



Press feature May 2007

Meetings of mind and body

The Øresund region offers your company the perfect environment to combine business matters with relaxation and recreation. A wide range of spas and wellness centres in the region now offer tailor-made, dedicated facilities and services to suit a diverse range of corporate clients.

'Wellness' has been one of the key watchwords of the new corporate century but it is most usually associated with free time, with unwinding and after-hours rejuvenation. But in the Øresund region there are a wide range of places where business and relaxation harmonise in blissful surroundings – places where you can combine meetings, conferences, lectures, AGMs and other corporate events with some heavy duty pampering. It doesn't require a great leap of logic to realise that productivity, creativity, communication, concentration and inspiration are all enhanced by physical wellbeing.

As a region blessed with natural beauty, forests, beaches and a landscape that lends itself to all manner of activities from golf to rock climbing, the 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. Here are a few suggestions for the best places to combine business with relaxation and recreation.

Historic beachfront spa

Ystads Saltsjöbad is one of the major spas in the region with 109 rooms. Built in 1897 today it offers thoroughly modern facilities and a wide range of treatments and services. The conference facilities here are top notch, with rooms of different sizes able to cater to up to 324 people (in the fully equipped auditorium), all boasting contemporary conference facilities and technology. The new spa complex here has eight treatment rooms offering everything from algae baths to wraps, beauty treatments and massage, as well of course as sauna, steam room and a cold bath. Also available to guests are a gym, indoor pool, tennis and nearby golf courses. As well as the conference facilities themselves, corporate clients are well catered for during 'down time' with an entertaining range of activities including night orienteering, raft building, ice sculpture lessons, hot air ballooning, RIB safaris, mountain biking and even cider tasting. During the summer the hotel arranges poolside grills for the perfect wind-down after an intense day's work.

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 conference facilities for up to 150 people as well as a spa-conference package, which gives delegates a chance to sample some of its 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 19th 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. It has 17 conference rooms and over 200 bedrooms. 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. Conference guests can also unwind with sailing or fishing trips, tennis, 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.

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 sets 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 has an intimate, personal atmosphere with conference facilities for up to 40 people.

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 business world and an excellent place to come to thrash out difficult business solutions, brainstorm ideas or approach problems afresh. This intimate hotel has just 22 rooms but offers an indoor swimming pool and sauna as well as full corporate services with dedicated conference rooms and a private banqueting room. 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. Hotel D'Angleterre offers a wide range of stylish meeting facilities, of which Palmehaven with room for 400 is the largest. The hotel has a 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 and offers a multitude of possibilities for business groups to stimulate creativity by combining meetings with wellness treatments.

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. For business groups, Skodsborg Kurhotel & Spa, overlooking the Øresund Sea, offers an opportunity to meet in, peaceful surroundings just a short distance from the city. Situated in a beautiful spot by the water and bordering Dyrehaven – the vast, forested deer park – Skodsborg offers a myriad of ways to combine work with rejuvenating activities and relaxing treatments. Tailor-made business meeting packages are combined with everything the hotel's extensive spa has to offer including massage sessions; facial treatments; and herbal baths. The package can also include mind-body activities to relieve stress and promote the flow of ideas.



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. Skodsborg Kurhotel & Spa has a range of meeting facilities capable of hosting up to 100 people, with five large meeting rooms and 10 break-out rooms.

Spa with Meeting Designers

Further north along the Øresund coast is the conference hotel **Comwell Borupgaard******, another glittering white palace of health surrounded by beautiful North Sealand nature and with ample opportunities to combine work and pleasure. Comwell Borupgaard has recently converted a 650 square metre mansion into a luxury spa with 20 treatment rooms, and a "wet area" comprising swimming pool, hot and cold pools and numerous types of baths. Outside on the terrace you can relax in two Jacuzzis while overlooking the hotel's park. 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. Comwell are also pioneers in alternative meeting concepts and offer corporate clients a consultancy with a dedicated meeting designer who will help organise a meeting schedule to optimise idea development, focus and energy.

The idea behind the health spa and conference concept is to create a 'realm of the mind' where health activities, treatments, training, food and meetings combine to ensure that participants gain the optimum benefit, enabling everyone to make a better contribution.

Everything under one roof

DGI-byen is a meeting place for culture, business and sports located in the centre of Copenhagen close to the central station. Offering a wide variety of sports, conference and meeting facilities; party and banqueting rooms; a three-star hotel; restaurants; cafés; a water culture house; and spa, DGI-byen is a lively convention and leisure centre complex used by locals, tourists and business people alike. It has 15 different meeting venues capable of hosting anything from eight to 1406 people.

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. 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 and meeting facilities 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 wellbeing. At Ni'mat you can treat your business partners or employees with sensuous pleasure for body and relaxation for the mind before, after or in between meetings sessions. Ni'mat offers 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 feature: 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.

Relaxing treatments for the busy business guest

Situated next to Copenhagen Airport the luxurious five star hotel Hilton Copenhagen Airport***** has also recognised this wellness-trend On April 10 this year the hotel opened its newly restored wellness area offering relaxing treatments for the busy business guests It is notable as the first spa in Denmark offer a special 'jetlag-treatment' service. The Hilton also makes its Spa and Wellness centre available as part of meeting concept, offer a relaxing break from These integrated hotel-spa packages combine wellness, gastronomy, hotel and meeting accommodation.

The Danish spa and wellness specialist **Ni'mat**, owner of one of Copenhagen's oldest spas, manage the spa and wellness area, which already offers a swimming pool and fitness centre.

Together with the chef at the Hilton's restaurant, the staff at Ni'mat have created a wellness-menu, offering both healthy salads and sizeable steaks, to suit all tastes. Hilton has more than 15 fully equipped flexible meeting rooms the largest of which is able to host up to 500 people.

Øresund East

Karlaby Kro
www.karlabykro.se
Simrishamn
Tel.: +46 (0) 414 203 00

The Lodge
www.thelodge.se
Genarp
Tel.: +46 (0) 46 24 8905

Hotel Skansen
www.hotelskansen.se
Kyrkogatan 2, Båstad
+46 (0) 431 55 81 00

Torekov Hotell
www.torekovhotell.se
Själaviksvägen 2, Torekov
Tel.: +46 (0) 431 55 8100

Ystads Saltsjöbad
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

DGI-byen
Tietgensgade 65
1704 København v
Tel: +45 3329 8000
www.dgi-byen.dk

Ni'mat
Købmagergade 41
1150 København K
Tel: +45 3315 8955
www.nimat.dk

Comwell Borupgaard
Nørrevej 80
3070 Snekkersten
Tel: +45 4838 0333
www.comwell.com

Skodsborg Kurhotel & Spa
Skodsborg Strandvej 139
2942 Skodsborg
Tel: +45 4558 5800
www.skodsborg.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

www.visitdenmark.dk

www.malmo.se/turist

www.skane.com

www.flysas.com



This project is partly funded by the
European Regional Development Fund,
Interreg IIIA Øresund region