	STEAM DAY		Visiting hours	Overtime	Admission (13 years and older)	Children's (Ages 8–12)
Special offer	Weekdays before 2:00 PM	1	5 hours	₸80/min	6 000₸	5 000₸
Special offer	Weekdays before 7:00 PM	1	2 hours	₸80/min	5 000₸	5 000₸
Therma	Weekday	1	Unlimited		9 000₸	6 000₸
Therma	Weekends & public holidays	1	Unlimited		16 000₸	8 000₸

Robes, towels, and pestemals are complimentary and not included in the admission fee. One set is provided free of charge per visit. Additional items are available for an extra charge.

- Hammam
- Russian Steam Room
- Clay Sauna
- Salt Sauna
- Group Steam Rituals Every 2 Hours

- Hydromassage Pool
- Cold Plunge Pool
- Classic Pool
- Warm Plunge Pool

Open daily from 10:00 AM to 11:00 PM

PACKAGE OFFERS: ENTRY + PROCEDURES

SPA PROGRAMS

Scrub & Wash — 1 — 30 000₸

Includes:

- Classic peeling – 15~20 min
- Body wash – 10~15 min
- Head scrub – 5 min
- Hair wash – 5 min
- Tea ceremony

Duration: ~35 minutes

new Honey Paradise — 1 — 35 000₸

Includes:

- Classic peeling (kese mitt) – 15~20 minutes
- Foam massage – 20~25 minutes
- Honey body scrub – 15~20 minutes
- Tea ceremony

Duration: ~50 minutes

new Combo Collagen — 1 — 35 000₸

Includes:

- Facial Collagen Treatment — 15 min
- Hand Collagen Treatment — 5 min
- Classic Kese Scrub — 15–20 min
- Collagen Wash — 15 min
- Tea Ceremony

Duration: ~50 minutes

new Body Refresh — 1 — 39 000₸

Includes:

- Classic peeling (kese mitt) – 15~20 minutes
- Classic massage – 60 min
- Body & head washing – 15 minutes
- Tea ceremony

Duration: ~**90** minutes

SPA Zen — 1 — 39 000₸

Includes:

- Body scrub (guest's choice) – 15~20 min
- Relaxing massage – 30 min
- Soapy birch broom body wash – 10~15 min
- Tea ceremony

Duration: ~55 minutes

Choco Charm — 1 — 47 000₸

Includes:

- Spiced body scrub – 15~20 min
- Chocolate body wrap – 20~30 min
- Body & head washing – 15~20 min
- Classic massage – 60 min
- Tea ceremony

Duration: ~115 minutes

Lazy Day — 1 — 55 000₸

Includes:

- Kese glove peeling – 15~20 min
- Application of cleansing paste – 10 min
- Body wrap with ghassoul clay – 20~30 min
- Facial care (cleansing + mask + cream) – 15~20 min
- Moisturizing body milk mask – 10 min
- Express massage – 40 min
- Tea ceremony

Duration: ~120 minutes

Paradise for Two — 2 — 120 000₸
for One — 1 — 70 000₸

Includes:

Duration: **2 hours 40 minutes**

Recommended self-steaming time in the common area is no more than 20 minutes.

- Peeling or Scrubbing of your choice – 20 minutes
- Wellness Massage, Face & Head Massage – 80 minutes
- Head SPA, Face SPA, Body Wash – 40 minutes
- Special Tea Ceremony for Two or One – 20 minutes

STEAM PROGRAMS

**All steam programs are performed using a bowl with ice and citrus.*

Big Fun — 1 — 37 000₸

Includes:

Duration: 60 minutes

- Reflexology fir foot bath – 10 min
- Steaming the back with brooms – 10 min
- Waterfall – shock bucket & plunge, rest – 3 min
- Steaming the front with steam elevation – 10 min
- Waterfall – 3 min
- Body scrub – 5 min
- Post procedure warming – 9 min
- Soapy birch broom body wash – 10 min
- Tea ceremony

Orange Oasis — 1 — 40 000₸

Includes:

Duration: 80 minutes

Includes 3-step steaming:

1. Light back steaming – 10 min
   Rest inside steam room – 2 min
2. Back steaming – 15 min
   Waterfall & plunge – 5 min
3. Front steaming – 15 min
   Waterfall – 5 min

- Orange-salt body scrub – 20 min
- Post-treatment warming – 8 min
- Tea ceremony

Sport Relax — 1 — 50 000₸

Includes:

Duration: 90 minutes

- Pre-massage steam in shared area – 6 min
- Relaxing or sport massage with Ayurvedic oil – 45 min
- Back steam – 7 min
- Waterfall & plunge – 5 min
- Front steam – 7 min
- Waterfall & plunge – 5 min
- Body scrub – 15 min
- Tea ceremony

Therma Prime — 1 — 70 000₸

Includes:

Duration: 120 minutes

- Steaming of the back side – 15 minutes
- Cooling "Ice and Flame" with a shock bucket – 10 minutes
- Steaming of the front side – 15 minutes
- Cooling on a fir-wood bench – 10 minutes
- Relaxing massage on a fir-wood bench – 20 minutes
- Tea ceremony – 20 minutes
- Ancient Russian birch body washing – 10 minutes
- Chocolate or honey body wrap – 20 minutes

3-in-1 Combo — 1 — 41 000₸

Includes:

TOP

- Extreme steam – 15 min
- Classic peeling – 15 min
- Express massage – 40 min

Duration: 70 minutes

MASSAGE PROGRAM

Vacuum Therapy — 1 — 34 000₸

Includes:

- Express massage – 40 min
- Head & face massage – 10 min
- Vacuum cupping or Stone – 10 min
- Tea ceremony

Duration: 60 minutes

✦ COMPLIMENT FOR THE SPA PROGRAM

One-time visit bath house

Compliments and promotions cannot be combined with the terms and conditions of other promotional offers. The choice of a compliment or promotional offer is at the guest's discretion.

