



SPA FJÖR

What's in a name?

Hotel Viking has a rich heritage in Newport, RI. The name FJÖR embraces this heritage and plays the role of ambassador to the multicultural restorative treatments found in its spa. FJÖR is an old Norse word meaning vitality, energy & life.

At Spa Fjör we want to take you on a healing journey. Our dedicated team will help you discover the cornerstones of well-being that will restore vitality and wellness. Our range of treatments tap into Eastern and Western spa philosophies.

What will you find on this path? The road to being restored, relaxed and overall wellness. Set within the elegance of the Hotel Viking.

SPA
FJÖR
AWAITS.

Journeys

Each one of our journeys has been created to help you achieve wellness benefits in the amount of time that suits you.

EXPRESS

For a taste of our spa services, enjoy this tapas of spa treats that indulge the senses and leave you feeling refreshed and renewed. Your day will include our 80-minute Seasonal Renewal massage and an On-the-Glow Facial. Leave the spa feeling revitalized from head to toe.

105 minutes

DAY OF BLISS

Spend the day on a relaxing journey featuring all of our signature services. Begin with our 50-minute customized Bespoke massage will help ease stress & tension. Next enjoy a Milk & Honey Body Wrap, which includes a refreshing sugar body scrub and a luxurious soak. You will finish off your spa day with our Organic Facial that is designed to address your personal skin care needs.

150 minutes

THE ULTIMATE ESCAPE

Leave the world behind with this ultimate spa journey. This experience includes an 80-minute Balinese Ritual combined with your choice of a Bath Ritual. Next, drift into an 80-minute Sea of Life facial that will leave your skin glowing and help release any remaining tension in the body.

180 minutes

Massage

Our specialty massages are designed to nurture the body and mind. Our unique massage offerings focus on restoring health and vitality.

BESPOKE MASSAGE

Whether you are seeking relaxation, therapeutic pain relief or to recover from the effects of daily stress, your therapist will combine a variety of techniques to customize the treatment to you. Your choice of aromatherapy is included to further enhance your experience.

50/80 minutes

BALINESE RITUAL

Be transformed by this globally inspired massage ritual based on traditions of Bali. This rhythmic massage combines Balinese techniques such as acupressure, rolling motions, and percussion that is combined with traditional massage techniques.

50/80 minutes

MOTHER TO BE MASSAGE

This soothing massage is designed for our soon to be moms in their second or third trimester. We take special consideration for comfort and relief so that you can leave feeling renewed and ready for this new chapter.

50 minutes

Massage

ROYAL HONEY

Myofascial style techniques are performed to release tension and pain. A warm propolis rich beeswax pad is applied to the back to help balance vitality, stimulate metabolism, boost immunity, and provide an overall feeling of wellbeing. Your therapist will use warm oil melted from a honey ginger candle to continue with a relaxation massage. The remainder of the candle is yours to keep.

80 minutes

SYNERGY CUPPING MASSAGE

Gentle silicone cups are used to help release toxins and tension that are held deep within the muscles. CBD massage oil is combined with stretching and sound therapy to pull you into a deep sense of relaxation and overall well-being.

80 minutes

TARGETED MASSAGE

Too much time on the computer or looking at your phone? In this express treatment, your therapist will focus on the one or two areas that are troubling you most.

25 minutes

Massage Enhancements

BATH RITUAL

Choose from 4 different rituals to add to any Massage or Body treatment:
Stress Relief | Restful Sleep | Muscle Soother | Immunity Boost

20 minutes

INVIGORATING BODY SCRUB

Add this scrub on to your massage to give your skin a soft luxurious feel after your treatment

25 minutes

HOT STONES

Enjoy the benefits of heat therapy during your service by incorporating a few hot stones to melt away your stress

No additional time

CAUSE MEDIC CBD MUSCLE BALM

Add our CBD balm to help ease pain from tense muscles

No additional time

Body Rituals

Take a journey to the exotic without a passport. Asian cultures have used healing spices and flowers as traditional remedies for thousands of years. Experience our global rituals that incorporate these exotic ingredients and techniques, bringing their traditions to you.

