

## Services offered by Chateau Wellness & Spa

Seq. #	Description	Duration, minutes	Amount, RUB
<b>1. Medical Consultations</b>			
1.01	Consultation with functional diagnostics doctor, treatment session	60	5,500
1.02	Consultation with therapist	40	3,000
1.03	Consultation with dermatologist-cosmetologist	40	3,000
1.04	Consultation with chiropractor (for children)	30	10,000
1.05	Consultation with chiropractor	40-60	10,000
1.06	Consultation with endocrinologist-dietitian	40	3,000
1.07	Consultation with needle reflexotherapy specialist, treatment session	60	10,000
1.08	Consultation with cardiologist	40	10,000
1.09	Consultation with gynecologist + biomaterial sampling for tests	40	10,000
1.10	Consultation with urologist + transrectal ultrasound	40	10,000
1.11	Consultation with otolaryngologist + biomaterial sampling for tests	40	10,000
<b>2. Laboratory Tests</b>			
2.01	"Nutrigenomics. Personalized genetic nutrition report" Package		30,000
2.02	Genetic passport (disease risk, drug effectiveness, sports, ability and character, nutrition, origin)		12,600
2.03	Examination of gut microbiome by 16S rRNA sequencing		16,800
2.04	Personalized genetic skincare report, brief		30,000
2.05	Blood analysis with a dark-field microscope (haemoscanning)		3,500
<b>3. Investigations</b>			
3.01	ECG recording and decoding	15	1,100
3.02	Bioelectrical impedance analysis of body composition	20	2,500
3.03	Nailfold capillaroscopy		3,500



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3.04	Express diagnostics with MS-PRO		3,500
3.05	Comprehensive ultrasound of abdominal organs (liver, gallbladder, pancreas, spleen)	60	3,000
3.06	Ultrasound of gallbladder with assessment of its contractility	50	1,500
3.07	Ultrasound of gallbladder with assessment of its contractility	20	1,500
3.08	Ultrasound of pancreatic gland	20	1,100
3.09	Ultrasound of the urinary tract (kidneys, ureters, bladder)	50	3,000
3.10	Ultrasound of prostate gland (transabdominal)	20	3,000
3.11	Ultrasound of pelvic organs (transabdominal, transvaginal)	40	3,000
3.12	Ultrasound of thyroid gland	30	2,000
3.13	Ultrasound of mammary glands	30	2,000
3.14	Comprehensive ultrasound for men (thyroid, abdominal organs, prostate, bladder, kidneys (transabdominal, transrectal))	60	12,000
3.15	Ultrasound for women (abdominal organs, mammary glands, thyroid, kidneys, bladder, pelvic organs (transabdominal, transvaginal))	60	12,000
3.16	Ultrasound of cardiovascular system (echocardiography, ultrasound doplerography of brachiocephalic arteries, ultrasound doplerography of lower limb arteries, ultrasound doplerography of lower limb veins)	60	12,000
3.17	Daily flash glucose monitoring with the Freestyle Libre sensor	7-14 days	25,000
<b>4. Manipulations</b>			
4.01	Intravenous injection (cost of medication excluded), intravenous bolus administration	10-20	700
4.02	Intravenous injection (cost of medication excluded), intravenous drip administration	40-60	1,000
4.03	Intramuscular injection (cost of medication excluded)	10	600
4.04	Intradermal injection	10	600
4.05	Preparatory cleansing / main cleansing / final cleansing (local liver hyperthermia + medications)	5	1,000



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4.06	Therapeutic bowel treatment with prebiotics and herbs	15	700
4.07	Colon cleanse	15	400
4.08	Colon hydrotherapy (monitored colon cleanse)	40	4,000
4.09	Stress-management drip	60	25,000
4.10	Holter ECG monitoring	24 hours	10,000
<b>5. Physiotherapy</b>			
5.01	Electrophoresis (galvanization)	20	1,000
5.02	Electrophoresis (+ medications)	20	1,700
5.03	Phonophoresis	7	1,500
5.04	Ultrasound therapy, 1 area	7	800
5.05	Magnetic therapy	20	1,300
5.06	Laser therapy	15	800
5.07	Pulsed electromagnetic field therapy (SMC, diadynamic current electrophoresis, electrically induced sleep)	20	1,500
5.08	Shockwave therapy	20	2,000
5.09	Short-wave ultraviolet therapy	1 area	500
5.10	Ultra-high frequency therapy	15	900
5.11	Inhalation	10	850
5.12	Barochamber	35	2,500
5.13	Bioptron	1 area	700
5.14	Chromotherapy shower	15	700
5.15	Phytotherapy (phytotea)	1 serving	500
5.16	Phytotherapy cocktail	1 serving	700
5.17	Carboxytherapy, belly	20	3,000
5.18	Carboxytherapy, thighs	20	3,000
5.19	Carboxytherapy, face	20	3,000
5.20	Carboxytherapy, spine	20	2,000
5.21	Carboxytherapy, joint	20	1,500
5.22	Carboxytherapy, arm	20	1,000
5.23	Hydrogen treatment session	30	5,000
5.24	Hydrogen treatment session	60	6,000
5.25	Hydrogen treatment session	90	7,000



