

# THE ART OF SPA



## STEAM BATH RITUALS

2 oak broom included in the price of soaring regardless of 1 or 2 people commit soaring.

### **ROYAL STEAM BATH ROYAL WITH HONEY AND SALT**

40 min per  
person

2,400 RUB

The procedure in the steam room, which consists of two full soaring oak brooms, in two sets, with contrasting pouring water, rubbing honey, birch brooms, herbs and salt. The complex effect of the procedure relieves pain in muscles and joints, cleanses and tones the skin, makes it soft. The essential oils contained in the birch leaves to improve ventilation. The complex effect of the procedure leads to deep relaxation and recovery of the body. In this soaring included in the price 4 brooms: 2 oak and 2 birch.

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### ***BOYAR STEAM BATH***

**25 min per person**

**1,500 RUB**

Steam bath oak brooms in 2 calls with contrasting pouring water. The second approach is the power active steaming of the back. The aroma of cold birch broom placed on the face, creates an additional therapeutic effect. Pouring cold water tones the skin and trains the vessels.

### ***BRANDED STEAM BATH FROM THE STEAM MASTER***

**20 min per person**

**1,100 RUB**

Steams at one time oak sprigs with contrasting dousing with water. The aroma of cold birch broom placed on the face creates comfort and additional therapeutic effect.

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### **OLD SLAVIC STEAM BATH**

This ritual consists of two phases. Natural soap is used to wash the body following a classical warm-up, in which any salts and toxins excreted in sweat are removed. A bath broom is used for steaming after a short break and warm shower, in which you will be asked to roll over so that your joints and problem areas can be massaged. It improves the state of your skin while boosting your immune system and improving overall tone.

40 min per person	1,400 RUB
1 h 30 min per 2 persons	2,600 RUB

### **ICE STEAM BATH**

The procedure is carried out in 2 calls. After a classic warm – up-rest and warm shower. The second stage of vaping with a broom takes place when the temperature and humidity increase, with pouring ice mineral water or wiping ice from a frozen infusion of herbs. Increases immunity, improves skin condition, removes toxins, increases overall tone.

30 min per person	1,550 RUB
1 hour per 2 persons	2,450 RUB

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## **SPA STEAM BATH**

This ritual consists of three phases. The first phase is the classic warm-up using natural soap to wash the body. The second phase involves intensive beating to massage the key joints at a moderate temperature. It ends with peeling, which involves some massage. The third phase is a classic steam bath with chilling. It is advisable for the treatment and prevention of cellulite as well as to improve overall skin condition.

<b>1 hour per person</b>	<b>2,000 RUB</b>
<b>2 hour per 2 persons</b>	<b>3,500 RUB</b>

## **REJUVENATING SPA BATH**

Stages:

1. Steam bath consisting of 3 phases
2. Body wash using natural soap
3. Deep peeling
4. Shungite mast
5. Anti-cellulite massage
6. Specialty herbal tea.

Effect: helps eliminate toxins and excess fluids, boosts lipid metabolism, and has a lifting effect.

<b>1 hour 30 min per person</b>	<b>2,600 RUB</b>
<b>2 hours per 2 persons</b>	<b>3,800 RUB</b>

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## **CHOCOLATE REBOOT**

Stages:

1. Steam bath consisting of 3 phases
2. Body wash with chocolate soap
3. Chocolate peeling - massage
4. Specialty herbal tea.

Effect: helps relieve fatigue, ensure emotional poise, improve sleep, and reduce irritability.

1 hours 30 min per person	2,000 RUB
2 hours per 2 persons	3,500 RUB

**IN ADDITION TO ANY STEAM BATHS WE RECOMMEND TO APPLY:**

**RUBBING WITH SALT**

10 min per person	100 RUB
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**RUBBING WITH HONEY**

10 min per person	250 RUB
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Salt thanks to its properties absorbs harmful substances, tones and disinfects the skin. Honey nourishes the skin with minerals and accelerates metabolism in the body.