



CHAVANA  
— SPA —



Open 7 am to 11 pm

DoubleTree by Hilton Moscow- Marina

## **Chavana Spa opens up a whole new world of Balinese spa experiences.**

We aim to harness the energy of the Balinese spirit to provide a fresh, friendly and comfortable spa encounter.

A visit to Chavana Spa will leave you feeling more relaxed, more radiant and full of youthful energy. All inspiration for Chavana Spa flows from the beautiful freshness of a Balinese garden in spring time.

An exclusive range of beauty treatments and products by Comfort Zone and St. Barth, incorporates a balanced selection of active, innovative and high-tech ingredients, to offer the best of nature with the most innovative research from the world of science.

For a finishing touch, the salon at Chavana Spa offers top to toe services; nails, hair and waxing to complement the overall Spa experience. Natural and spa-themed ranges of products are carefully selected for the salon, to allow a truly unique experience.

If you wish to take the feeling home or continue the results of your treatment, we welcome you to visit our boutique to view the beautiful range of spa products and accessories – a wonderful way to remember your visit and great gift ideas for friends and family.

### **Chavana Indulgence**

*2 hrs 35 mins Rub 13 200 | Rub 14 800\**

Immerse yourself in an unforgettable spa experience with this exquisite package. Citrus Footbath ~ Herbal Steam ~ Hibiscus Body Scrub ~ Hydrobath ~ Chavana Massage ~ Foot Massage ~ [comfort zone] Refresher Facial.

### **Journey of the Senses**

*2 hrs 25 mins Rub 11 000 | Rub 12 500\**

Immerse yourself in an unforgettable journey of the senses. Citrus Footbath ~ Choice of Hydrobath or Herbal Steam ~ Uplifting Body Wash and Choice of Botanical Body Polish ~ Traditional Balinese Massage ~ [comfort zone] Refresher Facial.

### **Perfect Harmony (for two persons)**

*1 hr 25 mins Rub 13 200 | Rub 14 800\**

Experience side-by-side the revitalising benefits of a bath and massage to renew energy flow and provide you a greater overall sense of well-being.

Citrus Footbath ~ Choice of Hydrobath or Herbal Steam ~ Traditional Balinese Massage ~ Relaxation Time with Seasonal Fruit Platter and Tea Selection.

### **East Meets West**

*With choice of 1-hour Facial 1 hr 55 mins Rub 8 700 | Rub 9 800\**

*With choice of 50-min Massage 1 hr 45 mins Rub 8 700 | Rub 9 800\**

Indulge your senses. Our selection of Asian detoxifying body wrap combined with dry floatation and your choice of anti-aging facial or body massage that will leave you renewed, revitalised and in a state of total bliss.

Citrus Footbath ~ Green Tea Body Wrap with Bain de Jouvence – Dry Float ~ Choice of [comfort zone] 1-hour Anti-Aging Facial or Choice of 50-minute Traditional Balinese Massage, Muscle Ease Massage or Asian Foot Massage.

### **Heaven & Earth**

*1 hr 25 mins Rub 6 700 | Rub 7 300\**

This treatment package begins with a Citrus Footbath, followed by the Traditional Balinese Massage to unwind and a choice of Foot Massage or [comfort zone] Refresher Facial to leave you glowing.

### **Chavana Massage**

*1 hr 20 mins Rub 9 700 | Rub 10 600\**

*50 mins Rub 6 700 | Rub 7 600\**

Chavana's signature massage is a fusion of global techniques performed by two therapists at the one time.

### **Muscle Ease Massage**

*1 hr 20 mins Rub 6 000 | Rub 6 500\**

*50 mins Rub 5 200 | Rub 5 700\**

A deep tissue massage that relaxes the tired muscles, easing muscular tension and stress related knots.

*\*Applicable on all weekends & holidays.*

### **Traditional Balinese Massage**

1 hr 20 mins Rub 6 000 | Rub 6 500\*

50 mins Rub 5 200 | Rub 5 700\*

Passed down through the generations this massage is designed to loosen tight muscles and improve energy flow through the body.

### **Warm Stone Massage**

50 mins Rub 5 200 | Rub 5 700\*

A massage therapy that employs smooth warmed stones on the body to relax muscles and improve blood circulation.

### **Asian Foot Massage**

50 mins Rub 4 700 | Rub 5 200\*

Inspired by a selection of different Asian massage styles, this combination of strokes stimulates circulation, relieves tired and painful feet.

### **Express Massage**

30 mins Rub 3 000 | Rub 3 500\*

For those of you on a tight schedule, this short but effective massage focusing on the back, neck and shoulders will help to relieve tension and stress.