Seq. #	Description	Duration, minutes	Amount, RUB
<b>6. Cryotherapy</b>			
6.01	Cryotherapy (-170 °C)	1-3	4,000
6.02	Cryotherapy (-85 °C)	3	2,000
<b>7. Thermal Treatments</b>			
7.01	Alpha capsule (standard program)	40	2,000
<b>8. Saunas</b>			
8.01	Heat therapy in infrared sauna	40	1,500
8.02	Heat therapy in Finnish sauna, massage with sauna whisk	40	6,000
8.03	Heat therapy in Finnish sauna	40	3,000
8.04	Heat therapy in phyto steam sauna	60	2,000
8.05	Heat therapy in hammam, 30 minutes	30	1,500
8.06	Heat therapy in hammam, 60 minutes	60	3,000
8.07	Cleansing program (in hammam): salt peeling, circular shower, soapy massage, hydrating massage with oil.	60	6,500
8.08	Cleansing & Mineralization program (in hammam): fluid salt peeling, circular shower, soapy massage, hydrating massage with Thallasso Bretagne body lotion.	60	6,500
8.09	Honey Cocktail program (in hammam): sea salt peeling, circular shower, honey massage, honey mask	30	3,500
<b>9. Hydromassage Baths</b>			
9.01	Hydromassage bath (standard program)		1,300
9.02	Pearl bath (sprayed salt, sea water)		1,500
9.03	Pearl bath (pine-needle extract)		1,500
9.04	Pearl bath (valerian-bromine extract)		1,500
<b>10. Body Wraps (additional service in Alpha capsule)</b>			
10.01	Body wrap on Vichy table with Seaweed gel mask	40	3,000
10.02	Body wrap on Vichy table with Detox with Fucus micronised mask	40	2,500
10.03	Body wrap on Vichy table with Seaweed and Green Clay micronised mask	40	2,500



Seq. #	Description	Duration, minutes	Amount, RUB
10.04	Body wrap on Vichy table with Anti-cellulite Emulsion with Red Seaweed	40	3,800
10.05	Body wrap on Vichy table with Green Tea gel mask	40	3,000
10.06	Body wrap on Vichy table with Cotton Extract micronised mask	40	3,000
10.07	Body wrap on Vichy table with Three Teas micronised mask	40	3,000
10.08	Body wrap on Vichy table with Boue Marine de Guerande creamy mask	40	2,500
10.09	Body wrap on Vichy table with Gold Champagne micronised mask	40	2,700
10.10	Body wrap on Vichy table with Chocolate or Cacao creamy mask	40	2,700
<b>11. Massage</b>			
11.01	Classic massage (full body massage), up to 100 kg	60	3,500
11.02	Classic massage (full body massage), over 100 kg	60	5,000
11.03	Visceral massage	60	5,000
11.04	Four-hand full body massage	60	7,000
11.05	Lymphatic drainage massage	60	4,000
11.06	Sports massage	60	4,000
11.07	Anti-cellulite massage	60	4,000
11.08	Relaxing massage	60	3,500
11.09	Upper/lower limbs massage	30	1,700
11.10	Back massage	30	1,800
11.11	Neck and collar massage	15	1,000
11.12	Face and décollete massage	20	1,500
11.13	Head massage	30	1,700
11.14	LPG lymphatic drainage massage	60	2,500
11.13	Pressure massage with Air Moon Pro 3 Silver	40	1,700
<b>12. Therapeutic Exercises</b>			
12.01	Therapeutic exercises (recreational swimming)	60	1,700
12.02	Therapeutic exercises (breathing exercises according to the Strelnikova method)	20	1,500
12.03	Therapeutic exercises (in gym, on your own)	60	1,700



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12.04	Personal workout in gym with therapeutic exercise specialist	60	3,500
<b>13. Water Treatments</b>			
13.01	Hydromassage (Charcot shower)	15	1,700
13.02	Circular hydromassage (circular shower)	3	900
13.03	Fan hydromassage (fan douche)	3	900
<b>14. Laboratory Tests</b>			
14.01	Complete blood count (including leukocyte count, platelets, ESR)	1	750
14.02	Test for blood type, Rh factor	1	800
14.03	Micronutrients in serum and venous blood, screening for potassium, sodium, chlorine, ionized calcium	1	3,580
14.04	coagulation profile: clotting time, prothrombin time ratio, INR (international normalized ratio), Quick's value, PTT, thrombin time, fibronigen, D-dimer	1	2,770
<b>Urine Examination</b>			
14.05	Common urine analysis with microscopic sediment examination	1	500
<b>Blood Biochemistry Profile</b>			
Lipid Metabolism			
14.06	Total cholesterol	1	300
14.07	Triglycerides	1	300
14.08	Lipid profile	1	1,100
14.09	Lipid metabolism: LDL cholesterol, HDL cholesterol, VLDL cholesterol, non-HDL cholesterol, atherogenic index	1	830
14.10	Creatine kinase	1	240
Carbohydrate Metabolism			
14.11	Blood glucose	1	400
14.12	Glucose tolerance test	1	1,500
Enzymes			
14.13	ALT	1	350
14.14	AST	1	350
14.15	GGT	1	450
14.16	Creatine kinase	1	400



