

# Do Not Disturb

## ARCTIC BATH: FLOATING IN THE SILENCE OF THE NORTH



There is a moment, upon arriving at Arctic Bath, when the world feels as though it has been pared back to its purest elements. Here, in Swedish Lapland, surrounded by the Lule River, the deep silence of the forest, and the endless sweep of sky, life becomes beautifully simple. There are no distractions. No outside view in. Only nature looking back at you.

This is privacy in its truest form. A rare sense of seclusion where the stillness of the Arctic settles into your bones and the only rhythm to follow is that of your own breath.

### **The Art of Slowing Down**

At the heart of Arctic Bath is a philosophy of wellness that speaks to both body and mind. The cold bath in the Lule River and the signature sauna ritual are more than treatments. They are invitations to let go. To step out of time. To allow the mind to wander or settle, without ever wondering what comes next.

Days here are designed with a quiet choreography. Guests are gently guided from one experience to the next, not by a rigid schedule but by a flow that feels natural and unforced. The aim is not to fill time but to create space. For presence. For reconnection. For the deep, grounding calm that comes only from stillness.

To stay at Arctic Bath is to step into a slower world, where wellness is not an appointment but a state of being.

### **Luxury Without Waste**

Sustainability is woven into every aspect of Arctic Bath. It is not treated as an added feature but as an integral expression of true luxury. The hotel's structure is designed to leave almost no footprint. The main building floats gently on the Lule River while the cabins on land rest on stilts. If the structures were removed tomorrow, nature would stand exactly as it did before.

The philosophy of luxury without waste extends far beyond the architecture. The culinary experience is built around local sourcing, with ingredients drawn from the surrounding forests, rivers, and small-scale farms. Service is deliberate and thoughtful. Every element of the stay is designed to honour both the guest and the land, creating an experience that is beautiful, responsible, and deeply meaningful.

### **A Gathering That Reflects Its Values**

Do Not Disturb is not just an event for Arctic Bath. It is a mirror of what the hotel stands for. Privacy. Sustainability. A refined approach to luxury that values authenticity over spectacle.

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One of the most powerful ways to experience Arctic Bath is with a full buy-out. Filling this floating haven with people you love transforms it into something rare and personal. Imagine an intimate circle gathered for fire-warmed evenings, private dining crafted from local treasures, and days shaped around the rhythm of the Swedish north. Do Not Disturb understands this level of intentionality, which is why Arctic Bath has chosen to be part of it.

## **For Those Who Seek the Quiet Magic of the North**

Guests who stay at Arctic Bath are those who understand the beauty of stillness. Some spend days wrapped in warmth and calm, moving between the spa, the sauna, and the comfort of our kitchen. Others find their magic in adventure. Arctic Bath works with over 30 local partners to craft experiences that are as thrilling or as gentle as each guest desires.



Snowmobiling under the northern lights. Kayaking beneath the midnight sun. Dog sledding through frozen landscapes. Quietly tracking moose in the wild. Each experience is tailored to the pace of the guest. There is no pressure to do it all. Only an invitation to discover what feels right, in the moment.

Because Arctic Bath is not just a place to stay. It is a state of mind. A space where nature leads, time slows, and every detail is designed to help you remember what it feels like to simply be.