

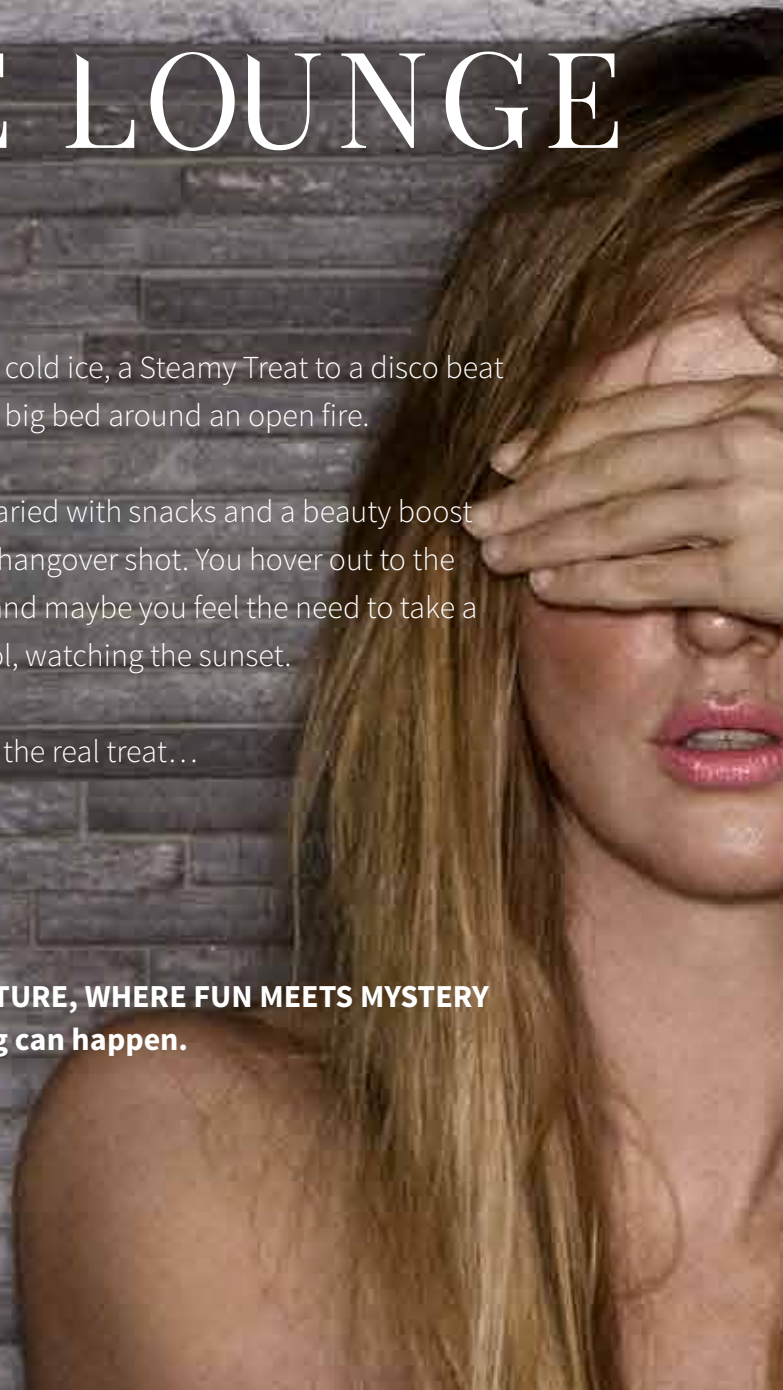
VOLTAGE LOUNGE

Food, music, hot steam, sensual aromas, cold ice, a Steamy Treat to a disco beat and a glass of champagne in a big bed around an open fire.

Warm pool and ice-cold showers are varied with snacks and a beauty boost drink is replaced by a charcoal black hangover shot. You hover out to the restaurant with a fantastic bar and DJ and maybe you feel the need to take a swim in the outdoor pool, watching the sunset.

Soon it's time for the real treat...

