

ENTRANCE TO FARRIS BAD SPA

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 2 towels, a robe and slippers
- ✓ Shampoo, conditioner, body lotion
- ✓ Fruits, tea and water
- ✓ Free use of the training room
- ✓ All activities on our healthy training plans

Extra towel and a robe (on loan) cost 25 NOK per piece.

Swimsuits are available for purchase from our Spa-shop.

Bermuda shorts are not allowed in the Spa due to hygienic reasons.

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

On Wednesdays from 8.00pm to 11.00pm and the last Sunday each month from 4.00pm to 9.00pm a Continental-Spa is provided, where the whole spa is a *non-textile (nude)* area.

For more information please visit our website: www.farrisbad.no

Please note that all above opening hours are subject to change.

SPA TREATMENTS

Farris Bad Spa

Packages

Practical information

Farris Bad Signature Treatments

Mother-To-Be

Duo Treatments

Facials

Massage

Spa Treatments

Hands and feet

Aufguss

WELCOME TO FARRIS BAD

Spa Treatment Menu

Since the dawn of time, crystal-clear and health-giving mineral water has been swirling down from the natural spring in Larvik. In 1843 the first Spa was established at the natural spring. Farris Bad became the first balneological health resort in the Nordic countries and has been evolved through several generations. Today, Farris Bad is back with *one foot in the past and one in the future*.

With its unique location and modern architecture, Farris Bad is one of the largest and the most versatile spas in Scandinavia. Here you will find the tranquility of body and soul. Farris Bad focuses on physical and mental training, balanced nutrition and healthful treatments. It offers a classical whole philosophy built on the best within European Spa

traditions. Mineral-rich water comes from the spring with a depth of 55 meters. After a twenty-year journey through purifying moraines, the benevolent pleasant water flows into the spa spring water cave.

Farris Bad means more than just a place to stay for everyone who works here. It means much more for us because:

VI GIR DEG ROM. VI GIR DEG TIDEN TILBAKE.

FOR TIDEN DU SAVNER, SAVNER OGSÅ DEG.

Welcome!

PRACTICAL INFORMATION AND SPA ETIQUETTE

Please take a moment to read this

General Etiquette

- ✓ Our Spa area is for guests over 16 years old.
- ✓ Due to hygienic reasons Long Bermuda shorts, underwear or full coverage swimwear are not allowed.
- ✓ Always shower thoroughly without swimwear before entering the Spa. A good sweat in the sauna requires a shower before using the swimming pool or the ponds.
- ✓ We recommend using the sauna without swimwear.
- ✓ During Continental-Spa evenings is the whole Spa a *non-textile (nude)* area. Cover yourself with a bathrobe, peshtemal or a towel while walking around in the Spa.
- ✓ Avoid sweating directly on the wooden bench in the sauna by always spreading a towel under your body and feet.
- ✓ Use slippers in the Spa area. Entering the sauna, leave the slippers outside the door.
- ✓ Our Spa department is a quiet area. We therefore kindly ask you to respect silence in the Spa area.
- ✓ Mobile devices and cameras are not allowed in the Spa.
Make your spa experience more relaxing and enjoyable! It is time to switch your mobile and set yourself free!

- ✓ Relaxation beds are available for everyone. Please do not reserve them.
- ✓ Smoking and use of *snus* are not allowed in the whole Spa area, including the terraces.
- ✓ No outside food is permitted in the Spa.
- ✓ Snacks and drinks are served in the Spa Lounge. In interest of other guests, alcohol can only be consumed in the Spa Lounge and may not be taken inside the Spa.
- ✓ Intimacy between guests is not appropriate in the Spa.

”By following these rules you give an important contribution to hygiene and health in Farris Bad.”

Kristin Mariante,

Spa-coordinator

Practical information prior to massage 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.
- ✓ To cancel or reschedule 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.
- ✓ Always shower before visiting the spa area or before a treatment.
- ✓ Please wear a bathrobe to your treatment. You can ask your therapist for disposable underwear.
- ✓ We recommend that you join our activities. That will help you find tranquility and greater health benefits.
- ✓ Remove make-up before the facial treatment as well as nail polish before the manicure and pedicure.

For more information, please visit our website:
www.farrisbad.no

We wish you a pleasant stay with us!

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. kr. 1995, - per person (ordinary price kr. 2190,-) Sunday - Friday

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. – kr. 1790 per person (ordinary price kr. 1990,-)

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.

SIGNATURE PACKAGE FOR ONE

100 min. – kr. 2195 (ordinary price kr. 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

180 min. – kr. 3150,- (ordinary price kr. 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.

SIGNATURE

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

SIGNATURE DELUXE FACIAL

75 minutes – kr. 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.

