



“As concierge at the Four Seasons, it is my mission to write the next exciting chapter in the storied history of this building, and this city.”

My favorite and hidden place in Moscow is the Siberian bath complex — “Expedition”.

The bath complex contains two authentic Russian steam bath rooms – banya – in the center of Moscow. Each steam bathroom is of timber construction and the interior is stylized as traditional “black” and “white” bathrooms. The "Expedition" complex has been designed, in the best traditions of soaring, steam bath procedures, according to authentic Taiga traditions.

Each of the unique bathing programs was created primarily for the constant health effect. Professional bath attendants, as true healers in their field, will cure not only the body, but also revive guest’s spirit, which may have become tired in the hustle and bustle of everyday life.

Steam bath programs consist of recreation and relaxation procedures. It relieves stress and “recharges your batteries” before the working day. Guests can experience the treatment of cedar capsules, relax in the hayloft or enjoy the taste healing herbal tea.

Each steaming stage finishes with a complete tea ceremony with Taiga tea with 18 medicinal herbs and homemade monastery honey. Fruit drinks from Taiga berries and bread kvass are always available.

## THE "BLACK" STEAM BATH ROOM

The steam baths are built from dark pinewood and their design contributes to the overall recovery and healing of body and soul. For guests we have available: the steam room, relaxation room, water fountains with ice-cold water and a warm liquor of herbs, shelves for massage, and a lounge-room with



scented hayloft. Guests can also order a program with intensive procedures according to the rules of the Siberian steaming with fir branches and oak-leaf “veniks”.

### **THE "WHITE" STEAM BATH ROOM**

The bathroom is constructed of light wood of macrophylla limes. The steaming procedure includes resting in a unique cedar capsule brought into the bath of Mountain Shoria where you will be able to restore your biological aura.



From ancient times it is well-known that cedar symbolizes strength, health and longevity, and all these qualities are found in cedarwood products demonstrating impeccable environmental cleanliness.

During a session in the cedar capsule, your whole body recovers faster than normal rest – symptoms of asthma and allergies reduce and often disappear completely – strengthening the biological field/aura and the activity of the human body, promoting faster recovery after disease and cancer treatments.

“Bath attendants will cure not just your body, but revive your soul...”

***Artiom Sichkov***

***Concierge***

***Four Seasons Moscow***