Ski inn
SPA HOTEL

Dear guests!

A visit to the thermal area of the spa is carried out by appointment, according to the following schedule:

09:00-10:00, 10:15-11:15, 11:30-12:30,
13:30-14:30, 14:45-15:45, 16:00-17:00,
17:15-18:15, 18:30-19:30, 19:45-20:45

Technical break:
12:30-13:30

8 800 222 37 37
8 928 233 78 35

Resort «Rosa Khutor»,
Olympic Mountain
Village,
Fir Alley street, д.1

Working hours
с 9:00 до 21:00

The time of visiting the spa area for guestswith children under 12 is from 09:00 to 20:00

Body programs after outdoor activities

Sports care

Care to increase endurance and muscle recovery after training, help with increased physical exertion.	1 h	9 000 rub

Body care «Energy source»

It is aimed at deep muscle training, relieves stress and muscle tension.	1 h	8 200 rub

Spa treatment with a warm aroma candle

Thanks to the warmth of the melted natural oils, it will give the body comfort, hydration and deep relaxation.	1 h	8 000 rub

Aroma-care «Antistress»

It combines the harmony of professional techniques and fragrances, relieves tension and fatigue.	30 min	7 000 rub

Back care

A program for recuperation, relieving tension and muscle pain.	30 min	2 900 rub

Foot care

Emergency foot care after an active day.Relieves leg fatigue and muscle pain.	30 min	2 900 rub

Relaxing head, neck and decollete care with doTERRA essential oils

Helps relieve headaches and fatigue, normalize blood pressure.	30 min	2 900 rub

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The energy of the sea

«Live algae»

Spa care with body wrapping with whole layers of kelp, increases skin elasticity, improves its tone and elasticity.	2 h 30 min	17 000 rub
	1 h 20 min	12 000 rub

«Sea breeze»

Relaxing treatments with massage techniques and a specially selected fragrance of doTERRA fill the body with lightness and give a pleasant feeling of relaxation.	1 h 30 min	9 500 rub

Thalgo Facial Care
«Intensive nutrition and comfort»

Multi-stage care based on cosmetics with marine minerals intensively nourishes and soothes, eliminates redness and gives a feeling of comfort.	1 h 30 min	9 000 rub

Thalgo Facial Care
«Humidification»

Comprehensive care instantly moisturizes, regenerates and strengthens the skin for a long time, which is ideal after sunburn.	1 h	7 500 rub

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The energy of the sea

The Spa ritual «Warm stones»

The technique of deep relaxation using smooth heated stones, which provide deep warming of tissues, relieves tension and restores inner harmony.	1 h	7 300 rub

Body scrubbing in the range

Gently cleanses the skin, helps to start the rejuvenation process and get rid of dead cells.	30 min	3 200 rub

Express recovery with alginate facial mask by skin type

The use of this mask helps to combat the signs of aging.: it smoothes fine wrinkles, improves skin tone and gives it a healthy appearance.	30 min	3 300 rub

Express recovery with a creamy face mask by skin type

After using the mask, the skin becomes noticeably moisturized, its elasticity increases, and its healthy appearance and texture are restored.	30 min	2 400 rub

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The power of the mountains

«Mountain Lavender»

Relaxing spa treatment with an exquisite scent of lavender fields, helps to immerse yourself in a world of harmony and peace.	1 h 30 min	9 500 rub

«The breath of the forest»

A natural spa treatment that combines coniferous scrub and massage techniques will restore tone and help you feel the vitality of mountain forests.	1 h 30 min	9 500 rub

«Mountain stream»

Lymphatic drainage, like a mountain stream, takes away everything superfluous and gives lightness. Spa massage removes excess fluid, reduces swelling, improves blood circulation and accelerates metabolism.	1 h	7 000 rub

Facial Treatments «Mountain Lotus»

Modeling	30 min	2 900 rub
Relaxation	30 min	2 900 rub

Delicate massage techniques are aimed at relieving facial muscle tension, increasing skin elasticity and shaping a clear oval face.

Child care «The Sleepy bear»

Strengthens the child's health.Lighttouches will help to relax and normalize sleep.	30 min	3 600 rub

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Thai Traditional Cosmetics Spa Treatments

«Detox Green Tea»

Spa care will give you a feeling of cleanliness, lightness and renewal.Helps to improve the appearance of the skin, its structure and tone.	2 h 30 min	15 200 rub
	1 h 20 min	9 200 rub

«Aloe Vera»

Spa care using aloe-based cosmetics is ideal for any season, providing the skin with the necessary nutrition, protection and restoration.	2 h	12 000 rub
	1 h 30 min	9 500 rub

«Modeling»

Anti-cellulite zone care with extracts of grapefruit, ginseng, centella, witch hazel, hot pepper and macadamia is aimed at modeling the silhouette, tightening the contours of the body and reducing the severity of cellulite.	1 h 30 min	9 500 rub

Regenerating care «Avocado»

A delicate spa treatment based on avocado, known for its beneficial properties for the skin and the whole body.This treatment is suitable for absolutely all skin types, including sensitive and dry ones.	1 h 30 min	9 500 rub

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Comprehensive care for Comfort Zone cosmetics

Royal ritual for face and body «Tranquility»

A luxurious comprehensive spa treatment renews, nourishes, restores the skin of the face and body, and harmonizes the psycho-emotional state. The treatment includes a volcanic scrub massage, a nourishing aroma wrap and a regenerating antioxidant facial.

2 h 15 000 rub

«Mineral Energy»

Reduces tension and pain in muscles due to the high magnesium content, restores the level of trace elements after active recreation or sports.

2 h 13 000 rub

1 h 30 min 9 500 rub

The Aroma ritual «Calmness»

Perfect rest, nutrition and body recovery. It is recommended for fatigue and stress. Gently restores dehydrated, fading skin.

1 h 30 min 9 500 rub

«The perfect tan»

4 in 1 spa treatment: relaxing aroma ritual, refreshing peeling, firming mask, massage to increase skin elasticity and final cream to enhance the tanning of the face and body. Creates all the conditions for an even and lasting tan.

1 h 30 min 9 500 rub

1 h 8 000 rub

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Spa treatments at the hammam

On the shore of the Bosphorus

Care begins with a thorough peeling in the hammam and foam massage. Then a general oil treatment is carried out with a more thorough study of the areas you have selected.	2 h 20 min	16 500 rub

Oriental care

A thorough exfoliation with a kese glove will make the skin smooth like silk. Foam care will help relieve tension in the nervous system and muscles (you can choose the strength, pressure and intensity yourself).	1 h	9 500 rub

Peeling with a kese glove

Thorough peeling with a kese glove.	20 min	4 000 rub

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