



DEAR  
GUESTS!

We invite you to visit SPA "SIBO" at Radisson Collection Paradise Resort & Spa, Sochi and to enjoy the atmosphere of absolute harmony and sublime tranquility.

We offer you the most progressive solutions in beauty and health: various treatments for face and body, detox, relaxation, rejuvenation, purifying, restoring skincare treatments, slimming and anti-cellulite programs.

Magnificent textures and smells of the skincare products will present you unforgettable moments of pleasure while natural active ingredients, innovative formulas and technologies will provide fast visible results. Experts' loving hands will harmonize your soul and body.

In each treatment we exclusively keep the individual approach.

We will be pleased to see you in SPA "SIBO"!

FOR MAXIMUM RESULTS  
FROM TREATMENTS  
AND SPA RITUALS, PLEASE

Make sure you arrive 10-15 minutes earlier before beginning of the treatment.

For your own safety and better results please, fill in "Health Questionnaire", which will be offered by SPA Receptionist.

During the treatment you may use disposable underwear which will be offered to you.

Before every treatment in SPA "SIBO" you may visit our thermal zone. For non-resident guests, a visit to our thermal zone is chargeable.

If your plans have changed — please, inform Spa Receptionist about it minimum 3 hours prior over the phone: +7 (862) 243 33 44. You will be offered another convenient time.

*Unfortunately, late arrival, may short the visit time. Your treatment will be finished on time, because next guest should not be delayed.*

WORKING HOURS

06:00 – 23:00

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TREATMENTS  
RESERVATION

09:00 – 21:00

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GYM

06:00 – 23:00

## COOLSCULPTING ZELTIQ

Coolsculpting by ZeltiQ is a body contouring apparatus treatment. It helps to shape the body and get rid of flaws without surgery by controlled cooling of fat cells.

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### SMALL NOZZLE

1 ZONE | 21500 ₺

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### NON-VACUUM NOZZLE (COOLSMOOTH)

1 ZONE | 24500 ₺

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### BIG NOZZLE

1 ZONE | 43500 ₺

*It is necessary to consult the specialist before the treatment.*

## BODY CARE TREATMENTS BY COMFORT ZONE

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### INTENSIVE THERAPY 3 IN 1

90 MINUTES | 13000 ₺

The powerful contrast treatment against all cellulite types. It is a combination of several massage techniques and active masks (heating-cooling). This complex intense procedure provides visible results in a short time.

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### DOUBLE ACTING MODELING TREATMENT

60 MINUTES | 7000 ₺

Brown algae fucus, caffeine, carnitine, microalgae, essential oils provide visible effect of lipolysis and removal of fibrosis. An active mask and final components contribute to volume reduction of fat cells and cellulite. Recommended while losing weight. A cumulative effect is a result of a course of procedures.



## BODY CARE TREATMENTS BY COMFORT ZONE

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### DRAINAGE AND MODELING WITH BANDAGES

60 MINUTES | 7500 P

The procedure stimulates microcirculation and provides lymphatic drainage effect due to a high content of natural essential oils. It contributes to the removal of excess water and volume reduction and gives a sense of lightness. It includes cryo body wrap. Recommended for a weight-loss course.

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### BODY ACTIVE

50 MINUTES | 6000 P

The local body care with the use of Brazilian clay and Bermuda plankton extract that relieve pain and muscle tension and help to relax due to their high magnesium content.

### THERMAL DETOXIFICATION

60 MINUTES | 7000 P

A clay mask is a homogenous mixture of algae luminaria and focus and matcha green tea powder that are full of stimulating properties of absolute ethers. Due to the usage of the mineral spring thermal water (Bagni Di Montalchino), this treatment has a therapeutic effect on the body. It helps to recover from illnesses, acclimatize and get rid of hangover.





## BODY CARE TREATMENTS BY COMFORT ZONE

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### REJUVENATION AND ELASTICITY

60 MINUTES | 7000 ₪

Organic Tamanu Oil and Walnut Extract stimulate the collagen production in the skin, restore epidermis, give a visible effect of skin elasticity, hydration and nutrition. It improves skin tone with age-related changes and helps to recover from childbirth. Suitable for pregnant women.

