

**Press feature, August 2007**

## **Relax and rejuvenate in Northern Europe's natural oasis**

**The Øresund Region has so many natural advantages for holiday makers seeking relaxation that it almost seems unfair on the competition. Beautiful beaches, rolling hills, dramatic seascapes, forests, woodlands and parks – the Øresund Region has them all. But it doesn't stop there. The region's stunning range of spas and wellness centres exploit their natural setting to the full offering an impressive range of treatments, facilities and services to soothe mind, body and spirit.**

As a region that is blessed with outstanding natural beauty, forests, gorgeous beaches and a landscape that lends itself to all manner of activities from golf to rock climbing, the Øresund Region starts off with a natural advantage. This is an oasis of calm and beauty in a hectic world, something that visitors sense the moment they arrive. But as well as the natural attractions of the region, the Øresund Region also offers numerous man-made facilities to bring you an intoxicating world of pampering, relaxation, wellness and pleasure. Here are some of the best places to unwind in luxury and peace in the Øresund region.

### **Historic beachfront spa**

**Ystads Saltsjöbad** is one of the leading spas in the region with a stunning location right on several miles of sandy beach. Built in 1897 today it offers thoroughly modern facilities and a wide range of treatments and services. Saltsjöbad's new spa complex has eight treatment rooms offering everything from algae baths to wraps, beauty treatments and massage, as well of course as sauna, steam room, restaurant and a cold bath. Also available on site are a gym, indoor pool, tennis and nearby golf courses while during the summer the hotel arranges poolside grills for the perfect Swedish summer experience.

### **Newly renovated Modern Scandinavian style amid beautiful surroundings**

Having undergone an extensive renovation and currently expanding with new rooms, the former Solsidan hotel is now named the **Torekov Hotel**. This mid-sized contemporary beach-side spa hotel is decorated in an exquisite modern Scandinavian style with beautiful stained wood floors, wicker furniture and white walls. Vast

windows let in the light and let residents take in the beautiful views across the water. Torekov is located in a stunning area of natural beauty on the Bjäre peninsula and offers a wide range of quality services. These include yoga training, spa treatments, cycling, tennis, skiing (there are two ski centres close by) cooking lessons and the even more indulgent chocolate and spirits tasting sessions.

### **Refined 19<sup>th</sup> century elegance, with cutting edge facilities**

The spa hotel, **Hotel Skansen**, is justly renowned throughout the Øresund region as one of its leading hotels. It is a great place to come to detox, unwind and indulge yourself. The hotel was built in 1876 but today is thoroughly modernised within, expertly combining the charm of the old with the conveniences and tastes of today. Skansen is located in the historic town of Båstad close to the sea. Its impressive range of spa facilities include a pool room with sea views, a long list of spa, health and beauty treatments, and a Japanese pool. Guests can also unwind with sailing or fishing trips, beach parties, climbing adventures, diving and exhilarating RIB rides. Meanwhile, the hotel's Restaurant Sand is highly regarded throughout the region as a bastion of seasonal, Swedish cooking with an imaginative international influence. Each year Båstad hosts Sweden's premiere tennis tournament, the Swedish Open, and the hotel has recently augmented its world class tennis facilities and can offer tennis lessons for individuals or groups.

### **New England comes to the Øresund Region**

The newest conference spa hotel to open in Southern Sweden is **The Lodge**, located 30 minutes from Malmö and just 15 minutes from Sturup airport. The Lodge's mellow, New England décor and intimate, personal atmosphere set the scene for the effortless relaxation on offer here – whether it be in the hotel's excellent restaurant, whose kitchen blends local ingredients with Asian and Mediterranean cuisines; or in the sauna, Jacuzzi. The Lodge is located above Rommelåsen, with superb views from its rooms, restaurant and spa.

### **Gourmet pampering and exotic treatments**

If you like your pampering to include you stomach, the hotel **Karlaby** should be high on your list of options. The Karlaby's chef, Linus Persson, is famed in the region for his Modern Swedish cuisine with a Mediterranean influence. This idyllic, thatched farmhouse (the bedrooms are in a converted stable) is a genuine oasis, surrounded by beautiful parkland and close to excellent beaches. It is the perfect retreat from the

demands of the modern world. This intimate hotel has just 22 rooms but offers an indoor swimming pool and sauna. Activities and treatments on offer include wine tasting, yoga, Hawaiian lomi-lomi massage, body scrubs, sea weed wraps and special treatments for men.

