

Case study

Skógarböðin – Forest Lagoon

Iceland



The Forest Lagoon contributes to the traditional outdoor hot tub culture of Iceland and as such, strengthens the experience of locality for tourists and combines local tradition and a new forest-like experience for the locals.

The Forest Lagoon in Iceland is in Vaðlaskógur forest, close to Akureyri in the north of Iceland.

In the lagoon, guests can bathe and tend to their holistic wellbeing in natural geothermal baths embedded in natural surroundings with views overlooking one of Iceland's longest fjords, Eyjafjörður and the Vaðlaskógur forest.



forestlagoon.is



Unique Experience



Wellbeing



Food



Nature Bathing

Healthy and Enjoyable Wellbeing Activities



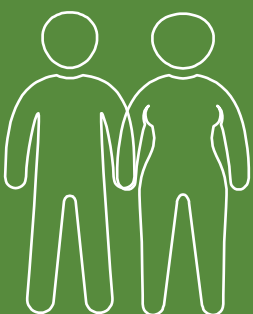
The guests of the Forest Lagoon can enjoy their time immersed in nature, surrounded by the native birch forest and the planted pine trees safe from the Icelandic wind. They will experience the open view towards Eyjafjörður, the tranquillity and the energy of the forest that surrounds the lagoon with its hot and cold tubs, swim-up bars with an indoor entry and a dry sauna. Guests can also take a stroll through the woods surrounding the lagoon and enjoy nature and wildlife.

Food and design



Local cuisine is on offer in the spa. For anyone that likes to enjoy quality food in an exotic environment, the wood-cladded bistro area with its open wood burning fireplace is something to experience. The main theme of this unique lagoon is the woodlands surrounding it and the wellbeing energy of trees and forests. A great ambition has been put into the design of the place, both regarding the baths surroundings, the hot tubs and the building itself.

Business



The Forest Lagoon is a family-owned company that contributes to the local economy of by increasing tourism in the area with their offer of a unique experience.

Green Friendly Approaches



Energy

Iceland is known for its renewable energy - almost every house in Iceland is heated by geothermal heating or electricity that is produced with hydropower. Electricity in Iceland is mostly produced with hydropower. Locally sourced geothermal water is used for the pools in the lagoon. This water resource was discovered during the drilling of Vaðlaheiða road tunnel and flowed unused to the sea for some time before the Forest Lagoon started using it.

Waste

With the latest amendments to the Icelandic law on waste management, a uniform classification system for recycling and waste management was established. This is important for the implementation of a circular economy in Iceland and a major step forward, as it has been shown that separate collection of raw materials leads to more and better sorting. The Forest Lagoon follows these laws.

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