



VILLA SANDUDDEN



On the upcoming pages, we will provide more information about Villa Sandudden's activities. We hope that those of you who are about to make a booking will be inspired, and for those who already have a reservation, this information will assist you in your planning.

Food&Drinks

Battle of the chefs

Cooking with the chefs from Restaurant Loén. The cooking activity is a team exercise.

- Each team receives a basket of ingredients to create a dish of their choice - some specified ingredients must be used.
- The group divides into teams.
- The time duration is between 1 and 1.5 hours.
- The chef can be consulted up to 3 times.
- The winning team is determined based on taste & presentation.

795 SEK per person excluding VAT.



Wine tasting

Johan Lidby Wines sees its main task as inspiring and arousing people's desire to discover new flavorful beverages.

To succeed, they travel around the world and visit producers, tasting and selecting the best. They always work with carefully chosen wines, showing consideration for both the people and the vineyards.

295 SEK per person excluding VAT.

****Plus the cost of the wines***



Beer tasting

Welcome to the promised land of beer! Värmdö Brewery brews beer in all its forms using traditional craftsmanship in a state-of-the-art brewery.

Whether it's non-alcoholic or strong, light or dark, for meals or socializing, they always strive for a well-balanced taste, with the set table and good flavor as their guiding star.

295 SEK per person excluding VAT.

****Plus the cost of the beers***



Training

Group training

For the past 30 years, Oscar Jöback has been working with fitness in various ways. Group training has been his main profession, and along the way, he has also worked as a personal trainer. He has written 6 books on training and has a great interest in both physical and mental fitness.

At our facility, he conducts group training sessions and ensures that your heart rate rises while enjoying the scenic views from our promontory.

Price: 5 100 SEK excluding VAT

Duration: 1-2 hours of training.

Number: 1-20 people



Yoga

The yoga sessions are always designed and tailored to the customer's preferences and level. Please feel free to share what your focus is during your stay, and the session can be customized to align with and strengthen your team.

Price: 195 SEK per person excluding VAT

Start fee: 3,000 SEK

Duration: 1 hour



Outdoor Gym

Pack your workout clothes if there is time in the agenda and you feel like it.

We have a nice outdoor gym with wooden machines available all year round.

Price: Free of charge



Beauty

Spa & Relax

There is a rare tranquility down by the bathing dock - here lies our sauna house with a relaxation room and a delightful outdoor spa.

In the relaxation area, there is a music system with Bluetooth, comfortable chairs, and a refrigerator stocked with various types of beer, cider, wine, and sparkling beverages.

Price: 2,500 to 4,500 SEK excluding VAT.



Massage

Massage therapist Gunilla Lundblad has 20 years of experience and has developed a gentle yet deep and effective treatment technique that provides excellent results.

Give yourself a moment of peace and tranquility.

Price: 600 - 1,100 SEK excluding VAT

Duration: 1 hour



Facial Treatment

Do you want to relax and achieve clean and fresh skin? Then this treatment is perfect for you! It is suitable for both women and men.

A deep cleansing facial treatment that is completely tailored to your skin's needs.

Price: 1,200 SEK excluding VAT

Duration: 1 hour



Entertainment

Live Musicquiz

The delightful duo Lena Nilsson and Pernilla Cowan build their music quiz with joy!

A lively pair that charmingly mixes beautiful singing with personal flair and a twinkle in their eyes.

Price: 12,000 SEK excluding VAT



The Magic Duo

Experience Brynolf & Ljung at your event here at Villa Sandudden.

The performance will be tailored to your preferences, perhaps between dinner courses or during the pre-drinks.

Price: 35,000 - 65,000 SEK excluding VAT.



Layer J

Well known DJ figure in the music scene in Stockholm with over 1 million streams on Spotify.

We are extremely delighted to offer exclusive and intimate performances from Layer J at Villa Sandudden.

Artist: [@layerjmusic](#)

Webiste: <http://layer-j.com>

<https://hights.se/artists/layer-j/>

Price: 15,000 SEK excluding VAT.



Our activity partner, Öppet Hav

RIB tours

They offer the market's most modern boats and promise an unparalleled, high-speed experience. Öppet Hav's drivers will take you safely through Stockholm's beautiful archipelago.

Each RIB can accommodate up to 12 passengers.

Price: 295 SEK per person excluding VAT
Start fee: 9,000 SEK per boat excluding VAT
Duration: 1 hour



Kayak Paddling"

Kayaking is so much more than just paddling. Gliding almost silently across the water's surface is an extraordinary experience.

The gentle paddling strokes create a strong, mindful presence that provides strength, and the proximity to the water enhances the nature experience.

Price: 595 SEK per person excluding VAT
Start fee: 5,500 SEK excluding VAT
Duration: 3 hours



We collaborate with Öppet Hav, who will gladly take you out in kayaks, RIBs, mountain bikes, or any other activity where you can experience our fantastic archipelago nature. They know Villa Sandudden inside out and know which experiences or activities suit best.

To make it simple and great:

- Call them directly at 08 - 22222 22 and select "Book Activity" - discuss your preferences with Pelle or someone else at Öppet Hav.
- Alternatively, you can [email](#) them and let them know you're going to Villa Sandudden and would like some activity suggestions (provide them with some clues about whether it should be teambuilding, nature experience, excitement, etc.).
- Once you've agreed on the ultimate activity, Öppet Hav will send an order confirmation to us, and you will receive the activity on the same invoice as food and accommodation. As we said, simple is good.