

SIGNATURE TREATMENTS –

Aromatherapy

60 minutes > 20 000 ₺ 90 minutes > 25 000 ₺

The journey begins with the choice of fragrance, setting the mood for the ritual: warm and glamorous tiare or refreshing and invigorating citrus. It includes gentle cleansing of the skin, a hypno-slow massage to reduce anxiety, and finishes with an application of richly scented moisturizer infused with a marine water concentrate. The treatment leaves your skin vibrant and deeply replenished.

Ayurvedic therapy

90 minutes > 25 000 ₺ 150 minutes > 33 000 ₺

The power of natural oils is at the heart of the Ayurvedic ritual "Svedana Nourishment". This ritual features deep cleansing with a Himalayan salt scrub, a massage with bitter apricot oil, and nourishing butter infused with raw mandarin, Himalayan cedar, frankincense, cinnamon, and cacao seed oils. This experience may be complemented with the "Mukhbasti Radiance" facial treatment, featuring a Gua Sha massage.

Active Mineralization

90 minutes > 25 000 ₺ 120 minutes > 30 000 ₺

This treatment, crafted with patented natural seawater from Brittany containing over 90 minerals, soothes the nervous system and is gentle enough for children and expectant mothers. It includes a delicate exfoliating massage, a seawater wrap in a silky veil, and a finishing massage with hydrating milk.

COUPLES EXPERIENCES —

Enjoy the couples' spa suites, stunning treatment rooms which offer the ultimate secluded escape. Boasting expansive room with private baths encourage you to indulge in the luxury and romance. Select one of the packages below or create your own. When creating your own package, the reservation cost for the spa suite will be 6000 ₺, added to the treatment price; sweet compliments from the pastry chef are also included.

Journey to the Siberian forest

150 minutes > 70 000 ₺

Influenced by 'forest bathing' to rejuvenate mind, body and soul, the journey takes you to the heart of the Siberian forest by using scented aroma oils. We introduce you with traditional Russian recovery techniques such as aromabanya, hot bath, warm mud body wrap and deep tissue massage that uses slow, deliberate strokes and deep, focused pressure to release tight, knotted muscles and break up adhesions that limit movement and cause discomfort.

Rebirth and harmony Journey

120 minutes > 60 000 ₺

Experience a tranquil journey designed to enhance deep relaxation, beginning with a full body exfoliation, thereafter immersion in a luxurious bath treatment to relax the muscles in preparation for an indulgent full body sensorial massage with therapeutic warm lingering fragrances. The ceremony invites you to escape from your busy life and restore harmonious flow, leaving your skin nourished and your soul deeply relaxed.

MASSAGES —

Relaxing

60 minutes > 20 000 ₺ 90 minutes > 26 000 ₺
120 minutes > 30 000 ₺

- warm oil relax
- massage with brushes
- holistic pulsing

Deep tissue

60 minutes > 20 000 ₺ 90 minutes > 26 000 ₺

Post flight

60 minutes > 20 000 ₺ 90 minutes > 26 000 ₺

- lymphatic drainage with a calming effect
- drainage and energy re-boost

Oriental

60 minutes > 20 000 ₺ 90 minutes > 26 000 ₺
120 minutes > 30 000 ₺

- balinese technique
- thai oil technique

Express

30 minutes > 12 000 ₺

- upper and lower back
- head and neck
- legs
- foot

Sculpturing

60 minutes > 22 000 ₺ 90 minutes > 28 000 ₺

Nurturing maternity

60 minutes > 20 000 ₺ 90 minutes > 26 000 ₺

Prenatal Massage helps mothers-to-be relax and release tensions caused by pregnancy. During the consultation in a reclined position, a skilled therapist will develop a massage attuned to your specific needs, easing any back, neck, shoulder and lower leg pain, along with lymphatic drainage to ease the discomfort of bloating.

Children's massage by Nougatine Paris

30 minutes > 12 000 ₺ 60 minutes > 16 000 ₺

The discounts will be applied for the packages as following:

5 massages - 10% discount

7 massages - 15% discount

10 massages - 20% discount

You can enjoy our treatments in the comfort and privacy of your room at any time for 100% extra charge.

From 9 am till 10 am or 10 pm till 11 pm treatments in the spa can be reserved for 50% extra charge. Please check with the Amnis Spa administrator for availability.

 available in spa suite

 in-room treatment

 recommended by the spa team

BODY

Exfoliating

30 minutes › 12 000 ₪

Exfoliating and reharmonizing by Dr. Burgener

120 minutes › 32 000 ₪

A luxurious Swiss body treatment designed for deep skin renewal and nourishment. A gentle exfoliation combined with a grape or chocolate body wrap (guest's choice) delivers intensive restoration, toning, and leaves the skin smooth, firm, and silky.

Harmonizing body wrap by Thalion

60 minutes › 20 000 ₪

A marine ritual restoring balance and energy, enriched with active trace elements. The treatment includes exfoliation and a wrap with Gerande healing mud or an oligogel (guest's choice), followed by nourishing skincare application. Skin becomes smooth, hydrated, and soft, while the body feels light, balanced, and renewed.

Body Sculpting by Biologique Recherche

90 minutes › 28 000 ₪

A draining, firming, and toning treatment that smoothes skin texture and sculpts the body. It includes gentle exfoliation, full-body work with an algae extract booster, and a finishing application of cream.

