



BATH COMPLEX SERVICES MENU

For guaranteed booking of each separate service of bath menu a non-refundable deposit is required in the amount of: 100% - for guests not staying in the ecopark; without deposit – for guests staying in the ecopark.

To choose a bath ritual, brooms, aromatization and other spa-procedures, you can contact a professional steam specialist Alexey +7(980)654-14-22.



BATH MENU CONSTRUCTOR



Aroma steam bath:

Group, non-contact introduction to steam accompanied by a steam specialist. It is performed at low temperatures using 5 aroma herbs at guest's choice (melilot, wormwood, mint, sage, eucalyptus, lavender, hypericum, raspberry etc.)

 duration: 15-20 min. 7500.-



Express steaming:

One entry steaming with 2 oak brooms and dipping into the lake.

 duration: 10 min. 4500.-



Honey-salt harmony restoration:

A traditional ancient Russian procedure of cleansing, restoring inner balance, peace and harmony. It is performed using natural honey combined with sea salt.

 duration: 10-15 min. 4500.-



Foam and birch washing:

A unique combination of aromatic soapy foam and special techniques performed by the steam specialist using birch brooms.

 duration: 15-20 min. 4500.-



Children's steam bath:

Bath steaming is performed at low temperatures in a steam room for children 7 -12 years old.

 duration: 7-10 min. 3000.-

free of charge for children under 7 years old, if ordering one of the steaming programmes



Floor covering:

- meadow hay 2500.-
- fir tree, eucalyptus, citrus 4500.-



Ice cryotherapy:

Contrast rubbing with ice made from Uglich mineral water, frozen according to a special technology of our steam specialists.

Performed only in combination with express steaming or another type of steaming

 duration: 3-5 min. 1500.-

BATH RITUAL “LIGHT FOREST STEAM”

Aroma steam bath:

Group, non-contact introduction to steam accompanied by a steam specialist. It is performed at low temperatures using 5 aroma herbs at guest's choice with recommendations from a steam specialist (melilot, wormwood, mint, sage, eucalyptus, lavender, hypericum, raspberry etc.)

 duration: 15-20 min.

Heating with oak brooms:

It perfectly suits those who are just beginning to get acquainted with Russian baths, or who cannot stay in the steam room for long. A steam specialist will warm up every cell of your body with oak brooms at low temperatures within one entry, followed by contrast dipping into the lake.

 duration: 8-12 min.

Minimum bath rental is 2 hours for 1-2 guests. +1 additional hour to the bath rental time for each guest.

Maximum number of guests – up to 5 persons.

Bath ritual price:

1 guest	10000.-
2 guests	12500.-
3 guests	+2500.-/person

BATH RITUAL “VILLAGE CLASSICS”



Aroma steam bath:

Group, non-contact introduction to steam accompanied by a steam specialist. It is performed at low temperatures using 5 aroma herbs at guest's choice with recommendations from a steam specialist (melilot, wormwood, mint, sage, eucalyptus, lavender, hypericum, raspberry etc.)

🕒 duration: 15-20 min.



Honey-salt harmony restoration:

A traditional ancient Russian procedure of cleansing, restoring inner balance, peace and harmony. It is performed using natural honey combined with sea salt.

🕒 duration: 10-15 min.



Classic steaming with oak brooms:

Old Slavic steaming according to the best traditions of our ancestors, one entry steaming with 2 ways of oak brooms usage, contrast dipping into the lake, followed by light warming in a steam room and rubbing with a birch broom.

🕒 duration: 12-18 min.

Minimum bath rental is 2 hours for 1-2 guests. +1 additional hour to the bath rental time for each guest.

Maximum number of guests – up to 3 persons.

Bath ritual price:

1 guest	14500.-
2 guests	21500.-
3 guests	+7000.-/person

BATH RITUAL “BOGATYR (STRONG WARRIOR) STEAMING ACCORDING TO UGLICH TRADITION”

Aroma steam bath:

Group, non-contact introduction to steam accompanied by a steam specialist. It is performed at low temperatures using 5 aroma herbs at guest's choice with recommendations from a steam specialist (melilot, wormwood, mint, sage, eucalyptus, lavender, hypericum, raspberry etc.)

 duration: up to 30 min.



Honey-salt harmony restoration:


A traditional ancient Russian procedure of cleansing, restoring inner balance, peace and harmony. It is performed using natural honey combined with sea salt.

 duration: 10-15 min.



Circular steaming with oak brooms:

Old Slavic steaming, ideal for guests of strong mind and body. It is carried out 'in a circle', starting from the back, then chest, sides with simultaneous steaming of the back and chest and then for the deepest and most versatile 'working out' of the whole body with various methods of 2 oak brooms usage. Contrast dousing with Uglich mineral water, as well as dipping into the lake with further warming in a steam room with steaming of the back. Lymphatic drainage massage and rubbing with a fir broom.

 duration: up to 30 min.

Minimum bath rental is 3 hours for 1-2 guests.
Maximum number of guests – 2 persons.

Bath ritual price:

1 guest	15500.-
2 guests	23500.-

BATH RITUAL “MERCHANT”

Aroma steam bath:

Group, non-contact introduction to steam accompanied by a steam specialist. It is performed at low temperatures using 3 aroma herbs at guest's choice with recommendations from a steam specialist (melilot, wormwood, mint, sage, eucalyptus, lavender, hypericum, raspberry etc.)

 duration: up to 30 min.



Honey-salt harmony restoration:

A traditional ancient Russian procedure of cleansing, restoring inner balance, peace and harmony. It is performed using natural honey combined with sea salt.

 duration: 10-15 min.



Deep heating with oak brooms and bathing in a hot tub boat:

It perfectly suits guests of strong mind and body. Heating is performed using 2 oak brooms within one entry with contrast dipping into the lake. Relaxing warming up in a “rejuvenating” hot tub boat in the open air.

 duration: 60 – 80 min.

Minimum bath rental is 3 hours for 1 guest and 4 hours for 2 guests.

Maximum number of guests – 2 persons.

Bath ritual price:

1 guest	22500.-
2 guests	31500.-










BATH RITUAL "KING CEREMONY FROM A STEAM EXPERT"

This ceremony is for true lovers of real Russian bath who possess strong mind and body!

Author steaming program – the steam specialist's own ceremony will leave no one indifferent, it will help to find lightness, relieve emotional tension and completely restore your energy.

It is performed on meadow grass with oak, birch, juniper and eucalyptus brooms and includes up to 4 entries to the steaming room:

-  - aroma steam bath;
-  - honey-salt harmony restoration;
-  - 2 deep steaming procedures with brooms;
-  - ice cryotherapy;
-  - contrast dousing and dipping into the lake;
-  - light massage with juniper brooms;
-  - foam and birch washing.

 Duration: up to 1,5 – 2 hours for one person.

Minimum bath rental – 3 hours.
Maximum number of guests – 1 person.

Bath ritual price:

1 guest 28500.-

BROOMS AND AROMATIZATION MENU

BATH BROOMS:

birch	550.-
oak	550.-

BROOMS FOR WRAPPING AND AROMATIZATION:

juniper	550.-
fir	550.-
eucalyptus	550.-

BATH AROMATIZATION MENU

Bundle of herbs for aroma steaming
assorted 500.-

Aroma oils
assorted 500.-

Bag of herbs for steaming 500.-

Aroma bath 500.-
propolis/garlic,
horseradish/ horseradish garlic