**WELCOME TO A HOT, STEAMY ADVENTURE, WHERE FUN MEETS MYSTERY
...and anything can happen.**





It's quite simple...

YOU DESERVE THE BEST, THAT'S WHY YOU NEED A REAL VOLTAGE TREAT

We want you to get a serendipity feeling you'll never forget...

We all experience through our senses. The more senses you use, the deeper effect and experience you get. At Voltage Lounge we want to stimulate your taste, sight, touch, smell, and hearing in a unique way..



*"Your diet is a bank account.
Good food choices are
good investments."*

- Bethenny Frankel



**BEAUTY FROM WITHIN
- YOU ARE WHAT YOU EAT**

**Of course, food is important to create best results when
it comes to health & beauty.**

Food makes a great impact, not only on your body but also on your skin and A TREAT at Voltage Lounge, is always combined with skin food, the latest nutricosmetics and you'll even learn how to make your own edible facemask...



OUR FACILITIES

PAN ASIAN RAW BAR

Enjoy our Asian fusion kitchen with variations of sushi, sashimi and fresh Asian salads in a playful and tasty way. The menu is based on smaller dishes, easy and perfect to share.

In the bar our live Dj creates a great vibe while you enjoy tasty drinks, healthy cocktails, superfood smoothies, hangover shots and, of course, the champagne is always waiting in a cool place.

Here you can choose to eat in a suite or bathing suit...
Feel free to explore the best of yourself.



POOL

In our 17 meters relax pool you can indulge yourself and get a break from the bar.



