

## BATH SERVICES

| <i>Name / Description</i>   | <i>Time (minutes)</i> | <i>Price (UAH)</i> | <i>Venue</i>                   |
|---|-----------------------|--------------------|--------------------------------|
| <b>Massage with a broom in Russian bath</b>   | 7-10                  | <b>430</b>         | BC. Russian bath               |
| <b>Massage with a broom in Slavyanska Movnitsa</b>  | 7-10                  | <b>520</b>         | Slavyanska Movnitsa            |
| <b>Massage with a broom and honey peeling in Russian bath</b>   | 10-15                 | <b>550</b>         | Russian bath                   |
| <b>Broom massage and honey peeling in Slavyanska Movnitsa</b>   | 10-15                 | <b>640</b>         | Slavyanska Movnitsa            |
| <b>Broom massage and beer peeling in the Russian bath</b>   | 10-20                 | <b>510</b>         | Russian bath                   |
| <b>Broom massage and beer peeling in Slavyanska Movnitsa</b>  | 10-20                 | <b>640</b>         | Slavyanska Movnitsa            |
| <b>Bath procedure BEREZKA:</b> baths with a birch broom with birch infusion on the stones. The value of the procedure is that birch phytoncides act more deeply on the alveoli of the lungs, thereby contributing to their cleansing and improving their work.  | 10-15                 | <b>550</b>         | Slavyanska Movnitsa            |
| <b>Snowy touch milk / honey peeling:</b> baths with an oak broom, milk-salt (honey-salt) body peeling with the addition of mustard powder, contrast snow rubbing in a snow room. The value of the procedure in the enhanced contrast effect due to additional heating with mustard and snow rubdowns at sub-zero temperatures | 20-30                 | <b>660</b>         | Slavyanska Movnitsa            |
|   | 20-30                 | <b>670</b>         |                                |
| <b>Complex procedure:</b> massage-peeling with horseradish, massage with a broom and peeling (beer or honey), clay applications   | 60                    | <b>1500</b>        | Slavyanska Movnitsa            |
| <b>Complex procedure and mask:</b> massage-peeling with horseradish, massage with a broom and peeling (beer or honey), clay applications, fruit mask  | 90                    | <b>1750</b>        | Slavyanska Movnitsa            |
| <b>SPA-ritual LUKOMORIE:</b> complex bath procedure, including honey-sugar peeling, baths with an oak broom, contrasting rubbing of the body with milk ice in the process of baths and nourishing the body using masks made from natural ingredients  | 60                    | <b>1500</b>        | Slavyanska Movnitsa            |
| <b>4-handed sauna:</b> intensive 4-handed sauna, soda rubbing, honey-salt peeling, cryomassage  | 60                    | <b>1100</b>        | Russian bath                   |
| <b>Bath with a broom for 4 hands with honey/beer:</b> bath with a broom in the bath at the same time by two specialists. Rubbing with soda and salt, honey-salt/beer peeling and rubbing with crushed ice in the steam room   | 30-40                 | <b>1100</b>        | Slavyanska Movnitsa            |
| <b>"Ancient Eastern bath"</b><br>Complex procedure (peelings)<br>Includes:<br>- soft warming up of the body;<br>- natural peeling (chocolate / honey / coffee);<br>- lymphatic drainage massage of the whole body   | 30                    | <b>950</b>         | East.<br>Ancient oriental bath |
|   | 60                    | <b>1500</b>        |                                |
|   | 90                    | <b>2200</b>        |                                |

|  |          |             |                        |
|--|----------|-------------|------------------------|
| <b>Peeling massage in the hammam + special mitten:</b> Turkish soap massage, combined with peeling mitt. A pleasant bath procedure, the use of which rejuvenates and improves the quality of the skin  | 30       | <b>950</b>  | Hammam                 |
|  | 60       | <b>1400</b> |                        |
| <b>4-handed hammam massage:</b> An exclusive ritual combining foam wrapping, body exfoliation using natural olive soap, and an amazing 4-hand massage. The ritual is accompanied by burning candles and a pleasant aroma, leaving an unforgettable feeling of inner celebration, good rest and harmony   | 40       | <b>2700</b> | Hammam                 |
|  | 60       | <b>3000</b> |                        |
| <b>Soap Relax Massage:</b> Cleaning with a special handbag with olive soap and stone massage with Himalayan stones. As a result - clear skin, harmonization of the emotional state, lymphatic drainage and an amazing relaxing effect  | 60       | <b>1500</b> | Hammam                 |
| <b>Ice flame.</b> Warming up in the Pontic sauna with a fan with aroma moisturizing stones, cryo massage with ice herbal infusion, canned vacuum massage with oil, massage through a cold sheet  | 60       | <b>700</b>  | Aurum.<br>Pontic sauna |
| <b>Spanish cloak.</b> Bath procedure in the Pontic sauna. Salt applications designed to relieve intoxication, reduce body weight, eliminate hangover syndrome  | 60       | <b>600</b>  | Aurum.<br>Pontic sauna |
| <b>A couple.</b> From 2 to 6 people. It is a gradual, soft, deep heating. Carried out in 3 main runs   | 60       | <b>360</b>  | Aurum.<br>Pontic sauna |
| <b>Breath of a tiger.</b> A visit to a sauna with a temperature of 80-90 degrees with rubbing with menthol infusion and peeling with menthol salt, which as a result gives a feeling of a pleasant chill on the skin. Dousing with hot and cold water will charge you with strength and energy.<br>The effect is vascular gymnastics, strengthening the immune system, removing toxins and toxins. | 30-45    | <b>1350</b> | Aurum.<br>Pontic sauna |
| <b>Orange.</b> The sensation of a cool orange sliding over the body in a Russian steam room with an incredible aroma of oak broom. Natural citrus acids combined with honey-salt peeling will instantly leave your skin smooth and radiant.  | up to 30 | <b>700</b>  | Slavyanska Movnitsa    |
| <b>Kiwi.</b> Valuable natural acids and kiwi seeds gently exfoliate dead skin cells and saturate it with a natural vitamin complex. As a result, you will get renewed, healthy and well-groomed skin.  | up to 30 | <b>750</b>  | Slavyanska Movnitsa    |
| <b>Tropical paradise.</b> Peeling with pomegranate seeds combined with cool grapefruit will give your skin an unforgettable sensation. A baths with a fragrant oak broom and a contrasting dousing in the Russian steam room will strengthen the immune system.  | 60       | <b>1200</b> | Slavyanska Movnitsa    |
| <p><i>* When registering for all bath procedures, except for the "Eastern Bath", the entrance cost to the SPA is paid in accordance with the current tariff and the rules of the complex.</i></p>  |          |             |                        |

| CHILDREN'S CLUB  |                                      |                     |
|--|--------------------------------------|---------------------|
| CHILDREN'S PARTIES AND BIRTHDAYS   |                                      |                     |
| Children's party in the SPA complex will certainly become a bright event and will present your child with happy moments. An interesting entertainment program, cheerful and active recreation, a special children's menu will make this party really unique! |                                      |                     |
| <b>Entertainment program in the Children's Club in accordance with a scenario chosen by you:</b>   |                                      |                     |
| • <b>Pirate party</b>  |                                      |                     |
| • <b>Hawaiian party</b>  |                                      |                     |
| • <b>Neznayka's adventures</b>   |                                      |                     |
| • <b>Star wars</b>   |                                      |                     |
| • <b>Spider-Man</b>  |                                      |                     |
| • <b>Shark-Party</b>   |                                      |                     |
| • <b>Matroskin and Sharik</b>  |                                      |                     |
| • <b>Fixiks - funny experiments Scientific, educational and really entertaining</b>  |                                      |                     |
| <b>The program also includes:</b> Games in pool; Attendance of hammam, Russian bath, Finnish bath, snow room; Children's holiday menu at the SPA restaurant  |                                      |                     |
| <i>*Soap bubble show can be ordered in addition to any of the show programs.</i>   |                                      |                     |
| <b>Holiday party (2 hours 10 seats)</b>  |                                      | <b>от 7 500 UAH</b> |
| <b>Photography</b>   |                                      | <b>1300</b>         |
| Addictional tickets (max 2)  |                                      | <b>900</b>          |
| SINGLE VISITS  |                                      |                     |
| <b>Children 0-11 years of age (with adults)</b>  |                                      |                     |
| Monday, Tuesday  | 8:00 - 22:00                         | <b>1000</b>         |
| Wednesday, Thursday, Friday  | 8:00 - 22:00                         | <b>1000</b>         |
| Weekends and holidays  | 8:00 - 22:00                         | <b>1350</b>         |
| <b>Single use of SPA (children 6-11 years of age without adults)</b>   |                                      |                     |
| Monday - Sunday  | any 3 hours                          | <b>900</b>          |
|  | every additional hour                | <b>200</b>          |
| <b>Healthy recreation (children 6-11 of age with a trainer) / Children's swimming (children 3 - 11 of age with adults)</b>   |                                      |                     |
| Monday - Sunday  | Lessons with a trainer during 1 hour | <b>360</b>          |
| <b>Cildren`s swimming. Personal training</b>   |                                      |                     |
| Monday - Sunday  | 60 min.                              | <b>450</b>          |
| SUBSCRIPTIONS (children 3-11 years of age)   |                                      |                     |
| Name / Description   |                                      | Price (UAH)         |
| <b>CHILDREN'S SWIMMING</b>   |                                      |                     |
| Swimming lessons with a trainer. Styles: free style, butterfly, back crawl. 8 lessons, the subscription is valid during a period of 8 weeks. (The number of children - max 4)  |                                      | <b>2300</b>         |
| <b>HEALTHY RECREATION</b>  |                                      |                     |
| 8 lessons with a trainer. Learning swimming with elements of physical loads and development games. The subscription is valid during a period of 8 weeks . (The number of children -max 4)  |                                      | <b>2300</b>         |