## **Signature Selection**

### **EndoSphères® Therapy**

1 hr 20 mins Rub 7 700

An effective exposure of innovative and non-invasive procedure, based on micro vibration impact. Focused on cellulite control, body contouring, muscle toning and collagen pathway stimulation, with immediate visible results from the first session.

## **Face**

*Discover the elixir of youth with our selection of Comfort Zone and St Barth's high-performance facials, to achieve the best results and maintain healthy radiant skin.*

### **Pureness by St. Barth**

1 hr Rub 6 500 | Rub 7 200\*

An exquisite treatment for the face, neck, décolleté and hands, to purify and stimulate the skin with natural vitamins and minerals, for a perfectly even and fresh-looking skin.

### **Urban Longevity**

1 hr Rub 6 200 | Rub 7 000\*

Antidote based on plants for those who are coping from overwork, fatigue and the negative influence of urban lifestyle. Ideal for any gender and with stressed, tired or mature skin. A customizable system corrects the manifestation of stress on the skin, charges it with youthful energy, gives recovery and relaxation, makes you and your skin ready for a new day.

### **Hydrmemory**

1 hr Rub 5 200 | Rub 5 800\*

A deep hydrating treatment for face, neck and décolletage for profound moisture and silkiness. The hydrobalance of the skin is restored and the skin is beautifully luminous and toned with a fresh, youthful complexion.

### **Purify**

#### **Active Pureness**

1 hr Rub 5 200 | Rub 5 800\*

An intensive and delicate treatment for deep cleansing to rebalance and normalise the skin, leaving it fresh and firm. Recommended for oily and impure skin for a luminous, smooth and uniform appearance. It purifies and regenerates the skin, rebalancing sebum and hydration levels.

### **Rebalance Remedy**

1 hr Rub 5 200 | Rub 5 800\*

Soothes, renews and fortifies sensitive and fragile skin prone to redness, with its combination of special surfactant-free cleansing, gentle peeling action and the innovative Biphasic Oil Mask with Marula Oil and Hyaluronic Acid. It is suitable for sensitive skin prone to "flushing" (reddening caused by emotion, ambient temperature, ingestion of alcohol or spicy food, etc.) and erythema in the central features of the face (cheeks, nose, chin, forehead).

### **Recover Touch**

1 hr Rub 5 200 | Rub 5 800\*

An anti-oxidant vitamin-rich treatment for face, neck and décolleté, suitable for dry, stressed and tired skin. Providing intense moisture, calming and relief from free radical damage, the skin is refreshed and soft.

## *Anti-Aging*

### **Lifting**

#### **Sublime Skin Deluxe Lift**

1 hr 30 mins Rub 8 500 | Rub 9 500\*

The ultimate anti-aging facial features an exclusive Archi-lift technology to resurface, redensify and lift. The active lift massage technique stimulates cellular regeneration, to renew, smooth and tone the skin whilst the efficacy of a double peel combined with vitamin C provides instant replumping effect. This is followed by an innovative biphasic peel-off mask to oxygenate skin cells and gives an instant firming effect. The result is an intensely nourished, illuminated and lifted skin.

#### **Sublime Skin Active Lift**

1 hr Rub 7 800 | Rub 8 700\*

An effective anti-aging lifting treatment for the face and neck. Combined with the specific Archi-lift massage and advanced biphasic peel-off mask, skin fullness is restored, renewed and redefined. Deep wrinkles as well as fine lines appear softer and attenuated.

\*Applicable on all weekends & holidays.

\*Applicable on all weekends & holidays.

**Sublime Skin Double Peel** 1 hr Rub 6 200 | Rub 6 800\*

An advanced facial targeting fine lines, uneven skin tone and mature skin. The double peel with vitamin C effectively removes the thickening layer of the epidermis and stimulates cell renewal. Luminosity is bestowed on the face, neck and décolleté.

**Sublime Skin Active Lift - For Men** 1 hr Rub 7 800 | Rub 8 700\*

An anti-aging, redensifying and lifting treatment for the face and neck. The Archi-lift massage and innovative biphasic peel-off mask restores fullness to the skin and redefines the volume of the face. Suitable for all skin conditions with wrinkles and visible loss of tone and volume.

**Pure Performance for Men** 1 hr Rub 5 200 | Rub 5 800\*

A specific treatment to remove impurities, rebalance excessive sebum production, and leave the skin with a clarifying matte finish. Creates deeply purified, healthy looking and more toned skin.

**Eye Supreme** 30 mins Rub 2 200

A specific treatment to rejuvenate the area around the eyes, abating unsightly swelling, dark circles and expression lines. Deep nourishment and protection against free radicals.