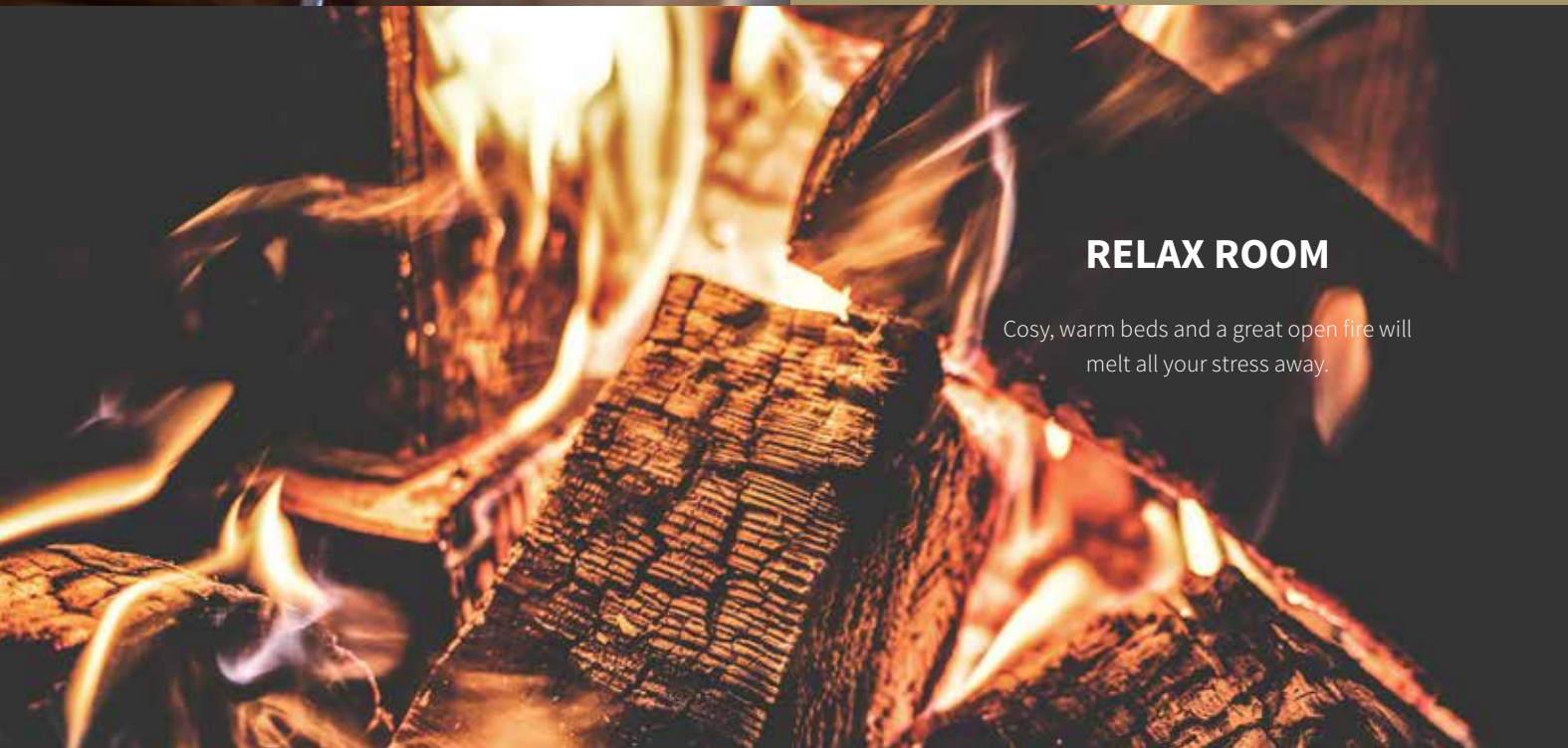
OUR FACILITIES



SAUNA

Something hot is about to happen. Our huge sauna has seats for more than 30 people. Join our unique sauna ritual STEAM TREAT with aromas, breathing exercises, music, ice scrubbing, edible facemask, cold shower and detox shots.

Scientific proven results for distress, detox and energizing.



RELAX ROOM

Cosy, warm beds and a great open fire will melt all your stress away.

GYM – BE SMART, GET ACTIVE

It´s proven that exercise and workout makes you smarter, combine your stay at Voltage Lounge with a workout at our gym. There´s a treadmill, rowing machine, free weights, kettle bells and other functional training equipment.

We will provide circle training classes, arrange outdoor boot camps and in advance you can book a personal trainer to work on your abs. As a hotel guest you have free access to our gym from 06.00 – 21.00 every day, using your room key.



WE RESPECT YOU AND THE PLANET

For our treatments we've chosen the greatest products for our planet, so you don't have to think. Just relax and enjoy the ride.

HOW DO YOU WANT TO BE TREATED? THE TREATERS

At Voltage Lounge we don't like too tight reins, we prefer to make you feel special creating wow experiences. Our treatments are designed to meet your needs, but if you feel like changing something, please just ask us.

You are the star of our Voltage Lounge show and our staff are the directors of the play. As in all great movies, the star is a star because of the way the directors guide them.

They are going lift you up to your highest potential - that's why we call them "THE TREATERS".

BEFORE YOU ENTER - SOME SMART TIPS!

Did you know that 1 dirty (literally, not washed..) is contaminate the same as 30 clean persons? And when make-up, sweat, hair wax etc goes in the pool, we need to use a lot of chlorine to make the bacteria go away... But chlorine is not very nice for skin or lungs so help us use less chlorine and get a good shower before you enter Voltage Lounge, either at your room or in our dressing rooms. Remember to leave your watch and jewelry in your room or locker, just so annoying to forget your wedding ring in a bathrobe...

SAUNA RULES

Sit on a towel and afterwards you take a shower, everytime! For best detox effect, tighter skin, and a real kick-ass metabolism, you take a cold shower for 20 seconds. Drink a lot of water in between... No drinking alcohol inside the sauna.



THE VOLTAGE LOUNGE TREAT MENU

Something HOT is about to happen...



STEAM TREAT



ULTIMATE TREAT



SPECIAL TREATS



STEAM TREAT

a sauna experience you´ll never forget...

THE WORLD’S GREATEST ANTI-AGE TREATMENT EVER!

We don´t want to reveal too much, you must experience it. A special STEAM TREATER will be your guide throughout the 50 min (with many pauses, don´t worry).