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14.17	Alpha-amylase	1	450
14.18	Alkaline phosphatase	1	220
14.19	Lactate dehydrogenase	1	210
<b>Pigment Metabolism</b>			
14.20	Total bilirubin	1	350
14.21	Direct bilirubin	1	350
14.22	Indirect bilirubin	1	300
<b>Protein Metabolism</b>			
14.23	Total protein	1	300
14.24	Albumen	1	350
14.25	Globulins	1	250
14.26	Albumen-globulin ratio	1	200
<b>Markers of Kidney Function</b>			
14.27	Creatinine	1	400
14.28	Urea	1	420
14.29	Uric acid	1	450
<b>Inorganic Substances/ Electrolytes</b>			
14.30	Calcium	1	300
14.31	Iron	1	300
14.32	Magnesium	1	380
14.33	Phosphorus	1	300
<b>Inflammatory markers</b>			
14.34	C-reactive protein	1	500
<b>Microbiology Tests</b>			
14.34	Inoculation of microflora of ENT-oral secretions with determination of sensitivity to antibiotics and bacteriophages	1	735
14.35	Urine microflora inoculation with determination of sensitivity to antibiotics and bacteriophages	1	645
<b>Hormone Tests</b>			
<b>Thyroid Hormones</b>			
14.36	TSH	1	700
14.37	Free T4	1	750
14.38	Thyroid peroxidase antibodies (anti-TPO)	1	900



Seq. #	Description	Duration, minutes	Amount, RUB
<b>Sex Hormones</b>			
14.40	hCG (human chorionic gonadotropin)	1	750
<b>Tumor Markers</b>			
14.41	Cancer screening for women:	1	3,500
14.42	Alpha fetoprotein (AFP)	1	600
14.43	Carcinoembryonic antigen (CEA)	1	700
14.44	CA 19-9	1	750
14.45	CA 125	1	720
14.46	Ca 15-3	1	750
14.47	Cancer screening for men (total PSA included):	1	2,650
14.48	Alpha fetoprotein (AFP)	1	600
14.49	Carcinoembryonic antigen (CEA)	1	700
14.50	CA 19-9	1	750
14.51	Total prostate-specific antigen	1	600
14.52	Free prostate-specific antigen	1	650
<b>Immunology Tests</b>			
14.53	Hospital admission screening:	1	2,100
14.54	Antibody to HIV-1/ HIV-2	1	410
14.55	Hepatitis B virus antigen (HBsAg)	1	360
14.56	Hepatitis C virus antigen	1	370
14.57	Antibodies to total treponema pallidum	1	380
14.58	Antibodies to treponema pallidum IgG	1	400
14.59	Antibodies to treponema pallidum IgM	1	400
14.60	Antibodies to mycobacterium tuberculosis	1	580
14.61	Hospital admission express screening	1	700
<b>Microscopic Tests</b>			
14.62	Microscopic examination of female urogenital secretions, 2 localizations	1	800





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<b>15. Laundry Services</b>			
For men:			
18.01	Tie	1	400
18.02	Scarf	1	400
18.03	Jeans	1	550
18.04	Suit jacket	1	1,000
18.05	Pants	1	900
18.06	Pullover	1	800
18.07	Shirt	1	1,100
18.08	Suit	1	2,000
18.09	Coat	1	upon request
For women:			
18.10	Scarf	1	400
18.11	T-shirt	1	400
18.12	Vest	1	400
18.13	Shorts	1	500
18.14	Jeans	1	600
18.15	Skirt	1	900
18.16	Jacket	1	1,000
18.17	Pants	1	900
18.18	Pullover	1	800
18.19	Blouse	1	1,100
18.20	Coverall	1	1,100
18.21	Dress	1	1,000
18.22	Evening dress	1	2,100
18.23	Suit	1	700
18.24	Coat	1	upon request
<b>* Our laundry bears no responsibility for any changes in the material structure, shape, coloring, and fittings. In case of damage or loss of an item, the compensation cannot exceed five times the value of the service.</b>			



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<b>16. Additional Services</b>			
19.01	Boat trip along the Don River (available during navigation season)	60	8,500
19.02	"Starting Point of Rostov" tour	2 hours	4,500
19.03	"Starocherkasskaya – Jewel of the Donland" tour	4 hours	5,500
19.04	Rostov Museum of Railway Engineering	3 hours	2,100
19.05	"Rostov Zoo" guided tour	5 hours	3,100 - 4,200
19.06	Boat trip to Starocherkasskaya along the Don River (available during navigation season)	5 hours	14,000
19.07	Transfer Platov Airport – Chateau Wellness & Spa, max. four (4) persons		3,000