



Spa Treatment Menu



Sheraton Spa & Fitness

Escape from the modern urban lifestyle, taking time from the journey of life to rejuvenate in the Oases of calm. Where tradition, history and nature merge creating a healing personal retreat and a time for reconnection and a focus on wellbeing. Refresh with our cleansing rituals, rebalance with our mindful Spa experiences and refuel with our nourishing natural ingredients found within the Spa Journey.



Wellness Treatments

Aqua aerobics

Trial session | 10 000 KZT

8 classes | 60 000 KZT

12 classes | 80 000 KZT

Rhythmic physical exercises in water, aimed at relieving tension from the muscles of the back and pelvic area. Positive effects on the cardiovascular and respiratory system

Swimming classes

10 sessions (individual) | 150 000 KZT

10 sessions (couple) / adults | 200 000 KZT

10 sessions (couple) / kids till 12 y.o. | 180 000 KZT

Individual swimming lessons for adults and children. Time and days of trainings are agreed individually

Body

The art of massage is a centuries old healing technique used by civilizations from around the world to promote health, release tension and restore vitality to ones being. Massage techniques vary from culture to culture providing us with an array of different therapies that we know today. We have brought together the finest and most beneficial selection of Massage techniques from around the world to you.

Aroma Relaxing massage

60 MIN | 45 000 KZT
90 MIN | 60 000 KZT

A powerful treatment to stimulate every cell in the body, helping alleviate muscular pain and remove toxins.

Classic massage

30 MIN | 40 000 KZT
60 MIN | 45 000 KZT
90 MIN | 65 000 KZT

A smooth acupressure massage with the right pressure will help you relax tense muscles, promoting optimal blood circulation.

Strong Deep Tissue massage

30 MIN | 50 000 KZT
60 MIN | 55 000 KZT

A deep rhythmic pressure massage which alleviates stress, eases aching muscles and leaves you feeling revived.

Hot Stone Therapy

60 MIN | 45 000 KZT

Massage with Balinese volcanic stones will soothe tired and tense muscles. You will feel invigorated and revitalized.

Mediterranean massage with candle

60 MIN | 40 000 KZT

The warmth and aroma of the Mediterranean candle will help you to plunge into peace and harmony, to achieve maximum relaxation.

Mysterious East

60 MIN | 45 000 KZT

Immerse yourself in the wonderful world of the Orient with an exclusive silk sheet massage technique - foulard to gently stretch the body and release tension.

Neck and collar massage or Leg massage

30 MIN | 30 000 KZT

Relieve muscle tension and pain with a 30-minute therapy. Using different massage techniques, you will quickly forget about unpleasant sensations in problem areas of your body.

Facials

We feel that beauty is a personal endeavour. Providing you with vast selection of treatments from an array of the finest products sourced from natural botanical plant extracts to the wonders of the sea, our facials deliver simplistic beauty with visible results.

SkinZen Mask with Rose Extract

60 MIN | 35 000 KZT

A relaxing facial treatment that neutralizes the effects of emotional stress on the skin. Quickly moisturizes and soothes the skin.

Age Defense Facial Fruit Mask

60 MIN | 35 000 KZT

Anti-aging treatment. With natural ingredients, it helps to strengthen the skin's supporting matrix, guaranteeing the restoration of elasticity.

AOX System Therapy

60 MIN | 35 000 KZT

Specially developed treatment for the care of photo-aged skin. It has an exfoliating, antioxidant and moisturizing effect.

Detox for Oily Skin

60 MIN | 35 000 KZT

A treatment for deep cleansing of your facial skin. Gives it a feeling of freshness and awakens its radiance. Gives your skin a fresher and smoother appearance.

SPA Rituals

Cleanse, refresh and renew with our carefully selected body treatments. Each treatment is designed to nourish the body and relax your mind providing a precious moment of wellness and inner calm, returning you on your journey refuelled, refreshed, and balanced.

Beauty & Lightness

90 MIN | 65 000 KZT

Scrubbing or peeling - 30 minutes

Tea ceremony with oriental sweets - 15 minutes

Classic massage - 45 minutes

Rejuvenation & Revitalization

90 MIN | 65 000 KZT

Hot stone massage - 50 minutes

Facial massage - 25 minutes

Tea ceremony with oriental sweets - 15 minutes

Energy Boost

90 MIN | 70 000 KZT

Scrubbing or peeling - 30 minutes

Tea ceremony - 15 minutes

Deep Power Massage - 45 minutes

Pomegranate Dream

90 MIN | 65 000 KZT

A luxurious soothing body ritual that includes a gentle pomegranate seed scrub, a fragrant wrap and a relaxing massage that nourishes and moisturizes your skin.

Couture Touch

120 MIN | 80 000 KZT

Peeling and foam massage - 30 minutes

Tea ceremony with oriental sweets - 15 minutes

Relaxing body massage - 45 minutes

Facial massage - 30 minutes

Hamмам Experience

Enjoy the traditional and authentic cleansing ritual of the Hammam. Cleansed from head to toe, the proven benefits of this wellness treatment meant that it endured the centuries, proving popular to the present day. Cleansing your body and mind ready for the journey ahead.

