

STEAM BATH RITUALS

Brooms for steaming available separately 400 rub./1 broom.

CLASSIC STEAM BATH

The ritual consists of two phases:

1. Warm-up: no-touch steaming to warm up your skin and muscles, thus preparing your body for a steam bath.

2. Steaming: a bath broom is used for steaming after a short break and warm shower, in which you will be asked to roll over. It helps improve blood circulation and muscle tone while strengthening the immune system.

ICE STEAM BATH

This ritual consists of two phases. These include a rest with a warm shower following the classic warm-up. The second phase, during which a bath broom is used, involves increasing temperature and humidity. It includes either pouring icy mineral water onto your body or rubbing it with herb-infused ice.

It strengthens the immunity system, improves your skin, helps eliminate toxins, and is generally invigorating.

40 min per person

**1,100 RUB
2,000 RUB**

1 h 10 min per 2 persons

40 min per person

**1,100 RUB
2,000 RUB**

1 h 10 min per 2 persons

STEAM BATH RITUALS

HONEY STEAM BATH

This ritual consists of two phases. Natural honey is used for this steam bath to intensify slimming and improve your skin. It is a general tonic that also improves blood circulation while strengthening the immune system.

40 min per person 1,200 RUB
1 h 30 min per 2 persons 2,200 RUB

AROMA STEAM BATH

This ritual comprises two phases during which essential oils are used. It clears the respiratory tract, improves the condition of your skin, boosts immunity and is generally invigorating.

40 min per person 1,200 RUB
1 h 30 min per 2 persons 2,200 RUB

STEAM BATH RITUALS

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.

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.

40 min per person 1,400 RUB

1 h 30 min per 2 persons 2,600 RUB

1 hour per person 1,500 RUB

1 h 40 min per 2 persons 3,000 RUB

STEAM BATH RITUALS INVOLVING SPA TECHNIQUES

ANTI-STRESS STEAM BATH

Stages:

1. Steam bath comprising two phases during which essential oils are used
2. Relaxation massage with a set of essential oils
3. Specialty herbal tea.

Effect: helps restore emotional balance, improve sleep, and reduce irritability.

1 hour 15 min per person

1,800 RUB

1 h 45 min per 2 persons

2,800 RUB

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.

1 hour 30 min per person

2,300 RUB

2 hours per 2 persons

3,500 RUB

STEAM BATH RITUALS INVOLVING SPA TECHNIQUES

CHOCOLATE REBOOT

2 hours per person 2,500 RUB

3 hours per 2 4,000 RUB

Stages:

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

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

SPORTS STEAM BATH

1 hour per person 1,700 RUB

1 h 30 min per 2 3,000 RUB

Stages:

1. Steam bath consisting of 3 phases
2. Body wash using natural soap
3. Steaming massage using bamboo brooms (samurai massage)
4. Specialty herbal tea.

Effect: helps improve muscle tone and elasticity, eliminate toxins from the body, and break down subcutaneous fat cells.