Therma

STEAM SERVICES

Soft Steam — 1 — 16 000₸

-Light steaming of the back side of the body with bath brooms – 5 minutes
-Rest – 2 minutes
-Steaming of the front side with steam lifting – 5 minutes
-Waterfall – Shock bucket and plunge pool, rest – 3 minutes

Compliment: Soapy wash of the body with birch broom – 5 minutes

Performed using: Bowl with ice and citrus

Duration: **20 minutes at 60–65 °C**

Strong Steam — 1 — 17 000₸

-Heating of the back side of the body with bath brooms – 5 minutes
-Intense leg steaming – 5 minutes
-Waterfall – Shock bucket and plunge pool, rest – 3 minutes

Compliment: Acupressure massage with juniper broom – 7 minutes

Performed using: Bowl with ice and citrus

Duration: **20 minutes at 70–80 °C**

Extreme Steam — 1 — 18 000₸

-High-temperature back steaming – 15 minutes
-Waterfall – Shock bucket and plunge pool, rest – 3 minutes

Compliment: Body scrubbing – 5 minutes

Performed using: Bowl with ice and citrus

Duration: **20 minutes at 80–120 °C**

Collective steaming — 3-5 — 28 000₸

The steaming is designed for 3–5 people,sitting for 15 minutes.

Duration: **15 minutes**

new **Herbal steam barrel** — 7 000₸ / 9 000₸/ 11 000₸

Duration: **10 minutes / 15 minutes / 20 minutes**

SPA ZONE SERVICES

Collagen for the face Moisturizing facial treatment Duration: 15 minutes	1	7 500₸
Head SPA Duration: 10 minutes	1	7 500₸
Classic peeling Kese glove exfoliation on steamed body Duration: 15 minutes	1	8 000₸
Old Russian birch body wash Soapy wash with birch broom Duration: 10 minutes	1	10 000₸
Body scrubbing Exfoliation with body scrub Duration: 15 minutes	1	12 000₸
Foam Massage Clouds of foam will give your body lightness and relaxation. Duration: **20** minutes	1	15 000₸
Body wrap Honey or Clay Duration: 20 minutes	1	20 000₸

MASSAGE SERVICES

		Course	
Neck & shoulder massage Duration: 20 minutes	1	5пр: 35 000₸ 10пр: 70 000₸	8 000₸
Leg massage Duration: 20 minutes	1	5пр: 45 000₸ 10пр: 90 000₸	10 000₸
Back massage Duration: 20 minutes	1	5пр: 45 000₸ 10пр: 90 000₸	10 000₸
Head & face massage Duration: 30 minutes	1	5пр: 55 000₸ 10пр: 110 000₸	12 000₸
Express massage Duration: 40 minutes	1	5пр: 70 000₸ 10пр: 140 000₸	15 000₸
Honey massage Duration: 40 minutes	1	5пр: 80 000₸ 10пр: 160 000₸	17 000₸
Classic massage Duration: 60 minutes	1	5пр: 85 000₸ 10пр: 170 000₸	18 000₸
Wellness massage Duration: 60 minutes	1	5пр: 95 000₸ 10пр: 190 000₸	20 000₸
Vacuum massage Duration: 60 minutes	1	5пр: 95 000₸ 10пр: 190 000₸	20 000₸
Stone massage Duration: 60 minutes	1	5пр: 100 000₸ 10пр: 200 000₸	21 000₸
Anti-Cellulite Massage Продолжительность: **60 минут**	1	5пр: 105 000₸ 10пр: 210 000₸	22 000₸
Sports massage Duration: 60 minutes	1	5пр: 110 000₸ 10пр: 220 000₸	23 000₸
Lymphatic Drainage Massage Duration: **70** minutes	1	5пр: 120 000₸ 10пр: 240 000₸	25 000₸
Therapeutic massage new Duration: **90** minutes	1	5пр: 140 000₸ 10пр: 280 000₸	29 000₸
Four-hand massage new Duration: **60** minutes	1	5пр: 210 000₸ 10пр: 420 000₸	43 000₸

Course 5 or 10 sessions over 1 month, according to schedule

FOOT SPA

Foot SPA -Foot cleansing – 10 minutes -Foot scrub – 10 minutes Duration: 20 minutes	1	9 000₸
Foot phytobaths Duration: 10 minutes	1	3 000₸

WASHING SERVICES

Hair wash -Hair wash -Hair mask Duration: 10 minutes	1	4 000₸
Body & head washing -Body wash -Hair wash -Hair mask Duration: 15 minutes	1	8 000₸