SIGNATURE FACIAL TREATMENT

50 minutes – kr. 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 minutes – kr. 1245,-

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.

SIGNATURE

BACK AND NECK MASSAGE

50 minutes – kr. 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.

THE PURE FEELING

50 minutes – kr. 1295,-

Enjoy the feeling of gentle scrub which leaves the skin exfoliated, smooth and clear. The treatment finishes with relaxing back and neck massage.

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

FOOT AND LEG MASSAGE

50 minutes – kr. 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 minutes – kr. 1295,-

80 minutes – kr. 1795,-

Effect: Energizing, analgesic and muscle relaxant.

HOT STONE MASSAGE

80 minutes – kr. 1695,-

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.

PRENATAL

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 minutes – kr. 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 minutes – kr. 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

75 minutes – kr. 1795,-

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. To complete the treatment, the therapist applies products which have a remarkable effect on the elasticity of the skin and bring a regenerative effect.

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 minutes – kr. 995,- per person – 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.

SUITE FOR TWO

110 minutes – kr. 1395,- per person (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 minutes – kr. 1095,- per person (one therapist)

Float your stress away! It is time 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, France 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.

DECLÉOR

High quality and good results have made DECLÉOR one of the leading series in the international and Scandinavian skincare and spa industry. DECLÉOR's vision is based on trust, respect and balance, both for the

products and for the environment.

DECLÉOR has more than 35 years of scientific experience in the use of selected plant essential oils that bring balance and renew the skin. The series offers a complete range of unique aromatherapy and phytotherapy products, as well as salon treatments that provide excellent results. Many of the products are 100% natural, derived from flowers and herbs, and without artificial additives. DECLÉOR products are free from animal ingredients, lanolin or artificial perfume additives. DECLÉOR do not use protected or endangered plant species, but actively take responsibility in protecting the environment and investing in aid projects.

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 minutes – kr. 1645,-

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 minutes – kr. 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.

VOYA INTENSE DEFENCE FOR MEN FACIAL

50 minutes – kr. 1195,-

This powerfully effective treatment, specially designed for men exfoliates the skin with the finest bamboo spines, allowing for a deeper cleanse. Enjoy a relaxing facial and scalp massage while VOYA's special mask feeds your skin with vitamins and minerals. Fantastic for those effected with shaving rash and irritation caused of ingrown hairs. The skin is left hydrated, fresh and mattified.

FACIAL

GLOWING YOUTH FACIAL

75 minutes – kr. 1695,-

Do you want results combined with wellness? DECLÉOR's philosophy SKIN-BODY-MIND provides a unique treatment experience. We use 100% natural special mask with vitamins and proteins. Natural linseed, wheat germ and sunflower provide a moisture boost, relieve red skin and give your skin healthy glow. During the treatment you get a light massage on the back, face and neck. The treatment can be adapted to all skin types.

Effect: Recommended for those who want fresh and youthful glowing skin that makes you party-ready!

BABOR HSR LIFTING DELUXE

75 minutes – kr. 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.

NYHET! PRO-COLLAGEN AGE DEFY

50 minutes – kr. 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.

DR. BABOR SKIN RENEWAL

50 minutes – kr. 1195, -

Experience the purifying fruit acid treatment that ensures complete skin renewal and regeneration. It is perfect against wrinkles, pigmentation, acne and blemished skin. A thorough skin cleansing, facial massage and fruit acids mask to suit your skin and boost all skin vital features. The skin feels clean and refreshed. BABOR fruit acid treatment is also recommended as a cure.

BABOR CRASH FACIAL

50 minutes – kr. 1295, -

This popular and effective treatment stimulates the skin with radiant glow and youthful vitality. It regenerates, moisturizes, smoothes, soothes, cleanses and tightens, helping the skin to absorb multiple ampoules all at once. Therefore the treatment is known as 'crash' treatment, because the skin is crashed with multiple BABOR serum ampoules.

It is recommended for dehydrated, dry and lifeless skin.

Effect: Gives the skin a radiant glow, leaving it vital and rejuvenated.

BRIGHT EYES

50 minutes – kr. 995, -

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.

BODY

DECLÉOR AROMA WRAP RITUALS

Complete happiness for the whole body! Aroma Wrap treatments feature exfoliation, body mask and light massage with an aromatic balm, leaving the skin radiant and healthier. Effective plant extracts chosen according to your needs are applied all over your body. Enjoy the pleasure of a heated blanket, whilst the active ingredients work their magic for a maximum effect. Clear your mind while experiencing a lovely scalp massage. Choose your own Aroma Wrap Ritual between:

UPLIFTING

50 minutes – kr. 1395, -

This wrapping ritual is ideal for those with tired feet and heavy legs, those with muscle tension or those who just need energy boost. It stimulates poor circulation and reduces fluid tension.

