

HOWL AT THE MOON SAUNA CO.

A BATHING-CULTURE RETREAT · WITH WANDERING ROOTS

The Iceland Bathing Expedition

Your Itinerary & Packing List

November 2–8, 2026 · Southern Iceland · Lake Gíslholtsvatn

DO LESS, BATHE MORE

WELCOME

A week of soaking, slowing, and bathing the way Iceland actually does it.

Seven days, six nights on a private lakefront peninsula in southern Iceland — soaking in geothermal lagoons, wild hot springs, and mobile saunas, with nearly every meal and every detail handled. You just show up and immerse.

AT A GLANCE

DATES

November 2–8, 2026 (7 days / 6 nights)

WHERE

Private lakefront home, Lake Gíslholtsvatn, S. Iceland

GROUP

An intimate group of up to 10

HOSTS

Alisa Cardenas, Anna VanAgthmael & Chef Abbey Hunter

BATHING

5+ experiences: lagoons, wild hot springs, mobile saunas & Gúsa

INVESTMENT

From \$6,600 / person · payment plans available

WHAT'S INCLUDED

- All excursions & expert local guides
- All bathing experiences & rituals
- 6 nights' lakefront accommodation
- Nearly all meals, by private Chef Abbey
- Airport transfers (KEF) & all in-country transport
- A wolfpack of fellow bathers — and your hosts, start to finish
- Expert help booking flights & travel insurance

NOT INCLUDED

- Airfare to/from Keflavík (KEF)
- Passport / visa & travel documents
- Travel insurance (strongly encouraged)
- Transfer from KEF to Sky Lagoon on arrival day

Booking & payment are handled through the Howl at the Moon store (howlatthemoonsaunaco.com/store/p/iceland).

DAY BY DAY

The Itinerary

A rhythm of heat, cold, and quiet — with a guilt-free “choose your own adventure” spirit. Opt into everything or simply rest; both are perfect.

DAY 1 · MONDAY

Arrival + Slow Down

- Land at Keflavík; ease in at Sky Lagoon — ocean views and the 7-step Skjól ritual (heat, cold, steam, rest)
- Transfer and settle into our home base for the week
- Welcome dinner & first connection

DAY 2 · TUESDAY

Following the Water

- Breakfast at home, then the Secret Lagoon (Gamla Laugin), one of Iceland’s oldest geothermal baths
- Packed lunch + wild hot springs deeper in the countryside
- Free time, then dinner & relaxation back at home

DAY 3 · WEDNESDAY

Emerging Icelandic Sauna Culture

- To Reykjavík for free time and shopping
- Saekot Sauna — birthplace of the modern Gúsa ritual
- Dinner out in Reykjavík, then home

DAY 4 · THURSDAY

Relax Day + Mobile Saunagus

- Optional cooking class with Chef Abbey; lunch at home
- A wood-fired mobile sauna comes to the lakeside — rounds of heat & cold, conversation, rest
- Evening Icelandic sound bath / Yoga Nidra

DAY 5 · FRIDAY

Into the Wild

- Super Jeep into Þórsmörk — glacial rivers, volcanic landscapes, waterfalls
- Icelandic lunch in the wild; easy hike to the historic Seljavallalaug pool between mountain and glacier
- Home for free time, dinner & rest

DAY 6 · SATURDAY

Swim + Soak at Laugarás Lagoon

- Friðheimar geothermal greenhouses
- Laugarás Lagoon, one of the newest baths on the Golden Circle
- Final dinner & goodbyes

Departure

- Breakfast, packing, goodbyes (no crying allowed ;)
- Group transfer to the airport

Your Packing List

Early-November Iceland is cold, wet, and gloriously changeable (roughly 30–40°F / 0–5°C). The winning strategy is **layers you can add and shed** — and enough swimwear that one suit is always dry. Laundry & Wi-Fi are available at the house.

The bathing kit (the essentials)

- 2–3 swimsuits (so one's always dry)
- Quick-dry towel + a cozy robe
- Water shoes or sturdy flip-flops
- Dry bag / wet bag for damp suits
- Reusable water bottle (hydrate between rounds)
- Hair ties + leave-in conditioner (geothermal water is drying)
- Optional: goggles, a wool sauna hat (fun!)

Warm layers for November

- Thermal base layers (top + bottom)
- Fleece or wool mid-layers
- Insulated / down jacket
- Waterproof, windproof outer shell
- Warm hat, gloves & scarf
- Several pairs of wool socks
- Waterproof hiking boots (for the Þórsmörk day)
- Cozy lounge clothes for the lodge

Skin & toiletries

- Rich moisturizer + hydrating face mask
- Lip balm & hand cream (cold air + mineral water)
- Sunscreen (yes, even in November)
- Personal toiletries & any medications
- Quick-dry hairbrush / travel hairdryer (optional)

Documents & tech

- Passport (valid 6+ months past the trip)
- Travel insurance & booking confirmation
- A credit card + a little cash
- Phone + **Type F** plug adapter (Iceland, 230V)
- Power bank; headlamp for dark mornings

Cozy & comfort

- A book + journal and pen
- Eye mask & earplugs
- Slippers / extra wool socks for the house
- Small daypack for excursions
- Camera, if photos are your thing

Good to know

- Dress in layers — weather turns fast
- Bring an open mind and zero agenda
- Dietary needs? Chef Abbey has you covered
- Permission granted to buy a new swimsuit ;)

YOUR HOSTS

You're in good hands.

★★★★★ 65 five-star reviews and climbing for Howl at the Moon Sauna Co.

Alisa Cardenas — Experience host, bathing-culture explorer, and founder of Howl at the Moon Sauna Co. After corporate burnout in 2021, she rebuilt her life around sauna, rest, and community.

Anna VanAgtmael — Travel designer and founder of Wandering Roots, with 25+ hosted retreats around the world. She makes the whole week run effortlessly.

Chef Abbey Hunter — Chef extraordinaire. Every meal made from scratch, all allergies and dietary needs handled with ease.

Ready, or just curious?

There are only 10 spots. The simplest next step is a free, no-pressure consult with Alisa — bring every question.

Book a free consult: calendly.com/howlatthemoonsaunaco/30min

Questions: howlatthemoonsaunaco@gmail.com · **Reserve:**
howlatthemoonsaunaco.com/store/p/iceland

A note on flexibility: our “choose your own adventure” approach means you can opt out of anything, anytime. All payments are non-refundable and non-transferable, so we strongly encourage comprehensive travel insurance (including “cancel for any reason”). Must be 18+; passport valid 6+ months beyond the trip; a liability waiver is required.