## CHILDREN'S PROCEDURES

| Name   | Description  | Time (min) | Price (UAH) | Room                   |
|--|--|------------|-------------|------------------------|
| <b>Children`s posture correction</b>             | It is a unique massage procedure developed specially for harmonization of children's muscular tone, posture correction, prevention of scoliosis, flat feet and other functional problems of supporting-motor apparatus. Modern and exclusively safe and gentle methods are applied | 30         | <b>500</b>  | Aurum                  |
| <b>Zen-Touch Shiatsu</b>                         | Performed on tatami Methods of acupressure and joint gymnastics are used. This procedure has a harmonizing influence on the entire organism with a general strengthening effect  | 30         | <b>450</b>  | Zen-Touch Shiatsu room |
| <b>Aero-hydro-massage with sea salt</b>          | Salt of the Dead Sea with magnesia. It has a complex influence on the organism: muscular relaxation and nervous system relaxation, saturation of tissues with minerals and oxygen, bone tissue reinforcement, immunity improvement   | 30         | <b>350</b>  | Aquadelicia            |
| <b>Subwater hydro-massage</b>                    | This procedure improves metabolic processes; it has a relaxing influence on the entire organism stimulating blood circulation and lymph flow.  | 30         | <b>400</b>  | Balneology             |
| <b>The basic massage</b>                         | It strengthens children's osteo-muscular apparatus, it also helps to develop a proper posture and improves metabolism.   |            |             | BC                     |
|  | with oil   | 30         | <b>400</b>  |                        |
|  | with cream   | 30         | <b>500</b>  |                        |
| <b>Peeling massage on hammam</b>                 | It improves your metabolism and purifies your skin from the upper layer of keratinized epithelium  | 20         | <b>550</b>  | BC                     |
| <b>Thai yoga massage</b>                         | The procedure is performed on the tatami. Consists of yoga elements. Impact: condition assessment and normalization of vitality. Prevention of body disharmony   | 30         | <b>400</b>  | Zen-Touch Shiatsu room |
| <b>Children's foot massage in the SPA-cinema</b> | Reflexive foot massage combined with watching feature films, scientific films and animated cartoons. This amazingly effective SPA procedure has an expressed antistress and relaxation effect  | 30         | <b>400</b>  | SPA cinema             |
|  |  | 60         | <b>550</b>  |                        |
| <b>Bath of beauty and health. Pinimenthol</b>    | Pinimenthol (menthol, camphor, eucalyptus) - stimulates your immune system and causes an anti-cold action  | 30         | <b>450</b>  | Balneology             |
| <b>Bath of beauty and health. Valerian</b>       | Procedure has a relaxing effect  | 30         | <b>450</b>  | Balneology             |

## FACE AESTHETICS

Aesthetic care on such professional lines as  
Babor, DMK (Danne), FAITH, La Sincere\*\*\*

Facial care based on Babor, FAITH, La Sincere cosmetics

| Name  | Description  | Time (min) | Price (UAH) | Room   |
|---|--|------------|-------------|--|
| Combination skin and oily skin care   |  | 60         | 900-2000    | Oriental cosmetology, holistic aesthetics room |
| Dry skin and sensitive skin care  |  | 60         | 900-2000    |  |
| Facial care against first signs of aging  |  | 60         | 1200-2000   |  |
| Anti-couperosis care  |  | 60         | 1200 - 2000 |  |
| Care of skin with pigmentation disorders  |  | 60         | 1200 - 2000 |  |
| Lifting care with modeling facial massage   | Modeling facial massage improves lymph drainage and blood circulation, which makes it possible to get rid of edema, accelerate cellular metabolism and restore a healthy complexion to the skin. As a result: the skin is smoothed and tightened, it looks younger, healthier and denser.  | 60         | 1200        | Balneology                                     |
| Imperial care   | The program is aimed at intensive restoration of the skin, slowing down the processes of biological aging. As a result, you get pronounced lifting, reduction of deep wrinkles, restoration of firmness and elasticity of tissues, improvement of skin blood circulation. The procedure includes: lifting face massage, application of a regenerating rejuvenating concentrate, a mask with gold content.  | 90         | 3000-3500   | Oriental cosmetology                           |
| "Momentary Transformation" procedure  | "Cinderella Effect" a procedure for any type of skin after 25 years of age   | 60         | 3500-4000   | Holistic aesthetics room                       |
| "Tight visage Recovery" care  | Lifting procedure including an effective massage and care with a use of special cosmetic products (peeling, masks, sera). This procedure is aimed at removing double chin, modeling facial contours, raising the contours of the mouth and reduction of nasolabial furrows.  | 90         | 2500        | Oriental cosmetology                           |
| *** funds that are used during facial massages are paid separately from the procedure |  |            |             |  |
| FAITH NIPS:<br>Solving problems without injections                                    | Massage with care<br>A complex approach to solving problems related with age changes of your face. Fundamental processing mimic muscles. Facial contours and skin nourishing are improved, wrinkles are smoothed, puffiness (edemas) is removed and skin immunity is improved. The care is aimed at recovery of skin lamellar structure and at physiological recovery of derma.<br>Your skin will look fresh and radiant. This procedure has an expressed lifting effect.<br>The procedure protocol: biphase purification + massage lotion + massage oil + massage + energy gel. |            |             |  |
|   | Lotion with "live collagen" is added to the protocol   | 90         | 2170        | Oriental cosmetology                           |
|   |  | 60         | 1460        |  |

| Healing and aesthetic care based on the medical line of DMK (Danne) cosmetics   |  |     |          |          |
|---|--|-----|----------|----------|
| For oily skin   | Purifying care for any type of skin  | 60  | 920      | Orient   |
| "Quick Bauty Mask" care   | Lifting express procedure including the acid-free peeling. The best effect is reached on the next day  | 60  | 810      | Orient   |
| Atraumatic skin - cleansing   | A procedure for liquefying sebum, atraumatic cleansing of pores and applying an Enzymatic mask with a plasma and lymphatic drainage effect. Restoration of the health of the skin of the face, neck and décolleté.   | 90  | 1120     |          |
| Enzymatic Cleansing of Skin" care   | It is a procedure of skin purification with application of a unique year-round peeling without desquamation. Skin quality is improved, small wrinkles are smoothed. Lifting effect occurs thanks to application of DANNE enzymatic mask. This care is acceptable for all types of skin   | 90  | 4220     |          |
| "Profound Revision of Skin" care  | It is a procedure of skin detoxication and purification at the cellular level with a help of unique Dermatox components and enzymatic Prozym<br>DANNE peeling. All metabolic processes are normalized; skin is cleaned from decay products and toxins (especially after smoking), skin is saturated with oxygen. It is to be used for aged skin and in case of hyperpigmentation     | 130 | 4720     | Orient   |
| *** funds that are used during facial massages are paid separately from the procedure   |  |     |          |          |
| "Vascular Training" care  | It is intended for treatment of couperosis. Due to its chemical warmth this procedure promotes reduction of puffiness, inflammation of reddened skin; spasm of enlarged vessels is removed, small vessel "stars" are removed, skin is soothed and its state is improved, dermal layer is reinforced. This procedure is effective for treatment of couperosis and for sensitive skin. | 90  | 1200     | Orient   |
| "Rejuvenating Muscular Banding" care  | The procedure is aimed at strengthening and contraction of all subcutaneous structures and elements. It makes your skin durable by means of renewing its functions. This procedure has an expressed lifting effect.  | 90  | 2000     |          |
| "DANNE Enzymatic Peeling"   | Careful cleansing of your skin by means of DANNE enzymatic peeling and a unique enzymatic mask   | 120 | 1580     |          |
| Chemical peeling  |  |     |          |          |
| This procedure is aimed at solving multiple aesthetic problems: photoageing and chronoageing, pigmentation, seborrhea, acne, scars, striae (skin stretching). General facial rejuvenation and skin moisturizing |  |     |          |          |
| ENERPEEL  |  |     |          |          |
| Almond (MA) based on 40% mandelic acid  | Reiuveneration in a few minutes. No edema. no hvperemia.   | 60  | 500-1000 | Oriental |
| Jessner (JR) based on Jessner's solution (salicylic, lactic acid, resorcinol)   |  | 60  | 600-2000 |          |

|   |  |    |                  |                      |
|---|--|----|------------------|----------------------|
| <b>Pyruvic (PA)</b> based on 50% pyruvic acid   | no pain, quick recovery and long lasting result  | 60 | <b>500-1000</b>  | cosmetology          |
| <b>Salicylic (SA)</b> based on 30% salicylic acid                                     |  | 60 | <b>450-800</b>   |                      |
| *** funds that are used during facial massages are paid separately from the procedure |  |    |                  |                      |
| <b>Trichloroacetic acid (TCA)</b> based on 25% trichloroacetic acid                   |  | 60 | <b>1200-1700</b> |                      |
| Hardware cosmetology Aquasure H2  |  |    |                  |                      |
| <b>Peeling Hydrogen Aquasure H2:</b>  | Hydrogen peeling toning.<br>Removing free radicals from the skin, reducing the pH of the skin, moisturizing.<br>Vacuum water-acid peeling.<br>Removal of keratin residues, nutrition of the skin, improvement of blood circulation, increase in regenerative processes in the skin.<br>Cleansing the skin with salicylic and beta-hydroxy acids. Removal of comedones, pore cleansing, removal of demodex mite, normalization of the skin of the T-zone, control of acne, skin rehabilitation. |    |                  |                      |
| <b>Face</b>   |  | 60 | <b>1760</b>      | Oriental cosmetology |
| <b>Face and neck</b>  |  | 90 | <b>2150</b>      | Oriental cosmetology |
| <b>Neckline</b>   |  | 60 | <b>1760</b>      | Oriental cosmetology |
| АППАРАТНАЯ КОСМЕТОЛОГИЯ ICOONE LASER  |  |    |                  |                      |
| <b>Facial massage Icoone Laser</b>  | The newest Roboderm hardware technique, which combines new generation microstimulation with a powerful laser and LED. Drainage, rejuvenation, stimulation of cells, prevention of skin aging, modeling of facial contours, "double chin".  | 20 | <b>600</b>       | Oriental cosmetology |
| <b>Neck and neckline massage Icoone Laser</b>   |  | 30 | <b>750</b>       | Oriental cosmetology |
| *** funds that are used during facial massages are paid separately from the procedure |  |    |                  |                      |