JAVANESE ROYAL RITUAL

Lose yourself in a lavish treatment direct from the Royal Palaces of Java. This Indonesian ritual begins includes a traditional Balinese Ritual combined with a wonderful herbal exfoliant and a warm yogurt application to hydrate your skin. After a short shower, enjoy some time in a specially curated warm soaking tub, letting all your cares drift away.

110 minutes

VOLCANIC EARTH CLAY RITUAL

Take part in this ancient rite performed to soften, purify and renew the skin. A traditional Balinese massage helps to aid in circulation thus assisting in detoxifying the body while our volcanic clay, mineral rich and high in kaolin, absorbs toxins from the skin through the pores.

80 minutes

SOUL TO SOLE

A treatment that will elevate your spirit and calm your soul. Enjoy a gentle exfoliation using our Undaria Body Polish combined with a volcanic clay mask that will detox and purify your skin. You are then cocooned in multiple layers allowing for deeper diffusion into the skin.

80 minutes

Body Rituals

SEASONAL RENEWAL

Our signature body ritual combines the best of both worlds incorporating a seasonally inspired aromatherapy blend salt scrub and a massage with relaxation boosting oils. End this treatment with a luxurious dip in our deep soaking tub.

80 minutes

HIMALAYAN SALT POLISH

Your skin has never felt better! This body treatment features a combination of aromatherapy blended with Himalayan salt, vitamin E, and jojoba oil that leaves your skin feeling soft and smooth. Reduce cellulite and stretchmarks, boost your mood and leave feeling refreshed and energized.

50 minutes

MILK & HONEY

Indulge all of your senses with this ultimate relaxing ritual. This service combines organic cane sugar, honey, and exotic oils to exfoliate hydrate and renew the skin's moisture barrier, leaving you with a stunning glow. Complete your experience with a warm coconut milk bath.

50 minutes

INFRARED SAUNA WRAP

Wrap yourself in the warmth of our FAR infrared Sauna wrap. Feel the nourishing heat that will safely penetrate the skin to increase your core body temperature resulting in the detoxing of the skin while burning calories, reducing inflammation, and help with pain relief.

Loose fitting shirt, pants, and socks are required for this treatment

50 minutes

Body Ritual Enhancements

BATH RITUAL

Choose from 4 different rituals to add to any Massage or Body treatment:
Stress Relief | Restful Sleep | Muscle Soother | Immunity Boost

20 minutes

TARGETED MASSAGE

Add more relaxation into your body treatment by adding additional time for massage.

25 minutes

Facial Therapy

Combining nourishing properties of the finest skincare products with talented hands-on techniques, our facial collection offers treatments that have been expertly chosen to help you attain a youthful and flawless complexion.

BIOLOGIQUE RECHERCHE ADVANCED FACIAL

This luxury signature European facial will leave your skin luminous and sculpted. Our trained skincare specialists will analyze your skin method to create a personalized and result driven tailored experience that will deeply cleanse, tone, brighten, hydrate, and re-balance your face, neck, and décolleté. Throughout this journey, your esthetician will utilize pure, concentrated, and highly active products as well as a professional booster, in combination with advanced therapies to target signs of aging while nourishing, and lifting the skin. You will feel intensive skin regeneration and instant results. Extend this service to 80 minutes to incorporate additional treatments that have been customized for your skin

50/80 minutes

ORGANIC FACIAL

Indulge your skin with a customized facial utilizing the seaweed rich organic skincare of OSEA. A unique gigartina seaweed gel is infused to the skin throughout the facial promoting deep hydration, firmness, and youthful volume while protecting the skin from external aggressions.

50 minutes

SEA OF LIFE

A unique treatment that includes a combination of a custom cleansing, personalized exfoliation, and restorative mask. Enjoy a soothing neck, shoulder, and hand therapy that will leave you glowing from the inside out. Face jaw and neck tension slips away and a feeling of peace and wellbeing flows in like the soothing tide.

80 minutes

Facial Therapy

DRIFT TO SLEEP

For this facial ritual, you will begin with a soothing back treatment to reduce muscle tension. A detoxifying mask is applied to infuse your skin with nutrients while we will pamper your feet and ankles. Finish with with a custom facial to give your skin an instant glow.