Using towel technics, a steamy hot aroma wind will make you sweat...a lot. The sessions will include stretching, music, teaching, breathing exercises, acupressure, cold showers, detox shots, ice scrubbing and at last an eatable facemask!

You choose between themes **DETOX, ENERGY, BALANCE, STRENGTH, RELAX and NO MORE TINDER...**

This is a group activity that can be booked as a conference activity, for private groups, or will be provide on special times as a “STEAM TREAT sauna class”. When you least expect it, we will treat you with a shorter version of the STEAM TREAT*, as a teaser for free...

**STEAM TREAT is a special designed concept by SAUNACHILL® by Linda Myrberg. All our Steam Treaterers are certified and qualified Aufgussmeisters according the recognized SAUNACHILL® education and international Saunameister standards.*

WE GUARANTEE AN INSTANT EFFECT:

- **More energy**
- **Stronger immune system**
- **Metabolism boost**
- **Tighter skin, less wrinkles**
- **Detox effect**
- **Stronger heart**
- **De-stress**

*”Nothing ever becomes
real til it is experienced.”*

- John Keats





UNDRESS ME

TOUCH ME

EAT ME



ULTIMATE TREAT

Our signature treatment, made with the best ingredients for an ultimate experience.
45 min. / 70 min. depending on your massage time.

UNDRESS ME

UNDRESS MY SKIN, REVEAL AND RUB ME, SET MY ENERGY FREE AND LET MY SKIN GLOW!

Dry brushing says to boost circulation, sweep away dead skin cells, stimulate the lymph nodes, improve digestion, improve the appearance of cellulite, and help the cells and body in general remove waste.

TOUCH ME

TIRED OF YOUR PARTNERS' BAD MASSAGE? ...WE TREAT YOU BETTER!

In all of massages we use aromatherapy, acupressure, hot towels, and a secret surprise.

25 min - choose body part
50 min - full body

WHAT DO YOU NEED?

- **Detox** - Cold hands and back pain? This massage removes toxins and waste products and initiate blood circulation, gives courage and willpower.

- **Energy** - Are you stressed and tired? This massage leaves you energetic, uplifted and with increased patience. Relieves headache and tense muscles.

- **Relax** - Too much work and hard to fall asleep? This massage is calming and relaxing, gives focus and relieves pain and stiffness

- **Balance** - Too many worries and too much candy? This massage balances your metabolism and digestion, provides grounding and balances the mind.

- **Strength** - Often sick or weak immune system? This massage strengthens the immune system and cleans the respiratory tract. Provides sharpness and gives you power to take action in life.

- **No more Tinder** - Sick of waiting for the right one or need to spice things up? This massage releases emotional blocks, opens your heart and increases the opportunities of a deeper love.

EAT ME

A SKIN FOOD BOOST AND A TREAT YOU CAN EAT!

DIY! You mix your own eatable facemask! We use old beauty tricks like honey, coconut oil and different veggie powders depending on your needs.

The facemask will treat you during the massage, and of course you get a sample with you home!

Based on ancient forms of alternative medicine and aromatherapy, this holistic massage helps the body with pain, inflammation, blood circulation, relaxation and well being, and the techniques give the same effect as deep-tissue massage..



SPECIAL TREATS



JUST FIX ME

SOMEBODY LIKE IT HOT... CHECK IN AND COME OUT AS A NEW, BETTER VERSION OF YOU!

75 min.

Luxury face and body treatment with all you ever dreamt of. You will get a body wrap with duo-effect and a “hot” face treatment including a triple action ultrasound peel that helps to remove impurities from the skin surface, unclog the pores and exfoliate dead skin cells.

It’s followed by an eye & lip treatment, a warm blueberry face peel and finally an intensive mask that gives an instant effect of a firm, flawless skin with glow.

- Exfoliation & Invigorating body wrap with Mango enzymes
- Face-lift treat with Blueberry & Chili peeling with instant lift results. Cinderella go home...
- Face mask with Acai – superfood for your skin
- Eye treat with Raspberry for an eye-catching look
- Lip plump with Citrus... prepare for a kiss
- Head, neck and face massage

BEAT THE BUMPS

ATTACK TREATMENT TO DECREASE THE APPEARANCE OF CELLULITE. 45 min.

