

MEDICAL SPA

Tours are developed
according to the methodology
of Honored Doctor of Ukraine,
Doctor Habil. of Medicine, Professor
and Chief Physician of Grand Admiral Resort & SPA
country club
Dmitriy Ivanov

MEDICAL SPA-TOURS

Price, UAH

7 days

Anti-Age

Natural body rejuvenation program.

Includes medical Check-Up: full body screening by non-contact blood test, laboratory and genetic testing, consultation and recommendations by SPA nutritionist doctor, 13 SPA procedures, personal and group fitness trainings, intravenous anti-age infusions, nutraceutical support, phyto tea, unlimited access to the Aquazone, relaxation in the salt room.

The program includes five meals daily according to the special Anti-Age menu.

Online consultation by Professor Ivanov D. D. is included.

89500

Slim

Complex body cleansing, saturation with trace elements, weight loss.

Includes medical Check-Up: body screening by non-contact blood test, laboratory and genetic examinations, doctor's consultation and recommendations, 10 SPA procedures, personal and group fitness trainings, intravenous Detox infusions, nutraceutical support, phyto tea, unlimited access to the Aquazone, relaxation in the salt room.

The program includes three meals daily according to the special Slim menu

83500

Detox

Detoxification, normalization of metabolism, weight loss, health improvement, vitality boost.

Includes medical Check-Up: full body screening by non-contact blood test, laboratory and genetic examinations, doctor's consultations and recommendations, 12 SPA procedures, personal and group fitness trainings, intravenous Detox infusions, nutraceutical support, phyto teas, unlimited access to SPA, relaxation in the salt room.

The program includes three meals daily according to the special Detox menu

82500

*The goals which we set are not always achieved in 7 days, but this is the starting point

- The cost of Medical tours includes single accommodation in a Classic SPA room. For double occupancy surcharge for the second guest 1000 UAH per day, including breakfast and visits to the aquazone
- The program may be subject to changes depending on the Guest's preferences and physician's advice
- During the SPA tour, the Guest will be under the on-going supervision by a physician and has the right to additional free-of-charge consultations
- During the SPA tour and 2 weeks after it, other procedures may be added to the program at the Guest's discretion at an extra charge with 15% discount
- Personal trainings may be added to the program at the Guest's discretion and according to a physician's advice at an extra charge

* Group fitness trainings are held according to the current schedule

SPA-TOURS*

Price, UAH

3 days 7 days

Detox Light

Prevention of health, cleansing the body of toxins and allergens, improving metabolism, raising vitality, improving general well-being

The program includes three meals daily according to the special Detox menu

29500

63700

Anti-Stress

Relaxation and restoration of the inner balance, getting rid of stress and fatigue.

Include body screening by non-contact blood test, doctor's consultations and recommendations, a program of SPA procedures, group fitness trainings, phyto teas, unlimited access to the Aquazone, and relaxation in the salt room.

The program includes three meals daily according to the special Detox menu

23500

54100

Beauty

Relaxation and professional face and body care.

Include body screening by non-contact blood test, doctor's consultations and recommendations, a program of SPA procedures, group fitness trainings, phyto teas, unlimited access to the Aquazone, and relaxation in the salt room.

The program includes five meals daily according to the special Anti-Age menu

29500

59000

VIP consultation by

Doctor Habil. of Medicine, Professor

Ivanov D. D.

4000

*The goals which we set are not always achieved in 7 days, but this is the starting point

- The cost of Medical tours includes single accommodation in a Classic SPA room. For double occupancy surcharge for the second guest 1000 UAH per day, including breakfast and visits to the aquazone
 - The program may be subject to changes depending on the Guest's preferences and physician's advice
 - During the SPA tour, the Guest will be under the on-going supervision by a physician and has the right to additional free-of-charge consultations
 - During the SPA tour and 2 weeks after it, other procedures may be added to the program at the Guest's discretion at an extra charge with 15% discount
 - Personal trainings may be added to the program at the Guest's discretion and according to a physician's advice at an extra charge

