



TREATMENTS

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FACE

Anti-Ageing

This range of advanced facials provides corrective care and is especially designed for those who wish to address visible signs of ageing including fine lines, wrinkles and uneven skin tone.

DELUXE LIFT

This anti-ageing facial combines renewing effects of a double peel and Active Lift mask. Specialised massage techniques stimulate cellular regeneration for noticeably firmer and plumper skin.

75 minutes £110

DOUBLE PEEL

This advanced treatment combines the active ingredients lactic acid, AHA and vitamin C and is ideal for those concerned with uneven skin tone, fine lines or wrinkles.

30 minutes £60 60 minutes £85

ILLUMINATING

This facial brightens the skin and utilises anti-ageing technology to create a luminous, even glow. It is a suitable treatment for those wishing to address hyperpigmentation or sun-damaged skin.

30 minutes £65 60 minutes £95

Expert

Each Expert facial is designed to address a specific skin concern and can be tailored for every skin whether male or female.

REBALANCE

Perfect for those prone to redness, rosacea or fragile capillaries, this soothing treatment is designed to protect delicate skin. Expect your skin to glisten with renewed vitality.

30 minutes £65 60 minutes £95

PURIFY

An intensive yet sensitive treatment that cleanses congested or combination skin. This facial will rebalance sebum and hydration levels to create luminous, uniform skin tone.

30 minutes £65 60 minutes £95

HYDRATE

A powerfully hydrating facial that focuses on replenishing the skin's moisture levels at the face and neck.

30 minutes £65 60 minutes £95

UPLIFTING FACIAL MASSAGE

Effectively releasing tension from the small facial muscles in the scalp, upper back, neck, shoulder and arms to sculpt and contour your décolleté, neck and face.

50 minutes £120

BODY

Massage

De-stress, rejuvenate and pamper your body and mind with our range of massages and therapies, especially beneficial following a banya treatment.

BACK AND HEAD MASSAGE

Release knots and tension, increase your range of motion and relieve pain.

30 minutes £60

TRADITIONAL SWEDISH MASSAGE

This form of massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility and easing tension.

60 minutes £95 90 minutes £120

DEEP TISSUE MASSAGE

The more intense pressure typically used during this treatment is beneficial for releasing tension and targeting the deeper layers of muscle tissue.

60 minutes £95 90 minutes £120

AROMATHERAPY MASSAGE

Aromatherapy uses pure, fragrant oils and herbs to naturally enhance your mood and accentuate the massage experience. At the start of the session, a bespoke mix of oils is blended based on your preference.

60 minutes £110 90 minutes £130

LYMPHATIC MASSAGE

This massage works by using gentle, repetitive strokes to facilitate the lymphatic system. This is a specialised massage that has a detoxing effect while supporting the body's internal filtration system to help keep the immune system in check.

60 minutes £110

BESPOKE ALIGNMENT BODYWORK

A stimulating body treatment that combines osteopathic techniques and a variety of massage styles according to individual needs. By working on joints, muscles and connective tissue together, the treatment can enhance posture, restore balance and give a deep sense of relaxation.

50 minutes £120

80 minutes £180

110 minutes £230

SPECIALIST TREATMENTS

Spa Rituals

A range of deeply relaxing treatments for those looking to unwind and de-stress.

TRANQUILLITY RITUAL

A unique wellbeing ritual for the face and body that encourages a deep state of relaxation, reduces muscle tension, improves circulation and visibly oxygenates the skin. Perfect for those looking to switch off and indulge in some 'me-time'.

90 minutes £160

TRANQUILLITY SLEEP MASSAGE

An innovative massage acting on three different sensory pathways: olfactive, tactile and hearing, for profound relaxation. The synergy of a unique blend of essential oils, the bespoke Tranquillity™ Sound.

60 minutes £95

HIMALAYAN SALT MASSAGE

An ancient ritual that begins with a body massage using warm Himalayan salt stones to alleviate tension and stress. Next, a scrub made from pink Himalayan salt and essential oils is applied to the body to ease aches and pains and stimulate the metabolism. This is a brilliant solution for those on a specialised programme to cleanse the body of impurities.

60 minutes £90

BAGNI DI PISA THERMAL MUD THERAPY

An intensive body mask that utilises the detoxifying effects of thermal waters from Bagni Di Pisa. The combined action of algae and active ingredients are used to stimulate lypolytic massaging techniques that targets cellulite. A specialised blend of essential oils encourages the gentle cleansing of the skin.

60 minutes £90

Pregnancy

Please speak to one of our therapists to discover which treatments are suitable during pregnancy.

PRE-NATAL MASSAGE

A nourishing, firming and elasticising treatment that assists in retaining soft and supple skin during pregnancy. This luxurious massage for mothers-to-be aids with the prevention of fluid retention and stretch marks, reduces swelling and discomfort and improves circulation. This treatment is not suitable for those in their first trimester of pregnancy.

60 minutes £95

BESPOKE PREGNANCY BODYWORK

During pregnancy, a bespoke functional body pregnancy treatment can be created, working on the same principals but with a focus on easing pregnancy aches and pains, relaxing tense muscles due to postural change, improving circulation and mobility and preparing you for a healthy labour.

50 minutes £120 80 minutes £180

HAMMAM TREATMENTS

Effective treatments to work alongside a relaxing session in our communal Hammam.

COFFEE SCRUB

At the beginning of this treatment you will have a coffee scrub. The antibacterial properties of the coffee used enhances the stimulating effects of this full-body exfoliation. The coffee's neutral pH level reduces irritation and addresses inflammatory skin conditions such as eczema or acne. This treatment also enhances circulation and is an excellent solution for combatting cellulite.