## Facial massages / Head massages

|   |   |    |             |                                |
|---|---|----|-------------|--------------------------------|
| <b>FAITH NIPS -<br/>Solving problems without<br/>injections</b>                             | A complex approach to solving problems related with age changes of your face. Fundamental processing mimic muscles. Facial contours and skin nourishing are improved, wrinkles are smoothed, puffiness (edemas) is removed and skin immunity is improved. Your skin will look fresh and radiant. This procedure has an expressed lifting effect. The procedure protocol: biphase purification + massage lotion + massage oil + massage + lamellar veil gel. | 60 | <b>1460</b> | Oriental<br>cosmetology        |
| <b>JIM facial massage</b>   | Profound muscular processing. It is an active massage technique developed by Italian plastic surgeons and aimed at correction of wrinkles and facial contours and at removal of double chin. A visible lifting effect is reached  | 40 | <b>700</b>  | Room of holistic<br>aesthetics |
| <b>SPA – facial massage</b>   | Combination of various massage techniques in accordance with an individual program. Prevention of wrinkles, muscular tension relief, improving nutrition of skin and its lymphatic drainage function, recovery of tissue elasticity and reaching the lifting effect.  | 40 | <b>670</b>  | Oriental<br>cosmetology        |
|   |   | 50 | <b>760</b>  |                                |
| <b>Tight visage facial massage</b>  | "Tight face" - a unique Japanese method of lifting massage. It gives an opportunity to remove double chin, to reduce nasolabial furrows, to raise edges of lips and to model facial contours.   | 40 | <b>700</b>  | Oriental<br>cosmetology        |
| <b>Relaxing facial massage</b>  | It relieves psychoemotional tension causing a relaxing effect and giving a visible grooming. It increases muscular tone and improves the facial contours.<br>Prevention and struggle against first signs of aging.  | 60 | <b>850</b>  | Oriental<br>cosmetology        |
| <b>Stretching Face Massage</b>  | Renewing facial massage technique that eliminates the chronic tension of facial muscles. Improves tissue metabolism, has lymphatic drainage effect. The skin of the face becomes bright and radiant. Its turgor and elasticity improves.  | 40 | <b>700</b>  | Oriental<br>cosmetology        |
| <b>***funds that are used during facial massages are paid separately from the procedure</b> |   |    |             |                                |

## FACE AESTHETICS HARDWARE AND INJECTION COSMETOLOGY

### Mechanical cleansing

|                                       |  |       |                    |                      |
|---------------------------------------|--|-------|--------------------|----------------------|
| <b>Mechanical cleansing with care</b> | This procedure is aimed at cleansing pores, removing inflammation elements and peeling keratinized layer. Washing, cleansing, masks and concentrates. DMK (Danne) cosmeceutics is used | 60-90 | <b>1400 - 1800</b> | Oriental cosmetology |
|---------------------------------------|--|-------|--------------------|----------------------|

### Ultrasonic peeling

|   |    |                   |                      |
|---|----|-------------------|----------------------|
| <b>Peeling of epidermis keratinized cells, removing secretion of sebaceous glands and wastes, profound purification and stimulation of cellular turnover. This procedure improves metabolic processes; facial color becomes balanced and skin elasticity is improved.</b> | 60 | <b>800 – 1200</b> | Oriental cosmetology |
|---|----|-------------------|----------------------|

### Microcurrent therapy

During this procedure the active ionizing substance is introduced with a help of microcurrents: the positive effect is reached by means of influence of the preparation + curative action of impulse currents on skin and muscular tissues. The result is in an expressed favorable effect: cellular structure and functional activities of cells are improved, wrinkles are reduced, signs of aging are removed, muscles recover, appearance of skin and appearance of face in general are improved.

|                                    |       |                |                      |
|------------------------------------|-------|----------------|----------------------|
| <b>MCT</b>                         | 50    | <b>600</b>     | Oriental cosmetology |
| <b>Lifting</b>                     | 40    | <b>450</b>     |                      |
| <b>MC lymphatic drainage</b>       | 20    | <b>300</b>     |                      |
| <b>Turbo lifting</b>               | 20    | <b>300</b>     |                      |
| <b>Acne treatment</b>              | 20    | <b>350</b>     |                      |
| <b>MC introduction of remedies</b> | 10-15 | <b>100</b>     |                      |
| <b>Cosmetological remedies</b>     |       | <b>120-250</b> |                      |

### HARDWARE ICOONE LASER BODY CARE

|                                       |   |    |             |        |
|---------------------------------------|---|----|-------------|--------|
| <b>Body massage with Icoone Laser</b> | The newest Roboderm hardware technique, which combines new generation microstimulation with a powerful laser and LED. The technique is designed to effectively stimulate the skin in order to eliminate figure imperfections. Thanks to the ICOONE technology, the device reproduces a manual massage, working with both parts of the body synchronously and effectively. | 30 | <b>750</b>  | Orient |
| <b>+ 1 focal area</b>                 |   | 40 | <b>800</b>  |        |
| <b>+ 2 focal area</b>                 |   | 50 | <b>970</b>  |        |
| <b>+ 3 focal area</b>                 |   | 60 | <b>1150</b> |        |
| <b>Suit rental</b>                    |   |    | <b>100</b>  |        |
| <b>Buying a suit</b>                  |   |    | <b>680</b>  |        |
| <b>Buying a suit ICOONE (branded)</b> |   |    | <b>950</b>  |        |

## BODY AESTHETICS WRAPPING

| Name                              | Description   | Time (min) | Price (UAH) | Room                        |
|-----------------------------------|---|------------|-------------|-----------------------------|
| <b>Cream mousse Reminence</b>     | This cream includes natural moisturizing, nourishing and protective ingredients, liquid malachite extract, wheat peptides, and avocado oil. Wrapping improves production of collagen and elastin; it protects your skin against influence of free radicals  | 40         | <b>1000</b> | Balneology                  |
| <b>Express care Reminence</b>     | Scrub + wrapping. Scrub with oligoelements and walnut microgranules stimulates and regenerates skin elasticity. Wrapping improves production of collagen and elastin; it protects your skin against influence of free radicals.   | 60         | <b>1450</b> | Balneology                  |
| <b>Reminence care</b>             | Peeling + cream wrapping + tonic elixir for problem areas. Regenerating scrub Reminence stimulates and restores skin elasticity. Cream wrapping + elixir improving production of collagen and elastin, moisturizing and protecting skin and it also has an expressed lifting effect   | 80         | <b>1650</b> | Balneology                  |
| <b>SPA hand care</b>              | A procedure that relaxes, moisturizes and cares for your hands, helping your skin to recover.   | 20         | <b>450</b>  | Balneology                  |
| <b>Gerard's body moisturizing</b> | Body moisturizing with Gerard's milk  | 10         | <b>250</b>  | Balneology                  |
| <b>3D cellulite correction</b>    | Anti-cellulite local wrapping based on "Body Plastics Doctor Babor" innovative products. In the result of this procedure fat deposits are reduced and connective tissue carcass of derma is reinforced.<br>Visible correction of cellulite manifestations   |            |             | Room of holistic aesthetics |
|                                   | <i>with peeling</i>   | 90         | <b>2400</b> |                             |
|                                   | <i>without peeling</i>  | 60         | <b>2000</b> |                             |
| <b>Lime-Mandarin</b>              | Lime-Mandarin peeling and Vitalizing wrapping. For intensive moisturizing and recovery of atonic skin radiance.<br>Extracts of pear tree stem cells, Aachen thermal water, aloe vera joba oil, rice seedlings oil, meadowfoam oil, macadamia oil and almond oil make your skin smooth and protect it against exogenous stress   |            |             | Room of holistic aesthetics |
|                                   | <i>with peeling</i>   | 90         | <b>1840</b> |                             |
|                                   | <i>without peeling</i>  | 60         | <b>1370</b> |                             |
| <b>Cashmere tree</b>              | Cashmere peeling and Anti-age wrapping intensively soften, moisturize the skin; These procedures also level skin tone and relief; it strengthens stress resistance of skin and prevents its premature ageing. The reach composition including argan oil, rape oil, crambe oil, avocado oil, rice seedlings oil, vitamin E, Aachen thermal water and pear tree stem cells make your skin velvety and tender and preserve its youth during a long period of time. |            |             | Room of holistic aesthetics |
|                                   | <i>with peeling</i>   | 90         | <b>2040</b> |                             |
|                                   | <i>without peeling</i>  | 60         | <b>1380</b> |                             |
| <b>Berry-silk</b>                 | Berry-silk peeling and modeling wrapping. For modeling contours, for increasing skin firmness and skin elasticity. Stemm cells of ashberry-barreca, Aachen thermal water, extracts of artichoke, silk, sweet cherry, elder, tropic almonds, milk peptides, Nori algae, vitamins A, C, E, precious shea butter, olive oil, almond oil and avocado oil improve turgor, model silhouette and protect skin against premature ageing.                                |            |             | Room of holistic aesthetics |
|                                   | <i>with peeling</i>   | 90         | <b>1970</b> |                             |
|                                   | <i>without peeling</i>  | 60         | <b>1800</b> |                             |

