

# *The* Seasonal Spa

Kempinski The Spa is a journey inspired by **the European cycle of the seasons**. Drawing on the elemental wisdom of nature, our treatments both invoke and restore the **body's natural equilibrium**.

# Seasonal Facials

## Spring Face Detoxing

An immediate burst of radiance for a glowing complexion. This rejuvenating treatment combines skin cleansing, deep exfoliation, expert serum and mask to encourage a 'new skin' effect. It also promotes the reduction of dark spots and brightening of the complexion.

60 minutes 5,900 RUB

## Summer Face Balancing

A halo of softness for the skin and particularly beneficial for more sensitive skin. This cocooning beauty treatment softens your skin and protects it from the stress of daily life, leaving it feeling soothed and nurtured.

60 minutes 5,900 RUB

## Autumn Face Relaxing

An intense moisture soak for a radiance-boosting effect. The unique combination of seawater pearls and algae caviar leaves the skin visibly re-plumped and the complexion radiant in a moment of ultimate relaxation. The application of serums, masks and creams is paired with the use of marine spheres to deliver immediately visible, rehydrating results.

60 minutes 5,900 RUB

## Winter Face Energizing

An ultra-effective and replenishing anti-ageing treatment. Wrinkles are reduced, the facial contour is firmer and complexion more luminous.

60 minutes 5,900 RUB

# Eyes

	Min.	RUB
Eyebrow Shaping	20	1,000
Eyebrow Tint	20	650
Eyelash Tint	20	650
Lash & Brow Tint	30	1,200

# Additional Facials

## Youth Revealing Pioneering Treatment

Using innovative ingredients and exceptional treatment techniques for instantly visible results. This high performance treatment restores the skin's youthfulness, softness and luminosity. A specific facial massage completes the action of the products and heightens relaxation.

60 minutes 6,900 RUB

## Lifting Facial

This is an intensive anti-aging facial treatment, which is designed to reduce expression lines and promote a youthful appearance. It is suitable for all skin types including sensitive skins.

60 minutes 5,900 RUB

## Active Pureness

This purifying and rebalancing treatment will effectively deep cleanse the face. It will also assist in reducing any surface oils, and results in a squeaky clean and refreshed skin.

60 minutes 5,900 RUB

## Men's Facial

Take a moment to indulge in a facial tailored especially for men. Enjoy this refreshing experience as your skin is deeply cleansed, exfoliated and nourished.

60 minutes 5,900 RUB

# Waxing

	Min.	RUB
Face	10	600
Half Leg	20	650
Full Leg	45	1,200
Bikini	30	1,500
Full Bikini	60	3,000
Under Arms	15	1,000
Solarium	1	50

# Seasonal Massages

## Spring In Your Step **Detoxing**

This is a detoxifying and uplifting massage that works on the lymphatic system, thus helping to eliminate toxins from the body. This therapeutic treatment commences with a dry body brushing designed to awaken a lethargic system.

90 minutes RUB 6,900

## Summer Bliss **Balancing**

The Summer Bliss massage is based on soothing strokes. The body will be cooled and calmed with the use of cool stones on the face and body.

90 minutes RUB 6,900

## Autumn Sleep **Relaxing**

This nurturing, aromatherapy massage focuses on achieving deep levels of relaxation. The massage includes a therapeutic head massage that works on cranial pressure points to alleviate signs of stress to help you to unwind.

90 minutes RUB 6,900

## Winter Warmer **Energizing**

This classic deep tissue massage is both energizing and nourishing and is specifically designed to focus on painful joints or stiffness in the body as required. This therapeutic body treatment includes a warming foot balm.

90 minutes RUB 6,900

# Additional Massages

Back, Neck & Shoulder Massage

30 minutes 3,500 RUB

Foot Massage

30 minutes 3,500 RUB

Anti-Cellulite Massage

30 minutes 3,500 RUB

Scalp Massage

30 minutes 3,500 RUB

Classic Massage

60 minutes 5,000 RUB

Lymphatic Massage

60 minutes 5,000 RUB

Sports Massage

60 minutes 5,000 RUB

Couples Massage

60 minutes 9,000 RUB

# Private Spa Suites

We have two Private Spa Suites. Suite 1 has a Steam Bath, Jacuzzi, Experience Shower and Suite 2 has a Steam Bath, Hydro Bath and Experience Shower for you to enjoy. The Suites are available for use either with or without additional treatments, which you can choose from the menu.

60 minutes 2,000 RUB for a Spa Suite without treatment.

## Couples Experience

Enjoy a tranquil moment together in our romantic Spa Suite with the special person in your life. Private Steam Bath and either a Hydro Bath or Jacuzzi, 60 minute Hot Stone Massage for two and Herbal Tea.

