

# STEAMING

## AROMATIC STEAM 10 MINUTE 45

With the help of a fan, the steam is gently and evenly distributed throughout the steam room without creating scalding or cold zones. It warms all parts of the body in the best possible way

## SLAVIC STEAMING 10 MINUTE 65

One of the best ways to improve and maintain the youth of the whole body

## STEAMING IN THE HAY 25 MINUTE 85

On a shelf covered with hay, soft steaming is carried out, which has a softening and aromatherapy effect

## CITRUS VAPOR 25 MINUTE 85

Tonic steaming with oak brooms improves blood circulation, enhances metabolism, and thanks to rubbing with citrus, the skin is saturated with natural vitamins

## TAIGA STEAMING (IN CONTRAST) 115

When steaming, cold fir brooms are used under the head and on the head. Essential oils of fir have tonic, strengthening, anti-inflammatory properties



## PEELINGS

### SALT PEELING 20 MINUTE 65

Perfectly cleanses the skin, removes slags and toxins. Improves blood circulation

### HONEY APPLICATION 20 MINUTE 65

This is an amazing way of therapy and reflexology. A general tonic based on the therapeutic effect of bee honey

### SOAPY MASSAGE WITH BIRCH BROOMS 20 MINUTE 65

Massage is carried out with a birch broom. It gives an excellent cleansing effect. Used in combination with soap, it relieves fatigue and gives pleasure

### SLAVIC SPA WITH FRENCH COSMETICS (LA SULTANE DE SABA) 30 MINUTE 150

Body cleansing with eucalyptus black soap in the steam room. After steaming, a moisturizing and nourishing cream (or oil) is applied to the skin



## BARRELS

### HERBAL BARREL 30 MINUTE 85

The font is filled with a warm infusion of herbs. While in the barrel, the effect of medicinal herbs on the human body is much more intense and targeted

### CITRUS FONT 30 MINUTE 85

The skin is nourished with vitamin C, and dead cells are removed by fruit acids. Fir has a tonic and calming effect. Fir baths improve mood