

RUSSIE BLANCHE



Paris

Treatments for Spas

Russie Blanche invites you to discover unique sensory experiences incorporating Russian therapies with French refinement and expertise. Russie Blanche offers a range of highly effective face and body rituals, where each treatment harnesses the powers of Russian adaptagenous plants. These precious ingredients help increase your body's natural ability to fight various daily aggressors and are also known to help cure and prevent many ailments. Used often by Olympic athletes and Russian astronauts ...and now the benefits are discovered through the prestigious Russie Blanche skincare.

FACIALS

Discover the purities of White Orchid, Siberian Ginseng and Siberian Golden Root blended with performance ingredients and pure essential oils of Pink Pepper Berry, Mandarin, Lemon, Patchouli and Geranium.

Each facial brings complete comfort to the skin whilst alleviating stresses, eliminating toxins and bringing renewed energy ...which you'll feel on the inside and see on the outside!

✿ "ANTI-AGEING CRANBERRY AND ROSE" FACIAL 1h30

Beginning with a regenerating, purifying cleanse and exfoliation, before the calming HydraRose elixir is massaged in, using specific anti-ageing techniques to deeply relax and smooth the facial features whilst stimulating and energising the sub-cutaneous tissue. A comforting Cranberry and Rose mask veils the skin allowing antioxidants and moisture to sink into the complexion. Completed with a latest cellular youth serum and cream incorporating patented ingredient to detoxify the cells and strengthen tissue regeneration along with an anti-ageing hyaluronic acid with liquorice. The complexion is left nourished, rejuvenated and smooth. Includes a back massage to bring inner-calm and relaxation.

✿ "PURITY AND RADIANCE" FACIAL 1h or 1h30

This facial focusses on purifying, refreshing and detoxifying the complexion. Beginning with a double-cleanse and tone to gently purify and soothe the skin. Then using a specific purifying treatment with Lavender and Ylang-Ylang alongside specific techniques to help balance sebum levels and bring radiance. A balancing mask with detoxifying green plant extracts comforts and softens the face before the latest cellular youth serum is applied to detox and strengthen the skins cells whilst leaving the complexion healthy and radiant. This facial is particular good with balancing the skin and refining the skins texture.

Also suitable for men. The 1h30 includes a back massage to de-stress and relax.

✿ "SIBÉRIAN PETALS®" FACIAL 1h or 1hr30

This Russie Blanche signature facial combines our signature ritual with customised skin care – harnessing the powers of the Siberian Petals, a cleanse followed by specific treatment of Rose, Black Orchid and Siberian Golden Root is applied using tailored techniques depending on skin type. The prescriptive face mask helps to bring immediate radiance and fresh sparkle to the complexion, whilst transporting you to the heart of Russia. When your skin feels below par and looks lacklustre, this facial is perfect for immediately brightening and revitalising for a more youthful appearance.

Also suitable for men. The 1h30 includes a back massage to de-stress and relax.

✿ "GLOWING EXPRESS" FACIAL 30 min

An express Russie Blanche skin care treatment. Your skin is left visibly brighter, smoother and revitalized. Also suitable for men.

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BODY RITUALS

To protect from severe winters, Russians have a secret: the “Banya”. This bathing tradition is at the very heart of Russian remedies which dates back over centuries and is known to remove tensions, negativity and offer a moment of complete relaxation.

Russie Blanche body rituals are a true invitation to rejuvenate body and spirit combining these techniques of Russian Rituals whilst harnessing the powerful cocktail of anti-stress ingredients with pure essential oils.

BODY Cleansing

✿ “BANYA” BATH RITUAL 30min

The Banya tradition dates back centuries and combines sources of heat with a special technique that uses herb infused branches to balance energy, stimulate blood circulation, remove negativity. A deeply detoxifying treatment for body and mind.

The experience should be completed with the Salt & Caviar Scrub and/or Detox wrap followed by a signature Russie Blanche Banya Massage (Banya Detox, Banya De-stress, Banya Hydrarose, Banya Comfort)

✿ “BANYA DETOX” “SALT CAVIAR” SCRUB 30min

The combination of Siberian Golden Root with 100 % pure and natural essential oils of Siberian Pine and Eucalyptus to deeply purify, tone and soften the skin.

BODY Slim, Firm & Detox

✿ “BANYA SLIM & DETOX” GREEN TEA, BIRCH & GINSENG WRAP 30min

A richly purifying detox wrap combining the powers of Siberian Ginseng, Birch and Green Tea. Rich in polyphenols and theanine, the body is enveloped whilst the recipe works to detoxify, tone and smooth the appearance of cellulite whilst also improving the overall silhouette. Can help weight loss (alongside a healthy diet and exercise program). We recommend the Banya bathing ritual + Detox Salt Caviar Scrub + Banya Detox massage for optimum slimming and toning benefits.

✿ “BANYA FIRM & DETOX” ANTI-AGING CRANBERRY WRAP 30min

A powerful skin-booster bursting with superfruit goodness for an anti-ageing and body-toning experience. A cranberry mask cocoons the body as the vitamin and anti-oxidant rich ingredients sink in whilst a relaxing scalp massage is performed. The treatment is completed with a massaging application of the latest, natural high-performance Firming Cream boasting a patent ingredient to lift and enhance the skin and caffeine concentrate to energise and cleanse which will help reshape your body. Beneficial for all skin types, but those suffering with breakouts, damaged, mature, tired or dull skin in particular will reap great results.

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BODY Massage

Russie Blanche massage rituals restore harmony of body and spirit, discover the benefits of various massage techniques inspired by traditional Russian Banya and French know-how. All massages work exceptionally in combination with the above Banya Rituals.

✿ “RUSSIE BLANCHE®” MASSAGE 1H30

An original fusion which combines the natural power of adaptogenous plants with 100% pure essentials oils to provide relaxation and energy, helping to also target any specific areas of concern.

✿ “BANYA DE-STRESS” MASSAGE 1h / 1h30

A deeply relaxing massage to help alleviate your body of stresses thanks to the Siberian Golden Root and 100% essentials oils of Ginger, Lavender, Bergamot and Vetiver. This powerful cocktail alongside specific massage techniques induce relaxation and relieve aches and tensions.

✿ “BANYA DETOX” MASSAGE 1h/1h30

A detoxifying tonic to boost the system and re-energise the soul. Using Siberian Golden Root and 100% essential oils of Juniper, Siberian Pine, Mandarin and Amyris provide alongside techniques to help remove impurities and re-energise.

✿ “BANYA HYDRAROSE” MASSAGE 1h/ 1h30

A relaxing, hydrating massage which helps soothe the skin whilst calming the mind. A blend of anti-stress Siberian Golden Root combined with 100% essentials oils of Rose and Camomile to leave a satin finish with skin radiating with beauty.

✿ “BANYA COMFORT” HOT OIL MASSAGE (unscented) 1h/ 1h30

A pure hot-oil massage with Macadamia, Jojoba and Siberian Golden Root, cocooning the body and muscles in warmth, with techniques to help release tensions, relax and soothe body and mind.

✿ “BANYA COMFORT” **FOR BUMPS** MASSAGE (unscented) 1h/ 1h30

A cocooning massage treatment to bring comfort and relaxation for mum-to-be.

We recommend combining various treatments for optimal benefits which can be prescribed to you to suit your individual needs.

A course of Russie Blanche Banya Massage will help increase the body's resistance to daily stresses and pressures to bring complete wellbeing to body and spirit.