### MASSAGE SCRUBBING AROMASOUL

50 MINUTES | 6000 ₪

The unique aromatherapy cleansing massage with natural volcanic dust from Stromboli, Sicily. This procedure inspired by energy and spirit of ancient cultures, beauty and power of nature allows to balance your mind, body and soul. It cleanses the skin, relieves tension and stress and creates a sense of internal harmony.

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### MORE THAN A MASSAGE

60 MINUTES | 8500 ₪

The treatment with an individual approach to selecting a mask according to indications for the skin restoration, hydration and nutrition.



## FACE CARE TREATMENTS BY COMFORT ZONE

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### PROGRESSIVE COSMECEUTICALS BY SCIN REGIMEN

60 MINUTES | 8700 ₺

An individual skin care treatment. This is perfect cleansing and deep detoxification. It prevents premature aging and neutralizes the impact of stress on the face skin. There are several massage techniques used during the treatment.

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### ORGANIC ECO-ELIXIR SACRED NATURE

60 MINUTES | 7500 ₺

Bio-regenerative organic skincare promotes fast recovery and radiance of the skin. It is suitable for all skin types because the treatment includes an individual approach with the use of masks aimed at revitalization, radiance and hydration.

### SOS THERAPY BY REMEDY

60 MINUTES | 9000 ₺

This innovative professional solution is used to restore and reinforce sensitive and reactive skin prone to redness. The treatment contributes to reduction of impurities, skin irritations, sensitivity and hyperemia. Medicinal herbs and prebiotics improve the skin's defense and immunity. Suitable after sun exposure, painful procedures and for couperose-prone skin as it protects blood vessels.

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### DEEP CLEANSING

60 MINUTES | 7500 ₺

This is a purifying and rebalancing skin treatment where you can choose a mask — a mask with spirulina or a mask based on two types of clay.



## FACE CARE TREATMENTS BY COMFORT ZONE

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### DEEP HYDRATION

60 MINUTES | 7500 ₺

The effect of biorevitalization without injections. It restores water balance rapidly, activates the production of hyaluronic acid. It tones the skin, gives an illuminating effect and prevents from the loss of hyaluronic acid after sun. It is a combination of manual and brush massage. Suitable for all skin types and age, for men and women, in dry hot and cold weather, off-season and after air flights.

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### ACTIVE LIFTING

60 MINUTES | 8500 ₺

Botox-like effect provides visible lifting. The synergy of 9 peptide complexes combined with massage will allow your skin to regain health and youth.

### ACTIVE LIFTING DELUXE

90 MINUTES | 11500 ₺

This treatment has botox-like effect due to the use of an innovative two-phase plasticizing mask and progressive modular peeling. It increases the synthesis of collagen and elastin, prevents from dryness and thinning of the skin.

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### DOUBLE RENEWAL ARCHI-LIFT AND DEEP HYDRATION

60 MINUTES | 9000 ₺

The intensive rejuvenating and cleansing treatment combines innovative methods of rejuvenation and an alginate mask with algae. It contributes to the process of skin renewal, has an antibacterial effect, cleanse and mineralize the skin. Ideal for all skin types, both for women and men. Recommended for skin with age-related changes and skin prone to acne to restore natural balance.



## FACE CARE TREATMENTS BY COMFORT ZONE

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### RESTORATION AND ANTIOXIDANT PROTECTION

60 MINUTES | 7000 ₺

Full of vitamins anti-aging treatment. Goji Berry oil, hyaluronic acid and rice proteins provide intensive hydration and nutrition. They soothe and protect the skin from harsh climate and pollutions. This treatment includes the massage with the use of Comfort Zone cosmetics. Recommended for tired, dehydrated and damaged skin with lack of vitamins, after stress and fatigue.

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### EXPRESS CARE ACCORDING TO A SKIN TYPE

30 MINUTES | 4500 ₺

There is choice of treatment:

- deep cleansing
- SOS therapy
- restoration and antioxidant protection
- organic revitalizing elixir.

### REJUVENATING EYE TREATMENT

30 MINUTES | 3500 ₺

This rejuvenating treatment with an eye patch mask can be used as a separate procedure or in addition to any professional treatment. In just a few minutes the mask gives immediate relief to the eye area, reduces mimic wrinkles, dark circles and puffiness, provides deep hydration, lifting, nutrition and works against free radicals.





