

# LUX NOMADE

WELLNESS & TRAVEL FOR BODY, MIND & SOUL MAGAZINE

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## 18 NEW WELLNESS HOTELS OPENING IN 2022

*Although we are already in mid-February there's still time to put the "new year, new you" resolution into action. And, what better way to kick-start a new healthy you, than to visit a luxurious wellness hotel for both external and internal healing and detoxing. Whether it means chanting OM, putting your willpower to test in an ice bath or sweating it out in a Norwegian sauna, there are plenty of new holistic health trends and wellness hotels to add to the bucket list for 2022. Here is our list of the top wellness hotels to put on your bucket list for this year to reboot body, mind and soul...*



# Sommerro, Oslo, Norway

A rebirth of a restored 1930s landmark, Sommerro occupies the former headquarters of the capital city's electrical company, Oslo Lysverker, and will bring back to life the building's original public baths that will be the largest of any city hotel across the Nordic countries. Various elements of the 15,000 square-foot wellness paradise, Vestkantbadet, will open to hotel guests alongside the hotel's grand opening, including eight treatment rooms, the gym with community-driven classes, and changing rooms featuring high-end bath products and fully stocked beauty stations. The much-anticipated heritage floor will also make its grand debut featuring a Per Krohg mosaic wall, along with an additional ten treatment rooms, original restored Roman baths, new infrared sauna, and cold plunge pool offering a traditional Nordic thermotherapy experience. Additionally, the hotel will boast the city's first year-round rooftop pool, sauna, terrace, and restaurant.

*[www.preferredhotels.com](http://www.preferredhotels.com)*

**Opening September 2022**