|   |  |     |             |                             |
|---|--|-----|-------------|-----------------------------|
| <b>Algae Plus</b>   | Algae peeling and Modeling wrapping. For modeling contours, for increasing skin firmness and skin elasticity. Stem cells of ashberry-barreca, Aachen thermal water, extracts of artichoke, silk, sweet cherry, elder, tropic almonds, milk peptides, Nori algae, vitamins A, C, E, precious shea butter, olive oil, almond oil and avocado oil improve turgor, model silhouette and protect skin against premature ageing. |     |             | Room of holistic aesthetics |
|   | <i>with peeling</i>  | 90  | <b>1980</b> |                             |
|   | <i>without peeling</i>   | 60  | <b>1570</b> |                             |
| <b>Volcanic eruption</b>  | A hot wrapping on the basis of Eifelfango volcanic mud A powerful detoxication effect, removal of wastes, excess fluid, reinforcement, elasticity, removing muscular tone after sport exercises.   |     |             | Room of holistic aesthetics |
|   | <i>with peeling</i>  | 90  | <b>2100</b> |                             |
|   | <i>without peeling</i>   | 60  | <b>1720</b> |                             |
| <b>Spring morning</b>   | Recovery of stressed body skin with a help of milk proteins and vitamins A, C, E: peeling with volcanic lava particles, milk wrapping, protective moisturizing.  |     |             | Room of holistic aesthetics |
|   | <i>with peeling</i>  | 90  | <b>2070</b> |                             |
|   | <i>without peeling</i>   | 60  | <b>1450</b> |                             |
| <b>Bodyguard</b>  | It is a body care which strengthens protective properties of sensitive dry skin: herbal peeling, herbal wrapping, protective moisturizing.   |     |             | Room of holistic aesthetics |
|   | <i>with peeling</i>  | 90  | <b>1570</b> |                             |
|   | <i>without peeling</i>   | 60  | <b>1190</b> |                             |
| <b>Minus 9 centimeters</b>  | Bandage anti-cellulite wrapping Correction of "orange peel" manifestations, removing up to 9 centimeters per course. The recommended course: 8-15 procedures   |     |             | Room of holistic aesthetics |
|   | <i>with peeling</i>  | 90  | <b>1910</b> |                             |
|   | <i>without peeling</i>   | 60  | <b>1450</b> |                             |
| <b>Chocolate paradise</b>   | 100% plain chocolate – moisturizing, skin saturation with vitamins and minerals fills your body with vivacity and removes stress   | 80  | <b>1850</b> | Thermo SPA                  |
| <b>Temptation</b>   | The program consists of three stages: Cream peeling + relaxing chocolate massage + application of chocolate cream. Your skin is saturated with vitamins and minerals. It is an effective anti-stress procedure   | 120 | <b>2270</b> | Thermo SPA                  |
| <b>Whisky</b>   | Bandage wrapping, method of wet whisky swaddling - a complex solution of problem of excessive weight and cellulite. The result of these procedures: decrease of body weight and volumes, decrease of fat deposits - skin lifting   |     |             | Thermo SPA                  |
|   | <i>with peeling</i>  | 120 | <b>1900</b> |                             |
|   | <i>without peeling</i>   | 90  | <b>1760</b> |                             |
| <b>Wrapping with white clay and pepper essential oil (Gerard's)</b> | Anti-cellulite wrapping with an expressed drainage effect. An absolutely unique wrapping with an immediate result noticeable after the very first applications. Lymphatic system is purified, excessive fluid is removed; microcirculation is activated and that is necessary for fighting cellulite of any type and for getting rid of excessive weight.  |     |             | Thermo SPA                  |
|   | <i>with peeling</i>  | 60  | <b>1660</b> |                             |
|   | <i>without peeling</i>   | 90  | <b>1880</b> |                             |
| <b>Yogurt wrapping with coffee extract (Gerard's)</b>               | This exotic wrapping is based on a natural yogurt containing coffee extract. It has a moisturizing, soothing and regenerating action combined with a lipolytic and antiedematous effect.   |     |             | Thermo SPA                  |
|   | <i>with peeling</i>  | 60  | <b>1660</b> |                             |
|   | <i>without peeling</i>   | 90  | <b>1890</b> |                             |

|   |   |     |             |            |
|---|---|-----|-------------|------------|
| <b>Yogurt wrapping with extract of strawberry and grapes (Gerard's)</b> | This exotic wrapping is based on a natural yogurt containing extract of strawberry and grapes. It has an antioxidant, anti-inflammatory, purifying, draining action which also stimulates microcirculation. In the result of this care your skin will be soft and tender and your mood will be light and careless.                                    |     |             |            |
|   | <i>with peeling</i>   | 60  | <b>1660</b> | Thermo SPA |
|   | <i>without peeling</i>  | 90  | <b>1890</b> |            |
| <b>Wrapping Cello Gel (Styx)</b>  | Stimulation of metabolism, decrease in volume of problem areas of the body, lipolysis. Increases skin elasticity and tone. Provides Anti-age and Lifting effect.  | 90  | <b>1760</b> | Thermo SPA |
| <b>Wrapping with marine algae and marine mud</b>                        | t strengthens and models your silhouette. It stimulates cellular metabolism and has a draining action. Wrapping with wet micronized algae and marine mud - a thalassotherapeutic care facilitating purification of your organism; in the result of this care your skin is saturated with nutrient substances and weight loss processes are activated. |     |             | Thermo SPA |
|   | <i>with peeling</i>   | 90  | <b>1950</b> |            |
|   | <i>without peeling</i>  | 60  | <b>1800</b> |            |
| <b>Wrapping with marine algae and marine mud Thermoactive</b>           | This procedure causes a thermoactivating, stimulating and anti-cellulite effect. It also improves microcirculation.   |     |             | Thermo SPA |
|   | <i>with peeling</i>   | 90  | <b>2170</b> |            |
|   | <i>without peeling</i>  | 60  | <b>1800</b> |            |
| <b>Scrub wrapping with mineral salt</b>                                 | Anti-cellulite wrapping with an expressed drainage effect. Excessive fluid is removed; microcirculation is activated and that is necessary for fighting cellulite of any type   | 60  | <b>1720</b> | Thermo SPA |
| <b>Cream moisturizing</b>   | This tender cream wrapping promotes skin regeneration, deep moisturizing and nourishing. It is a perfect solution after sunbathing  | 15  | <b>250</b>  | Thermo SPA |
| <b>Silk care</b>  | Peeling + body wrap + massage; Olive basil treatment. Massage with olive jam, fluid, essential oils. Intensive toning scrub with finely crushed basil leaves. The wrap deeply nourishes, moisturizes and softens the skin, as well as gives firmness, increases elasticity and reduces volume.  | 100 | <b>1750</b> | Thermo SPA |
| <b>Wrapping with peat</b>   | Peat is a substance reach for biologically active elements. This procedure helps to reduce weight; it removes manifestations of cellulite and reduces puffiness. It relieves your body of toxins and promotes metabolism activation.  |     |             | Thermo SPA |
|   | <i>with peeling</i>   | 90  | <b>2150</b> |            |
|   | <i>without peeling</i>  | 60  | <b>1850</b> |            |
| <b>Wrapping with peat Thermoactive</b>                                  | This procedure causes a thermoactivating, stimulating and anti-cellulite effect. It also improves microcirculation.   |     |             | Thermo SPA |
|   | <i>with peeling</i>   | 90  | <b>2000</b> |            |
|   | <i>without peeling</i>  | 60  | <b>1800</b> |            |