Dry brushing, massage with detox oil, cupping and acupressure on bumpy areas.

HIGH HEELS & SNEAKERS

YOUR FEET ARE OFTEN MISTREATED, BUT THEY WILL LOVE YOU AFTER THIS. 35 min.

Foot treatment - Coconut & Champagne for the ladies and Cranberry & Pear for men

- Exfoliation 5 min
- Pampering
- Shaping of nails and cuticle area 10 min.
- Feet & lower legs massage 10 min
- Nail polish* 5 min
- Foot crème treat 5 min.

*) The nail polish is included in the price, if you are a sneaker, you can choose not to take it with you and get a price reduction. However, it’s also a nice gift to bring home to your mom or girlfriend?

*”Smiling is definitely one of the best beauty remedies.
If you have a good sense of humor and a good approach
to life, that’s beautiful.”*

- Rashida Jones

THE VOLTAGE LOUNGE TREAT MENU – SPECIAL TREATS

FACE ME!

Beyond a facial – we offer classical and special facials on a new level. In our unique treatments we use pure organic result-oriented products that are designed to improve your skin instantly. You will find luxurious, personalized treatments for all skin types and needs. Choose between a 25 minutes treat or a full-session 55 minutes treat for a maximum experience. Our facials benefit both female and male guests, alike.

Healthy skin is a reflection of what you feed your body, inside and out. That's why we've chosen Eminence Organic Skin Care as a product partner for our Special Treats. Eminence will plant a tree for every sold product.



PURE & DETOX – KALE & LEMON

25 min./ 55 min.

A detoxifying & deep cleansing treatment including an efficient double cleanse, detoxifying green peel that removes dead skin cells, a nourishing and detoxifying kale mask, deep face massage, green serum and a moisturizer. Your skin will get pure and clean! Suites normal/mixed/oily skin and acne.

Full-session facial of Pure & Detox - 55 min

We maximize this treatment by adding a deeper exfoliation, steam, pore extraction (if needed), longer face massage and a double face mask with detoxifying effect. Your skin will be bright, clear and feel like new!

You will also get a detailed home care recommendation to ensure continued results.

- Detox shot with Ginger, Green kale, Nettle and Mint

CALM & MOIST - APRICOT & ROSEHIP

25 min./55 min.

Relaxing, soothing and moisturizing treatment for sensitive and dry skin. A gentle double cleansing purifies the skin, a rosehip peel gently removes dead skin cells, face massage relaxes your face and a

soothing & moisturizing face mask with a finishing touch up will give you a skin in total harmony. Suites all skin types, specially dry and sensitive skin.

Full-session facial of Calm & Moist 55 min

We add an effective enzyme peel, light steam and pore extraction (if needed), longer face massage and a double face mask with instant calming and moisturizing effect. Your skin will get smooth, calm and radiant.

You will also get a detailed home care recommendation to ensure continued results.



RECHARGE & RENEW - STRAWBERRIES & RHUBARB

25 min./55 min.

A treatment for firmer, younger looking skin full of glow. A stimulating double cleansing purifies the skin, a dermabrasion peel will polish dead skin cells off, our lifting massage will boost your skin with energy and a plumping anti age mask with a finishing touch up will give you a fabulous skin with youthful glow. Suites all skin types.

Full-session facial of Recharge & Renew 55 min

We enhance this treatment with an effective AHA- peel, steam, pore extraction (if needed), longer lifting face massage and a double face mask with intense plumping and lifting effect. Your skin will glow! You will also get a detailed home care recommendation to ensure continued results.

- Beauty Boost shot with Sea buchthorn, Apple and Collagen



QUICK FACELIFT & ULTRASOUND PEEL - LINGONBERRY & JUNIPER

25 min.