Intensely cleansing scrub & Foam massage

40 MIN | 40 000 KZT

The ritual begins with warming up in the steam room. An aromatized scrub gently removes dead skin cells and promotes the regeneration of new skin cells. This ritual ends with a light foam massage.

Peeling & Foam massage

40 MIN | 40 000 KZT

The ritual traditionally begins with warming up the body in the steam room and continues with peeling the whole body with a kese mitt. Peeling stimulates blood circulation and increases skin elasticity. The ritual is completed with a gentle foam massage.

Exotic Paradise

40 MIN | 45 000 KZT

The ritual starts from warming up in the steam room. Revitalising body scrubbing exfoliates dead cells, thereby perfectly cleansing and moisturizing it. The ritual ends with revitalising firming body mask which strengthens the skin, stimulates collagen synthesis, increases elasticity and improves moisturization of your skin.

Enhancements

Upgrade your treatments by choosing one or more of our carefully designed service enhancements. Enhancement upgrades are available as incorporated additions to your facial, body and massage services without adding additional time to the treatment. All enhancements are required to be booked and received with a treatment.

Hand Care

10 MIN | 10 000 KZT

Intensive hand skin care with extracts of shea butter, macadamia and eucalyptus oils will eliminate unevenness, smooth the skin and help maintain the beauty of your hands.

Facial Skin Care

10 MIN | 10 000 KZT

Highly concentrated tissue masks containing natural ingredients for immediate results. Your skin becomes more clear, fresh and revitalized.

Intensive Feet Care

10 MIN | 10 000 KZT

Gentle care for dry and damaged skin of feet with therapeutic effect. Contributes to skin revitalization, relieves swelling and activates blood circulation.

SPA Etiquette

Our SPA is located on the 3rd floor

Treatment Consultaion

On arrival, you will be asked a few questions in order that our trained therapists can help you to choose the most suitable treatment for your needs and expectations.

Treatment Times

The time indicated on the spa brochure is the time that is spend within the cabin. Arriving late will simply limit the time for your treatment thus lessening its effectiveness and your pleasure. Your treatment will end on time so the next guest will not be delayed. The full value of your treatment will be charged.

Cancellation Policy

Clients who wish to change or cancel an appointment are asked to give 24h notice. Cancellation within 24hrs will incur a 50% charge. Cancellation within 6hrs or no show will incur 100% charge. A credit card number is required at the same time of booking.

Gift Cards

Gift cards are the ultimate gift of relaxation, rejuvenation and are perfect for any occasion. Gift cards are available at Spa Reception.

Spa Etiquite

We provide you with a quiet, peaceful atmosphere and we kindly request you turn off your mobile phone.

Towels, robe, slippers and amenities will be provided for use during your visit. On arrival, your therapist will explain the elements of your treatment and recommend what items of clothing should be worn during it.

Age

Facial treatments are available for young adults aged 16 and over with parental signature. Massages and body treatments are only available for Adults aged 18 and over. Young adults aged below 16 and not permitted to use the gym.

Spa Arrival

If you are coming to the spa for the first time, we advise that you arrive 30 min prior to your scheduled appointment. This will give you time to enjoy the spa's thermal experience and allow us to gain from you, more information about your treatment expectations. Please note that late arrivals will not receive an extension of their scheduled treatment.

Spa Attire

To respect the privacy and comfort of guest of all cultures, we ask that swimming attire is worn at all times throughout the Spa, thermal area and spa bathing.

Health Condition

Please advise us of any health conditions, surgery, allergies or injuries which can affect your treatment

when making your spa reservation. Alternatives can then be offered. For some health conditions, we may ask that you provide a Doctors' note.

Pregnancy

Please allow our receptionist to guide you in selecting the treatment which is most suitable for you.

Loss or Damage

We regret that we cannot be responsible for any loss or damage of personal articles. A locker is providing during your spa visit. Please keep all valuables locked within.

Restriction on the Use of Facilites

Smoking and drinking alcohol in the SPA is strictly prohibited (with the exception of the pool area and summer terrace). Proper attire must be worn while exercising. Sports shoes and leisure wear are required in the fitness centre. Photography is not permitted in the Spa.

Spa Boutique

Continue your spa experience at home. As part of our customers care, our trained therapists will kindly recommend products for your homecare, which will enable you to continue the benefits of the treatment at home. Our products are available to buy directly from the Spa reception.

How to SPA

OPERATING HOURS

Gym: 24/7 (For hotel guests only)

Gym and swimming pool: 08:00 to 22:00

SPA treatment from 10:00 to 21:00

Sauna and Hammam: 08:00 to 22:00

ALL PROCEDURES BY APPOINTMENT

Reservations can be made via

Email: spa.astana@sheraton.com

Telephone + 7 777 310 61 62

Hotel guests may call 7634

MEMBERSHIP PROGRAM

Enjoy the luxury of SPA and gym membership that entitles members to the following benefits:

- 15% discount on all SPA treatments
- 15% discount on the presented products in the SPA
- Guest visits and membership freeze
- Complimentary accommodation and treatments as a gift (depends on the type of membership).

Please contact the Spa reception for further details.

Sheraton Astana Hotel

60/1 Syganak Street
Astana, Z05T6BO
T +7 (7172) 700 500
marriott.com/TSEI