## BODY AESTHETICS. PEELINGS

| <i>Name</i>                             | <i>Description</i>  | <i>Time (min)</i> | <i>Price (UAH)</i> | <i>Room</i>                 |
|---|---|-------------------|--------------------|-----------------------------|
| <b>Eiffel peeling</b>                   | This medium intensity peeling is based on Eifelfango volcanic mud It saturates your skin with minerals, heals it and regenerates it. It is recommended for problem skin | 40                | <b>850</b>         | Room of holistic aesthetics |
| <b>Alpine peeling</b>                   | This intensive peeling is based on alpine herbs and oils It soothes your skin filling it with energy of Alpine mountains.   | 40                | <b>810</b>         | Room of holistic aesthetics |
| <b>Peeling based on algae</b>           | This medium intensity peeling is based on 100% spirulina. It saturates your skin with minerals, vitamins and microelements.   | 40                | <b>810</b>         | Room of holistic aesthetics |
| <b>Milk-salt peeling</b>                | This peeling is a soft polishing of skin with marine salt, diary and non-diary cream. Velvet skin effect  | 40                | <b>810</b>         | Room of holistic aesthetics |
| <b>Lime-mandarin peeling</b>            | It is a moisturizing peeling of medium intensity with aroma of sweet mandarin and limette   | 40                | <b>810</b>         | Room of holistic aesthetics |
| <b>Aroma salt Lime-mandarin peeling</b> | It is an intensive peeling with marine salt and lime-mandarin aroma oil   | 40                | <b>1070</b>        | Room of holistic aesthetics |
| <b>Cashmere peeling</b>                 | It is a soft intensively moisturizing sugar peeling with oils of oregano, rape and avocado. Velvet skin effect  | 40                | <b>940</b>         | Room of holistic aesthetics |
| <b>Aroma salt cashmere peeling</b>      | It is an intensive peeling with marine salt and cashmere aroma oil  | 40                | <b>1070</b>        | Room of holistic aesthetics |
| <b>Berry-silk peeling</b>               | It is a cream peeling of medium intensity with extracts of artichoke, silk, sweet cherry and elder which have a light refreshing effect                                 | 40                | <b>810</b>         | Room of holistic aesthetics |
| <b>Aroma salt berry-silk peeling</b>    | It is an intensive peeling with marine salt and cashmere aroma oil  | 40                | <b>1070</b>        | Room of holistic aesthetics |
| <b>Mint-Lavender peeling</b>            | It is a moderately soft peeling of intensive soothing and nourishing intended for dry skin and sensitive skin   | 40                | <b>810</b>         | Room of holistic aesthetics |
| <b>Aroma salt mint-lavender peeling</b> | It is an intensive peeling with marine salt and mint-lavender aroma oil   | 40                | <b>1070</b>        | Room of holistic aesthetics |
| <b>Honey peeling</b>                    | Skin rejuvenation, removing keratinized epithelium, skin regeneration   | 40                | <b>700</b>         | Balneology                  |
| <b>Coffee peeling</b>                   | It purifies, nourishes your skin and tones it up  | 40                | <b>700</b>         | Balneology                  |
| <b>"Crown" chocolate peeling</b>        | It tones up and nourishes your skin making it silky and elastic; and it also presents your skin with a pleasant aroma improving your mood                               | 40                | <b>700</b>         | Balneology                  |
| <b>"Sauvignon" peeling</b>              | It includes grape polyphenols having a powerful antioxidant effect preventing skin withering  | 40                | <b>800</b>         | Thermo SPA                  |
| <b>Basil peeling</b>                    | It is based on Gerards olive oil and basil leaves   | 40                | <b>750</b>         | Thermo SPA                  |
| <b>Oriental peeling</b>                 | It is a honey peeling with spices added. It improves microcirculation and tones your skin up. It is used in anti-cellulite programs                                     | 40                | <b>700</b>         | Thermo SPA                  |

|                          |  |    |     |            |
|--------------------------|--|----|-----|------------|
| Coconut peeling          | It consists of diary cream, honey, olive oil, rice and coconut flakes  | 40 | 700 | Thermo SPA |
| Scrub with oligoelements | This scrub based on a creamtexture has a moisturizing and elasticity regenerating effect; it stimulates the process of collagen natural production | 40 | 800 | Thermo SPA |

## BODY AESTHETICS. BATHS

### Baths of beauty and health.

| <i>Name</i>                | <i>Description</i>  | <i>Time (min)</i> | <i>Price (UAH)</i> | <i>Room</i> |
|----------------------------|---|-------------------|--------------------|-------------|
| <b>Cleopatra's bath</b>    | Royal body care. Combination of honey peeling and hydro-massage of high pressure in a milk bath. It revitalizes your skin, purifies it gently, nourishes it, tones it up, moisturizes it profoundly; and effect of this procedure is preserved during a long period of time   | 90                | <b>2000</b>        | Balneology  |
| <b>Chocolate euphoria</b>  | This Spa procedure is started with a chocolate peeling i.e. delicate and careful skin purification. This procedure is followed by a bath of warm chocolate with cinnamon aroma, hydro massage with skin moisturizing. Excessive weight is removed, existing manifestations of cellulite are reduced, skin elasticity is improved; your skin becomes fresh and more velvety; weariness and stress disappear. | 90                | <b>2000</b>        | Balneology  |
| <b>Marine breeze</b>       | It is a bath with liquid algae. Active substances getting through the epidermal barrier saturate your skin with minerals and vitamins; your skin is profoundly moisturized and saturated; lipometabolism is activated and water-salt balance is normalized.   | 40                | <b>450</b>         | Balneology  |
| <b>Pinimenthol bath</b>    | It has an anti-cold effect  | 20                | <b>450</b>         | Balneology  |
| <b>Rosemary bath</b>       | Has a tonic effect on the nervous system.   | 20                | <b>450</b>         | Balneology  |
| <b>Valerian bath</b>       | It has a sedative and relaxing effect   | 20                | <b>450</b>         | Balneology  |
| <b>Camomile bath</b>       | it has an anti-inflammatory effect  | 20                | <b>450</b>         | Balneology  |
| <b>Dermatological bath</b> | Needed for problem skin, has a moisturizing effect  | 20                | <b>450</b>         | Balneology  |
| <b>Magnesium bath</b>      | Magnesium bath effect:<br>- pore cleansing<br>- reduction of edema<br>- removal of excess fluid<br>- removal of muscle tension<br>- normalization of the digestive process<br>- fight against stress<br>- improvement of blood circulation<br>- strengthening of vessel walls<br>- increases immunity   | 20                | <b>350</b>         | Акваделиция |

## Turpentine baths

|                               |  |    |            |             |
|-------------------------------|--|----|------------|-------------|
| <b>White turpentine bath</b>  | Improves metabolism in nervous, muscular and cartilaginous tissues. Has a particularly beneficial effect on phosphorus metabolism, which helps to improve the cartilage of the intervertebral discs.   | 90 | <b>340</b> | Aquadelicia |
| <b>Yellow turpentine bath</b> | Dilates the capillaries of the venous and arterial circulatory systems. Promotes dissolution of deposits in ligaments, sinews, joints, on walls of capillaries, vessels, in an eye lens.   | 90 | <b>400</b> | Aquadelicia |
| <b>Mixed turpentine bath</b>  | Helps increase immune responses, lower blood cholesterol, activate metabolic processes in the body, improve blood circulation, relieve stress, increase body tone, restore the functions of the musculoskeletal system, as well as activate the functions of the lymphatic system. | 90 | <b>420</b> | Aquadelicia |

## Wine baths

|                       |   |    |             |            |
|-----------------------|---|----|-------------|------------|
| <b>Wine bath</b>      | Winetherapy is a true medicine against aging. It soothes your nervous system, stimulates blood circulation, promotes improvement of skin turgor; it tones your skin up and saturates it with moisture. Crimean wine is the main component of this procedure. Thanks to this component your organism is saturated with vitamins and minerals and your skin becomes surprisingly smooth and elastic | 45 | <b>2150</b> | Balneology |
| <b>Champagne bath</b> | It removes toxins and tension, stimulates blood circulation saturating your skin with oxygen  | 40 | <b>2150</b> | Balneology |

## MASSAGES

| Name   | Description  | Time (min) | Price (UAH) | Room             |
|--|--|------------|-------------|------------------|
| Nutritionist consultation                              |  |            | 530         |                  |
| Follow-up nutritionist consultation                    |  |            | 350         |                  |
| Diet and daily routine                                 |  |            | 800         |                  |
| Massage of body parts:                                 |  |            |             | BC. Massage area |
| Legs   |  | 30         | 400         |                  |
| Head   |  | 30         | 400         |                  |
| Collar zone  |  | 30         | 400         |                  |
| Arms   |  | 30         | 400         |                  |
| Head massage with neem oil and coconut oil Sundry      | This massage is performed with a use of rice bran oil, neem, Asian centella, apricot pits, rose oil, coconut oil, triphala extract. It has an intensive restorative action; it also stimulates growth of new hair and strengthens hair roots; it soothes sensitive head skin   | 30         | 550         | Balneology       |
| Relax meditation "Rainstick"                           | Sound vibrations created by the Rain Tree tool (instrument of the shamans of Latin America). Calms the nervous system, creating a protective field around the person. Balances the emotional state, structures the internal waters in the body. Relieves stress and normalizes sleep   |            |             | Physiotherapy    |
|  | For adults   | 30         | 370         |                  |
|  | For children   | 20         | 250         |                  |
| Cosmic meditation "Space inside You"                   | Relaxing head massage using contact sound-vibration massage with singing bowls. The influence of sound vibrations significantly enhances the relaxing effect of the massage, immersing a person in a meditative state. This is a complete anti-stress treatment that improves the psycho-emotional state and has a pronounced relaxation effect. | 40         | 470         | Physiotherapy    |
| Pressure therapy (Hardware lymphatic drainage massage) | It is a method for rhythmical muscular stimulation according to definite sequence for the purpose to organize natural lymphatic drainage and to reduce retention of fluid and toxins. It improves metabolism of internal organs and soft tissues; it also increases  | 30         | 300         | Physiotherapy    |
|  |  | 45         | 360         |                  |

