



# MASSAGES

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## SWEDISH MASSAGE

A traditional massage technique that uses a combination of five movements – long sweeping strokes, tapping, kneading, friction and vibration – along with aromatic essential oils that detoxify the body, ease sore muscles, release tension and improve circulation, leaving you with an incomparable sense of relaxation.

## RUSSIAN DEEP TISSUE MASSAGE

Perfect for those who play sports or lead a physically active life. Firm massaging will stretch and relax tense muscles and help relieve particular areas of discomfort due to stress, injury or overuse, leaving you feeling supple, stress-free and re-energized.

## CHIROMASSAGE

Chiropractic and massage combine to form a powerful healing approach that relieves pain and helps balance and resilience. A great number of techniques and their combinations make every procedure unique. It influences the nervous system and reflects on all functions of the organism.

## MASSAGES

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### AROMA OIL MASSAGE

Aromatic oils will be worked deep into your skin to provide a nourishing aromatherapy treatment. Depending on your needs, our professionals will suggest natural essential oils with purifying, stimulating or relaxing effects. The blends of these oils create a sense of balance and harmony.

### BACK MASSAGE

If you spend most of the day at your office desk, having a back massage can help you quickly revitalize your senses. Regular back massages can help prevent spinal curvature and ease tired backs.

### NECK, SHOULDER & SCALP MASSAGE

If time is of the essence, or you need instant relief for those trouble spots between meetings or on your lunch hour, this is the ideal option. Your choice of aromatherapy is optional. This is also a great add-on enhancement to other treatments.

### FOOT MASSAGE

An ancient technique that is supremely relaxing and excellent at relieving stress. The application of pressure to reflex points on the feet restores the flow of energy throughout the body and is said to stimulate the body's own mechanisms. Completed with a warm honey foot scrub.

## MASSAGES

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### MASSAGE BY FOUR HANDS

Unique and memorable experience, whereby two massage therapists supplement each other and gently create a profound effect on the energy balance within the body.

### ANTI-CELLULITE MASSAGE

A strong corrective massage for all problem cellulite zones, providing instant stimulation, increasing metabolism and blood circulation.

## SPA TREATMENTS

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### THERMAL DETOXIFYING PEELING

A purifying, anti-stress procedure based on a combination of deep peeling over the entire body and an application of a rich seaweed mask that helps to soften the problem zones of your skin, release extra fluids and detoxify your body. This treatment will result in a smooth, nourished skin and a slimming effect.

### MOISTURIZING PEELING

This treatment is ideally effective for sensitive, dry and dehydrated skin. The peeling with sea salt extract and jojoba oil stimulates the blood circulation, removes dead skin cells, heals inflammations. At the end, moisturizing and nourishing body milk makes your skin soft and renewed.

### CLEANSING PEELING

A relaxing procedure that is an ideal option after a flight or a hard day at work. It starts with a full body sea salt peel and finishes with moisturizing toning oil. This treatment will help to saturate your skin with needed elements and boost your metabolism, leaving you with an incomparable sense of relaxation.

## SPA TREATMENTS

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### SLIMMING BODY PACK "SILHOUETTE"

Using a complex natural components and unique techniques, helps to provide enhanced results in the progressive slimming and firming of your body. The revitalizing treatment includes deep cleansing peeling with seaweeds, sea salts and aroma oils, enhanced by a full body wrap with mud or seaweed. Natural components of this program detoxify your body, stimulate your metabolism and relieve extra fluids. This procedure ends by hydrating and nourishing your body with aroma oils.

### DETOXIFYING BODY PACK

Based on the application of a rich mask with proteins, mineral elements, enzymes and seaweeds on all problem zones. It reinforces the detoxification of the skin and body. Cleansing, hydrating and skin firming procedure helps to improve body shape and general well being. At the end, you feel refreshed and revitalized.

### NOURISHING BODY PACK "SEAWEEDES GEL"

Intensive physical exercises, working hard everyday and intellectual strain can cause the loss of minerals and nourishing elements from your body. Applying gel with seaweed extracts, vitamins and amino acids help renew skin elasticity and increase overall body tone. A soft sea salt peeling will clean your skin thoroughly. The moisturizing body milk will make your skin silky and smooth.



## SPA TREATMENTS

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### SLIMMING BODY PACK "XS"

This highly effective program is recommended for those who suffer from weight and cellulite problems. Using a combination of seaweed gel and mud mask has a profound effect on locally inflamed zones. When done in a series of treatments it results in decreasing the so-called "orange" peel.

### MINERALIZATION BODY PACK "FANGO THERAPY"

This outstanding treatment is aimed at relieving stress caused by an unfavorable environment, lack of sleep, and climate changes. The program is based on an application of mud from the bottom of the Atlantic Ocean that is iodine-free and rich in minerals and microelements necessary for the human body. A real "mineral cocktail" relieves unhealthy elements and relaxes intense muscles.

### LOCAL BODY PACK "TIRED LEGS"

This unique program is supremely excellent in relieving extra fluid from legs and adds to the pure relaxation of tense muscles. This is especially recommended after a long flight or after a hard day's work. Cooling krio-gel prevents varicose vein problems and soothes tired legs.

## BATH TREATMENTS

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### TRADITIONAL RUSSIAN BATH

Our Russian bath treatment combines national traditions with a modern art of spa-beauty and cosmetology. The Original Russian bath treatment begins with a sauna and a massage with selection of branches (oak, birch or eucalyptus). The soothing in the sauna and dipping into the plunge pool allows you to relieve stress and discomfort. This treatment is followed by a full body peeling on a warm marble table and a honey mask. The procedure ends by indulging your skin with a relaxing soap massage. The therapist will ease your tired body and improve your skin balance. To fully enhance and complete your health treatment you can relax in the Spa Lux, enjoying hot tea with herbs, peppermint, blackberry or strawberry with natural honey.