## Body Treatments

*Offering an exclusive range of Comfort Zone and St. Barth body treatments, each one designed and tailored specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.*

**Tranquility Royal Ritual** 2 hrs Rub 7 800 | Rub 8 700\*

Exclusive anti-stress nutrition treatment for face and body. A precious sensorial synergy of delicate textures, aromacological scents and the power of human touch for a unique experience to deeply relax the body and mind. Bestows a pleasant sensation of well-being, relaxation of tight muscles, improved circulation, profound hydration and tone. Citrus Footbath ~ Nourishing Anti-Stress Facial ~ Aromasoul Body Scrub ~ Tranquility Massage.

**Cocktail by St. Barth** 1 hr 30 mins Rub 7 800 | Rub 8 700\*

Begin with a footbath, followed by a pampering body mask; selecting your choice of fresh components and application of a fruit mask, whilst a relaxing head and foot massage helps stimulate and provide a feeling of lightness. This body treatment provides the skin with intensive lifting, toxin removal and moisture boost, resulting in finer and firmer skin. Finally, enjoy an aroma massage, leaving your skin silky smooth. Citrus Footbath ~ Body Wrap with selection of Body Masks by St. Barth ~ Head Massage ~ Foot Massage ~ Aroma Massage with your choice of exclusive Body Lotion by St. Barth.

*\*Applicable on all weekends & holidays.*

**Reduce / Drain / Tonify**  
**Body Strategist + Cellulite Remodeller**

1 hr 30 mins Rub 6 200 | Rub 7 000\*

An intensive oxygenation and remineralisation treatment to encourage a draining and lipolytic effect and to contrast signs of edematous cellulite and "orange-peel" skin. Suitable for sensitive skin.

**Body Strategist + Bagni Di Pisa Thermal Mud**

1 hr 30 mins Rub 6 200 | Rub 7 000\*

A rebalancing and detoxifying treatment with marine sediments to accelerate the body's metabolism, for purification and slimming effect. Deep remineralisation, firmed and smoothed tissues, improved circulation.

**Body Strategist + Grotta Giusti Spa Mud**

1 hr 30 mins Rub 6 200 | Rub 7 000\*

A muscle-warming, remineralising and purifying body wrap. Deep cleansing mud mask for the body, a warm therapeutic treatment for muscles and joints, stimulating energy flow and bestowing a sense of therapeutic relaxation, comfort and vitality.

**Softness by St. Barth** 1 hr 15 mins Rub 6 000 | Rub 6 500\*

A relaxing peeling massage based on natural fruit ferments of fresh papaya and Complex "Sea Sand" for velvety soft and smooth skin. The ideal preparation for an especially long-lasting and even tan. It will provide skin with nourishment, regeneration and tonus restoration.

Citrus Footbath ~ Body Peeling with Coconut Oil and Papaya by St. Barth ~ Aroma Massage with your choice of exclusive Body Lotion by St. Barth.

**Aromasoul Ritual Scrub** 1 hr 15 mins Rub 6 000 | Rub 6 500\*

A unique renewing scrub ritual for smooth, soft skin, enhanced with your chosen essential oil blend, ensuring nourishment and radiance for your skin. An ideal complement to the aromasoul ritual massage, which draws inspiration from the ancient traditions of the Oriental, Mediterranean, Indian and Arabian cultures. Citrus Footbath ~ Aromasoul Ritual Scrub ~ Relaxing Massage.

**Add-On for Body Treatments**

**Bain de Jouvence - Dry Float** 20 mins Rub 1 400

A perfect complement for your choice of body wrap. The floating sensation has a calming effect on both body and mind, whilst the heat boosts circulation and opens the pores, optimising the effects of your selected body wrap. Experience absolute peace and harmony, whilst feeling rejuvenated after your treatment.

*\*Applicable on all weekends & holidays.*

## The Salon

*The salon at Chavana Spa offers a range of nail, hair and waxing services, ensuring top to toe pampering for all clients.*

**Davines** hair treatments use the best products, giving attention and respect to environment, using best natural ingredients of high quality and applying scientific approach to guarantee safe usage. The ideal of beauty at Davines finds its inspiration in the concept of equilibrium between substance and shape as well as in the Italian Renaissance tradition. Products are designed to keep the natural beauty of hair and restore the health of problem hair and scalp.

Selected hair services include relaxing hand, neck, shoulder or back massage, to give you an exceptional experience during your visit.

## Colour Space

### Mask with Vibrachrom

Mask Colour allows the individual to wear pure colours, representing it in all its aspects and light effects.

Long hair	Rub 4 300
Medium length hair	Rub 3 300
Short hair	Rub 2 300

### Finest Pigments

This is a delicate coloring system and biolamination on natural dyes that does not contain ammonia and is used without an activator. A special line of dyes for direct dyeing of hair consists of 98% of natural ingredients.

Long hair	Rub 4 900
Medium length hair	Rub 3 900
Short hair	Rub 2 900

### L' Art De Color

Inspiration in the world of painting and its colors for this state-of-the-art bleaching and toning system while also respecting the hair structure and guaranteeing amazing shine and softness.