* Group fitness trainings are held according to the current schedule

MEDICAL TOUR ANTI-AGE

OBJECTIVES:

Full body screening
Disease prevention
Natural rejuvenation
Strengthening of the body

DIAGNOSTICS:

Non-contact blood test	1
Bioelectrical impedance analysis	2
Cardiogram	1
Consultation by SPA nutritionist doctor	2
Consultation by Professor D. D. Ivanov	1

LABORATORY TESTS:

General blood test	1
General urine test	1
Biochemical blood analysis: <i>total bilirubin, conjugated and unconjugated bilirubin, ALT, AST, alkaline phosphatase, GGT (gamma-glutamyltransferase), CPK (creatine phosphokinase), total protein, albumin, urea, uric acid, creatinine</i>	1
Carbohydrate metabolism: <i>glucose, insulin, HOMA index, glycated hemoglobin</i>	1
Lipid profile: <i>total cholesterol, HDL, LDL, triglycerides, atherogenic index</i>	1
Thyroid screening: <i>TTG, T3 free, T4 free, TPOAb</i>	1
Vitamin D3 (25-OH D2+D3)	1
Ferritin, folic acid, vitamin B12	1
C-reactive protein	1
Blood cortisol	1

GENETICS:

Genetic skin passport	1
Genetic nutrition passport	1
Telomere test	1

INTRAVENOUS ANTI-AGE INFUSIONS

5

NUTRACEUTICALSUPPORT:

Drinkable collagen	10
Drainage drink	10
Therapeutic table water Fiuggi, Italy	7
Drainage phyto tea	7

PROCEDURES:

Consultation by a physician-cosmetologist	2
Computer skin diagnostics	2
SPA zone visit free	
Moroccan Hammam ritual	1
SPA Day Detox/Drainage body care, please choose	1
90-minute relax massage, please choose	1
Underwater massage shower	3
30-minute Cellutec body shaping vibro massage	1
VelaShape equipment-based body sculpting treatment	2
Anti-Age face care (according to skin characteristics)	2
SPA pedicure	1
SPA manicure	1
Relaxation in the salt room, up to 30 min	7
Personal training: yoga, pilates, aqua aerobics	3
Fitness trainings in a group according to the schedule	7
Meals according to the Anti-Age menu (5 meals daily)	7
Accommodation in a Classic SPA room	

89500

PRICE, UAH:

MEDICAL TOUR SLIM

OBJECTIVES:

Full body screening
 Body detox
 Weight loss
 Getting healthy lifestyle skills

DIAGNOSTICS:

Non-contact blood test	1
Bioelectrical impedance analysis	2
Cardiogram	1
Consultation by SPA nutritionist doctor	2

LABORATORY TESTS:

General blood test	1
General urine test	1
Biochemical blood analysis: <i>total bilirubin, conjugated and unconjugated bilirubin, ALT, AST, alkaline phosphatase, GGT (gamma-glutamyltransferase), CPK (creatine phosphokinase), total protein, albumin, urea, uric acid, creatinine</i>	1
Carbohydrate metabolism: <i>glucose, insulin, HOMA index, glycated hemoglobin</i>	1
Lipid profile: <i>total cholesterol, HDL, LDL, triglycerides, APO-A, APO-B, atherogenic index</i>	1
Thyroid screening: <i>TTG, T3 free, T4 free, TPOAb</i>	1
Vitamin D3 (25(OH)D3)	1
Ferritin, transferrin, folic acid, vitamin B12	1
C-reactive protein	1
Cortisol	1
Leptin	1

GENETICS:

Genetic nutrition passport	1
----------------------------	---

INTRAVENOUS ANTI-AGE INFUSIONS

1

LIVER/GALL BLADDER CLEANSE (subject to ultrasound examination results and provided that there are no contraindications)

5

1

FITNES:

Personal trainings: Nordic walking and water aerobics	5
---	---

NUTRACEUTICAL SUPPORT:

Drainage drink	1
Therapeutic table water Fiuggi, Italy	7
Drainage phyto tea	7

PROCEDURES:

