



C A R E L I C A

eco spa





SIGNATURE TREATMENTS

Carelica mini vacation

Our signature spa treatment combines delicate greeting with a blend of lavender, mandarin or geranium and relaxing or toning massage technique of your choice.

Result: balanced rest and general health improvement.

30 min 3 200

60 min 3 900

90 min 4 900

Carelica recovery

Complex spa treatment based on stone therapy using stones of different temperatures.

Result: Healing energy of stone is great for stress relief, promotes relaxation.

90 min 6 200

Carelica awakening

After a tiring flight, business trip or late dinner we will move you to the forest of Karelia. We start with natural peeling, then warm aromatic oily herbal balls release tension in muscles.

Result: stress and fatigue relief, harmonization of both emotional and physical state.

90 min 6 200

In addition to the treatment you can have

Blowdry

30 min 1 000

Alginate mask

30 min 1 600

Body peeling

30 min 1 600





SPA PACKAGES

Price is per person



Linen and steam

Relax and unwind thanks to ideal combination of natural ingredients and our signature steam room.

2 h 30 min 17 100

Steaming opens up the pores and helps cleanse the outer skin, relieves muscle tension. It is followed by linen scrub and mask which improves the quality of skin, makes it smooth, firm and fresh. The combination of manual massage and herbal balls massage will relax the body. Grape seed oil will soften the skin, and heated balls with flaxseeds and salt will gently warm up the muscles and have a healing effect on the body.

Rowanberry and mud

A spa package with natural healing ingredients will be a valuable gift for tired skin. The complex includes a scrub, body wrap and manual massage.

2 h 14 100

The scrub contains rowanberry - a source of vitamins and minerals: vitamins of group B, C, E, magnesium, iron, calcium, sodium, phosphorus. A pleasant heated cream will soften, remove roughness and rejuvenate the skin.

A body wrap based on the famous Sestoretzkaya mud has not only a cosmetic, but also a therapeutic effect. Followed by manual massage, which improves blood circulation and metabolic processes, relieves body tension.

Poppy and herbs

Herbal bath, poppy scrub and traditional Russian massage with buckwheat balls will increase immunity and have a beneficial effect on the entire body.

2 h 14 100

A poppy scrub rich in vitamin E in a combination with oil and sugar moisturizes and improves skin tone. Wellness massage with buckwheat balls has been known for more than three centuries. You will love the relaxing buckwheat scent, the heated bags will give your body a gentle warmth, relieve tension from the whole body.

Mud steaming la sultane de saba

Steaming in a hamam, gommage based on apricot kernels and argan oil gently cleanses the skin and enhances blood circulation. The next step is the application of Rassoul - Moroccan volcanic mud with shea butter rich in iron oxide and magnesium. Final step is moisturizing your body skin with ayurvedic shea butter and sweet almond milk and a ultra moisturizing cream with aloe vera for the face which will give the skin long-lasting hydration.

2 h 10 900

All prices are in rubles including VAT. All the additional treatments cannot be purchased separately, only together with the main treatment.





ETHNICAL TREATMENTS

Turkish soap steaming Turkish-style spa treatment includes warming up in hammam, kessa glove peeling massage in a soapy cloud which gives a feeling of lightness and weightlessness and relieves stress. 60 мин 4 600

Imperial body care la sultane de saba Spa treatment for face and body starts with steaming hammam and applying black soap with eucalyptus and argan oil. This natural paste made from natural olives in combination with the Kessa mitt perfectly exfoliates and nourishes the skin, while argan oil moisturizes and regenerates it. The second stage of the treatment is a wrap with Moroccan volcanic soap clay Rassoul, rich in iron and magnesium oxide, and shea butter with a scent of green ginger, which deeply cleanses and nourishes the skin. During the wrap, the spa specialist performs a facial treatment - gentle cleansing and application of an anti-age cream with an orange blossom scent. At the end of the treatment, milk with green tea and ginger is applied to the body, which moisturizes the skin for a long time. 90 min 6 800

Sheeradhara Ethnical spa treatment in which warm oil is poured in a continuous stream over the forehead or the third eye, an area where nerves are highly concentrated. The oil saturates into the forehead and scalp and penetrates into the nervous system. The gentle pressure and soothing warmth of the oil allow the body, mind and nervous system to experience a deep state of rest, similar to meditation. 90 min 6 800

Abyanga Luxuriously relaxing, blissfully comforting full body oil massage acts as a powerful recharger and rejuvenator of mind and body. It is nourishing, relieves fatigue, provides pleasure and perfect sleep, enhances the complexion of the skin and promotes longevity. 90 min 6 800

In addition to the treatment you can have

Blowdry 30 min 1 000

All prices are in rubles including VAT. All the additional treatments cannot be purchased separately, only together with the main treatment.





BODY TREATMENTS

Carelica steaming Our signature body spa treatment is carried out in an individual sauna (Russian Suit). Delicate steaming with specially cut birch or oak brooms and snow bath tones the body. Gentle berry scrub, and vitamin seaweed wrap nourishes the skin.

90 min 6 800

Result: prevention of insomnia, deep emotional relaxation.

The sculpting treatment This treatment is an effective supplement for fitness. The program includes peeling, alginate mask based on algae, aimed at powerful skin tightening and a modeling massage. The combination of active ingredients stimulates the breakdown of fats, removes toxins, improves metabolism, makes the skin firm, elastic and lifted.

90 min 5 600

Aromatic Royal beauty Tranquility A unique facial and body treatment specially designed by Comfort zone. A multi-stage treatment includes gentle hydration, deep nutrition and effective toning of the skin.

