

Relax

Be sure not to miss our relax facilities; you can have a sauna, steam bath, Jacuzzi or just sit and relax beside the fireplace. In the evening the fibre-optic “starlight” goes on and a pleasant feeling of harmony fills the room.

As our guest you have free access to the relax area every day from 6 a m until 11 p m.

In autumn and winter seasons we recommend our outdoor hot tub. It is a great way to end the day or to start the evening. With a private sauna next to it and the aroma from the birch wood used to heat the tub this is a unique Scandinavian experience. This is a very popular activity so be sure to book well in advance of your visit.

In the extended Relax area, we have a state-of –the-art modern gym with Exercise machines and sports equipment that provides various means training and exercise.

We cooperate with various professional therapists; this gives us the possibility to present a great selection of treatments such as massage and facials. If this is of interest to you, be sure to contact us well in advance of your visit to Lastberget.

