

STÖTEN SPA



The best of both worlds

Treatment menu 2026/27



Right now you are holding a whole new world in your hand.

In the world SPA there is heat, cold, water and wonderful scents. In this world it is not allowed to carry your luggage of worries and sad thoughts.

Freed from your heavy burden you will discover that SPA is like floating for a while.

Welcome in and let your adventure begin...



Reservation:

spa@stoten.se

www.stoten.se

Notify when booking if you are pregnant, have medical problems, allergies or taking medication so that we can customize the treatment to your needs. Also come without makeup!

Cancellation is made by email to spa@stoten.se otherwise 50% of the treatment price will be charged! We can also cancel your appointment at short notice

We wish you a great experience with us at Stöten SPA!

In our treatments we use products from



Facial Treatments



Stöten Express – 25 min

Nice refresh of the face. Good for those who want a short treatment. You enjoy cleansing, exfoliation, massage, face mask and finishing products.

Price SEK 695:-

Må som en Isprinsessa/Prins – 50 min

Our popular facial treatment gives you fresh and balanced skin full of radiance. Dream away for a moment, while getting cleansing, exfoliation, massage, mask and finishing products. Handmassage during the mask. Of course, we use products tailored to your skin's specific needs.

Price SEK 995:-

Vinter Kokong – 50 min

A warm and incredibly relaxing treatment for those who need a lot of moisture and relaxation to the skin. You enjoy warm cleansing and peels, hot stone massage and a moisturizing mask and finishing products.

Price SEK 995:-

Snöstjärnan – 50 min

Facial treatment with smoothing and rebuilding effect with focus on antiage. For all skin types with fine lines and wrinkles. You are offered cleansing, exfoliation, antiage massage and a nice antiage mask made of fleece.

Price SEK 995:-

Älvan – 70 min

Facial treatment that takes your skin to new heights! You enjoy cleansing with brushes and effective exfoliation, lovely facial & eyes and décolletage massage and finish off with a peel-off mask that gives your skin incredible glow & firming effect. Hand & foot massage.

Price SEK 1295:-

Coloring of lashes and brows – 25 min

Reinforces and gives a nice framing of the eyes. Including brow pick.

Price SEK 495:-

Winter Bath



Hot bath – 20 min

A relaxing bath with various beneficial cures. Choose one:

- Algaebath: Moisturizing and mineral rich
- Eucalyptusbath: Invigorating and fresh
- Teabath: Aromatic relaxing
- Herbbath: Perfect after skiing with tired muscles

Price SEK 550:-



Combination Treatments



Stöten Favoriter – 60 min

The treatment begins with a nice bodyscrub before you enjoy your choice of wrapping, while you are offered the facial treatment Stöten Express. Choose one wrapping:

- * Slimming Green Tea
- * Softening Vanilla
- * Regenerating Cranberry
- * Purifying 3Thees
- * Moisturizing Ghassoul
- * Mineralrich Algae

Price SEK 1295:-

100% Stöten – 50 min

Perfect for those who want the best of both worlds! Starts with hot stone massage on the back legs, back and shoulders with wonderful Therae balm and is followed by a moisturizer for the face, cleansing, exfoliation, massage and mask and a lovely handmassage.

Price SEK 1250:-

Norrskén – 50 min

For you who want to increase circulation and bring out the glow in the skin with salt scrub, shower and vitamin-rich bodylotion and luster on the face with a wonderfully comfortable glowbomb with cleansing, peeling, massage and mask.

Price SEK 1250:-

Vattufjäll – 50 min

For those who want total relaxation! You start with a delicious teabath where you also scrub yourself with tea. Followed by a warm wrapping applied with effleurage. Finishes with facial cleaning and facialmassage.

Price SEK 1250:-

Massage



After Ski – 25/50 min

Warm and very relaxing massage with hot stones that dissolves lighter tension after skiing.

Price SEK 695:-/1095:-

Te Massage – 25/50 min

Incredible nourishing massage with green, white, black and red tea performed with a lovely silky oil of your personal choice packed with antioxidants.

Price SEK 695:-/1095:-

Spa Pjäxan – 25 min

Relaxing foot bath with scrub and circulation- enhancing massage for tired feet and calves.

Price SEK 695:-



Duo Treatment



Snö Duo – 50 min

Perfect for those who want to do something together! While one sits in a lovely bath, the other chooses between relaxing backmassage or a light facial. Change occur after half time.

Price SEK 1650:-

Children Treatments



Snövit – 25 min, 7-15 years

A lovely, light facial treatment adapted to the younger skin. Cleansing, exfoliation, massage and mask for the child and meanwhile, a parent enjoys a hot tub in the same room.

Price SEK 750:- (1 child + 1 adult)

Frost – 25 min, 7-15 years

Lovely foamy foot bath, exfoliation, foot massage and painting of toenails. Meanwhile, a parent enjoys a hot tub in the same room.

Price SEK 750:- (1 child + 1 adult)

Vinterbubblor – 25 min, from 3 years

Foamy hot tub for two children. Meanwhile, a parent in the same room is enjoying a light backmassage or a refreshing facial.

Price SEK 750:- (2 children + 1 adult)



Boost your treatment



In addition to your regular treatment, you can book these treatments at a reduced price to boost your treatment to max!

*Hot tub: Choose from Algae, Eucalyptus, Tea or Herb

Price SEK 425:- 20 min

*Bodypeel: Softens the skin and increases circulation

Price SEK 425:- 25 min

*Eyelashes and Brows: Reinforces and gives a nice frame to the eyes

Price SEK 425:- 25 min



A warm welcome when you are healthy and asymptomatic! Stay home at the slightest symptom of you or someone in the travel party.

All to reduce the spread of infection and virus.