Body lift by Biologique Recherche

90 minutes › 28 000 ₪

A purifying and detoxifying treatment that promotes toxin elimination and enhances micro-circulation, featuring gentle exfoliation, an abdominal massage, a wrap, targeted work on problem areas, and a finishing application of cream.

Japanese cell renewal by Plathlone

90 minutes › 25 000 ₪ 120 minutes › 30 000 ₪

The treatment is based on unique placenta formula enriched with hyaluronic, amino acids and peptides followed by soap peeling with gold detox mask, full body massage and finishing with body beauty essence.

FACE

Essential

30 minutes › 12 000 ₪

Essential face massage

60 minutes › 20 000 ₪

Pure radiance by Biologique Recherche

90 minutes › 30 000 ₪

A treatment to detoxify and stimulate the epidermis, and reoxygenate the skin tissue choked by urban pollution. The complexion gains an incredible glow, skin is more luminous and bursting with radiance.

Swiss anti-aging by Dr. Burgener

90 minutes › 30 000 ₪

The Haute Couture facial tailored to you and your unique skin needs combines cutting-edge techniques, premium products with precious green caviar extract, and the most advanced technologies to address your skin's specific concerns. A true skincare innovation. Highly beneficial as a series of sessions.

Japanese cell renewal by Plathlone

90 minutes › 27 000 ₪

A rejuvenating facial with an unique placenta formula enriched with hyaluronic acid, amino acids and peptides that will help your cells once again to learn to produce in the required volume those beneficial elements on which your youth depends.

Skin health by Biologique Recherche

60 minutes › 21 000 ₪

Begins with individualized preparation of your skin — the ultimate shield that protects from aggressions of the external world. Next stage incorporates products with the highest concentration of active ingredients, to "recondition" the epidermis and help enhance its potential for self-regeneration. Highly beneficial as a series of sessions.



SESSIONS

60 minutes › 16 000 ₺

Gym workouts

Strength training · Functional training · Stretching · Pilates mat · Myofascial release

Yoga sessions

Hatha · Ashtanga · Vinyasa · Yin yoga · Meditation practice · Sound healing · Breathing practice

Pool sessions

Swimming training · Cardio in pool · Swimming lesson (teens from the age of 13 & adults) · Freediving: breathing exercises and dive lesson · Children swimming lessons (3-12 years old) · Accompanying a child in the pool

Get a 10% discount when you purchase 5 training sessions. Get a 20% discount when you purchase 10 training sessions.

SPA AREA

Sauna

Temperature › 80 · 100 °C | Humidity › 10 · 20 %
Max session time › 8 · 12 minutes

Age limit: children under 14 must be accompanied by an adult.
Children under 3 years of age are not permitted.

Steam room

Temperature › 44 · 48 °C | Humidity › 98 %
Max session time › 10 · 15 minutes

Age limit: children under 14 must be accompanied by an adult.
Children under 3 years of age are not permitted.

Indoor pool

Temperature › 28 · 30 °C
Depth › 90 · 130 cm | Length › 18 m | Width › 9 m

Age limit: children under 14 must be accompanied by an adult.

Indoor hydrotherapy pool

Temperature › 36 - 38 °C | Depth › 90 cm
Max session time › 15 · 20 minutes

Age limit: children under 14 must be accompanied by an adult.
Children under 3 years of age are not permitted.

Indoor cold plunge pool

Temperature › 18 · 20 °C | Depth › 90 cm
Max session time › 1 · 3 minutes

Age limit: children under 14 must be accompanied by an adult.
Children under 3 years of age are not permitted.

Opening hours

Spa › 07:00 · 23:00 | Children hours › 10:00 · 16:00

Spa treatments › 10:00 · 22:00 | Beauty salon › 09:00 · 21:00

Fitness center › 24 hours

Gift certificates

The perfect gift for spa enthusiasts, gift certificates can be purchased from the spa reception or online at thelegendofmoscow.com/certificate. Gift certificates are non-refundable and non-transferable.

Product purchases

To continue your spa regime at home, all products used in our treatments, branded bedding and home fragrances are available to purchase at the spa reception.

Spa membership

For further information on our spa membership options, please enquire at the spa reception.

Spa etiquette

It is recommended that you arrive at the spa 30 minutes before your appointment. We suggest to come even earlier to enjoy the facilities as recommended before every treatment. In case you would like to cancel or reschedule the appointment, please inform us at least 4 hours in advance, otherwise we proceed with the charge of the full amount. In case you arrive late for your appointment, the duration may be shortened with no reduction in price.

Therapists

Our treatments are conducted by highly trained expert therapists in full respect of the guest's privacy. A male therapist may be requested upon availability.

Smartphones and tablets

The spa is a place of peace and tranquillity. For the comfort of other guests, please switch your devices on a silent mode or turn it off during your time in the spa. Please respect privacy of other guests during photos or video making.

Pregnancy

For the safety of expectant mothers and babies, facials are the only treatment available during the first trimester of pregnancy. Body scrubs and wraps are not available at any stage of pregnancy. Certain massages can be provided in the second and third trimesters, unless there are contraindications.

Age restrictions

An adult must accompany children under 14 years in all the spa areas. Children 3 years of age and under shall not be permitted access to the plunge pools, sauna and steam room. Children 12 years of age and under shall not be permitted to access fitness center. An adult must fill out a written consent form for children under 14 years. Kid's spa treatments are available for children aged 3 and over. An adult must be present in the treatment room during the treatment.