80 minutes

BELLADERMABRASION

An effective treatment that targets fine lines, wrinkles, hyperpigmentation, acne scarring, enlarged pores and sun damage. This treatment will deeply exfoliate your skin, increase circulation that aids in cellular detoxification, and increases collagen production.

50/50/80 minutes

ON THE GLOW

A quick pick me up treatment to give your face an instant glow. Includes cleansing, exfoliation and hydration. This treatment does not include extractions.

25 minutes

CLARIFY & CALM

Experience a refreshing and soothing facial for oily to combination types that will calm stressed skin using the TheraFace deep cleansing brush paired with LED blue infrared light and cryotherapy.

50 minutes

Facial Enhancements

CUSTOM EYE TREATMENT

Indulge in this enhanced anti-aging treatment for the most delicate parts of your face.

No additional time

GLYCOLIC PEEL

This exfoliating treatment helps refine skin textures and minimize the appearance of fine lines, encourages even skin tone, and promote greater cellular turnover leaving your skin completely rejuvenated.

No additional time

ACNE LED BLUE-LIGHT THERAPY

Add the effects of the TheraFace LED Blue Light ring to your favorite facial to help reduce mild to moderate acne.

No additional time

ANTI-AGING LED RED-LIGHT THERAPY

Add the TheraFace LED Red-Light ring to your favorite facial to target the appearance of fine lines and wrinkles around the eyes.

No additional time

ADVANCED MASK THERAPY

Upgrade any advanced Facial with this customized mask treatment, curated to your skins needs

No additional time

About Spa Fjör

SHOULD YOU NEED TO CANCEL

Out of consideration for others, we kindly ask you to notify the spa 48 hours in advance of your scheduled appointment time. With less than a 48-hour cancellation notice or if you fail to show up for your appointment, you will be charged the full price of your service.

As a courtesy to our staff and guests, if you are feeling ill or exhibit any flu-like symptoms, please call us to reschedule or cancel your service. Our team has the right to kindly ask you to reschedule if you are exhibiting any symptoms of illness upon arrival.

PAYMENTS & RETURNS

We accept most major credit cards. Hotel guests may charge their spa purchases to their guest room. For your convenience, a 20% service charge will be automatically added to your bill.

Unopened merchandise may be returned within 7 days from purchase. Gift cards, services, series, and packages are non-refundable.

GIFT CERTIFICATES

Our gift certificates are available to purchase in any denomination. We regret that discounts cannot be applied to gift certificate purchases.

MEMBERSHIPS

We are proud to offer a select number of Fitness Memberships. Please inquire with Spa Management for details.

As a guest of Spa Fjor, please enjoy complimentary use of our state-of-the-art fitness center, saline indoor heated pool & jacuzzi, co-ed infrared sauna, and Himalayan salt-infused relaxation room. These amenities are available for guests having spa treatments.

BOOKING YOUR TREATMENT

We recommend scheduling your spa appointments in advance for the greatest availability of services and appointment times. If you have any special requests, preference of a therapist, have allergies, if anyone in your party is under 18, or if you are pregnant, please let us know upon scheduling. A credit card is required to guarantee all spa services.

WHEN TO ARRIVE

We recommend arriving at least 15-30 minutes prior to your appointment time to check-in, shower, change into your robe & sandals, and enjoy our facility.

Arriving late will deprive you of precious treatment time. As a courtesy to the next guest, your treatment time will be modified to end as originally scheduled. The full value of your treatment will be applied.

ELECTRONIC DEVICES

To maintain the tranquility of the spa environment and the privacy of our guests, we ask that you turn off your cell phone and electronics upon arrival.

WHAT TO WEAR

A robe and spa sandals are provided for use during your visit. Proper athletic footwear and exercise clothing is required to use the fitness facilities. Our infrared sauna is co-ed thus bathing suits are required.

Although we will make every effort to help retrieve your belongings, we kindly suggest that you leave valuables at home or in your guest room.

We are not responsible for lost or misplaced items.



SOCIAL

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WEBSITE

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