



RUSSIAN BANYA

Visiting the Banya is one of the oldest Russian traditions that never loses its popularity. The Banya includes some extreme routines, from diving into cold and warm herbal baths after the heat of the steam to crushed Ice ritual, aromatic body masks and invigorating salt peelings all go to making the Banya an authentic and sensory delight.

An herbal infusion is thrown onto hot stones, creating the ideal balance of heat, humidity and medicinal fragrance. One of the main attributes to the Banya ritual is the flagellation with veniks, traditionally made of young Birch, Oak, Linden, Rowan or Juniper.

Bathing in the Russian Banya is believed to be a remedy for nearly every illness. Heat and steam helps to purify the skin and detoxify the body while the veniks and the herbal inhalations treat and prevent a variety of ailments.

Our guests have the opportunity to experience Russian Banya in four flavors: Traditional, Siberian, Natura Siberica and Royal Imperial.

As the proverb goes: "The day you spend in the Banya is the day you do not age".

Traditional Steaming

60 min. RUB 6,900

"Parenie" is a traditional thermal treatment using "venik" – a bunch of twigs and leaves, tied together.

Oak venik creates a sedative effect and removes stress. This steaming program is performed in two steps with oak venik. It is recommended to dip into a plunge after each steam room visit. Guests can enjoy homemade herbal tea to complete their experience.

Siberian Steaming

1 guest 90 min. RUB 9,200
2 guests 90 min. RUB 16,000

Fir, birch and oak veniks are used for this steaming. Firstly, the entire body is rubbed with a fir venik.

It improves blood circulation, stimulates sweating, gently relieves lower back pain, has a relaxing effect on the body. Second step is a gentle massage performed with a birch venik. It is recommended to dip into a plunge pool after that. Finally, the oak venik is used.

Guests can enjoy homemade herbal tea to complete their experience.

Natura Siberica

1 guest 150 min. RUB 14,000
2 guests 150 min. RUB 25,000

Steaming includes up to three steam room visits. Fir, birch, and oak veniks are used for this steaming. Firstly, the entire body is rubbed with a fir venik. It improves blood circulation, stimulates sweating, gently relieves lower back pain, has a relaxing effect on the body.

The birch venik helps to relieve muscle tension and joint pain. It is recommended to dip into a plunge pool after that. Secondly, the oak venik is used and guests are rubbed with the ice (optional).

It is recommended to dip into a plunge pool after that as well. Further the treatment includes salt peeling-massage or soapy massage with russian bast and steaming with linden venik. The essential oils contained in the veniks increase metabolism and slow down the aging of skin.

Guests can enjoy homemade herbal tea to complete their experience.

Royal Steaming

1 guest	180 min.	RUB 18,400
2 guests	180 min.	RUB 31,300

Steaming room is covered with fresh fragrant meadow hay. Such a feather is not only convenient for steaming, but it has a special aromatherapy effect.

Fir, birch, oak and juniper veniks are used for this steaming. Firstly, the entire body is rubbed with a fir venik. It improves blood circulation, stimulates sweating, gently relieves lower back pain, has a relaxing effect on the body. The birch venik helps to relieve muscle tension and joint pain. It is recommended to dip into a plunge pool after that. Secondly, the oak venik is used and guests are rubbed with the ice (optional).

It is recommended to dip into a plunge pool after that. Further the treatment includes sweet and savory peeling-massage. Guests can enjoy homemade herbal tea to complete their experience.

VENIK OF YOUR CHOICE

RUB 2,000

Linden

Efficiently removes headache, accelerates sweating, has a calming, antipyretic effect, facilitates breathing.

Juniper

Stimulates sweating, increases blood circulation deep in the muscles. It is good for a peculiar treatment. For example, with pain in the spine, neuralgia, radiculitis. It efficiently disinfects the air and prevents respiratory diseases.

Eucalyptus

Eucalyptus leaves contain up to 3% essential oils and are often used to treat colds. Efficiently helps with a cold and sore throat.

Rowan

Strengthens the excitement in the nervous system, eliminates the relaxing effect of the bath procedure, efficiently prepares the body for work and therefore is successfully used in the morning.