## COMBINED BODY AND FACE TREATMENTS

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### ROYAL RITUAL FROM COMFORT ZONE

90 MINUTES | 16 000 P

The treatment includes massage scrubbing, wrapping and facial skin care. This is a complex for those who want to relax as much as possible and enjoy the moment in the spa.

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### REJUVENATION AND ELASTICITY WITH ANTIOXIDANT PROTECTION

90 MINUTES | 13 000 P

Visible effect of the face and body skin elasticity and prevention of stretch marks. It rises the skin tone during age changes and pregnancy.

## OXYGEN ANTI-AGE TREATMENT BY INTRACEUTICALS

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This treatment with the use of facial devices is suitable for all skin types. Pure oxygen under high pressure saturates the skin with hyaluronic acid and completely restores reserves of vitamins and antioxidants. This is an excellent alternative to mesotherapy and biorevitalization injections.

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### BASIC CARE WITH A MOISTURIZING SERUM

60 MINUTES | 11 000 P

### BASIC SERUM TREATMENT ACCORDING TO A SKIN TYPE

60 MINUTES | 12 000 P

### BASIC CARE BASED ON 2 SERUMS

70 MINUTES | 19 500 P



## FACIAL MASSAGE THERAPY

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### CLASSIC FACIAL MASSAGE

30 MINUTES | 4500 ₪

### MYOFASCIAL MASSAGE THERAPY

60 MINUTES | 8000 ₪

## BODY MASSAGE THERAPY

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### CLASSIC AND RELAXING MASSAGE

30 MINUTES | 4500 ₪

60 MINUTES | 6500 ₪

### RUSSIAN DEEP TISSUE OR MODELING MASSAGE

60 MINUTES | 7000 ₪

90 MINUTES | 8500 ₪

### RELAXING HOT STONE MASSAGE

60 MINUTES | 8500 ₪

*It is necessary to sign up for the treatment 3 hours in advance*

### MASSAGE FOR CHILDREN

30 MINUTES | 4000 ₪

60 MINUTES | 5500 ₪

*These spa programs are performed with oil or cream of your choice (St Barth or Comfort Zone cosmetics).  
We ask you to tell the specialist all contraindications and wishes before the treatment.*



## THAI SPA RITUALS

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### TRADITIONAL THAI CEREMONY

60 MINUTES | 7500 ₪  
90 MINUTES | 9000 ₪  
120 MINUTES | 11000 ₪

A unique ceremony that combines the elements of passive yoga, lymphatic drainage, acupressure impact on energy channels and harmonization of the vital forces of the body.

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### TRADITIONAL CEREMONY WITH AROMA OILS

60 MINUTES | 7500 ₪  
90 MINUTES | 9000 ₪  
120 MINUTES | 11000 ₪

The treatment for both soft and deep relaxation of the whole body with the use of aromatic oils.

### TRADITIONAL CEREMONY MIX

60 MINUTES | 8000 ₪  
90 MINUTES | 9500 ₪  
120 MINUTES | 12000 ₪

The ceremony that is combined a traditional Thai massage and aromatic oils.

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### SCRUBBING WITH AROMATIC RELAXATION CARE

90 MINUTES | 9000 ₪

A gentle peeling of the body is followed by an aromatic oil treatment. This ritual promotes relaxation, nutrition, rejuvenation and leaves the skin smooth and soft.

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### BODY SPA TREATMENT

120 MINUTES | 13000 ₪

This is a spa treatment included scrubbing, body wrap and a gentle relaxing massage.



# THAI SPA RITUALS

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## LYMPHATIC DRAINAGE

60 MINUTES | 7500 ₪

90 MINUTES | 9000 ₪

120 MINUTES | 11000 ₪

This is an oil massage aimed at normalization of lymphatic system and removal of toxins and excess water.

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## SLIM BODY LIFTING

30 MINUTES | 5000 ₪

60 MINUTES | 8500 ₪

The ceremony is designed for the reduction of visible fat deposits and cellulite. A warming cream is combined with an intense manual therapy.