### Luxury treatments for the stars – and you

**Hotel D'Angleterre\*\*\*\*\*** is the oldest hotel in Denmark. For 250 years this grand building - located at Kongens Nytorv at the end of the main pedestrian street Strøget and just opposite the Royal Theatre - has played host to royalty, presidents, film stars and many other celebrities. The hotel has a superb gourmet restaurant as well as a spa and fitness centre, **Arndal Spa & Fitness**. The spa and fitness centre is managed by and named after the author of several books on healthy living, Lotte Rye Arndal.

Arndal Fitness & Spa offers the last word in luxury featuring an elegant heated swimming pool, a separate spa and a wide range of fitness equipment - all free for hotel guests. The staff at Arndal provides a wide variety of massages and treatments and all products used – oils, scrubs, moisturisers - are organic.

### Spa with ocean view

It may be just 20 minutes north of Copenhagen but **Skodsborg Kurhotel & Spa\*\*\*\*\*** is a world away from the busy life of Denmark's capital. Situated in a beautiful spot by the water and bordering Dyrehaven – the vast, forested deer park – Skodsborg offers a wide range of rejuvenating activities and relaxing treatments including massage sessions; facial treatments; and herbal baths.

Of course, intrinsic to one's health and vitality also is what you eat. The menu at Frederik & Louise, the hotel's restaurant, is inspired by the contemporary international spa-kitchen. Spas are notorious for offering 'challenging' healthy food, but most people like to relax with luxurious, flavoursome cuisine - it is a neat trick if you can combine the two but Frederik & Louise does just that with dishes geared towards both health and gourmet satisfaction..

### Spectacular spa, the ultimate in luxury pampering

Further north along the Øresund coast is the conference hotel **Comwell**

**Borupgaard\*\*\*\*\***, a palace of health surrounded by beautiful North Sealand nature. Comwell Borupgaard has recently converted a 650 square metre mansion into a luxury

spa with 20 exquisitely designed treatment rooms, and a “wet area” comprising swimming pool, hot and cold pools and numerous types of baths. Comwell Borupgaard has 30 meeting rooms, the largest of which can hold 340 people.

Comwell are Scandinavian pioneers in wellness and run a number of spa hotels throughout Denmark and Sweden.

### **Everything under one roof**

**DGI-byen** is a culture and sports centre located in the heart of Copenhagen close to the central station. Offering a wide variety of sports facilities; a three-star, contemporary Scandinavian design hotel; restaurants; cafés; a water culture house; and spa, DGI-byen is immensely popular with locals and tourists alike.

The DGI-byen spa features every conceivable spa facility including Jacuzzis, steam baths and hot and cold tubs and saunas, and a huge range of treatments and services. Immerse yourself in hot water with the latest spa ingredients such as relaxing scented oils, deep cleansing salt or green algae. Whichever type of bath you choose, it always comes with iced drinking water and fresh slices of fruit to hand. The sauna has a different theme every week, whether it is Finnish style, Native American Sweat Lodge, Roman or Turkish baths.

### **Oriental style in the medieval city**

**Ni'mat** and its four floors of Oriental inspired wellness are housed in an historic town house in the middle of the busy Købmagergade, the pedestrian high street off Strøget. Wooden beams, slanting walls and creaking old staircases underline the charm and intimacy of this intimate shrine to luxury and wellbeing. At Ni'mat you can treat yourself with sensuous pleasure for body and relaxation for the mind including a wide range of massages; a four-hand massage being the house speciality. After a good work-over you can slip into an aromatic steam bath or another Ni'mat speciality: an open air bubble bath on the beautiful terrace overlooking the medieval heart of Copenhagen. As well as breakfast, Ni'mat offers lunch and dinner either Thai, Japanese or Franco-Danish, from some of Copenhagen's best restaurants. Ni'mat can host meetings of up to 25 people.

