



# strøm

N O R D I C   S P A

## Plan your visit

### DISCOVER THERMOTHERAPY

Alternating between hot and cold temperatures followed by a period of deep relaxation, the thermal experience has many benefits. Feasible twelve months a year, rain or shine, it helps to reduce stress and revive the body and mind.

Anticipate two to three hours to complete the thermal circuit.

While each Strøm Nordic Spa has its own unique features, each location includes outdoor whirlpools, hot and cold baths, Finnish saunas, eucalyptus steam baths, thermal and Nordic waterfalls, and several indoor and outdoor relaxation areas with fireplaces.

### WHAT SHOULD YOU BRING?

First, make sure you have your gift card on hand when you arrive to make your payment.

A swimsuit, sandals (required), a reusable water bottle, a waterproof bag to carry your damp swimsuit after your visit as well as sunglasses or a toque, depending on the season.

Swimsuits, sandals and reusable bottles are sold in our boutique. You can also buy toques, headbands and sunscreen.

### WHAT'S INCLUDED?

The rental of a bathrobe, towels (self-service) and a lock for your locker.

The locker rooms are also stocked with shampoo, conditioner, shower gel, hairdryers and flat irons.

### IMPORTANT INFORMATION:

- Free parking is available;
- The minimum age to be able to enjoy the thermal experience is 16;
- If you wish to eat at the restaurant, you may make a reservation at the front desk upon arrival on the day of your visit;
- We accept payments by gift card, debit and credit card.