No botox needed after this...just saying! A red carpet treatment with instant visible result! We first clean the skin with a deep double cleanse and then we use a triple action ultrasound peel that helps to remove impurities from the skin surface, unclog the pores and exfoliate dead skin cells. It's followed by an anti-aging AHA-peel with arctic berries. A unique mask with natural hyaluronic acid gives a plumping, moisturizing effect while you are getting a relaxing head massage. You will get a new, firm skin full of glow. Suites all skin types.

- Fat burner shot with Lingonberry



STEAM & SMOKE -
ACTIVE CHARCOAL

25 min./55 min.

A real masculine treatment, with a smoky feeling, for real men only. It will cleanse the skin and pores, exfoliate, peel of impurities and rehydrate. You will also get an intense and cooling eye treatment and a black detox shot afterwards.
Suites all skin types.

- Deep cleansing with charcoal cognac sponge
- Steamy Exfoliation
- Charcoal peel off mask
- Intense de-puffing and anti-age eye treatment
- Hand massage with a smoky feeling
- Neck/ shoulder massage

- Black detox shot with Active Charcoal and Apple

”I can resist everything
except temptation”.
- Oscar Wilde



Some like hair, some don´t. We help you with whatever!

SECRET SERVICE

WAX ON - WAX OFF

| | |
|---------------|--------|
| UPPER LIP | 15 min |
| BIKINI/ARMPIT | 25 min |
| LOWER LEGS | 25 min |
| BACK | 45 min |
| LEGS & BIKINI | 50 min |

COLOURING / SHAPING LASHES and
BROWS

LASHES & BROWS INCL. SHAPING 30 min
BROWS INCL. SHAPING or LASHES 25 min

GROUPS

We just love groupies

At Voltage Lounge anything can happen! Use your imagination; we can arrange almost anything for you. Just call us or mail your request to voltagelounge@steamhotel.se or +46 (0) 21 - 475 99 40.

CONFERENCES - PRIVATE PARTY – TEAMBUILDING – WINETASTING -
WORKSHOPS - HEN NIGHTS – BIRTHDAYS – WEDDINGS – LECTURES
BOARD MEETINGS



I REALLY NEED A TREAT...

We advise you to book treatments well in advance, because demand is very high and they cannot usually be booked on the spot. Cancellations with less than 24 hours notice will be fully charged. Please arrive in time for your treatment. Please check in at the Voltage Lounge reception 15 minutes before the start of treatment.

When you arrive at the hotel, you get your personal Voltage Lounge ticket together with your room key, if you have booked a spa package or a treatment. Bring the ticket when you go up to Voltage Lounge.

Please note that the minimum age for Voltage Lounge is 16. During school vacations periods we have special deals for families when children are welcome.

When you book, please tell us whether you are pregnant, have a medical condition or are taking any medication.

WHAT SHOULD I BRING?

If you stay at the hotel, you can change at your room (remember to take a shower before) there is bathrobes and slippers waiting for you there. Bring your own bathing suits. In the reception you get a towel and a warm smile. We have free shower & hair shampoo. If you need any complementary beauty, hair or body products, you´ll find it in our shop.

If you have a day spa ticket you´ll loan a treat kit with bathrobe, slippers and a towel. You keep the slippers as a present, but leave the wet towel and bathrobes in our laundry baskets.

NO MONEY NEEDED

Remember your name and room number and your Voltage Lounge ticket when you arrive. You can eat, drink, get a treat and buy products and put it on all on your room.

GIFT CARD

Give someone you love a real treat! You can order a gift card online on www.steamhotel.se or buy one in our reception.

