



ENGLISH LINE: 

+7 917 577 49 44 Tatyana



ADDRESS:



Sukharevskaya or



Prospect Mira

Shchepkina street 9, building 1, Moscow

DEAR GUESTS!

Our SPA-complex "Nirvana SPA" provides wellness services dedicated to your well being. Our team of professionals will provide you with the highest quality services. We offer **three separate recreation areas** - each with unique design including sauna and hamam.



ZONE "SHIP"

- relaxation area with a design of a sunken ship
- sauna including various equipment
- 2 resting rooms
- warm swimming pool
- ice bath
- karaoke
- american billiard
- TV, music (connectable), wi-fi

PRICE FOR 1 HOUR (IN RUBS):

	9:00-13:00	13:00-18:00	18:00-9:00
Mo-Th	2600	3000	3300
Fr-Su	2800	3200	3500

***During the busy season on the russian holidays the tariffs are increased.**

ZONE "TROPICS"



- relaxation area with a tropical hut design
- sauna including various equipment
- resting room
- warm swimming pool
- ice bath
- karaoke
- russian billiard
- TV, music(connectable), wi-fi

PRICE FOR 1 HOUR (IN RUBS):

	9:00-13:00	13:00-18:00	18:00-9:00
Mo-Th	2600	3000	3300
Fr-Su	2800	3200	3500

*During the busy season on the russian holidays the tariffs are increased.

ZONE "EGYPT"



- turkish hammam
- lounge zone
- jacuzzi
- resting area for 3-4 ppl
- TV, music (connectable), wi-fi

PRICE FOR 1 HOUR (IN RUBS):

	9:00-13:00	13:00-18:00	18:00-9:00
Mo-Th	2000	2000	2400
Fr-Su	2200	2200	2500

*During the busy season on the russian holidays the tariffs are increased.

BOOKING CONDITIONS

● **Minimum order - 2 hours**

● The spa and massages open daily from **11.00 to 22.45**, except Sunday (closed). All programs are carried out by a specialist from Thailand.

● If guests use their own brooms in the sauna, an amount of **600 rubs** will be charged for the cleaning services.

● In our complex you can order european cuisine and drinks. If guests bring their own food, an amount of **300 rubs** per person will be charged.

● Our spa-complex presents every **7th hour for free** when ordering one of relaxation areas.

● We would like to celebrate **your birthday**, with a free 1 hour massage of any kind.

● **For an additional payment:**

- disposable slippers - 200 rubs
- rent of a towel - 200 rubs
- rent of a sheet - 200 rubs
- rent of a terry sheet - 400 rubs
- rent of a bathrobe - 400 rubs
- shower gel- 450 rubs
- oak broom - 600 rubs
- eucalyptus broom - 350 rubs
- infusion of mint or eucalyptus - 150 rubs.

SPA SALON MASSAGES

Special gift from our spa-complex -
30 minutes of any massage free, if you
book a massage for 1 hour (1h = 1.5h)

1. Oil massage - 1h/ 4000 rubs., 1.5h/ 6000 rubs,
2h/ 7500 rubs.
2. Thai massage - 1h / 4000 rubs, 1.5h / 6000 rubs,
2h/ 7500 rubs.
3. Foot massage - 30 min / 2500 rubs, 1h/ 3900 rubs.
4. Oil massage with herbal bags - 1.5h/ 6200 rubs.
5. Royal massage - 3h / 9000 rubs.
6. Neck and head massage - 45 min / 3500 rubs.
7. Back massage - 30 min/ 2500 rubs.
8. Massage of the face and head - 30 min / 2500 rubs
9. Foam massage - 1h / 6000 rubs
(When booking the area "Egypt" - 30 min/ 3000 rubs)
10. Soaring with an oak broom - 3000 rubs / 1 time

Further special programs are on the next page...

SPECIAL SPA PROGRAMS

● SPA program "Elixir of Youth" (2,5 h)

The program includes:

- spa zone with hammam and jacuzzi
- natural eucalyptus broom for aromatherapy
- towel, slippers, cotton sheet for 1 person.
- foam massage (can be replaced with scrub) - 30 min
- recreational massage - 1 h
- invitation to pleasant teatime

Day rate (until 18:00) - 8750 rubs

Evening rate (after 18:00) - 10200 rubs

● SPA program "Rest in Nirvana" (1h 45 min)

The program includes:

- spa zone with finnish sauna - 30 min
- pool with warm water and ice bath
- towel, slippers, cotton sheet for 1 person.
- recreational massage - 1 h
- invitation to pleasant teatime

Day rate (until 18:00) - 6390 rubs

Evening rate (after 18:00) - 6750 rubs