



RAMADA®  
ROYAL SPA



**Ramada Royal Spa** is a modern Wellness&Spa complex situated on the territory of **Ramada Yekaterinburg Hotel** in the picturesque surroundings of a forest lake, only fifteen minutes from the city center.

Relieve your stress, restore your well-being and indulge your senses.

We offer a heated **Indoor Pool** equipped with a **Jacuzzi**, a **Sauna**, the **Turkish Bath&Steam Room**, a **Vitamin Bar** with freshly squeezed juices and herbal tea, and a variety of **massage services**. **Fitness Center** is available to the hotel guests.

**Opening hours:** 8.00 a.m. – 11.00 p.m. (Monday to Sunday)  
**For reservation call:** +7 (343) 259 35 55  
**E-mail:** [spa@ramadayekaterinburg.com](mailto:spa@ramadayekaterinburg.com)

leave the rest to us™

10км автодороги Екатеринбург – а/п «Кольцово», д.15 , Екатеринбург, Россия  
тел. +7 (343) 259-35-55  
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We provide a variety of **classic and Asian massages**. We will assist you in making the best choice of treatments based on your emotional and physical state. We will be glad to design your own **unique SPA package** tailored to your needs and fitting your schedule.

Just walking in **Ramada Royal Spa** is at once relaxing. Our peaceful and serene environment will let you find a perfect balance of mind and body, and a combination of relaxing music and aromatherapy will soothe, revive and uplift your spirit.

Take your time out to enjoy a pampering experience in a luxurious environment away from daily hassles. To this end, **Ramada Royal Spa** has partnered with professional massage therapists to give its guests the best care.

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## CLASSIC MASSAGES



### **Aroma Relax Massage**

This is a gentle relaxing massage with aroma oil. If you are just getting started with massage Aroma Relax Massage is a great way to begin. To experience relaxation at its finest you may want to combine this massage with swimming, steam bath or sauna.

60 min 1800 rub

90 min 2500 rub

### **Sultan Massage**

Sultan massage is a four-hand massage which involves two massage therapists to work on the body in unison. The sensation of four hands massage is incredible and the efficiency is double. When the synchronized strokes of a tandem massage start working on the body, chatter disappears and deep relaxation occurs.

60 min 3400 rub

90 min 4500 rub

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### **Slimming Massage**

Slimming massage will help loose excess centimeters and volume and improve the appearance of body contours.

30 min 1500 rub

### **Ramada Relax Massage**

This is a gentle relaxing massage that increases the feeling of well-being. It not only relieves stress and anxiety, but also restores balance of body and soul. This is the best choice for your first massage.

60 min 1800 rub

90 min 2500 rub

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### **Classic Massage**

Classic (Swedish) Massage is perfect to reduce fatigue and relax you, to relieve mental stress and refresh your mind, and as a result increase your capacity for clear thinking.

60 min 1800 rub

90 min 2500 rub

### **Anti-Stress Massage**

Anti-Stress Massage is a superb solution that will fit in a busiest schedule as it relaxes and energizes your body in less than 1 hour.

30 min 1200 rub

45 min 1500 rub

### **Chocolate Massage**

Pamper yourself and indulge your senses with this luxurious treatment. Let gentle massage soothe your body and chocolate aroma uplift and revive your feelings.

40 min 2500 rub

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## ASIAN MESSAGES



### Hot Stone Massage

Stones are the most ancient inhabitants of our world, they have absorbed the energy of water, wind and the Sun. Hot stone massage features placement of water heated basalt stones at key points on the body. Basalt stones heated to a comfortable temperature of 45 to 55°C are known for their heat-retaining properties which let us enjoy their warm healing power and positive energy.

60 min 2200 rub

90 min 2800 rub

### Shiatsu

Shiatsu is a pressure-point massage. This massage is focused on stimulation or subduing of the life energy in your body. Shiatsu is a more delicate kind of a massage therapy as it involves not only muscle work, but also removes energy blocks to let it circulate freely in the body.

60 min 2200 rub

90 min 2800 rub

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### **Balinese Massage**

Traditional Balinese massage uses aromatic oils and will relieve anxiety and help you relax. Balinese massage is related to the Ayurveda, the ancient Indian holistic system. This massage not only works deeply to soothe you, but also lets you feel spiritually renewed.

60 min 2200 rub

90 min 2800 rub

### **Ayurvedic Massage**

Ayurvedic massage is based on the ancient Indian principles of Ayurveda, “science of life”, and is a blend of massage and meditation. One of its distinctive features is that it uses large amounts of warm oil. Ayurvedic massage will let you experience deep and blissful serenity, enhance your well-being and vitality and will create a sense of lightness in your body.

80 min 3200 rub

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### **Lomi-Lomi Nui**

Lomi-Lomi Nui is a Hawaiian massage performed with warm oil to the accompaniment of healing music. It is an extremely gentle massage and is traditionally translated as “a soft touch of a contented cat”.

**70 min 2500 rub**

### **Thai Yoga Massage**

Thai Yoga Massage is a unique bodywork therapy base on yoga, Ayurveda and meditation. It is also called “passive gymnastics” as the practitioner guides the recipient through series of yoga postures while palming the body's energy lines. As a result of Thai massage the life energy in the body is balanced, all blocks are removed and energy can flow freely along the body meridians. The body is relaxed and a sense of inner peace is achieved.

**60 min 2200 rub**

**90 min 2800 rub**

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### Fish Foot Spa

Try this new treatment that features soft peeling and micromassage for your feet given by Garra Rufa fish. They painlessly remove the dead skin cells leaving the skin refreshed. This relaxing treatment is also a little ticklish, so it will certainly leave you feeling exhilarated.

15 min 600 rub

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## MEMBERSHIP



Ramada Royal Spa **Membership Cards** are also available for you to enjoy unlimited access to all the facilities at Ramada Royal Spa such as a heated **Indoor Pool** equipped with a **Jacuzzi**, a **Sauna**, the **Turkish Bath&Steam Room**.

### Daily entrance (per person):

Monday to Friday	2000 rub
Saturday to Sunday	2500 rub

### Monthly entrance (per person):

1 month	8000 rub
3 months	25000 rub
6 months	40000 rub
1 year	75000 rub

Children under 6 enter free of charge, children of 7 to 16 - 50% discount.

*Bathrobes, towels, slippers are provided free of charge.*

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## SPA ETIQUETTE



### Showing up on time:

It is recommended to arrive at least 20 minutes before your treatment is to begin. If you arrive late we will have to shorten the time of the treatment accordingly.

### Cancellation policies:

Please notify the SPA at least 4 hours prior to your appointment time if you need to cancel or reschedule, otherwise you will be responsible for full payment.

### Opening hours:

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