

Peace and quiet with spectacular panoramic views

Scandinavian spa and conference hotel Skepparholmen Nacka is located in the stunning archipelago, only 20 minutes from Stockholm.

By Malin Norman | Photos: Skepparholmen Nacka

It all comes together at Skepparholmen Nacka. The Louisiana Museum of Modern Art in Copenhagen has provided inspiration for the Scandinavian design, and guests can enjoy its natural light as well as panoramic views of the Baltic Sea.

The hotel offers 100 rooms, meeting spaces for groups and high-quality food and treatments. The newly-extended spa features two pools with a view of the sea, aroma and dry sauna, treatment rooms, a gym and activities such as qigong, yoga and pilates.



“This is such a beautiful environment, and so close to nature. Our guests tell us that it helps them relax and find peace,” says managing director Gabriella Persson-Klahr.

Balance is key

Several treatments are organic, using c/o GERD products created from Scandinavian ingredients such as blueberries and cloudberries. Skepparholmen Nacka keeps its own bees as well, with the honey served for breakfast and available to buy in the shop.

In addition to organic dishes, the restaurant also has a stable blood sugar concept. “We want our guests to enjoy natural and healthy food, which is also tasty and beautifully presented,” Persson-Klahr explains.

The fitness classes also take inspiration from nature, and a particularly popular activity is the walking meditation with a meditation tape for every season. “You don’t have to travel abroad for this type of wellness experience – you can find it just 20 minutes from Stockholm.”

For more information, please visit:
www.skepparholmen.se