

# Things to Bear in Mind When Visiting the Blue Lagoon as a Family

By Reykjavik Rent a car – Car rental in Iceland

Check out our blog: [www.reykjavikrentacar.is/blog](http://www.reykjavikrentacar.is/blog)



Travelling with the family is a great adventure and a wonderful way to teach children about different cultures of the world. Iceland - with its friendly population, fascinating culture and an endless list of activities - is a wonderful destination for a family holiday. One of Iceland's top attractions, and one that makes almost everyone's list of places to visit is the [Blue Lagoon](#).

Located less than an hour from Reykjavik city centre, the Blue Lagoon is a stunning example of Iceland's geothermal pools. Ideal for tranquillity and relaxation, these geothermal pools are very popular amongst tourists to Iceland. Because of the Blue Lagoon's convenient location and on-site amenities (including changing rooms, spa, hotels and restaurants), this is, without a doubt, Iceland's most popular geothermal pool.

The Blue Lagoon is a family-friendly attraction, so it's certainly worth visiting on your Icelandic family holiday. However, there are a few things you'll probably want to know before your visit. That's why we've put together this post to make you aware of things to bear in mind when visiting the Blue Lagoon as a family.

## Age Consideration

The Blue Lagoon does not permit children under the age of 2 in the water, although they are allowed on the premises. You'll need to make sure that any children under 2 and not in the water are supervised by a parent or guardian who is not in the water as there are no childcare facilities on site.

If your children are between the ages of 2 and 13, you're in luck - children between these ages receive free entry when visiting with a parent or guardian! It's also worth bearing in mind that one adult is

considered acceptable supervision for two children, so if you have a large family you will need to make sure there are enough adults to supervise all the children.

If you have a child of the opposite sex, you may accompany them to your changing room up to the age of 6. Children 7 and older can be escorted to the changing rooms by a member of staff if they require guidance through the changing rooms.

## Safety Measures

To make sure that all young visitors are kept safe during their visit, children 8 and under are required to wear armbands when swimming in the Blue Lagoon, whether or not they know how to swim. You can bring your own armbands or borrow them from the facility free of charge.

Lifeguards are always on duty at the Blue Lagoon and all members of staff are trained regularly in first aid. The Blue Lagoon is an extremely safe place to visit as a family and you can visit with without having to worry about the safety of your children. Children will need to be made aware that diving is not allowed anywhere in the Blue Lagoon.

## You'll Need to Respect Other Visitors

Something else you'll need to bear in mind when visiting as a family is that many people visit the Blue Lagoon to experience the soothing waters in tranquillity. Young children should be made aware of this so that they are not playing too rough or loudly or in a way that may disrupt other visitors.

## Helpful Tips

Some people are surprised when they arrive at the Blue Lagoon and find that there are changing rooms and many other amenities on site. There are a few things that you will want to know before your visit that will make things easier.

Bear in mind that you need to shower before getting in the water. The water of the lagoon can leave your hair feeling very dry, so it's a good idea to coat it in conditioner before getting in. Alternatively, you could avoid getting your hair wet in the lagoon altogether, though it's unlikely that children will do this! It's also a good idea to take your own towel or robe when you visit. The Blue Lagoon does provide both, but you will have to pay for them.

The onsite restaurant, Lava, offers delicious and beautifully presented food. The menu is expensive and may not be suitable for children who are picky eaters. You may prefer to get something to eat at Blue Cafe, which offers freshly prepared sandwiches, sushi, healthy light options, as well as snacks and drinks.

If you're planning to visit the Blue Lagoon on your family trip to Iceland, we can provide you with the perfect family car to get to all of Iceland's top attractions. [Browse our range today!](#)