



THERMAL ZONE

Russian bath. What is the strength and power of the Russian bath?
The high temperature in the steam room stimulates lymph flow and blood circulation. The vessels dilate and become more flexible and healthy. The steam of a Russian bath helps to get rid of accumulated toxins, which contributes to overall health.

Finnish sauna. This is a dry type of steam room, where the healing effect is achieved by alternating hot air with cold water, which leads to increased sweating.

In this case, the heating temperature of the air reaches 100 degrees.

Ice font. Due to the extremely low temperature of the water, the effect of cryotherapy occurs. It has been scientifically proven that cryotherapy prevents swelling after injury, relieves rheumatic discomfort and helps for diseases of the immune system and connective tissues. Regular hardening in an ice bath will strengthen your immune system for a long time!

Comfortable seating area. For your comfort, our SPA has comfortable sun loungers with tables. While relaxing after bath procedures, you can enjoy aromatic tea and healthy sweets.

Cedar barrel. A unique item that reflects old and new approaches to the steaming procedure. It can be compared to a miniature sauna, which has a positive effect on the entire body due to the medicinal herbs used. Cost 1500 rub.

COMPLEX SPA BATH

**Visit to the SPA complex for 2 hours
(Russian and Finnish sauna, ice font),
comfortable relaxation area, tropical shower)**

– Cost 2000 rub.

Children under 10 years old 1000 rub.



SPA MASSAGE

Classic oil massage

15 min – 1300 rub.

30 min – 2500 rub.

60 min – 4000 rub.

Author's spa massage

Aroma massage - 60 minutes – 4500 rub.

Sports massage - 60 minutes – 5000 rub.

Spanish massage - 60 minutes – 4500 rub.

Stone therapy - 60 minutes – 5000 rub.

Lymphatic drainage massage – 60 minutes – 4500 rub.

Anti-cellulite massage – 60 minutes – 5500 rub.

SPA massage “Maximum relaxation” - 100 minutes – 7500 rub.

Watermelon scrub / Mango scrub - 1800 rub.

A natural sugar scrub to gently exfoliate and moisturize the skin of your hands, feet and body. The scrub nourishes, tones, makes the skin velvety, moisturizes, increases firmness, elasticity, evens out the skin structure and fights pigment spots. The rich fruity aroma gives freshness and tones.



THAI MENU

FOOT MASSAGE 30 MIN. - 2500 RUB.

- Thai oil massage 60 minutes - 4500 rub.
- Thai oil massage 30 minutes - 2800 rub.
- Traditional Thai massage 60 minutes - 4500 rub.
- Traditional Thai massage Thai 30 minutes - 2800 rub.
- head and neck massage 30 minutes - 3000 rub.

SPA RITUAL FOR FEET "LIGHTNESS" 60 MIN - 3,500 RUB.

- legs - 10 minutes
- cleaning - 10 minutes
- foot massage for fatigue - 30 minutes

SPA RITUAL FOR MEN "POWER OF STONE"

4 HOURS 8000 RUB.

- Hot stone massage - 1.5 hours
- Head massage - 30 minutes
- Thermal complex - 2 hours

SPA RITUAL FOR MEN "HEART OF A SAMURAI"

2 HOURS 6500 RUB.

- warming up in the sauna - 30 min
- Thai full body massage with aromatic oils "Heart of the Samurai" - 60 min
- Thai foot massage - 30 min

THAI SPA RITUAL FOR WOMEN "A TOUCH OF THAILAND"

2 hours - 6500 rub.

- warming up in the sauna - 30 minutes
- mango full body scrub - 30 minutes
- Thai massage "Touch of Thailand" with aromatic oils - 60 minutes

THAI SPA RITUAL FOR WOMEN "THAILAND LUXURY"

3 hours - 8000 rub.

- warming up in the sauna - 30 min
- watermelon full body scrub - 30 min
- Thai massage "Luxury of Thailand" with aromatic oils - 60 min
- Thai foot massage - 30 min