90 min 7 800

In addition to the treatment you can have

Alginate mask 30 min 1 600

Eye care 30 min 1 600

All prices are in rubles including VAT. All the additional treatments cannot be purchased separately, only together with the main treatment.





THALASSOTHERAPY

Thalassotherapy with concentrated sea water "Remineralizing care"

The treatment is based on sea water, sea salt, seaweed, saturated with minerals, restoring chemical balance and increasing resistance to harmful toxins. It consists of three stages: cleansing the skin "Salt peeling", wrapping and applying a moisturizing milk.

The innovative ingredient ThaliSource® used in peeling moisturizes the skin and improves lipolysis processes, opens the pores of the skin and prepares it for the next stage - a wrap based on Algoserum gel. The gel contains the necessary zinc, iron, magnesium, copper, vitamins E and C. It restores, cleanses, strengthens and tones the skin, makes it smooth and elastic. The treatment finishes with a 30 minutes massage.

90 min 5 600

Thalassotherapy with sea mud Peloid Guerande

The treatment starts with a salt peeling with sea salt crystals and algae extracts. Gentle cleansing and moisturizing activates microcirculation and increases the skin's sensitivity to nourishing ingredients.

Peloid mud wrap gives a feeling of rest and relaxation, makes the body slim and fit. Guéranda sea mud is rich in high quality minerals, which stimulate intercellular metabolism, relieves tight muscles and facilitates to relax major muscle groups. The treatment finishes with a 30 minutes massage.

90 min 5 600

Thalassotherapy with seaweed Tri-active.

Powerful triple treatment with seaweed will start metabolic processes of the body, remove toxins and mineralise your body. The Tri-Active Spa package includes unique treatments with sea salt, seaweed and sea minerals.

The "SALT PEELING" fluid with crystals of sea salt delicately cleanses and moisturizes the skin, activates its microcirculation and increases the sensitivity to nourishing ingredients.

The activator serum "BODY CONTOUR" immediately triggers the thinning mechanism.

The THREE ALGAE body wrap saturates body with minerals, activates cellular metabolism and stimulates microcirculation.

MODELING CREAM with a marine scent gives excellent long-lasting and gentle glide. The combination of sea water and algae extracts improves skin elasticity, maintains vascular tone and promotes energy circulation, leaving the skin soothe and rejuvenated. The treatment finishes with a 30 minutes massage.

90 min 5 600





FACIAL TREATMENTS

Instant beauty

Designed to leave your skin rejuvenated and glowing, this treatment features specially selected products with herb extracts and oils. It includes delicate cleansing, massage with a special device, mask which stimulates production of hyaluronic acid.

60 min 4 200

Stop jet lag

After long flights, your skin needs special care. The treatment contains innovative active ingredients - a combination of hyaluronic acid and the exclusive ingredient Bolentus 1055. It instantly moisturizes, restores, protects the skin and activates its own reserves. This treatment will leave your skin feeling alive with a youthful radiant glow.

60/90 min 4 200/5200

Important meeting

The lifting facial treatment will increase the stress resistance of the skin, and start the process of natural regeneration. The vitamin and mineral complex will saturate the skin with oxygen, maintain the natural balance and strengthen the protective function. The step-by-step treatment includes facial cleansing with an antioxidant scrub mask, massage with a modeling cream, finishing with application of alginate mask.

60/90 min 4 200/5200

Facial for gentlemen

This treatment effectively fights the effects of fatigue and stress, stimulates the production of hyaluronic acid, has a powerful detox effect, softens, nourishes and moisturizes the skin, increases its firmness and elasticity.

60/90 min 4 200/5200

All prices are in rubles including VAT. All the additional treatments cannot be purchased separately, only together with the main treatment.

In addition to the treatment you can have

Blowdry

30 min 1 000

Local Carelica massage

Back, head, neck, feet

30 min 1 600





HAIR CARE



Spa keratin
Dr Sorbie

Spa hair care is recommended for damaged hair. It reconstructs, nourishes, moisturizes the hair from the inside, strengthens its structure

90 min 3 200

Vita lamination

The revitalizing hair spa treatment reconstructs the hair structure, maximizes nourishment, and prevents splitting. Proteins and amino acids fill up the hair structure, while nourishing oils strengthen and improve its elasticity. Treatment is performed using Klimazon and a special thermo-cap.

120 min 4 100

Spa hair
treatment
Lelumiss

Multi-step treatment restores and improves the structure of the hair from the inside. Thanks to its ingredients, the care builds up the biological membrane, increases its antioxidant properties. Treatment is performed using a klimazone or a special thermal cap

60 min 3 900

In addition to the treatment you can have

Blow dry

60 min 2 000

Hair cut

60 min 2 500

Brow style

30 min 500

Brow color

30 min 1 000





HAND AND FOOT TREATMENT



Express manicure

In a very short time your hands will look groomed. In addition to the manicure - warm compresses with essential oils that improve blood circulation.

45 min 1 200

Pedicure Golden Trace

The treatment is based on natural plant components - micelles and fruit acids, which provide deep and comprehensive care without injuring the skin. Acidic pedicure is suitable for people with the most sensitive skin: for pregnant women, hypertensive and diabetes patients.

90 min 2 300

Signature Carelica manicure

The treatment will start with our signature vitamin cranberry and salt peeling. It contains a huge amount of microelements

60 min 1 600

Carelica pedicure

Peeling with sea salt and cranberry renews skin cells. Essential oils and active minerals strengthen and tone nails.

90 min 2 600

All prices are in rubles including VAT. All the additional treatments cannot be purchased separately, only together with the main treatment.

In addition to the treatment you can have

Japanese manicure

45 min 900

Bio gel nail strengthening

45 min 900

Gel nail polish

40 min 400





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