



Good health

Simply the best investment you can make in life

Well-being
Robustness
Relaxation

Rehabilitation
Prevention
Health Awareness

The NLFÍ Rehabilitation and Health Clinic (HNLFI)
bids you a hearty and healthy welcome!

HNLFI SPA (1955-2005)
-HALF A CENTURY OF GOOD HEALTH-
www.hnlfi.is

Health awareness, prevention and SPA

Our Health clinic offers pleasant surroundings in which to pamper yourself, while at the same time improving your physical and mental well-being. Here is the perfect opportunity to take responsibility for your own health and turn things around before it becomes too late.



Health package 1

Includes: Accommodation for one night with full board, access to the pool area, gym, relaxation room, and library.

	Single	Double
Room with en-suite bathroom, phone and TV	10.900	8.800
Apartment	14.800	12.700

Health package 2

Health stay, additional to package 1: Walk weekdays in a group with a trainer and treatment according to your choice of either part body massage, mud bath, herbal bath or acupuncture.

	Single	Double
Room with en-suite bathroom, phone and TV	15.200	13.100
Apartment	19.100	17.000

Health package 3

The recommended stay is 5 days. Health package nr. 3 is the same as nr. 2 with additional Medical examination and interview by a doctor and a personalized Programme based on medical advice.

	Single	Double
Room with en-suite bathroom, phone and TV	21.500	19.400
Apartment	25.400	23.300

All above prices are per person per night in ISK

* the apartment is 55 sqm with a small kitchen, one bedroom, living room and en-suite bathroom. The living room is equipped with TV, dvd, radio and computer with internet access.



Dining

At the SPA, diet is regarded as an integral part of the treatment provided. We offer an extensive and attractive menu with the emphasis being on vegetarian and fish. We ensure that all our raw

material is of the highest quality and that processed food is kept to a minimum. HNLFI also has its own greenhouse where an extensive range of herbs are grown. The land belonging to HNLFI has been declared free of any genetically engineered life form.



Breakfast	850 kr.	Monday to Friday 07:30 – 09:30 On weekends 09:00 – 10:00
Lunch	1.350 kr.	Every day from 11:45 – 12:45
Afternoon Refreshments	500 kr.	Every day 15:00 – 16:00
Evening Meal	1.050 kr.	Every day 18:15 – 19:15

It is also possible to buy our freshly baked health-bread, herbs and vegetable from our greenhouse as well as recipe books.

Treatments on at HNLFI SPA



Part Body Massage

Price: 4.300 kr.

Treatment for specific parts of the body. Suitable, for example, for muscle pain in the neck, shoulders and back. Length: 25 min.

Full Body Massage

Price: 7.000 kr.

Treatment for the entire body. Reduces tension and increases blood circulation to muscles. Ideal for the relief of sore muscles and effective against general physical fatigue. Length: 50 min.

Mud Bath – straight from Hveragerðis hot springs

Price: 3.800 kr.

Deep heat helps relax muscles and relief's rheumatism pain and pain in the muscle-skeletal system. Excellent for those with *psoriasis* or other skin problems. The time in the bath is 15 minutes, followed by 20 minutes' relaxation.

(Those with severe heart or lung problems, or are allergic to nickel, should not take a mud bath)

Herbal Baths

Price: 2.200 kr.

A selection of soothing therapeutic baths using a range of Icelandic herbal oils. The time in the bath is 20 minutes, followed by 20 minutes' relaxation.

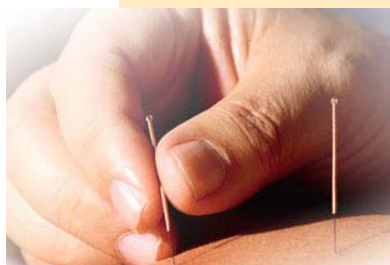
- *Eucalyptus Bath*: Helps clear the respiratory system.
- *Chamomile Bath*: Speeds up the healing of wounds and enhances the skin.
- *Spruce Needle Bath*: Good for those suffering from tension, stress and sleeping problems.
- *Special Therapeutic Bath for Rheumatism*: Helps alleviate and even.



Acupuncture

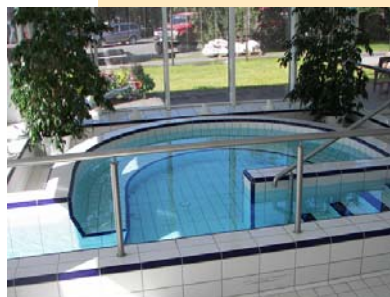
Price: 4.200 kr.

An effective treatment for body pain, especially neck and back pain. Length: 30 min.



The prices quoted here include admission to the bath house, a bath robe, towel and slippers.

Bath House – swimming pool



Facilities include a 15 metre indoor swimming pool, 25 metre outdoor swimming pool, hot pots, a Kneipp bath, steam bath and sauna.

Opening hours weekdays: 07:30-11:00, 13:00-21:00.
Opening hours weekends: 10:00-17:30.

Admission is 600 kr. for adults and 300 kr. for children 12 years or younger, pensioners and those with disabilities.

Other Services

Each year HNLFI SPA offers a number of weekly courses to assist those wishing to quit smoking. These courses are advertised on our website: www.hnlfi.is

The Beauty Salon is open weekdays, except Mondays. For further information and reservations, please call 483 0273

The Hair Salon is open weekdays, except Mondays. For further information and reservations, please call 483 0274

The Health shop is open weekdays from 14:00 to 18:00

HNLFI SPA

The Health and Rehabilitation Clinic of the Nature Health Association of Iceland (Heilsustofnun NLFÍ) is located in the town of Hveragerði, only a 30. min. drive east of Reykjavík. Every year thousands of guests enjoy the benefits of its health care, rehabilitation and relaxation programmes.

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 Icelandic Nature Health Association.

The basic philosophy of the Clinic is to build up the client's health and sense of well being and let the individual realise that he/she is responsible for his/her own health.

For reservations and further information, please call 483 0300 or send your request to heilsu@hnlfi.is

The prices quoted in this brochure are per person and for the year 2007 and are subject to change.

It would be our pleasure to be of service

NLFI Rehabilitation and Health Clinic staff

The NLFI Rehabilitation and Health Clinic is one of three members of the national council for rehabilitation as well as an affiliated member of ESPA (European Spas Association).

NLFI Rehabilitation and Health Clinic
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Visitors using or consuming alcohol or other drugs will be asked to leave the property. Smoking is not allowed in the buildings or anywhere in the grounds of HNLFI.