Non-surgical ultrasonic liposuction Ultrashape, 300 pulses	1
VelaShape equipment-based body sculpting treatment	2
Pressotherapy	3
Turkish Hammam ritual	1
Underwater massage shower	2
SPA massage	2
SPA day 'Salt and mud detox therapy'	1
'Sea Algae' wrapping	1
Hydropeeling HydraFacial MD	1
Swiss facial massage	1
Lymphatic drainage body massage, 60 min	1
Relaxation in the salt room	7
Meals according to the Slim menu	7
Accommodation in a Classic SPA room	7

PRICE, UAH:

83500

MEDICAL TOUR DETOX

OBJECTIVES:

Full body screening
 Disease prevention
 Body detox
 Vitality boost

DIAGNOSTICS:

Non-contact blood test
 Bioelectrical impedance analysis
 Cardiogram
 Consultation by SPA nutritionist doctor

1
 2
 1
 2

LABORATORY TESTS:

General blood test
 General urine test
 Biochemical blood analysis: *total bilirubin, conjugated and unconjugated bilirubin, ALT, AST, alkaline phosphatase, GGT (gamma-glutamyltransferase), CPK (creatine phosphokinase), total protein, albumin, urea, uric acid, creatinine*
 Carbohydrate metabolism: *glucose, insulin, HOMA index, glycated hemoglobin*
 Lipid profile: *total cholesterol, HDL, LDL, triglycerides, APO-A, APO-B, atherogenic index*
 Thyroid screening: *TTG, T3 free, T4 free, TPOAb*
 Vitamin D3 (25(OH)D3)
 Ferritin, transferrin, folic acid, vitamin B12

1
 1
 1

 1
 1
 1
 1
 1

GENETICS:

Genetic nutrition passport
 Genes of the first detoxification phase
 Genes of the second detoxification phase

1
 1
 1

INTRAVENOUS ANTI-AGE INFUSIONS

5

NUTRACEUTICALSUPPORT:

Drainage drink
 Therapeutic table water Fiuggi, Italy
 Drainage phyto tea

1
 7
 7

PROCEDURES:

Computer skin diagnostics
 SPA zone visit free
 Turkish Hammam ritual
 'Sea Algae' wrapping
 90-minute SPA body massage, please choose
 VelaShape equipment-based body sculpting treatment
 Pressotherapy
 Salt and mud detox therapy
 Anti-Age face care (according to skin characteristics)
 Face contouring massage
 Underwater massage shower
 Herbal tea after procedures
 Relaxation in the salt room
 Personal training
 Fitness trainings in a group according to the schedule
 Meals according to the Detox menu
 Accommodation in a Classic SPA room

2

 1
 1
 2
 1
 3
 1
 1
 1
 3
 7
 7
 3
 7
 7

PRICE, UAH:

82500

SPA-TYP DETOX LIGHT

OBJECTIVES:

Health prevention
 Cleansing the body of toxins and allergens
 Improving metabolism
 Increasing vitality
 Improving general well-being

PROCEDURES:

Consultation by SPA nutritionist doctor
 Re-consultation by SPA nutritionist doctor
 Bioelectrical impedance analysis
 Non-contact blood test
 Cardiogram
 Computer skin diagnostic
 Visiting the SPA-zone
 Thalgo detox drink
 Turkish ritual in the hammam
 Sea body peeling in the Vichy shower
 Lymphatic drainage body massage (60 min.)
 Seaweed wraps
 Salt mud therapy
 Pressotherapy
 SPA body massage 90 min. to choose from
 Anti Age facial care (according to skin indications)
 Modeling facial massage
 Modeling vibrating massage Cellutec 30 min
 Underwater shower massage
 Thalgo drainage tea
 Therapeutic table water Fiuggi, Italy
 Rest in a salt room (15-30 min.)
 Personal training
 Group fitness classes on schedule
 Meals according to the Detox menu
 Accommodation in a Classic SPA room

3 дні
7 днів
1
1
1
1
1
2
1
1
1
1
2
2
3
7
3
7
1
1
1
1
1
2
1
1
1
1
1
3
1
2
1
1
1
1
1
1
1
1
3
7
3
7
3
7
1
3
3
7
3
7
PRICE, UAH:
29500
63700