|                                     |  |    |             |                   |
|-------------------------------------|--|----|-------------|-------------------|
| <b>Horizontal spinal stretching</b> | Preliminary doctor's advice. This procedure is aimed at improving functions of your spine and supporting-motor apparatus in general. And namely: decrease of load on intervertebral disks, prevention and treatment of osteochondrosis, removing pain in back and joints. It may be performed independently as well as in combination with manual therapy  | 20 | <b>250</b>  | Physiotherapy     |
| <b>Electrotherapy</b>               | This therapy is performed with a use of ZIMMER Multifunctional physiotherapeutic device for electrical treatment (Germany): it includes more than 100 pre-installed regimens of treatment and rehabilitation, up-to-date software facilities, security and painlessness. Indications: treatment of pain in back, neuralgias, nerve root pains, reduction of spasm in muscles and ligaments, removing delayed onset muscle soreness, stimulation of metabolic processes in tissues, in osteochondrosis, arthrosis etc., improvement and harmonization of muscular tone. | 10 | <b>150</b>  | Physiotherapy     |
| <b>Lite massage</b>                 | Gentle, light, superficial massage based on classic massage. During the massage, the surface layer of the muscles is worked out using the method of smooth sliding.  |    |             | BC, Orient, Aurum |
|                                     | with oil   | 40 | <b>500</b>  |                   |
|                                     | with cream   | 40 | <b>630</b>  |                   |
| <b>Accent - Sport Massage</b>       | A universal, deep massage technique, with an individual approach to each person, the purpose of which is to reduce the tension of tight muscles after physical exertion. As a result, it increases efficiency and accelerates muscle recovery.   |    |             | BC, Orient        |
|                                     | with oil   | 30 | <b>680</b>  |                   |
|                                     |  | 40 | <b>820</b>  |                   |
|                                     |  | 60 | <b>1070</b> |                   |
|                                     |  | 90 | <b>1400</b> |                   |
|                                     | with cream   | 30 | <b>820</b>  |                   |
|                                     |  | 40 | <b>960</b>  |                   |
|                                     |  | 60 | <b>1250</b> |                   |
|                                     |  | 90 | <b>1550</b> |                   |
| <b>Oriental foot massage</b>        | Reflexology foot massage. This procedure has an effect on biologically active points, joints and ligamentous apparatus of feet. Blood supply and elasticity of tissues is improved. The procedure has an expressed antistress action   | 30 | <b>500</b>  | BC, Orient, Aurum |
| <b>Anti-cellulite massage</b>       | Deep, intense massage technique with emphasis on the thighs, abdomen, arms. The goal is to reduce cellulite deposits, to reduce subcutaneous fat. As a result, the figure is corrected.  |    |             | BC, Orient, Aurum |
|                                     | with oil   | 60 | <b>1070</b> |                   |
|                                     | with cream   | 60 | <b>1200</b> |                   |
| <b>Fitness massage</b>              | An effective method for figure correction; it is recommended for reduction of local fat deposits and signs of cellulite; it stimulates muscular tone, improves your general health and improves your self-appraisal. It is a combination of lymphatic drainage, classic massage, techniques of influencing subcutaneous fat and fitness exercises  | 60 | <b>1100</b> | Orient            |
|                                     |  | 90 | <b>1400</b> |                   |
| <b>Massage in Hammam in 4 hands</b> | An exclusive ritual that combines foam wrap, body peeling using natural olive soap, amazing massage in 4 hands. The whole procedure is carried out by 2 specialists, in the warm and cozy space of the hammam. The ritual is accompanied by burning candles and a pleasant aroma, leaving an unforgettable feeling of an internal holiday, good rest   | 40 | <b>2700</b> | BC. Hammam        |
|                                     |  | 60 | <b>3000</b> |                   |

|                                       |  |    |             |                   |
|---------------------------------------|--|----|-------------|-------------------|
| <b>Soap Relax Massage:</b>            | Purification with a special gauntlet with Aleppo soap and massage with little bags containing Himalayan pebbles. Body moisturizing with a help of cream-oil<br>Result of this procedure consists in skin purification, harmonization of emotional state, lymphatic drainage effect and an amazing relaxing effect.       | 60 | <b>1500</b> | BC. Hammam        |
| <b>Peeling Massage in Hammam</b>      | It is a Turkish soap massage combined with a gauntlet peeling. It is a pleasant bath procedure rejuvenating your skin and improving its quality  | 30 | <b>950</b>  | BC. Hammam        |
|                                       |  | 60 | <b>1400</b> |                   |
| <b>SPA-massage for pregnant women</b> | It has an anti-stress effect, removing back pain, normalization of tone of strained muscles, improvement of lymph flow and blood circulation   | 40 | <b>700</b>  | BC, Orient, Aurum |
|                                       |  | 60 | <b>1100</b> |                   |
| <b>Hydro-massage of high pressure</b> | This procedure improves blood circulation and metabolism; it also has a relaxing effect  | 40 | <b>650</b>  | Aquadelicia       |
|                                       |  | 60 | <b>730</b>  |                   |
| <b>Addition: Dead Sea salt</b>        | Baths with Dead Sea salt relieve pain and muscle spasms, have a beneficial effect on health and appearance. Promotes complete relaxation of the whole body<br>Baths with Dead Sea salt relieve pain and muscle spasms, have a beneficial effect on health and appearance. Promotes complete relaxation of the whole body | -  | <b>200</b>  | Balneology        |
| <b>Addition: English salt Epsom</b>   | Bitter salt, magnesium sulfate - is a unique salt, an indispensable tool for maintaining health, youth and beauty  | -  | <b>300</b>  | Balneology        |
| <b>Body shaping</b>                   | High pressure hydromassage which is performed according to a special protocol. Aesthetic procedure: A / C, lymphatic drainage, lifting. Areas are intensively worked out: hips, pelvis, lateral surfaces of the abdomen and shoulders.   | 60 | <b>950</b>  | Aquadelicia       |
|                                       |  | 90 | <b>1210</b> |                   |
| <b>Soft Touch Relax</b>               | Relaxing massage. It removes muscular tension, improves blood circulation and lymph flow and has a favorable effect on the nervous system.   |    |             | BC.<br>Balneology |
|                                       | with oil   | 60 | <b>880</b>  |                   |
|                                       |  | 90 | <b>1050</b> |                   |
|                                       | with cream   | 60 | <b>1050</b> |                   |
|                                       |  | 90 | <b>1200</b> |                   |
| <b>Chocolate massage</b>              | Skin elasticity is improved; your skin freshens and becomes more velvety; weariness and stress are removed   | 60 | <b>1100</b> | ThermoSPA         |
| <b>Aroma Mosaics</b>                  | It is a relaxing massage with a use of essential oils and elements of Thai massage and acupressure. It helps to remove tension, to recover strength and to improve emotional strength  | 60 | <b>880</b>  | ThermoSPA         |
|                                       |  | 90 | <b>1050</b> |                   |
| <b>Modeling lymphatic drainage</b>    | It is performed with the method of light, smooth pressure and sliding along the lymph flow line on the body. The goal is to reduce edema. As a consequence: increased immunity, treatment of impaired lymph flow, elimination of excess intercellular fluid, treatment and prevention of varicose veins.                 |    |             | Aurum, BC         |
|                                       | with oil   | 60 | <b>1100</b> |                   |
|                                       |  | 90 | <b>1400</b> |                   |

|                                   |   |  |      |                   |
|-----------------------------------|---|--|------|-------------------|
|                                   | with cream  | 60   | 1250 |                   |
|                                   |   | 90   | 1550 |                   |
| Renaissance<br>(combined massage) | A deep massage technique created according to the methods of classical massage, Japanese massage, and soft tissue manual therapy. The goal of which is the fight against acute and chronic pathologies of the musculoskeletal system. A full body massage is performed with emphasis on significant areas, areas of tension, as well as causal areas. |  |      | BC, Orient, Aurum |
|                                   | with oil  | 30   | 680  |                   |
|                                   |   | 40   | 820  |                   |
|                                   |   | 60   | 1100 |                   |
|                                   |   | 90   | 1400 |                   |
|                                   | with cream  | 30   | 820  |                   |
|                                   |   | 40   | 960  |                   |
|                                   |   | 60   | 1250 |                   |
|                                   |   | 90   | 1550 |                   |
|                                   | Kinesiological massage  | It is a procedure based on the applied kinesiology method. It presupposes determination of a significant area with further correction of functional changes in the muscular system | 60   |                   |
| 90                                |   |  | 1400 |                   |
| Manual correction                 | This procedure is aimed at removing back pain and correction of muscular disbalance and carriage. It improves resistance of your organism to loads and stresses   |  |      | Aurum             |
|                                   | with oil  | 30   | 680  |                   |
|                                   |   | 40   | 820  |                   |
|                                   |   | 60   | 1100 |                   |
|                                   |   | 90   | 1400 |                   |
|                                   | with cream  | 30   | 820  |                   |
|                                   |   | 60   | 1250 |                   |
|                                   |   | 90   | 1550 |                   |
| Hippocrates' Bath                 | This procedure improves functions of your spine and supporting-motor apparatus. The massage - joint gymnastics combined with passive gymnastics and stretching. Prevention of osteochondrosis and other consequences of sedentary lifestyle   | 40   | 1100 | Aurum             |
|                                   |   | 60   | 1400 |                   |

