



SPA apartments in Geothermal Surroundings in South Iceland

Organic food – Hot pots – Swimming pools
Health Clinic Services – Geothermal mudbaths
Steambath – Spa treatments

The NLFI Rehabilitation and Health Clinic in Hveragerði, Iceland

Annually thousands of guests experience the benefits of treatment, rehabilitation and relaxation and many return repeatedly due to the excellent services at the NLFI Rehabilitation and Health Clinic in Hveragerði, South Iceland.

The clinic was founded in 1955 by Jónas Kristjánsson, a medical doctor, who introduced new and revolutionary ideas about nutrition, health and health care. The clinic combines the benefits of modern medical science with health care traditions of the Nature Health Association of Iceland.

The Association's policy emphasizes the learning of preventive measures in order to avoid various possible illnesses and to adopt a more healthy lifestyle.

For further information about the NLFI Rehabilitation and Health Clinic, please visit our webpage www.hnlfi.is



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NLFI Rehabilitation and Health Clinic
is a member of European Spas Association





HNLFI – Health Clinic and Spa Apartments in Hveragerði



Location: South Iceland, Hveragerði.
Distances: Reykjavik: ca. 35km. Selfoss: ca. 12 km
Size: 52 sqm apartment
Booking info: www.viator.is

Facilities

Apartments with 1 bedroom with double bed. Kitchen, Living room, TV, Internet and computer, wc/shower. Access to Bathhouse incl. Hot pots, Sauna, Steambath, Inside and outside Swimming pools and Gym. Organic environment and GMO-free area.

Other information

Great location for daytrips in South Iceland. Hiking around hot spring area in Hveragerði.

- Organic greenhouses
- Health food - restaurant
- Geothermal mudbath and massage
- Relaxing location

NLFI Health Clinic and Spa A variety of health sessions and activities

The HNLFI Health Clinic and SPA is located in Hveragerði and is open all year round.

A variety of health sessions and treatments are run weekdays from 08:00 - 16:00

It is also possible to book various health focused treatments after 16:00. Such as:

- geothermal mud baths
- massage
- acupuncture
- and health baths

This wonderful SPA is the perfect retreat for those who are in need of rehabilitation, regaining their strength or simply in need of rest. The SPA has earned a solid reputation, both in Iceland and internationally, since its foundation in 1955 for personal and effective care. The SPA is the oldest sanatorium in Iceland.

Health food is served at the clinic and consists mainly of vegetables, fruits, cereals, dairy products and fish. Vegetables offered at the SPA are grown in its own greenhouses and gardens.

In the greenhouses an extensive range of herbs are grown and the land it owns has been declared free of any genetically engineered life form.

For further information, please visit our website: www.hnlfi.is

Be responsible for your health!



Outdoor swimming



Indoor swimming



Workout Center and Gym



Geothermal mud bath



Acupuncture



Greenhouses



Vegetarian and organic food

