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Russian Banyas – Our Favorites

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You can't leave Russia without having experienced one of their most important traditions, visiting the banya. Therefore we help you by listing the best banya's in Moscow in this blog. The first time in a public banya might be a bit of shock when you have to undress at the dining table and everyone is sitting naked around you having dinner & drinks. There's a schedule when the banya ladies fill up the oven with water and they will come and get you in the dining hall to join. Start low in the banya and move slowly up if you can handle the heat. And no talking ;) There are many options, but here we list our favorites. We go there monthly with a group of friends and it's a great way to relax in a social and Russian way!

The most traditional and popular among Russians is Sanduny. It has 2 separate bathing houses, one for men and one for women. The men's bathing house is like a Greek temple, with a large pool and nicely decorated entrance and dining hall. Unfortunately this is only open for women once a year. The women's part is more sober but still quite an experience.

Location: Neglinnaya Ulitsa 14/3-7
Metro: Kuznetsky Most, Tsvetnoy Bulvar
http://eng.sanduny.ru/

This banya is smaller than Sanduny but is much more modern, with a nice & bright

atmosphere. They have good and very clean facilities like, several steam rooms, a small cold pool and a proper dressing room. You can also book spa treatments and the prices are reasonable.

Location: Bolshaya Akademicheskaya Ulitsa 13a
Metro: Voikovskaya
http://koptevskie-bani.ru/

This is a private banya complex where you can rent beautiful & spacious banya "lofts" for a very reasonable price. Women even get 35% discount! Modern&stylish amenities, banya, hammam, jaccuzi, treatments and good food. The perfect banya to relax with a private group!

Location: Rochdelskaya Ulitsa 15/ 30
Metro: delovoy centr / Ulitsa 1905 Goda
https://eng.tbani.ru/

This is a private banya in the west of Moscow. Here you can rent a banya per hour with a group of friends. The nice thing is that they have in&outdoor pools and a hottub. The banya itself is quite small, so with a large group you have to take turns. a Great way to eat, drink & relax with friends.

Location: near Tuschkinskaya metro
www.t-bania.ru/en

This Siberian banya is the perfect private banya for a romantic night out. It's located in the east of Moscow. You can book several 2-4 hour programs here and it has a very cozy and pleasant atmosphere. The only downside is that it's quite expensive, +/- 20000RB for 2 people.

Location: Novaya Basmannaya Ulitsa 16/8
Metro: Krasnaya Varota
http://banya-zhivica.ru

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