20 minutes £45

HONEY & SEA SALT SCRUB

The honey used in this body scrub is handcrafted by Latvian monks and contains a powerful cocktail of natural ingredients that nourish, moisturise and cleanse the skin, resulting in a gentle glow. The ambient temperature of the hammam treatment room causes the honey to melt, encouraging it to penetrate deep into the pores.

20 minutes £45

ORGANIC EXFOLIATING BODY WASH

During this specialised cleansing treatment, fragrant birch veniki are used to encourage a deep, exfoliating effect. Birch leaves contain a combination of essential oils and vitamins, which are absorbed by the skin. Our moisturising, organic body wash removes dead cells, unclogs pores and stimulates circulation. This is especially effective following a parania treatment.

20 minutes £45

HAMMAM WITH A RUSSIAN TWIST

This exfoliating treatment draws upon ancient Russian bathing traditions. The traditional Lykov sponge, made from bark fibres of the young oak tree, gently cleanses the skin and unblocks pores to maintain the skin's natural moisture levels.

20 minutes £45

BANYA TREATMENTS

Your authentic Bathhouse experience will include a traditional banya treatment (parenia) and intervals of relaxation time in both our communal banya and hammam. Following a treatment, you will enjoy a cup of specialised herbal tea in our Tea Library, leaving you with a sense of true relaxation and calm.

THE RUSSIAN DANCE OF LEAVES

Ideal for those who are new to the banya, this effective treatment provides an authentic yet gentle parenia experience. You are massaged with your choice of oak or birch leaves (veniki) in the controlled and relaxing environment of the banya, while the soothing aromas of eucalyptus enhance your state of relaxation. Your banschik will guide you through the experience and you will emerge feeling energised and refreshed.

20 minutes £50 (Including Ivan or Lemon and Ginger Tea)

CITRUS PARENIA

This parenia begins with the application of a specialised lemon and grapefruit preparation to balance the skin and initiate a gentle cleansing effect. This treatment is for the more experienced banya-goer, with the strength of the heat and humidity combining to enhance your meditative state. Immerse yourself in this treatment and emerge cool, calm and collected.

20 minutes £50

ANTIOXIDANT-RICH UPPER BODY MUD MASK

A healing mud mask is applied to the face and décolletage while you are left to relax. Our signature mud contains a powerful mix of organic minerals that provides a soothing, anti-ageing effect. This treatment is especially beneficial for those with uneven skin tone.

15 minutes £30

BAMBOO MASSAGE

This treatment utilises a gentle whipping motion with specialised bamboo branches and is especially effective in relieving areas of stress and pain. It is also effective in the treatment of cellulite. We recommend booking this massage following your parenia.

15 minutes £40

KAMCHATKA SUNRISE

Our signature package combines a traditional parenia with a coffee and honey scrub, the combination of which will leave your skin glowing whilst bestowing an overall sense of calm.

90 minutes £80

SIBERIAN RETREAT

This authentic Russian Bathhouse experience will lead you on a journey from our beautiful banya to the relaxing hammam. Ideal for those who want to enjoy the true Russian experience, this package includes two parenia treatments and the choice of either an authentic body wash or scrub.

120 minutes £120

SHAMANS OF BAIKAL

The most intense of our parenia experiences, this four-handed treatment is carried out by two banchik therapists. Hot and cold intervals are combined to heighten the cleansing effects of the treatment, sparkling mineral water will be used to cool and refresh the body.

45 minutes £80

PRIVATE BANYA CABINS

We have two private Banya cabins named after breathtakingly beautiful areas of Russia, 'Altai' and 'Baikal', which are available for hire for those seeking the ultimate banya experience.

ALTAI

*The slightly smaller of the two private Banya Suites, ideal for up to 4 people
Minimum booking of 2 hours:*

- External entrance
- Private balcony
- Plunge pool
- Treatment room
- Dedicated banschik to tailor your session
- One parenia treatment per person
- Specialised herbal tea infusion

1 Person	£300	<i>Includes 2 hours & 1 treatment</i>
2 People	£400	<i>Includes 2 hours & 2 treatments</i>
3 People	£500	<i>Includes 3 hours & 3 treatments</i>
4 People	£600	<i>Includes 3 hours & 4 treatments</i>
Each additional treatment	+£50	
Each additional hour	+£100	

BAIKAL

The larger of our two private Banya Suites, Baikal benefits from a double treatment room allowing for simultaneous treatments. Minimum booking of 2 hours

- External entrance
- Private balcony
- Plunge pool
- Treatment room
- Dedicated banschik to tailor your session
- One parenia treatment per person
- Specialised herbal tea infusion

1 Person	£350	<i>Includes 2 hours & 1 treatment</i>
2 People	£475	<i>Includes 2 hours & 2 treatments</i>
3 People	£600	<i>Includes 3 hours & 3 treatments</i>
4 People	£725	<i>Includes 3 hours & 5 treatments</i>
5 People	£850	<i>Includes 3 hours & 5 treatments</i>
Each additional treatment	+£50	
Each additional hour	+£150	

ALTAI & BAIKAL

Combine both suites, ideal for larger parties of up to 10 people. Minimum booking of 3 hours.

From £1000 (6 people); our team would be happy to discuss your requirements.

PERSONAL TRAINING

One-to-one training can be arranged with our specialist trainers. We invite you to discuss your needs further with a member of our fitness team who will be more than happy to recommend the correct course or training package to help you achieve your fitness goals.

PERSONAL TRAINING ONE-TO-ONE	£85
YOGA ONE-TO-ONE	£120
REFORMER PILATES ONE-TO-ONE	£120