### SOAP MASSAGE

A relaxing program that is the best technique for skin cleansing and ultimate pampering. It starts with deep peeling over the entire body and is complemented by a full-body foam massage with natural soaps. This massage is performed on a warm marble table in the Spa Lux.

## BATH TREATMENTS

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### MOROCCAN HAMAM

A remarkable experience, profoundly calming and stress-relieving restores lost energy after a flight or a long working day. It leaves you with a sense of absolute harmony. The treatment will let you experience a combination of Arabic and Asian spa therapy elements in the luxurious environment of the Roman bath. This procedure starts with a moistening application of black soap with eucalyptus components, followed by a full body scrub with vanilla salt and an exotic mix of essential oils (ylang-ylang, sandal oil, lotus and orange flowers). Mineralization, moisture and careful skin nourishment are achieved by the Rassoul mud application. The program concludes with a relaxing massage with Shea butter oils in the comfortable Spa Lux.

Please enquire about the specific recommended attire for your treatment at the time of booking or with our therapists.

Special garments can be obtained directly from the staff.

## SPA PACKAGES

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### AROMA DREAM

Pure relaxation in the world of dreams is just what you need after a hard days work. Aroma Dream begins pampering you with a liquid sea salt peeling, relieving you of stress and leaving your skin renewed. Followed by a massage with aroma oils, blended to create a sense of balance and harmony. Enjoy then a unique, iodine-free body application of marine mud from the bottom of the Atlantic Ocean. Its richness in minerals and microelements are necessary for the human body helping you ease sore muscles and release tension. A full head massage will leave you feeling in a state of bliss.

### DAZZLING SKIN

This dazzling spa package indulges you in a series of spa treatments which cleanse your skin, relieve tense muscles, and gives you a sense of pure relaxation. The first step is a soap massage to provide deep cleansing of your skin, followed by Gommage peeling that stimulates blood circulation, helping to soften problem zones of your skin and producing a healing effect. The chief element of the package is a seaweed body application that pampers the skin and renews its elasticity. Moisturizing body milk at the end of the treatment leaves your skin silky and smooth, and a hot fruit tea completes the body care session.

## SPA PACKAGES

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### DETOX COCKTAIL

Stress and polluted atmosphere greatly influence our health. The powerful Detox Cocktail spa package is a program designed to remove toxins and excess fluids from your body. A strong corrective anti-cellulite massage for all problem cellulite zones provides instant stimulation, increasing metabolism and blood circulation. Followed by a thermal peeling which helps to soften problem zones of your skin and release excess fluids, while seaweed body wrapping with fucus algae extract reinforces the skin and body detoxification and skin renovation. An anti-oxidant fresh juice of citrus blends is offered to you following the treatment.

## SPA PACKAGES

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### ROMANTIC MOROCCO TOUR

This ancient Arabic treatment is your portal to the magical world of the Orient. The Romantic Tour begins in our cozy Spa Lux adorned with flowers and candles. We invite you to our Roman Bath where for several minutes you may warm up, unwind and relax. Black eucalyptus soap is applied to the entire body for a healing and moisturizing effect, while sea salt peeling with sandal, orange flowers, and jasmine renews the skin and eliminates excess fluids. Mineralization, moisturization, and careful skin nourishment are provided by a Rassoul mud application. You will have time to relax together and enjoy a soothing Moroccan Rooibos tea. A shea butter oil application completes the magical ritual, and the light perfume of Arabic flowers on your skin leaves this wonderful treatment experience to linger in your memory.

# QUANTUM CLUB ETIQUETTE

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## APPOINTMENT

Reservations for all spa treatments can be made at the Reception of Quantum Club. Please arrive 15 minutes prior to your scheduled appointment at Quantum Club. Your body treatment will be more effective if you use the Sauna, Steam-room or the Roman bath before treatment.

## CANCELLATION

Should you need to cancel your appointment, please contact us at least two hours in advance of your scheduled appointment. Any cancellation with less than two hours notice will result in full charges for the scheduled appointment. Late arrivals will result in shortened appointments or the rescheduling of your appointment. Charges will apply.

## SPA ATTIRE

Quantum Club will provide you with a robe, towel and slippers for your comfort. A locker will be available for your personal belongings during your visit. Quantum Club is not responsible for any lost or misplaced items. During the workout in the gym, proper sportswear should be worn at all times. No outside shoes are allowed in the spa and pool area. Please wear appropriate swimming costumes in all saunas and bathing areas.

## SPA ENVIRONMENT

At Quantum Club, we strive to provide you with the most relaxing and soothing spa experience from the moment that you arrive to the moment that you leave. For the comfort of others, any excessive noise should be avoided, including using your cell phone. Your cooperation in providing a quiet environment is greatly appreciated. We do not allow to bring food or beverages from outside onto the premises.

## QUANTUM HEALTH CLUB

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### ПОДАРОЧНЫЕ СЕРТИФИКАТЫ И ВАУЧЕРЫ

Подарочные сертификаты доступны для создания Вами собственного события и являются идеальным подарком на любой случай. Срок действия сертификатов и ваучеров – шесть месяцев с момента приобретения.

### ЧАСЫ РАБОТЫ КЛУБА «КВАНТУМ»

Понедельник – Пятница: 5:00 – 24:00

Выходные и праздники: 7:00 – 22:00

### GIFT CARDS AND VOUCHERS

Gift cards and vouchers are available. Please contact the Quantum Club Reception for more information.

### QUANTUM CLUB HOURS OF OPERATIONS

Monday – Friday: 5:00 am – 12 am

Weekends & Public holidays: 7:00 am – 10 pm

## QUANTUM

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