

Reykjavík Spa City

ESPA European Spas Association



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What is SPA CITY Reykjavík?

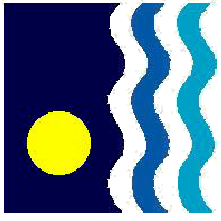
1. Reykjavík's 7 Thermal Pools & Baths are the source of good health and well-being for the city's residents.
2. Thermal-spring water heats up homes throughout Reykjavík - without polluting.
3. A peaceful, small city with the heart and soul of a metropolis: extensive cultural activities and a colourful nightlife next door to beautiful nature at her boldest.
4. Restaurants in the city serve fine, healthy cuisine, created from ingredients raised in a clean, natural environment.
5. Wonderful, Fresh Drinking Water.

What are the primary target groups?

- Families with children.
- Senior citizens who want to improve their health.
- Sufferers of stress.
- Sufferers of arthritis.
- Those with heart various ailments.
- Those who suffer from asthma and allergies.
- Hay fever sufferers (April and May).
- People with jet lag find relief at the thermal baths.
- And then there are those who need relief from too much revelry the day before.

Thermal-spring water has positive affects on both body and soul.

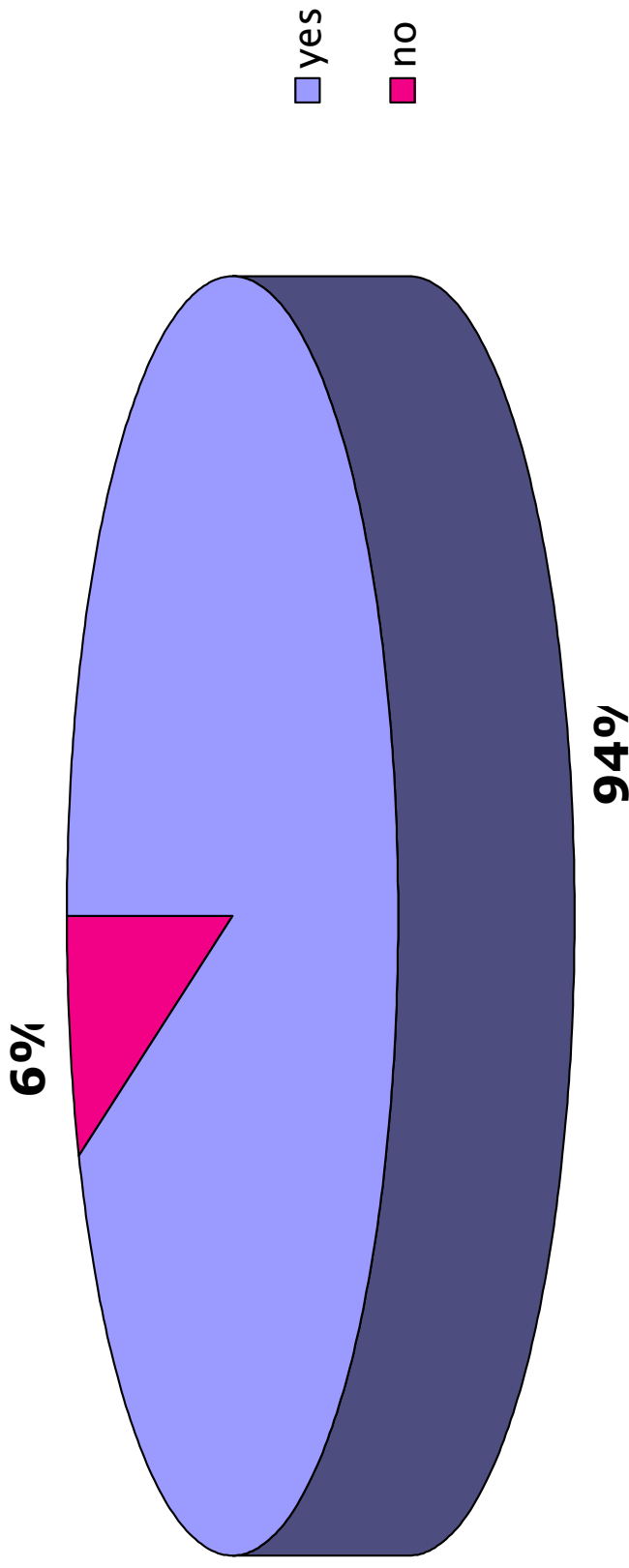
- Swimming and bathing have a good affect on the health of older citizens. (The average life expectancy of Icelanders is among the very highest in the world: 77.5 years for men and 81.4 years for women.)
- Bathing has positive affects on arthritis and various repertory and heart ailments.
- Bathing reduces stress and tension levels.

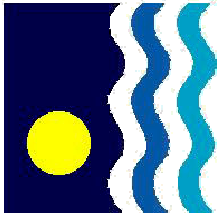


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Have your visits to the Thermal pools and baths had an effect on your health and well-being?

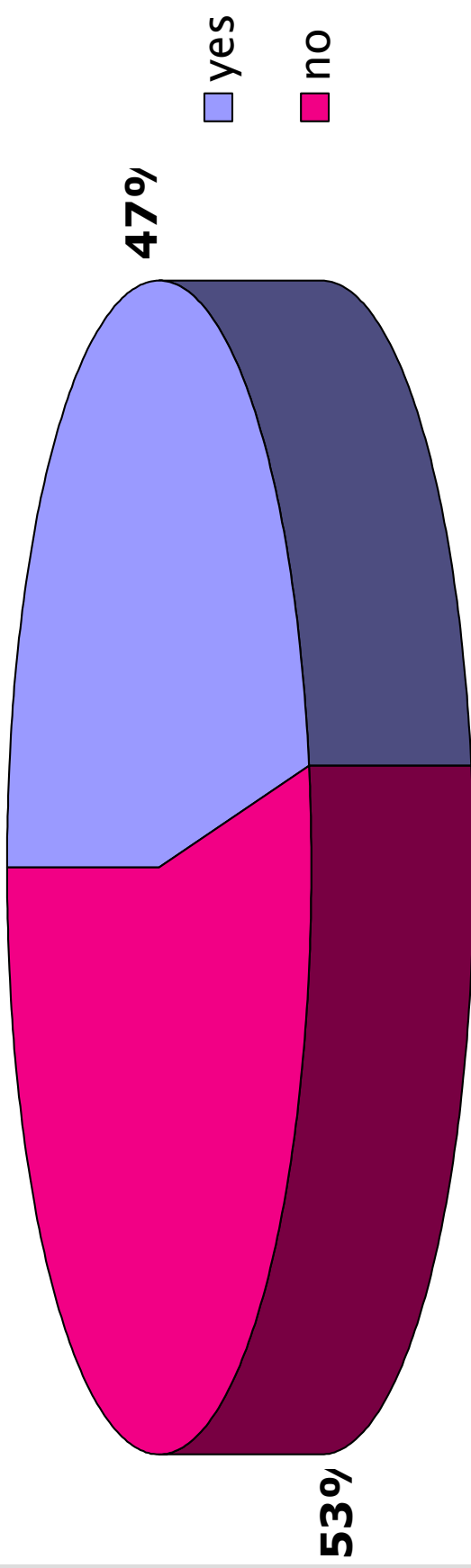


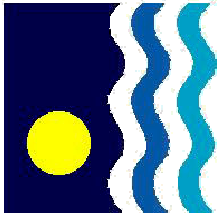


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Did you talk with any of the pool guests during your stay about the Thermal pools and baths?





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If you return to Iceland, will you visit Reykjavík's pools and baths again?