90 minutes 12,000 RUB Per Couple

## Romantic Getaway

It's time you and your loved one spent some quality time relaxing together, and what better place to spend it than in our exclusive Spa Suite. Private Steam Bath and either a Hydro Bath or Jacuzzi, Body Exfoliation of your choice for two, 60 minute Classic Massage for two and a bottle of champagne and chocolates to share together.

120 minutes 18,000 RUB Per Couple

# Body Treatments

## Detoxing

### Spring Clean Scrub

Clearing away stagnant energy is the focus of the Spring Clean Scrub. This detoxifying body scrub contains finely ground coffee and cinnamon to eliminate dead skin cells.

30 minutes 3,300 RUB

### Spring Embrace Wrap

A powerful detoxifying treatment, which combines the strength of algae and specific active ingredients for the effective treatment of cellulite and to give a boost to help speed up the metabolism.

60 minutes 6,500 RUB

## Balancing

### Summer Pearl Scrub

This luxurious body scrub induces a smoother and more even skin texture.

30 minutes 3,300 RUB

### Summer Cool Wrap

This body envelopment will complement all body treatments, active vegetal ingredients assist in providing tone and elasticity and give an anti-oxidant effect.

The skin is left rehydrated and rebalanced.

60 minutes 6,500 RUB

## Relaxing

### Autumn Flame Scrub

Volcanic stones are the key ingredients in this relaxing body scrub giving the skin a subtle glow.

30 minutes 3,300 RUB

### Autumn Drape Wrap

This is a regenerating, firming, moisturising and antioxidant body treatment, which is the perfect choice for a skin which needs both mild detoxification and also the protection afforded by nutritious ingredients.

60 minutes 6,500 RUB

## Energizing

### Winter Clear Out Scrub

The Winter Clear Out Scrub contains highly sensorial sea salt crystals. When applied, dryness is polished away and the skin is deeply nourished.

30 minutes 3,300 RUB

### Winter Fleece Wrap

This perfect synergy of Grotta Giusti mud, natural active ingredients and essential oils combine to create this unique thermal spa treatment which is effective in restoring mobility, aiding the release of muscle tension and also conditioning the skin.

60 minutes 6,500 RUB

# Express Treatments

## Express Facial

This mini facial includes a cleanse, face massage and mask.

30 minutes 3,500 RUB

## Hand Renewal

This hand treatment reveals healthy, silky soft skin that irresistible to touch.

30 minutes 3,300 RUB

## Leg Revival

A targeted treatment to beautify, comfort and relieve tired legs.

30 minutes 3,300 RUB

## Oligomer® Balneo Therapy

Experience the art of thalassotherapy. Soak in the Hydro Bath with rich, remineralizing marine ingredients.

30 minutes 2,000 RUB

## Collagen Mask

A treatment to brighten, giving an immediate "wow" effect, the ultimate in skin hydration.

30 minutes 2,000 RUB

# The Definitive Treatments

## Black Sea Magic

Especially for women who want to immerse in Black Sea bliss! Our Definitive Treatment magically combines a private steam bath, a coffee body scrub followed by a chocolate body wrap with a face massage.

90 minutes 8,000 RUB

## Black Sea Power

Especially for men to feel the magical effect of the sea's energy! Our Definitive Treatment harmoniously combines a private steam bath and hydro-massage followed by an anti-oxidant green tea salt body exfoliation and back massage with hot stones.

90 minutes 8,000 RUB

# Evergreen Treatments

## Booster HydraFacial MD®

This treatment offers the perfect skin care solution for the time-challenged, by bathing the skin in rich anti-oxidants and deeply hydrating hyaluronic acid. It starts with deep cleansing and gentle exfoliation, followed by painless extractions, and ends with a burst of hydration.

30 minutes 7,500 RUB

## Classic HydraFacial MD®

A customizable, rejuvenating skin resurfacing treatment that immediately reduces the look of lines, wrinkles, acne, hyperpigmentation congested pores and uneven skin tone on the face and neck. This facial also includes LED light therapy, giving you exquisite results.

60 minutes 13,500 RUB

## Deluxe HydraFacial MD®

An invigorating treatment that includes all the luxurious essentials of the HydraFacial, for your face, neck and décolleté. It begins with Lymphatic Drainage therapy to initiate the detoxification process, then the HydraFacial deeply cleanses, exfoliates, extracts and hydrates the skin. This treatment also includes Multi-Pertides Dermabuilder, to address wrinkles followed by LED light therapy. It includes a Collagen Mask.

90 minutes 18,000 RUB

ZERONA ® is the only non-invasive procedure to help effectively remove excess fat and significantly improve the contours of the body in one or two weeks with no downtime.

20 minutes 4,000 RUB

40 minutes 8,000 RUB