SPA-TOUR ANTI-STRESS

OBJECTIVES:

Removing stress, fatigue, insomnia

Reviving of vital forces

Relieving psycho-emotional tension

PROCEDURES:

	<i>3 days</i>	<i>7 days</i>
Consultation by SPA nutritionist doctor	1	2
Bioelectrical impedance analysis	1	1
Non-contact blood test	1	1
SPA zone visit free		
Relaxing Thalgo tea	3	7
Sea body peeling under Vichy shower		1
60-minute lymph drainage body massage	1	2
Moroccan Hammam ritual and express face skin care		1
90-minute SPA body massage, please choose	2	2
SPA Day Relax		1
French face massage		1
SPA face care ritual, please choose (as recommended by cosmetician)	1	1
Relaxation in the salt room	3	7
Hydro massage aromabath	1	1
Herbal tea after procedures	3	7
Fitness trainings in a group according to the schedule	3	7
Meals according to the Detox menu	3	7
Accommodation in a Classic SPA room		
PRICE, UAH:	23500	54100

SPA-TYP BEAUTY

OBJECTIVES:

Relax and reviving of vital forces

Improvement of skin condition and muscle tone

Relieving psycho-emotional tension

	<i>3 days</i>	<i>7 days</i>
Consultation by SPA nutritionist doctor	<i>1</i>	<i>1</i>
Bioelectrical impedance analysis	<i>1</i>	<i>2</i>
Non-contact blood test	<i>1</i>	<i>1</i>
Consultation by doctor-cosmetician	<i>1</i>	<i>2</i>
Computer skin diagnostics	<i>2</i>	<i>2</i>
Premier SPA Hammam ritual	<i>1</i>	<i>1</i>
Peeling under Vichy shower		<i>1</i>
Hydro massage aromabath "Arctic"		<i>1</i>
90-minute relax massage, please choose	<i>1</i>	<i>3</i>
Silk or yogurt wrapping		<i>1</i>
Anti-Age face care procedure (according to skin characteristics)	<i>2</i>	<i>2</i>
Equipment-based pedicure and nail polishing with gel polish		<i>1</i>
Manicure and nail polishing with gel polish	<i>1</i>	<i>1</i>
Hair and scalp care procedure with hair styling	<i>1</i>	<i>1</i>
SPA zone visit free		
Meals according to the Anti-Age menu	<i>3</i>	<i>7</i>
Accommodation in a Classic SPA room		
PRICE, UAH:	29500	59000

EQUIPMENT-BASED COSMETOLOGICAL*

	Procedure time, min	Price in UAH, VAT included
<p>Equipment-based technique of non-surgical liposuction Ultrashape (Israel) <i>The device used is certified by CE and FDA. The procedure is comfortable, does not require anesthesia, and takes about 40 minutes.</i> <i>The UltraShape system generates pulsed and focused ultrasound for mechanical (not thermal) and selective destruction of fat cells at a specific point of the subcutaneous fat tissue, without damaging the skin, blood vessels, nerves, and connective tissue.</i> <i>Visible results after the first procedure (circumference reduction by 3-5 cm). With a balanced diet, the course includes up to 3 procedures. It does not require any medical support after the procedure.</i> <i>The procedure requires from 400 to 700 pulses;</i> <i>The procedure is prescribed and made by an SPA doctor</i></p>	40	UAH 14/ 1 pulse
<p>Equipment-based body sculpting treatment Vela Shape 2 (Israel) <i>The device used is certified by CE and FDA (vacuum roller massage, infrared tissue warming and radiofrequency skin lifting)</i></p> <p>Demonstrational procedure <i>(one of the following zones: buttocks, hips, belly)</i></p> <p>face contour</p> <p>arms (triceps)</p> <p>belly + buttocks + hips</p> <p>belly + buttocks + hips + arms</p> <p>buttocks + hips</p> <p>belly, full</p> <p>buttocks</p> <p>hips</p> <p>shins</p> <p>back, full</p>	15 15 20 60 80 45 30 30 30 20 30	400 500 500 2000 2300 1500 800 800 900 600 900
<p>Equipment-based body sculpting treatment Cellutec (France) <i>Vibration body massage combined with contrast body shaping lotions improves tissue blood circulation, facilitates the lymphatic drainage effect and skin tonicity improvement. The pressure and vibrational movement created by the applicator act in different directions and create a resonance in tissue layers. This therapy is successfully used for therapeutic and preventive purposes, in particular, for rehabilitation of athletes and relieving of muscle pain</i></p> <p>zonal body vibration massage</p> <p>full body vibration massage</p> <p>vibration massage of the head</p>	30 60 15	800 1500 300
<p>Pressure Therapy Pulstar PSX (France) <i>Venous and lymph drainage helps remove excess fluid and get rid of edema, removes wastes and toxins, restores water balance, normalizes the state of intercellular fluid, normalizes the gastrointestinal tract functioning, and ensures a positive effect on the emotional state</i></p>	30	500