|                                   |   |        |             |   |
|-----------------------------------|---|--------|-------------|---|
| <b>Kinesio taping body "ARES"</b> | It is a combined method of influencing supporting-motor apparatus with a help of tape (a special elastic plaster)   | 1 pos. | <b>350</b>  |   |
| <b>Kinesio taping face</b>        |   | 1 pos. | <b>500</b>  |   |
| <b>Zen-Touch Shiatsu</b>          | It is an ancient Chinese technique based on gradually growing pressure on muscles and biologically active points. It creates balance between strained muscles and relaxed muscles. It harmonizes the psycho-emotional state           | 30     | <b>680</b>  | Orient. Zen-Touch Shiatsu room              |
|                                   |   | 60     | <b>1100</b> |   |
|                                   |   | 90     | <b>1450</b> |   |
| <b>Deep transversal massage</b>   | Total massage procedure. During its performance cross massage techniques are dominant. Deep muscular layers are processed profoundly. It is an intensive and "painful" procedure with an amazing effect                               | 30     | <b>680</b>  | Orient. Zen-Touch Shiatsu room              |
|                                   |   | 60     | <b>1100</b> |   |
|                                   |   | 90     | <b>1400</b> |   |
| <b>Neuromuscular reduction</b>    | Total massage. This technique is based on combination of stretching and kneading techniques. In the process of execution of these techniques muscular recovery is activated i.e. functions of supporting-motor apparatus are improved | 60     | <b>1100</b> | Orient. Zen-Touch Shiatsu room              |
|                                   |   | 90     | <b>1450</b> |   |
| <b>Spanish massage</b>            | A massage technique created on the basis of the method of Enrique Garcia. Smooth soft movements relieve emotional stress, irritability and chronic with oil   |        |             | BC, Orient                                  |
|                                   |   | 60     | <b>880</b>  |   |
|                                   |   | 90     | <b>1100</b> |   |
|                                   | with cream  | 60     | <b>1010</b> |   |
|                                   |   | 90     | <b>1230</b> |   |
| <b>Thai Massage</b>               | Ancient art of Thai massage has a sedative influence on your nervous system and ensures normalization of your vital forces.   | 60     | <b>1100</b> | Orient. Zen-Touch Shiatsu room              |
|                                   |   | 90     | <b>1400</b> |   |
| <b>Yumeiho</b>                    | It is a unique Japanese technique. It combines techniques of oriental manual correction and influence on biologically active points. It activates the inflow of vital forces. It makes your movements light                           | 40     | <b>950</b>  | Orient. Zen-Touch Shiatsu room, Tatami area |
|                                   |   | 60     | <b>1100</b> |   |
|                                   |   | 90     | <b>1400</b> |   |
| <b>Chakra Stone massage</b>       | In general this procedure has an anti-stress and adaptive effect. It is a total massage with a use of special stones and hand massage. Basalt stones influence the Chakra area of energy concentration                                | 45     | <b>1000</b> | Orient. Stone therapy                       |
|                                   |   | 60     | <b>1200</b> |   |
|                                   |   | 90     | <b>1400</b> |   |
| <b>Stone energy</b>               | Stone therapy procedure. For this massage semiprecious stones are used. These stones are chosen individually for each separate client. Each mineral has a unique energy potential and causes a harmonizing action                     | 90     | <b>1450</b> | Orient. Stone therapy room                  |

|   |   |    |             |                                  |
|---|---|----|-------------|----------------------------------|
| <b>Fire and Ice</b>                           | It is a procedure of stone therapy. It presupposes application of cold and hot stones. This massage has a tonic effect.   | 90 | <b>1400</b> | Orient. Stone therapy room       |
| <b>Sabai Stone massage</b>                    | This therapeutic massage removes stress, pain and fatigue; it also optimizes lymph circulation.   | 70 | <b>1150</b> | Orient. Stone therapy room       |
| <b>Bamboo lymphatic drainage massage</b>      | It is a powerful technique with a strong biostimulating effect. The effect: silhouette remodeling, anti-cellulite and drainage effect, removing delayed onset muscle soreness after physical loads, rebalancing on physical and energetic level   | 45 | <b>850</b>  | Orient. Stone therapy room       |
|   |   | 60 | <b>1150</b> |                                  |
| <b>Chinese massage Gua Sha</b>                | A unique ancient method of therapeutic massage. With the help of a special scrubber, massage is performed along the lines and points of the body. It has a healing effect on the entire body.   | 40 | <b>850</b>  | BC. Massage area                 |
|   |   | 60 | <b>1100</b> |                                  |
| <b>Chinese massage Gua Sha Anti-Cellulite</b> | A variety of classic massage Gouache, with an emphasis on the impact on problem areas: hips, abdomen, hands. Provides improved tissue metabolism, lymph flow  | 30 | <b>650</b>  | BC. Massage area                 |
| <b>Chinese massage Gua Sha Therapeutic</b>    | Comprehensive procedure. At the first visit: diagnosis + massage. The functional state of the organism, the degree of overloading of drainage systems (lymphatic, urinary, gastrointestinal, and others), the actual areas for exposure are determined. After the diagnostics, a Gouache therapy session is carried out with the study of the back, feet and legs, upper shoulder girdle. Recommended course taking procedures. | 30 | <b>850</b>  | BC. Massage area                 |
|   |   | 60 | <b>1100</b> |                                  |
|   |   | 90 | <b>1400</b> |                                  |
| <b>Fire Dragon</b>                            | Herbal infusion of herbs, soft towels, oriental music and fire - the components of this wellness massage. Blood and lymph circulation improves, metabolism is activated, slags and toxins are released  | 60 | <b>1300</b> | BC. Massage area                 |
|   |   | 90 | <b>1700</b> |                                  |
| <b>Qi-Xue-Tong</b>                            | Chinese massage vacuum banks. Lymphatic drainage effect, cleansing and harmonizing the work of energy channels, improving microcirculation, eliminating muscle tension and pain   | 60 | <b>1250</b> | BC. Massage area                 |
|   |   | 90 | <b>1600</b> |                                  |
| <b>Harmony</b>                                | This sensual and soft massage technique gives a feeling of a proper rest and pleasure. A special scheme of this procedure is applied: the emphasis is made on areas of feet, back, collar zone and head area  | 60 | <b>880</b>  | Tatami area                      |
|   |   | 90 | <b>1050</b> |                                  |
| <b>"Aroma Relax Babor" body massage</b>       | It includes relaxing techniques aimed at delicate body pressing, stretching and wobbling with point processing and an emphasis on stressful zones (head, neck, feet, and hands). The unique composition of Babor massage oil with warm wood aroma ingredients will catch fancy of men as well as of women by means of an improved effect of relaxation and serenity and by means of making the skin soft like cashmere.         | 60 | <b>1020</b> | Orient. Holistic aesthetics room |
|   |   | 90 | <b>1160</b> |                                  |

|  |  |    |             |                                  |
|--|--|----|-------------|----------------------------------|
| <b>Wave-massage</b>                        | "Soul Massage" Rhythmic hand movements, special shakings, application of special essential compositions... It removes restriction of movements in joints and relaxes muscular strain.  | 40 | <b>800</b>  | Orient. Holistic aesthetics room |
|  |  | 60 | <b>1100</b> |                                  |
|  |  | 90 | <b>1350</b> |                                  |
| <b>Tonic foot massage in SPA cinema</b>    | It removes chronic fatigue and ensures profound relaxation. During watching a film and listening to music reflexology massage of your feet is performed. The effect is reached by means of an oriental technique with a use of | 30 | <b>750</b>  | SPA cinema                       |
|  |  | 60 | <b>850</b>  |                                  |
| <b>Relaxing foot massage in SPA cinema</b> | It is a relaxing soft and light massage performed in combination with watching a film and listening to music.  | 30 | <b>550</b>  | SPA cinema                       |
|  |  | 60 | <b>700</b>  |                                  |
| <b>Morpheus touch</b>                      | It is a massage of feet and hands in SPA cinema  | 90 | <b>1100</b> | SPA cinema                       |
| <b>The 7th sky</b>                         | It is a massage of feet and hands in SPA cinema  | 40 | <b>940</b>  | SPA cinema                       |

| ETHNO-SPA. Ayurveda                         |   |  |             |          |
|---|---|--|-------------|----------|
| Name  | Description   | Time (min)                             | Price (UAH) | Room     |
| Consultation of dr.Manish                   |   |  | 1100        | Ayurveda |
| Secondary consultation of dr.Manish         |   |  | 1000        |          |
| Ayurvedic massage heads and feet in 4 hands |   | 25                                     | 900         | Ayurveda |
| Abhyanga - classic Ayurvedic massage        | A gentle full body massage with warm oils, performed simultaneously by two specialists. Relieves stress, muscle pain in the body. Warm oils improve the health of joints and muscles.   | 30                                     | 960         | Ayurveda |
|   |   | 60                                     | 1250        |          |
| Shirodhara                                  | Relaxes the central nervous system and normalizes blood pressure. It is indicated for insomnia, stress, headaches, skin diseases, and prevents hair loss.   | 1 specialist                           |             |          |
|   |   | 45                                     | 950         | Ayurveda |
|   |   | 2 specialists<br>(Four hand procedure) |             |          |
|   |   | 45                                     | 1150        | Ayurveda |
| Udvardana (dry)                             | Udvertan massage facilitates the breakdown and excretion of subcutaneous fats, this technique will help you defeat cellulite, overweight, obesity, sagging skin and muscles after childbirth or weight loss. Massage effectively stimulates and tones muscles, restores metabolism in the body, enhances microcirculation of blood and lymph. Under the influence of massage movements in conjunction with the action of medicinal herbs, blood circulation is increased, the skin is cleansed, and toxins are removed from the body.             | 1 specialist                           |             |          |
|   |   | 40                                     | 1050        | Ayurveda |
|   |   | 2 specialists<br>(Four hand procedure) |             |          |
|   |   | 45                                     | 1300        | Ayurveda |
| Massage with triphala                       | This is a pleasant massage in which healing powder with various additives is rubbed into the skin of the body with intensive hand movements. Thanks to the combination of oils and herbs, the structure of the skin is significantly improved, making it soft and silky: due to the action of peeling, the skin is saturated with all the necessary microelements, acquires a healthy shiny matte shade and becomes truly beautiful.  | 1 specialist                           |             |          |
|   |   | 60                                     | 1100        | Ayurveda |
|   |   | 2 specialists<br>(Four hand procedure) |             |          |
|   |   | 60                                     | 1400        | Ayurveda |
| Netra Tarpan                                | A special eye treatment with a purified ghee oil bath. It nourishes the eyes, heals and prevents many eye diseases, improves refraction and movement of the eyeball by nourishing the muscles. <ul style="list-style-type: none"><li>the optic nerve and the entire posterior segment of the eye are strengthened</li><li>vision is sharpened, the motor ability of the eye improves</li><li>blood vessels are cleared and the blood supply to the eye muscles is improved</li><li>removes venous congestion in the vessels of the eyes</li></ul> | to 30                                  | 450         | Ayurveda |
| Griva Basti                                 | Hot oil bath for the cervical or collar areas of the back using medicinal oils or herbal decoctions. This procedure immediately relieves tension in the cervical region and relaxes the paravertebral muscles. Indications for use: cervical spondylosis, neck pain, decreased intervertebral distance.   | to 30                                  | 650         | Ayurveda |