OPENING HOURS

Mon – Thursday 09.00 – 21.00

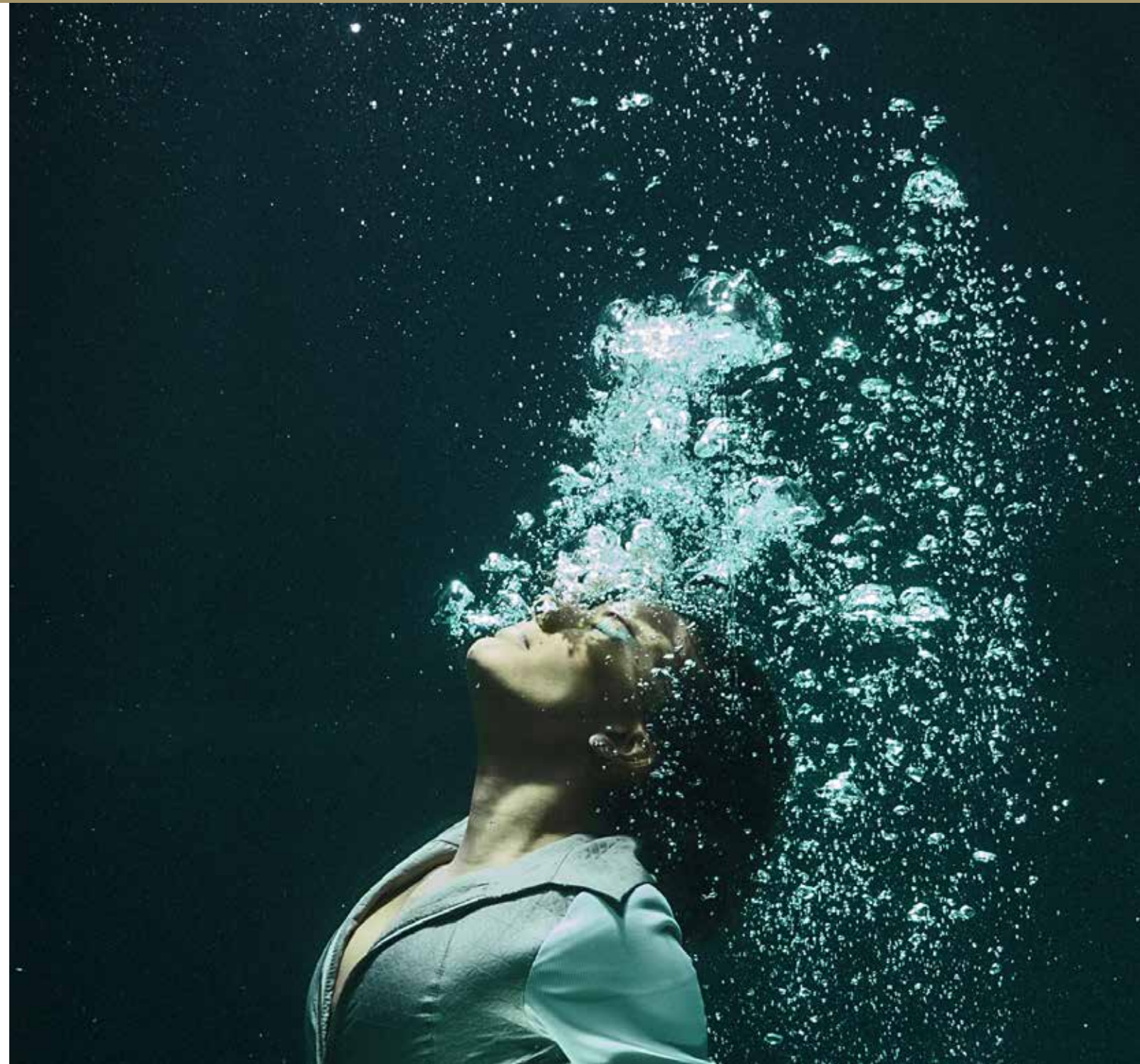
Friday – Saturday 09.00 – 23.00

Sunday 09.00 – 19.00

Gym 06.00 – 21.00

If you have any questions or booking inquiries, please contact voltagelounge@steamhotel.se or call +46 (0) 21 - 475 99 40.

Please include your name and phone number in your booking request.





VOLTAGE LOUNGE

The Steam Hotel
Ångkraftsvägen 14
721 31 Västerås

steamhotel.se
voltage lounge@steamhotel.se
[#voltage lounge](https://www.instagram.com/voltage lounge)