LABORATORY AND GENETIC EXAMINATIONS**

Time Price in
UAH, VAT
included

“ADMIRAL ANTI-AGE” PACKAGE

Non-contact blood test, Bioelectrical impedance analysis, Cardiogram. Consultation by SPA doctor nutritionist Laboratory examinations:

General blood test, General urine test, Biochemical blood test, Carbohydrate metabolism, Lipidogram, Thyroid screening, Vitamin D3 (25-OH D2+D3), Ferritin, folic acid, vitamin B12, C-reactive protein, Blood cortisol..

Genetics: *Genetic skin passport, Genetic nutrition passport, Telomere test*

7 days

16000

“ADMIRAL DETOX” PACKAGE

Non-contact blood test, Bioelectrical impedance analysis, Cardiogram. Consultation by SPA doctor nutritionist Laboratory examinations:

General blood test, General urine test, Biochemical blood test, Carbohydrate metabolism, Lipidogram, Thyroid screening, Vitamin D3 (25-OH D2+D3), Ferritin, folic acid, vitamin B12.

Genetics: *Genetic nutrition passport, Genes of the first detoxification phase, Genes of the second detoxification phase*

7 days

17000

“ADMIRAL SLIM” PACKAGE

Non-contact blood test, Bioelectrical impedance analysis, Cardiogram. Consultation by SPA doctor nutritionist Laboratory examinations:

General blood test, General urine test, Biochemical blood test, Carbohydrate metabolism, Lipidogram, Thyroid screening, Vitamin D3 (25-OH D2+D3), Ferritin, folic acid, vitamin B12, C-reactive protein, cortisol, leptin

Genetics: *Genetic nutrition passport*

7 days

13000

ADDITIONAL SERVICES

	<i>Time, min</i>	<i>Price in UAH, VAT included</i>
CONSULTATIONS		
Consultation by SPA doctor nutritionist, making of a diet program and consultations in messengers during 1 month	60	2000
Repeated consultation with a SPA nutritionist	60	1000
Soft Plus computer diagnostics of face skin, scalp and hair based on main indicators	60	1000
Re-diagnostics of face skin, scalp and hair on the Soft Plus device	60	500
ANNUAL CHECK-UP		
Non-contact blood test <i>covering 131 indicators with consultation and recommendations by SPA doctor</i>	60	3000
Bioimpedance analysis <i>(Wellness test to determine body composition)</i>	60	1000
Cardiogram	30	300

MESOCOSMETOLOGY

Computer diagnostics of the condition of the skin of the face or scalp and hair Soft Plus is included in the procedure

Procedure
time, min

Price in
UAH,
VAT included

RECOVERY, FILLING, STIMULATION. RRS SKIN THERAPY FROM AESTHETIC DERMAL *(Spain)*
ISO and European certificate of conformity

RRS Hyalift 35-3ml

The result: *filling of surface wrinkles, intensive moisturizing*

Zones: *face / neck / décolleté / arms*

Ingredients: *unstabilized hyaluronic acid - 7 mg / ml*

90

4400

RRS Hyalift 75 Proactive - 3ml

The result: *filling of surface wrinkles, intensive moisturizing, restoration of skin turgor*

Zones: *face / neck / décolleté / arms*

Ingredients: *unstabilized hyaluronic acid - 15 mg / ml, amino acids, polyphenols, antioxidants, resveratrol*

90

4800

RRS HA Injectable - 5ml

The result: *Rejuvenation and restoration of skin tone.*

Recommended for the skin of the metropolis.