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## ROYAL MASSAGE

60 MINUTES | 13000 ₪

90 MINUTES | 15000 ₪

Four hand massage with aromatic oils. It is performed by two Thai specialists at the same time.

## THAI CEREMONY WITH HERBAL BAGS

90 MINUTES | 10000 ₪

120 MINUTES | 13000 ₪

This traditional Thai ceremony activates energy. Hot herbal bags warm up and gently knead all muscles giving unforgettable feelings.

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## THAI FOOT CEREMONY

30 MINUTES | 4500 ₪

60 MINUTES | 7000 ₪

This is a favourite ritual in Thailand and Tibet. A point impact on all energy points located on the inner and outer surfaces of the feet restores the vitality of the whole body.





# THAI SPA RITUALS

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## HEAD RELAXING CEREMONY

30 MINUTES | 4500 P  
60 MINUTES | 7000 P

It gives a gentle and relaxing effect on muscles of the head and neck. Targeted workout of the facial muscles will help you feel strength and energy surge and complete internal harmony.

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## TRADITIONAL FACIAL MASSAGE CEREMONY

30 MINUTES | 4500 P  
60 MINUTES | 7500 P

A facial treatment ceremony without the use of oils or masks. It based only on competent and professional touches that tone the skin and muscles. The treatment contributes to better blood circulation and prevents from wrinkle mesh.

## TRADITIONAL BACK MASSAGE CEREMONY

30 MINUTES | 4500 P  
60 MINUTES | 7000 P

This Thai ceremony aimed at an intense massage of back, neck and head muscles.

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## THAI CEREMONY FOR CHILDREN

30 MINUTES | 3500 P  
60 MINUTES | 5500 P

This Thai ceremony has a positive effect on the immune, nervous and circulatory systems. It tones all the muscles of a child's body.

*If you have any medical contraindications or you want to share your expectations from the treatment to our Thai specialist, please, inform the administrator*



## HAMMAM

Performed with a mask based on thermal water from the mineral spring Bagni Di Montalchino by Comfort Zone.

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### — TURKISH BATH — HAMMAM

50 MINUTES | 9500 P

Turkish traditional peeling with a rough mitt Kese followed by a foam massage with a soap from olive.

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### LYMPHATIC DRAINAGE IN HAMMAM

80 MINUTES | 16800 P

This traditional Turkish hammam treatment is combined with unique detoxification — the use of algae, ethers, avocado oil and thermal water that is full of minerals, calcium and magnesium. It has an active positive effect on metabolism and allows to remove toxins.

## BATH SPA TREATMENTS

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### CLASSIC BATH STEAMING

20-30 MINUTES | 4500 P

Two-time steam bathing in the Russian sauna (banya) with the use of brooms of Canadian oak, eucalyptus and white birch. This so-called “cold steaming” is suitable for those who don't like intense heat. Quite gentle and comfortable.

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### RUSSIAN STYLE BATH STEAMING

70 MINUTES | 7500 P

It includes about four-time steam bathing. This intense procedure is for those who adore heat. Active steaming with the use of brooms and aromatherapy have a deep and complex effect on the whole body.



## МАНИКЮР И ПЕДИКЮР

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### CLASSIC MANICURE

2500 ₺

### EXPRESS MANICURE

2000 ₺

### MEN'S MANICURE

3000 ₺

### HARD WARE MANICURE

3000 ₺

### PEDICURE

3500 ₺

### MAN'S PEDICURE

4000 ₺

### NAIL POLISH

500 ₺

### GEL NAIL POLISH

2000 ₺

### FRENCH GEL NAIL POLISH

2500 ₺

### GEL NAIL POLISH REMOVING

1000 ₺

### JAPANESE NAIL POLISH

2000 ₺

### CHILDREN'S MANICURE

2000 ₺

### CHILDREN'S PEDICURE

2000 ₺

### SPA HAND CARE BY COMFORT ZONE

4000 ₺

### SPA FOOT CARE BY COMFORT ZONE

4500 ₺



## WORKING HOURS

06:00 - 23:00

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## TREATMENTS RESERVATION

09:00 - 21:00

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## GYM

06:00 - 23:00