Effect: Increases the circulation, eases muscular tension and has a cleansing effect.

RELAXING

50 minutes – kr. 1395, -

This ritual is perfect if you are drained of energy and/or have dry skin. It is suitable for anyone who wants to enjoy the optimal spa experience. A nutritious and skin care body lotion is smeared all over your body, to end

the treatment.

Effect: Leaves skin silky, glowing and revitalized.

BODY

VOYA LUXURY SEAWEED SCRUB

50 minutes – kr. 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.

VOYA BODY WRAPPING TREATMENT

50 minutes – kr. 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.

BABOR ANTI-CELLULITE

50 minutes – kr. 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.

BABOR BODY RITUAL

50 minutes – kr. 1195, -

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.

Select the perfect scents and desired results for you:

Shaping for Body: Effective; firming and body shaping; improves contours.

Energizing Lime Mandarin: Uplifting and revitalizing. (Energizing; Refreshing)

Relaxing Lavender Mint: Relaxing and calming.

Balancing Cashmere Wood: Protective; strengthening and balancing.

BODY

THE KING'S HAMMAM

40 minutes – kr. 995,-

On the Trail of Lost Time

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 minutes – kr. 995, -

A Rediscovered Tradition

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.

MASSAGE

AROMA MASSAGE

Take pleasure in a light tissue massage of selected essential oils to soften

the skin. This relaxing aroma experience focuses on key pressure points using strokes and kneading of muscles. The treatment is calm, pleasant and soothing.

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

110 minutes kr. 2095, -

80 minutes kr. 1695, -

50 minutes kr. 1195, -

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.

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

110 minutes kr. 2095, -

80 minutes kr. 1695, -

50 minutes kr. 1195, -

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

SPA

DRY FLOAT

20 minutes – kr. 295

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

You can experience this dry float treatment either alone or as a duo. It 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 minutes – kr. 945,- per person

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 minutes – kr. 795,-

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.

SPA

Christian Lund Holm was a Norwegian doctor interested in natural mineral water and balneology. He discovered a spring, rich in minerals, whirling by the river Farris in Larvik. This led to establishing of Larvik Bad. *Josefinkilden*, another spring that he discovered later, was named after his wife.

VITAMIN-RICH MILK BATH FOR TWO

45 minutes – kr. 795, - per person

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.

VOYA'S DETOXING BATH FOR TWO

45 minutes – kr. 795, - per person

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 humic 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

Old Farris Bad used several natural resources, including Queen Maud source. Water quality belonged to the alkaline saline sources and was used for various healing purposes.

GELLAC WITH MINI MANICURE

50 minutes – kr. 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 minutes – kr. 995, -

The treatment includes hand exfoliation, cuticle care, nail shape and

massage.

Spa pedicure with nail polish

50 minutes – kr. 995, -

The treatment includes foot bath, exfoliation of dead skin, cuticle care, nail shape and foot massage.

AUFGUSS

Farris Bad, always searching for novelties and the best in heat therapy, has found Aufguss (German; ‘*infusion*’ English). This experience follows the ancient Finnish practice of generating hot, humid air by pouring water and ice on heated stones.

Sauna Master starts the ritual by throwing water and ice, mixed with essential oils, onto the hot stones. Then using a towel, the Sauna Master performs a fanning technique to remove the isolation layer around your body. Pleasant smells and warm vapour bring a subtle delight to the senses, enhancing the many benefits already enjoyed in the dry sauna.

Visiting Farris Bad, you can enjoy a variety of unique rituals in our sauna, such as scrubbing, meditative herbs, stretching, honey, birch branches and *Aufguss*. All these rituals are developed in cooperation with several of the world’s leading sauna masters and are an important part of the incredible Farris Bad feeling.

‘*Gut Scwitz!*’, as they say in Germany. ‘Happy sweating!’ is our greeting to you.

“Nature has provided us generously with everything we need to remain in good health.”

Sebastian Kneipp

Sebastian Kneipp was a catholic priest. He became famous when in 1800 he cured his own tuberculosis. Kneipp is most commonly associated with the “Kneipp Cure” form of hydrotherapy, a system of healing involving the application of water through various methods, temperatures and pressures. Hydrotherapy and the Water Cure have lived on, and are still practiced today. Alternating the flow of water from hot to cold stimulates immune system and enhances circulation. Therefore, we also offer ice shower, ice fountain, cold pool and refreshing sea bathing in our spa area.

THE PERFECT SPA DAY FOR YOU

kr. 1595, - per 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)