| Name                             | Description  | Time (min)                          | Price (UAH) | Room     |
|----------------------------------|--|-------------------------------------|-------------|----------|
| Kati Basti                       | It acts on the muscles of the lumbar region, effectively relaxing them, and relieving the tightness of the nerve roots - the muscles that run deep in the pelvis. These muscle groups are not able to relax any massage, except for the warm effect of the Katya Basti compress, while the oily form nourishes the intervertebral discs and restores their flexibility.<br>Indications: arthritis, back pain and lower back pain, radiculitis; problems with vertebral discs; gout, lumbago, spondylosis, spondylitis; sexual dysfunctions; has a beneficial effect on bronchitis. | to 30                               | 650         | Ayurveda |
| Nasya                            | The procedure for taking herbal medicines through the nose.<br>In the process, the sinuses are warmed up, a facial massage is performed and the prescribed oil is instilled into each nostril.<br>Decreases puffiness, dark circles under the eyes. Brings a state of joy, clarity in the head. Improves the quality of rest, sleep becomes stronger and more restful.   | to 30                               | 600         | Ayurveda |
| Amrita four hand peeling massage | Easily and effectively cleanses the skin, leaving it soft and pleasant.  | 30                                  | 900         | Ayurveda |
| Flower peeling "Goddess"         | A unique massage technique, crushed linden flowers, marigolds and chamomile will help to gently exfoliate the skin and immerse you in an atmosphere of relaxation and aromatherapy. Coconut oil with rose petal powder nourishes and moisturizes the skin. In ancient India, this procedure was part of the ritual of preparing the bride for marriage. The procedure is truly worthy of a Goddess!<br>Effect: cleansing the skin, nutrition, moisturizing, aromatherapy, relieves irritation, soothes the skin and prevents aging processes.                                      | 1 specialist                        |             |          |
|                                  |  | 40                                  | 850         | Ayurveda |
|                                  |  | 2 specialists (Four hand procedure) |             |          |
|                                  |  | 40                                  | 950         | Ayurveda |
| Natural face masks               |  |                                     |             |          |
| «Lotus»                          | Lotus has a biostimulating effect, accelerates collagen synthesis and cell regeneration, strengthens skin turgor, makes it elastic and elastic. Soothes, relieves inflammation and dryness.  | 15                                  | 200         | Ayurveda |
| «Black cumin»                    | It is known in cosmetology for its antioxidant, anti-inflammatory and hypoallergenic properties. Clears the skin from blackheads, prevents acne manifestations.  | 15                                  | 200         |          |
| «Rose flower»                    | Kerotine and selenium, which is part of the rose, noticeably slow down the aging process of epithelial cells, start the processes of rejuvenation in the deepest layers of the dermis.   | 15                                  | 200         |          |
| «Aloe vera»                      | Aloe vera has unique regenerating and bactericidal properties. Improves blood circulation, stimulates the work of immune cells, creates a protective moisturizing film on the skin of the face.  | 15                                  | 200         |          |

## WAXING

| <i>Name</i>           | <i>Price (UAH)</i> | <i>Room</i>          |
|-----------------------|--------------------|----------------------|
| Upper lip             | 140                | Oriental cosmetology |
| Chin                  | 140                |                      |
| Forearm               | 260                |                      |
| Arm                   | 190                |                      |
| Back                  | 440                |                      |
| Bikini area for women | 640                |                      |
| Armpits               | 220                |                      |
| Thighs (the 1st)      | 400                |                      |
| Thighs (the 2nd)      | 520                |                      |
| Shins (the 1st)       | 400                |                      |
| Shins (the 2nd)       | 520                |                      |
| Bikini area for men   | 1180               |                      |
| Ears, nose            | 150                |                      |

## HAIRDRESSING SALON

### Haircuts and hair setting (prices are presented without including cosmetic products)

| <i>Name</i>                  | <i>Price (UAH)</i> | <i>Room</i>        |
|------------------------------|--------------------|--------------------|
| Hair washing                 | 80                 | HAIRDRESSING SALON |
| Hair cutting for women       | 400-550            |                    |
| Hair cutting for men         | 400                |                    |
| Hair cutting for children    | 250                |                    |
| Edging / bangs               | 85                 |                    |
| Edging                       | 150                |                    |
| Mustache dressing            | 80                 |                    |
| Beard dressing               | 150                |                    |
| Hair dressing with a trimmer | 300                |                    |
| Hair styling                 | 270-400            |                    |
| Hairstyle evening            | 600                |                    |

*\* Cosmetic means are chosen individually depending on hair state and hair length*

### Hair dyeing and highlighting (prices are presented without including cosmetic products)

Hair dying is performed with "Davines Mask" products of premium class. Natural and uniform result, long-lasting shine and color, saturated bright colors and perfect gray hair coating. It is safe for hair and head skin. The result: healthy, silky and soft hair.

The hair dye includes milk proteins and conditioning components sealing up and moisturizing cuticle of hair. Delicate natural surface-active materials also included to composition of the dye provide removal of remaining pigments without influencing the result of hair coloring.

|          |         |                    |
|----------|---------|--------------------|
| Modeling | 370-580 | HAIRDRESSING SALON |
| Toning   | 360     |                    |
| Dyeing   | 300-450 |                    |

*\* Cosmetic means are chosen individually depending on hair state and hair length*

| Hair care  |  |  |         |                    |
|--|--|--|---------|--------------------|
| SPA care based on “Davines” products   |  |  |         |                    |
| In SPA-Center Tsunami massages, masks and concentrates are used for preventing hair loss, improving nourishment of hair follicles. |  |  |         |                    |
| SPA care Nourishing (Restorative wonder)   | It nourishes, moisturizes, heels and improves hair texture |  | 550-670 | HAIRDRESSING SALON |
| SPA care Replumping  | Hair densification and improving its elasticity            |  | 420     |                    |
| Head massage   |  |  | 350     | HAIRDRESSING SALON |
| Eyelashes and Eyebrowes  |  |  |         |                    |
| Eyebrow tinting  |  |  | 150     | HAIRDRESSING SALON |
| Eyelash dyeing   |  |  | 80      |                    |

## NAIL AESTHETICS

### Manicure

| <i>Name</i>       | <i>Time (min)</i> | <i>Price (UAH)</i> | <i>Room</i> |
|-------------------|-------------------|--------------------|-------------|
| Classic manicure  | 40                | 290-375            | Orient      |
| Hardware manicure | 40                | 300-325            |             |
| Japanese manicure | 90                | 410                |             |

### Covering

|                          |    |     |        |
|--------------------------|----|-----|--------|
| "French" gel covering    | 60 | 340 | Orient |
| Gel covering             | 60 | 320 |        |
| Gel covering "magnet"    | 60 | 320 |        |
| Female covering          | 30 | 100 |        |
| Female covering "French" | 30 | 100 |        |
| Nail polishing           | 15 | 60  |        |
| Removing covering        | 10 | 30  |        |
| Removing gel covering    | 15 | 90  |        |

### Pedicure

|                   |    |         |        |
|-------------------|----|---------|--------|
| Classic pedicure  | 40 | 470-510 | Orient |
| Hardware pedicure | 60 | 510-555 |        |

### Treatment procedures

|                        |         |     |        |
|------------------------|---------|-----|--------|
| Foot cleansing         | 10      | 300 | Orient |
| Removing ingrown nails | 10      | 150 |        |
| Nail correction        | 10      | 120 |        |
| Nail treatment         | 10 - 30 | 80  |        |

### Care

|                            |    |     |        |
|----------------------------|----|-----|--------|
| SPA treatment for hands    | 40 | 250 | Orient |
| SPA foot care              | 40 | 280 |        |
| Paraffinotherapy for hands | 20 | 300 |        |
| Parrafinotherapy for feet  | 15 | 350 |        |

| ACUPUNCTURE  |   |                  |                   |                |
|--|---|------------------|-------------------|----------------|
| <i>Name</i>  | <i>Description</i>  | <i>Time, min</i> | <i>Price, UAH</i> | <i>Cabinet</i> |
| <b>Diagnostics</b>   | Identification of imbalances in the body and recommendations for acupuncture procedures and drugs.  | 30-40            | <b>800</b>        | East           |
| <b>Acupuncture</b>   | Allows you to influence the cause of the disease, and not just the clinical manifestations;<br>Carrying out detoxification without the use of pharmacological drugs and intravenous infusions;<br>Systemic reduction of edema;<br>Normalization of sleep      | 45-60            | <b>1000</b>       | East           |
| <b>Intra-articular oxygen therapy</b>  | The positive effect after oxygen therapy is manifested as follows: the oxygen that gets inside helps to straighten the joint bag. As a result, a kind of "cushion" of gas is formed in this area, which helps to unload the diseased organ                    | 10 - 20          | <b>700</b>        | East           |
| <b>Plasma therapy for joints (autoplasma therapy PRP-therapy, ACP-therapy)</b> | Local injection of own plasma enriched with platelets and anti-inflammatory blood factors. The effectiveness of the method is achieved due to the high concentration of platelets in the resulting plasma (4-5 times higher than in the same volume of blood) | 20 - 30          | <b>1300</b>       | East           |
| <b>Biopuncture</b>   | A unique method of recovery and self-regulation of the body. It combines reflexology and the action of naturapathic (natural) preparations  | 10 -15           | <b>300-600</b>    | East           |