh and glowing skin. Subsequently comes a wash with aromatic soap. Your whole body is then covered in soft white foam bubbles, gently massaged with soap, followed by a hair wash and scalp massage. A luxurious treatment worthy of a queen!

- **Effect:** Removes dead skin cells and gives a soft, silky feel.





AROMA MASSAGE

Take pleasure in a soothing body massage, where the therapist uses the same techniques as in classical massage, but focuses on general relaxation and well-being. The treatment is calm and soothing.

110 min. | **2095,-**
80 min. | **1695,-**
50 min. | **1195,-**

• **Effect:** Relieves light muscle tension and improves circulation in the tissue.

CLASSIC MASSAGE

Based on the quality and competence, our Spa Team has adapted a classic massage to suit your needs. We use techniques, such as kneading, pressing and stretching, to relieve muscle tension and stiffness, giving you a soothing and relaxing massage. Classic massage can be used for both prevention and treatment, helping to calm your nervous system and relieve the pain.

This classic massage can be performed as a relaxation massage.

110 min. | **2095,-**
80 min. | **1695,-**
50 min. | **1195,-**

• **Effect:** Makes the muscles more flexible and resilient, increases circulation and brings relaxation.

We also offer Signature Massages which are developed from our Massage Specialists. Please see pages 11-13 for more information.



FLOATAWAY | 20 min. | 295,-

Enjoy the pleasure of being cocooned in soft towels without getting wet, while floating in a state of weightlessness.

This treatment is ideal before or after massage therapies, spa treatments, *rhassoul* or other treatments. Maximum weight 90 kg.

• **Effect:** Calming, relaxing and energizing.



RHASSOUL DELUXE | 40 min. | 995,- pp.

Rhassoul is an oriental clay treatment originating from Morocco.

Your Rhassoul DeLuxe experience starts in a *rhassoul* private shower, where you exfoliate your body with a good salt scrub. Moving into a *rhassoul* private steam room, you apply nice, soft clay over your body, face and hair. Let the steam increase the effect of the clay, while you relax under the beautiful starry sky listening to pleasant music. Afterwards, you get a rinse from a powerful tropical rain shower. The treatment is concluded with nurturing and nourishing body oil, leaving your skin gloriously renewed. This is the perfect ritual to share with your partner or friends.

• **Effect:** Nourishes, moisturizes and makes skin smooth and soft.

RHASSOUL | 40 min. | 845,- pr person

Rhassoul is an oriental clay treatment originating from Morocco.

Your Rhassoul DeLuxe experience starts in a *rhassoul* private shower, where you exfoliate your body with a good salt scrub. Moving into a *rhassoul* private steam room, you apply nice, soft clay over your body, face and hair. Let the steam increase the effect of the clay, while you relax under the beautiful starry sky listening to pleasant music. Afterwards, you get a rinse from a powerful tropical rain shower.

• **Effect:** Nourishes and makes skin smooth and soft.

VITAMIN-RICH MILK BATH FOR TWO | 45 min. | 695,- pp.

Perfect for those who want to take extra care of each other!

This unique treatment is inspired by Cleopatra's bathing ritual thought to have preserved her youthful beauty. Bathing in milk is the essence of Cleopatra's ancient ritual. It is rich in nourishing vitamins, amino acids and minerals. It contains natural collagen from Japanese camellia and oat extract that penetrates the skin, leaving it soft and supple.

Enjoy our fantastic "dream bath", where you give each other a nice scrub. This full body wash and scrub helps to deeply cleanse body and soul before you sink into the bath we have prepared. A pleasant treatment which helps muscles and joints to relax, and eases away tension.

Fruits and refreshing drinks will be served at the end.

DETOXING BATH FOR TWO | 45 min. | 695,- pp.

An ancient traditional treatment using a combination of hand-harvest seaweed and peat enriched with ginger and carnation. This natural treatment stimulates both body and mind, and helps stress and fatigue disappear. Peat contains high levels of humid acids which increase absorption of the most important minerals for the immune system. It is anti-inflammatory and eliminates toxins. Fruits and refreshing drinks are served at the end.



- **Effect:** Improves circulation and works as a detox program. It relieves pain in muscles and joints, psoriasis and eczema.

All the spa treatments are also available to book as an individual treatment.





HANDS & FEET

GELLAC WITH MINI MANICURE | 50 min. | **995,-**

Hybrid nail polish gives you beautiful nails with zero dry time. Your nails will remain in perfect condition for 14 days. Perfect nails without cracks or peeling, just high-gloss shine. We recommend you to start your spa experience with that treatment.

MANICURE & PEDICURE

Spa manicure with nail polish 50 min. | **995,-**
The treatment includes hand exfoliation, cuticle care, nail shape and massage.

Spa pedicure with nail polish 50 min. | **995,-**
The treatment includes foot bath, exfoliation of dead skin, cuticle care, nail shape and foot massage.

SAUNA RITUALS

Sauna, Badstue, Pirts, Pirtis, Hammam, Sweat lodge, Aufguss, Sufiti: A dear child has many names.

Sauna experiences are no exception: Sweat rituals and sweat rooms have different history in various continents and countries around the world.

Farris Bad will promote a good sweat bathing culture by collecting masters within the different branches of sweat rituals.

The Norwegian bathing culture is a substantial part of the Norwegian inheritance, especially in the north. Farris Bad will honour our sauna legacy by bringing in other countries, world cultural heritage and human development, so that we can strengthen and awaken our own inheritance with respect. We will continue embracing and searching for a wholesome health culture.

During our sauna weekends you will be able to experience the best we have found out in the world of masters within the heat, cold and sweat rituals. We will guide you through the process of acquaintance and passion about sauna rituals, so you can experience a total presence, good health and strong mind.

You will find permanent activities on our plan such as Aufguss, scrub ritual and honey ritual.



THE PERFECT SPA DAY FOR YOU | 1595,- pr person

**Treat yourself and make the most of
your own spa day!**

Your spa day at Farris Bad includes full use of the spa facilities, towel and slippers, a 50 minute treatment of your choice and spa lunch.

Valid Monday – Friday (excluding public holidays)

FARRIS BAD | Fritzøe Brygge 2 | 3285 Larvik | +47 33 19 60 00 | www.farrisbad.no