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INDEPENDENT NEWS FROM RUSSIA

Sochi’s Lavish Spas

Looking for somewhere to pamper yourself and escape the heat of the city? We’ve got you covered.

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Rodina

Rixos Royal Spa

Located almost 1,000 meters above sea level, Rixos Royal Spa provides stunning views of mountain peaks and forested landscapes right from the swimming pool. The services for guests include a beauty salon, relaxation and thermal zones, a 300-square-meter indoor swimming pool with two hydromassage bowls, a Finnish sauna, steam rooms, a Turkish hammam, massage rooms and a fully equipped professional gym.

Ulitsa Sozvezdy, 1 Gorki Gorod *gorkygorod.ru/rixos_royal_spa*

Rodina Grand Hotel and Spa

Rodina Grand Hotel has one of the largest spas in Europe, with a wide range of exclusive treatments. Rodina also has several high-quality restaurants, tennis courts, outdoor and indoor pools, a huge park with golf carts to get around, and even a library where you can dive into the atmosphere of the Soviet Union in the 1930s. Rodina is a magnet for both Russian and foreign celebrities. Spa procedures include face and body treatments and traditional Thai massage. The choice is extensive — their website claims that visitors couldn't get through the spa menu even if they stayed there for a month. Up for a challenge? Prices for procedures start from 4000 rubles.

Vinogradnaya Ulitsa, 33 *grandhotelrodina.ru/en*

Spa Sibo

Spa "Sibo" (wordplay on "thank you" in Russian — "spasibo") and wellness center is located at the Radisson Blu Hotel. The spa takes up about 2,500 square meters, which makes it one of the largest in southern Russia. The spa offers a wide range of custom-tailored massages and face and body care procedures.

Facilities include indoor and outdoor swimming pools, Russian and Finnish saunas, a Turkish hammam, an aroma steam room and a Jacuzzi whirlpool. Hotel guests have complimentary access to the Spa Sibo thermal zone.

Non-residents can purchase a spa day pass that includes access to the thermal zone, gym, outdoor swimming pools and the beach.

Ulitsa 65 Let Pobedy, 50 Adler District *radissonblu.com/en/resortspa-sochi/spa*

"*Many of sochi's top-notch hotels offer guests a dizzying array of spa treatment options.*"

Green Grove

Green Grove is a resort located in the Caucasian National Reserve; it boasts a territory of 46 hectares and rich flora. This area has a unique microclimate, with pristine mountains and cool sea air. Green Grove offers therapeutic baths (from 400 rubles) with various essential oils and aromatic additives. There are also massages and therapeutic gymnastics on offer.

Kurortny Prospekt, 120 *eng.rosha-sochi.ru/treatment*

Morskiye Bani

Morskiye Bani (Sea Baths) offers all types of steam baths, including with a birch switch (from 2,000 rubles); massages (from 1,000 rubles), salt rinses (from 500 rubles) and body care procedures, all while listening to the sound of the surf and enjoying the view of the Black Sea.

Prices start at about 2000 rubles per person per hour, excluding additional services.

Tsentralnaya Naberezhnaya Frunze Park morskiebani.ru

Spa at the Radisson Lazurnaya Hotel

The Radisson Lazurnaya is one of the finest hotels in Sochi, where you can combine spending time on the beach and enjoying various spa procedures.

The facilities include a 1,000-square-meter swimming pool, a fitness center, diagnostic medical equipment, 12 rooms for spa procedures, mud treatments, cryotherapy, six hammams, five Finnish and two Russian saunas, a snow room and LPG procedures.

Kurortny Prospekt, 103 lazurnaya.ru/sochi/spawellness

"*You'll be spoilt for choice when it comes to pampering yourself in Sochi.*"

Rus Sanatorium Spa Center

Rus Sanatorium is located in a large park, with an area of 15.48 hectares. In the park you can find more than 200 species of plants from every continent. Rus provides a classic Soviet spa experience: therapeutic baths, mud treatments, magnet treatments, cryotherapy, an oxygen hyperbaric chamber, and saunas. You can choose a custom-tailored wellness and spa program for several days.

Politekhnicheskaya Ulitsa, 22 rus-sochi.ru/spa

Swissotel Sochi Kamelia

The Kamelia spa at the Swissotel Sochi has developed its own special procedure called "Pűrovel," aimed at energizing the body as well as the mind. In a Pűrovel treatment, essential oils made on from alpine grasses and flowers are applied. Facial and body treatments, massages, wraps, detox programs and various special procedures are also available at the spa.

Kurortny Prospekt, 89 swissotel.com/hotels/sochi-kamelia/spa-fitness

Hyatt Regency Sochi

The Hyatt Regency Sochi offers different multi-day programs starting from three days. The programs consist of a set of spa procedures and physical exercises with a personal trainer. Enjoy daily morning jogging with a coach, yoga classes on the Black Sea coast and spa treatments from the Italian brand Terme di Saturnia aimed at restoring the body and improving the condition of the skin.

Ulitsa Ordzhonikidze, 15-17 sochi.regency.hyatt.com/en/hotel/ activities/hotel-activities/spa

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