Long hair	Rub 5 500
Medium length hair	Rub 4 500
Short hair	Rub 3 500

## Well-being Space

*This is an oasis where rituals are created to relax and an innovative and customised approach to hair health. Includes hair drying.*

*\*Applicable on all weekends & holidays.*

### Your personal beauty recipe for hair 1 hr 15 mins Rub 4 800

We will create the unique recipe for your hair and scalp care made of natural ingredients. The hair treatment includes light hair blowing and relaxing head massage.

### Detoxifying 1 hr Rub 4 300

Regeneration, renewal and revitalization of the scalp and hair. Performs the function of exfoliation and moisturises hair.

### Replumping 1 hr Rub 3 800

Fills hair with active products enriched with antioxidant substances to hydrate and moisturise, restoring its elasticity. Hair is replumped, compact and smooth.

## Styling Space

*A distinctive collection of artistic tools developed to create endless shapes, textures and effects, adding versatility to any cut.*

### Cut, Wash and Blow Dry

Long hair	Rub 3 800
Medium length hair	Rub 3 000
Short hair	Rub 2 500

### Wash and Blow Dry

Long hair	Rub 3 000
Medium length hair	Rub 2 500
Short hair	Rub 2 300

### Hair Styling

Long hair	Rub 4 600
Medium length hair	Rub 3 800
Short hair	Rub 3 200

### Men's Cut, Wash and Blow Dry Rub 2 700

### Manicure & Pedicure

#### Spa Pedicure 1 hr 20 mins Rub 3 300

#### Spa Manicure 1 hr 10 mins Rub 2 200

Foot or Hand Soak with Exfoliation and Mask ~ Cuticle Pushing ~ Foot or Hand Massage ~ Nail Shaping and Colour.

#### Express Manicure or Pedicure 30 mins Rub 1 800

Includes cuticle pushing, nail shaping and polish.

*\*Applicable on all weekends & holidays.*

## Waxing or Sugaring

Brazilian Bikini	Rub 3 000
Bikini	Rub 2 200
Full Leg	Rub 2 200
Half Leg	Rub 1 700
Full Arm	Rub 1 500
Underarm	Rub 700
Face	Rub 700

## Supplementary Services

Eyebrow Shape and Tint	Rub 1 000
Eyebrow Tint or Eyelash Tint	Rub 600
Eyebrow Shape	Rub 600
French Nail Polish	Rub 600
Nail Colour Change	Rub 400
Solarium	Rub 80 per min

## Spa Basics

### Should I reserve my treatments?

Yes, either phone or visit the spa to book a reservation at your earliest convenience so we may accommodate your schedule.

### When should I arrive?

Please arrive 15 minutes before the scheduled time to check-in and change.

### What if I have special health considerations?

Please notify our Spa Manager or Receptionist before booking your treatments if you have high blood pressure, allergies, other physical ailments or disabilities, or if you are pregnant. If you have any concern at all, let us know.

### What if I'm late for my appointment?

Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

### What facilities can I use if I have booked a treatment?\*

You may use the wet facilities, which includes hammam, sauna and swimming pool with compliments. A locker is provided for your personal effects with amenities for your convenience.  
*Hotel guests have complimentary access to these facilities.*

### What do I wear during my treatment?

You may wish to wear your own bikini or briefs, or we can provide you with hygienic disposable briefs. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

### What about my valuables?

We advise guests not to bring valuables to the Spa as we do not accept liability for loss.

### What if I need to cancel a spa reservation?

The treatments you select are reserved especially for you. Guests will be charged 50% for treatments not cancelled six hours in advance.

### What about payment for spa services?

You may charge spa services to your hotel bill. We accept all major credit cards.

*All prices are quoted in Rubbles and inclusive of VAT.*

\*\*For Salon guests, a 20% discount is extended for usage of wet facilities, including hammam, sauna and swimming pool. For more information, please contact the spa reception.



CHAVANA  
— SPA —

**Chavana Spa**  
**DoubleTree by Hilton Moscow - Marina**  
**Bld 1, 39 Leningradskoe shosse,**  
**Moscow, 125212,**  
**Russia**

Tel : +7 495 212 2060

Tel : +7 495 212 2020

Email : [receptions@dtmarina.ru](mailto:receptions@dtmarina.ru)

[www.chavanaspa.com](http://www.chavanaspa.com)

[www.doubletreemoscow.ru](http://www.doubletreemoscow.ru)

[Facebook.com/ChavanaSpaMoscow](https://www.facebook.com/ChavanaSpaMoscow)

Instagram: @Chavana.Spa.Moscow



MANDARA  
— SPA —

A Mandara Spa Company