

LifestyleTravel

Rediscover a cool summer at eco-retreats in Scandinavia

From Iceland to Finland, it's worth discovering the best resorts immersed in Scandinavian nature.

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The Bolder Wave on Instagram

Between fjords, remote forests and seemingly endless skies, Scandinavian nature offers extraordinary retreats for those seeking fresh air, silence, harmony and new energy. In Iceland, Norway, Sweden and Finland, there are many retreats offering an immersive experience combining deep wellness, minimalist architecture and sustainable comfort. Here, luxury means being able to slow down and listen to the breath of the world. From geothermal springs overlooking the ocean to glamping under a starry sky, these properties promise an authentic and rejuvenating journey. Harper's Bazaar has chosen five destinations in Scandinavia that reinterpret the concept of a nature retreat for a stay you will never forget.

1

Sukha Nordic Retreats, Sweden

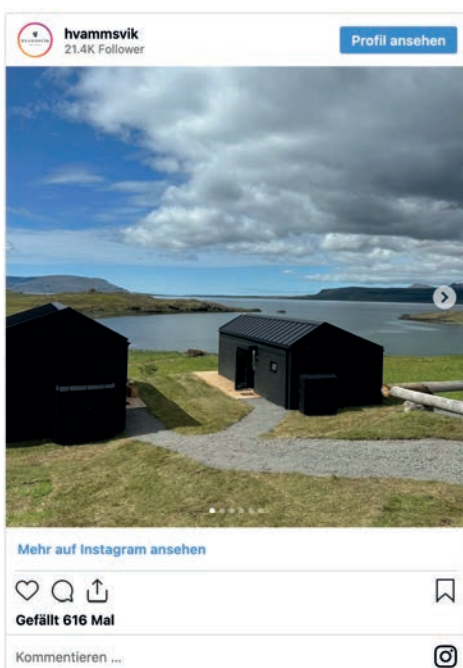


Courtesy Sukha Nordic Retreats

In the Swedish forest of Värmland, Sukha Nordic Retreats offers a week of Ayurvedic regeneration: each stay is personalised, thanks to an initial consultation with an expert who guides you through treatments, nutritional advice and moments of introspection. The days follow a natural rhythm: yoga and meditation in the morning, carefully prepared vegetarian meals, tailor-made treatments and cooking classes. Nature is an integral part of the experience, with opportunities for excursions, swimming in lakes, canoeing and evenings of silence. Sukha is ideal for those who feel the need to rediscover balance, let go of stress and listen to their bodies. A gentle and transformative experience that nourishes you inside and out.

2

Hvammsvik Hot Springs, Iceland

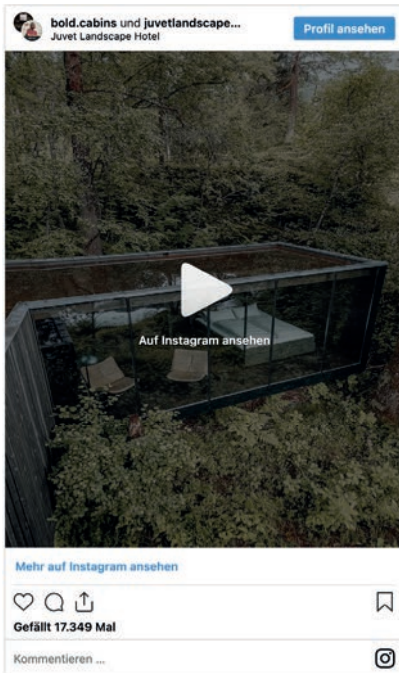


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Hvammsvik is a rare place: just 45 minutes from Reykjavík, it has eight natural hot springs overlooking the Atlantic Ocean, right where the geothermal heat meets the waves of Whale Fjord. In addition, guests of the 12 private houses have exclusive access to a hot tub on the north coast. While the Hilltop House dominates the landscape with 360-degree views and a hidden spring next to the building, the Artist Lodges offer a more intimate, art-inspired experience. Outdoor activities include paddle boarding, ocean swimming, Wim Hof sessions and relaxation in the property's sauna. In short, Hvammsvik is a true immersion in the Icelandic spirit.

3

Juvet Landscape Hotel, Norway



In a clearing between the Valldøla River and the Norwegian mountains, Juvet Landscape Hotel redefines the concept of harmony with the environment: the minimalist rooms, immersed in nature, overlook the surrounding forest, with floor-to-ceiling windows that allow you to experience the landscape from inside. The Bathhouse, with its sauna, hammam and hot tub, offers moments of tranquillity and contemplation. Juvet is perfect for active nature lovers; rafting, ziplining, hiking, skiing and canyoning are all within easy reach, as are meals, cooked with local ingredients and served in the barn house with a terrace overlooking the river, which are an experience in themselves. Juvet invites you to slow down and get in touch with the time and space around you.

4

Kalliokumpu Island Eco Lodge, Finland



In the heart of the Kustavi archipelago in Finland, Kalliokumpu is a small eco-conscious paradise where simplicity becomes an art of living: guests can choose between spacious glamping tents, a tiny cabin with a view of the sunset or a camper van spot among the pine trees. Each accommodation is surrounded by nature, just a stone's throw from the sea and absolute silence. As if that weren't enough, the forest sauna and herbal massages, moon baths and dinners in the Archipelago Kitchen make every moment truly special. Evenings come alive with stargazing excursions, wildlife safaris and cooking classes using the island's raw ingredients. At Kalliokumpu, ça va sans dire, you come to disconnect and rediscover the value of the little things.

5

The Bolder Wave, Norway



Suspended between sea, land and sky, The Bolder Wave is a designer villa in south-western Norway, near Stavanger: 285 square metres of sophisticated architecture house three bedrooms with spectacular views and living spaces equipped with every comfort. The interiors, designed by Hamran and Dinesen, celebrate Nordic design – the light woods used, the living room with its fireplace set into the rock and the kitchen are a joy to behold. Outside, dunes, moors and coastal paths invite you to take long walks. The added bonus? Although immersed in unspoilt countryside, the villa is easily accessible from nearby. The Bolder Wave is ideal for those seeking an elegant retreat in authentic connection with the environment.