Zones: *face / neck / décolleté*

Ingredients: *unstabilized hyaluronic acid - 6 mg / ml, vitamins, coenzymes, antioxidants, amino acids, trace elements*

60

3200

MESOCOSMETOLOGY

	<i>Procedure time, min</i>	<i>Price in UAH, VAT includ- ed</i>
<p>RRS Silisorg HA - 5 ml</p> <p><i>The result: deep moisturizing, lifting, increasing skin density and antioxidant protection</i></p> <p><i>Zones: face / neck / décolleté</i></p> <p><i>Ingredients: unstabilized hyaluronic acid - 2 mg / ml, organic silicon 50 mg / ml, resveratrol</i></p>	60	2000
<p>RRS HA Eyes - 1,5 ml</p> <p><i>The result: 3-in-1 complex effect: reduction of dark circles, superficial wrinkles and puffiness around the eyes</i></p> <p><i>Zones: paraorbital zone</i></p> <p><i>Ingredients: unstabilized hyaluronic acid - 7.5 mg / ml, antioxidants, flavonoids, peptides, trace elements</i></p>	60	2200
<p>ANTI-CELLULITE BIOSTIMULATION</p>		
<p>RRS HA Cellutrix - 10 ml</p> <p><i>The result: treatment of cellulite, reducing swelling and increasing skin tone in the problem area</i></p> <p><i>Zones: Buttocks / back of thigh / abdomen</i></p> <p><i>Ingredients: unstabilized hyaluronic acid - 0.5 mg / ml, lipolytics of indirect action, antioxidants, trace elements, vitamins</i></p>	60	2800
<p>INTENSIVE STIMULATION OF HAIR GROWTH</p>		
<p>RRS XL Hair - 5ml (bottle)</p> <p><i>The result: reduction of hair loss, growth stimulation</i></p> <p><i>Zones: the scalp</i></p> <p><i>Ingredients: unstabilized hyaluronic acid - 0.001 mg / ml, fibroblast growth factor, peptides, amino acids, vitamins, antioxidants</i></p>	60	2800

MESOCOSMETOLOGY

	<i>Procedure time, min</i>	<i>Price in UAH, VAT includ- ed</i>
BIOLIFTING FROM FLOSAL <i>lifting, hyperpigmentation control, muscle relaxant effect (Korea)</i>		
Aquashine BTX botox-like эффект - 2ml The result: <i>radiant skin, biolifting, reducing the depth of wrinkles</i> Zones: <i>face / neck / décolleté</i> Склад: <i>radiant skin, biolifting, reducing the depth of wrinkles</i>	90	5500
PEPTIDE MESOTHERAPY FROM FLOSAL <i>(Korea)</i>		
Dermaheal meso HSR-Revitalization with hyaluronic acid - 5ml The result: <i>instant effect of radiant and healthy skin, vitaminization, hydration</i> Zones: <i>face / neck / décolleté</i> Склад: <i>unstabilized hyaluronic acid 1%, peptides, minerals, coenzymes, vitamins, amino acids, nucleic acids</i>	60	2500
Dermaheal meso SB - 5ml The result: <i>lightening, reducing the intensity of pigmentation</i> Zones: <i>face / neck / décolleté</i> Склад: <i>peptides, licorice root extract, arbutin, ascorbic acid</i>	60	2100

SPA-ETIQUETTE

Welcome to the best Wellness & SPA in Ukraine according to the International World Luxury Awards.

We are committed to creating the atmosphere of relaxation and quietness for you.