### A world of choice

As a result of the recent wave of popularity of wellness treatments, a number of new spa venues have opened around Copenhagen city. **Mirage Spa & Kur** beside the City 7Hall Square offers a candlelit spa and treatments in elegant and luxurious surroundings, and stays open until late in the evening. **Philoleum** is a small and intimate wellness centre, offering spa-packages and various facial and body treatments. **Frederiksberg Svømmehal**, one of Copenhagen's oldest public swimming pools, has recently undergone a thorough renovation including the addition of a luxury department with steam bath, sauna, coldwater pool, massage chairs and jet-massage tubs. It also offers a range of body scrubs, salts and aromatic bath oils. **Øbro Svømmehal**, at the other end of town, is another historic public swimming pool and baths which has been recently converted with spa facilities and wellness in mind. The swimming pool itself has a Roman feel to it, with pillars supporting a glass roof which creates a wonderfully light, airy environment.

### Øresund East

#### Karlaby Kro

[www.karlabykro.se](http://www.karlabykro.se)

Simrishamn

Tel.: +46 (0) 414 203 00

#### The Lodge

[www.thelodge.se](http://www.thelodge.se)

Genarp

Tel.: +46 (0) 46 24 8905

#### Hotel Skansen

[www.hotelskansen.se](http://www.hotelskansen.se)

Kyrkogatan 2, Båstad

+46 (0) 431 55 81 00

#### Torekov Hotell

[www.torekovhotell.se](http://www.torekovhotell.se)

Själaviksvägen 2, Torekov

Tel.: +46 (0) 431 55 8100

#### Ystads Saltsjöbad

[www.ystadssaltsjobad.se](http://www.ystadssaltsjobad.se)

Saltsjöbadvagen 6, Ystad

Tel.: +46 (0) 411 136 30

### Øresund West

#### Hotel D'Angleterre/Arndal Spa & Fitness

Hotel D'Angleterre  
Kongens Nytorv 34  
1050 København K  
Tel: +45 3337 0668  
[www.arndalspa.dk](http://www.arndalspa.dk)

#### DGI-byen

Tietgensgade 65  
1704 København v  
Tel: +45 3329 8000  
[www.dgi-byen.dk](http://www.dgi-byen.dk)

#### Ni'mat

Købmagergade 41  
1150 København K  
Tel: +45 3315 8955  
[www.nimat.dk](http://www.nimat.dk)

#### Comwell Borupgaard

Nørrevej 80  
3070 Snekkersten  
Tel: +45 4838 0333  
[www.comwell.com](http://www.comwell.com)

#### Skodsborg Kurhotel & Spa

Skodsborg Strandvej 139  
2942 Skodsborg  
Tel: +45 4558 5800  
[www.skodsborg.dk](http://www.skodsborg.dk)

#### Frederiksberg Svømmehal

Helgesvej 29  
2000 Frederiksberg  
Tel: +45 3814 0400  
[www.frederiksbergsvoemmehal.dk](http://www.frederiksbergsvoemmehal.dk)

#### Mirage Spa & Kur

H.C. Andersens Boulevard 10  
1553 København K  
Tel: +45 3333 9500  
[www.miragespa.dk](http://www.miragespa.dk)

#### Øbro Svømmehal

Gunnar Nu Hansens Plads 3  
2100 København Ø  
Tel: +45 3525 7060

### Philoleum

Esplanaden 5  
DK 1263 København K  
Tel: +45 3393 2320  
[www.philoleum.dk](http://www.philoleum.dk)

## Facts about Copenhagen / Øresund

The third phase of the Project Copenhagen / Øresund, runs from 2007 – 2009. The budget is over DKK 81m, including DKK 8.3m from the EU's INTERREG IIIA. The markets targeted by the project are Germany/Switzerland, Great Britain/Ireland, USA, China, Italy and Spain. Copenhagen / Øresund partners are SAS, SPANAIR, Copenhagen Airport, the Oresund bridge, Avis, Malmö Tourism, Position Skåne, VisitDenmark and Wonderful Copenhagen. The aim is to place the Øresund region on the world map and make the destination more accessible.

Links to our partners:

[www.visitcopenhagen.com](http://www.visitcopenhagen.com)

[www.visitdenmark.dk](http://www.visitdenmark.dk)

[www.malmo.se/turist](http://www.malmo.se/turist)

[www.skane.com](http://www.skane.com)

[www.flysas.com](http://www.flysas.com)



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