- *Please respect other guests and their right to privacy and quietness.*
- *We kindly ask you not to use mobile phones, electronic devices and other noisy devices in the SPA zone.*
- *Smoking in the Wellness & SPA is prohibited. You may smoke only in the place specifically designated for this: on the open-air terrace of the aqua zone.*
- *Please fill in the registration form at the Wellness & SPA reception. Your signature on it indicates that you agree to the rules of visiting Wellness & SPA.*
- *If you are not accommodating at the hotel, please fill in the registration form each visit.*
- *For your convenience, you will be allocated individual lockers in the men's and women's locker rooms, where you will also find a towel, a sheet, a bathrobe, and a cap.*
- *Please do not leave valuable things in your lockers. We are not responsible for their safekeeping, and we recommend leaving them in the depositories at the Wellness & SPA reception.*
- *We recommend that you do not wear jewelry during your visit. This creates inconvenience when visiting baths, saunas and procedures, and also makes you worry about their safety.*
- *We do not allocate an individual locker in the locker room to children aged under 12 years.*
- *If a child aged 3 years and above and the adult accompanying him or her are of different gender, we allocate a locker in the children's room or a locker in the adult locker room, where the child is accompanied by an administrator.*
- *You may visit the aqua zone only in a bathing suit. We recommend that you bring a change of shoes for your visit. If you do not have them, we will offer you disposable change of shoes.*
- *Only guests with a change of shoes are allowed to the gym, the fitness room, the aqua zone and the bath complex.*
- *Persons under 16 years of age may visit Wellness & SPA only if accompanied by an adult.*
- *Please do not leave your children unattended and do not allow them to disturb the atmosphere of quietness and relaxation.*
- *Be careful in the aqua zone: be there only in a change of shoes, because the floor may be slippery; do not touch hot parts in baths and saunas to avoid burns; do not dive or jump from the sides of the pool.*
- *Please note that the Hammam may be reserved for individual treatments and, therefore, it may be unavailable for public use for some time; this will be indicated by the sign plate on the door handle.*
- *Visit the Wellness bar which offers a healthy and diverse menu. Please do not eat or drink in other areas of the aqua zone.*

SPA procedures

- *When booking the procedures, please inform us about your physical condition, any health problems, pregnancy, and also if you are followed up by a doctor. Having this information, we will be able to offer you the procedures which meet your needs and health, because some of them may be contraindicated for you.*

SPA-ETIQUETTE

Arrival to Wellness & SPA

- *For your convenience, we recommend that you arrive 15 minutes before the scheduled procedure, so that you have time to change your clothes and fill in a medical questionnaire.*
- *Being late may reduce the procedure time and, as a result, have an effect on the efficiency and your mood.*
- *All procedures should be completed on time so as not to cause inconvenience or delay to the next guest.*
- *We recommend that you visit our SPA doctor before the procedure to assess your health status, to make the Wellness test, and for*

During the procedure

- *We recommend taking a shower before the procedure so that your skin can better absorb beneficial components of SPA cosmetics. You will find a mini set of cosmetic products for taking a shower in personal lockers in the locker rooms on Floor 2.*
- *For your comfort, we recommend wearing disposable underwear, which is also available in personal lockers. It is prohibited to undergo the procedures without any underwear.*
- *If you have any gender preferences in choosing SPA specialists, please inform us about this when you book the procedure, so that the reception staff may take this into account beforehand.*
- *Tell the SPA specialist about your preferences concerning the procedure: strength of impact, avoiding certain areas, volume of music, and intensity of light.*
- *If you experience any discomfort during the procedure, be sure to tell the specialist about it.*
- *If you book SPA days or rituals in the Hammam, as well as SPA procedures to the amount of UAH 3000 or above, visiting the SPA area is included.*

After the procedure

- *We recommend that you take your time: you will be invited to the recreation room where you may drink water or herbal tea and relax.*

How to cancel your booking

- *If you want to cancel or reschedule a procedure, please let us know at least 4 hours before the scheduled time to avoid paying 100% for the scheduled procedure or personal training.*
- *Your bank card details or the security deposit will guarantee your booking.*