



EQUILIBRIUM

SPA & FITNESS CLUB

CLUB MENU

E'quilibrium Spa & Fitness Club Philosophy

E'quilibrium Spa & Fitness Club is Tashkent's premier lifestyle club. Our vision is to help our guests reach a place of balance in their lives, to help them come into and enjoy the present moment, to bring them to their e'quilibrium.

We stand for high quality treatments, experienced professionals, impeccable service, and exclusive product lines.

Our menu and concept were specially developed by world renowned consultants Raison d'Etre Spas, and our staff have been trained by them, 111SKIN and Comfort Zone.

We genuinely believe in wellness and the benefits it creates for our physical, mental and emotional wellbeing. We are here to support our guests and provide them with tools for their longevity, beauty and health journey, all while enjoying an indulgent experience.

Welcome to E'quilibrium Spa & Fitness Club. Let us introduce our menu of services to you. Please feel free to consult with the reception staff, they will be able to navigate you and help you select the most fitting treatments for your current wishes and needs.

Our menu is full of Iconic treatments that the reception team will be very happy to guide you through. Once you have chosen your core treatment, you can either enjoy it as it is, or you can enhance it with our available add-ons.

ADD-ONS

To guide you through, here is a brief explanation of the add-ons. Please also feel free to ask our spa team to explain in more detail.

We wish you a rejuvenating and replenishing wellness experience with E'quilibrium Spa & Fitness Club.

LED Mask-Déesse is one of the leading LED mask producers worldwide. The red light transforms the skin on 0,5 millimetres and has powerful anti-aging, rejuvenating, recovery and scar healing benefits.

20 min

Normatec Boots lymph drainage boots that are great for post travelling, post work out recovery or combined with slimming and anti-cellulite treatments.

15 min | 30 min

Comfort Zone Eye Treat a multi-active rejuvenating eye area treatment to reduce puffiness and improve the appearance of fine lines and wrinkles.

Zero extra minutes (15 minutes if added to body treatments)

Cryo Globes used for a visible eye lifting and depuffing effect, these cold globes are perfect before an event or that special touch to any facial.

15 min

111SKIN Sheet masks get a glow with one of celebrity 111SKIN brightening sheet masks and anti-aging eye masks.

15 min

E'quilibrium

Exclusive Product Brands

We are proud to be the the first and only Spa in Uzbekistan to carry these premier product lines. 111SKIN coming from the United Kingdom and Comfort Zone from Italy. Both lines focus on result oriented and personalised treatments, for face and body.

111SKIN Skincare

Surgically inspired skincare for total skin confidence.

Developed by a world renowned plastic surgeon from London, Dr. Yannis Alexandrides, at the famous Harley clinic, the brand/111SKIN has stormed the world with result oriented beauty. Found in world premier locations, and now also available at E'quilibrium Spa & Fitness Club.

Comfort Zone

Comfort zone, an Italian product company, launched in 1996 by Dr. Davide Bollati, pharmacist and cosmetic chemist, combines a 25-year heritage in the spa industry with constant innovation. Our founder's vision, integrating science, performance, and sustainability, inspires our scientists, and our community of beauty and spa professionals around the world, who every day give life to regenerative experiences.

ICONIC MASSAGES

E'quilibrium Classic

60 | 90 min

A personalized Swedish deep tissue massage, that is ideal post workout or simply for deeper work on the body.

RESULT: grounded body and pain relief

ADD ON FOR BODY:

Hot Stone 20 min

ADD-ON FOR FACE:

- ✕ LED Face Mask 20 min
- ✕ 111SKIN Sheet Mask or Eye Masks 15 min
- ✕ 111SKIN Cryo Globes 15 min
- ✕ Comfort Zone Eye Treat 15 min

E'quilibrium Iconic

60 | 90 min

An Iconic treatment specially developed for E'quilibrium Spa & Fitness club. A signature fusion of Thai and Western massage techniques aimed to stretch, relax, rejuvenate and work on the tension in the body.

RESULT: grounded and relaxed body and mind, tension release

ADD ON FOR BODY:

Hot Stone 20 min

ADD-ON FOR FACE:

- ✕ LED Face Mask 20 min
- ✕ 111SKIN Sheet Mask or Eye Masks 15 min
- ✕ 111SKIN Cryo Globes 15 min
- ✕ Comfort Zone Eye Treat 15 min

ICONIC MASSAGES

E'quilibrium Mindful

60 | 90 min

A Swedish massage that is tailored for relaxation, grounding and enhancement of sleep.

RESULT: relaxed body and mind ready for a good night sleep

ADD ON FOR BODY:
Hot Stone 20 min

ADD-ON FOR FACE:

- ✕ LED Face Mask 20 min
- ✕ 111SKIN Sheet Mask or Eye Masks 15 min
- ✕ 111SKIN Cryo Globes 15 min
- ✕ Comfort Zone Eye Treat 15 min

E'quilibrium Balinese

60 | 90 min

Authentic Balinese Oil Massage done in an E'quilibrium style, using firm and gentle strokes, acupressure, stretching and aromatherapy.

RESULT: full body rejuvenation and relaxation

ADD ON FOR BODY:
Hot Stone 20 min

ADD-ON FOR FACE:

- ✕ LED Face Mask 20 min
- ✕ 111SKIN Sheet Mask or Eye Masks 15 min
- ✕ 111SKIN Cryo Globes 15 min
- ✕ Comfort Zone Eye Treat 15 min

ICONIC MASSAGES

E'quilibrium Hot Stone

60 | 90 min

A Swedish full body massage with the added indulgence of Hot Stone therapy on the body, creating a therapeutical and grounding effect.

RESULT: full body rejuvenation and relaxation

ADD-ON FOR FACE:

- ✕ LED Face Mask 20 min
- ✕ 111SKIN Sheet Mask or Eye Masks 15 min
- ✕ 111SKIN Cryo Globes 15 min
- ✕ Comfort Zone Eye Treat 15 min

BODY SCULPTING

E'quilibrium Iconic Sculpt

75 | 90 min

Iconic sculpting massage developed for E'quilibrium Spa & Fitness club. Focuses on active lymph drainage and targets stubborn fat reserves and cellulite areas.

CHOOSE YOUR METHOD:

Hands only | Cupping | Dry brushing

RESULT: released water retention and smoother skin appearance

ADD-ON FOR BODY:

Normatec Boots 15 min

ADD-ON FOR FACE:

- ✕ LED Face Mask 20 min
- ✕ 111SKIN Sheet Mask or Eye Masks 15 min
- ✕ 111SKIN Cryo Globes 15 min
- ✕ Comfort Zone Eye Treat 15 min

A course of treatments creates a build up effect and visible reduction of areas of concern.

Comfort Zone Sculpting Body Treatment

60 | 75 min (with anti cellulite add-on)

An Intensive remineralizing, remodelling and anti-cellulite treatment with an innovative body mud made up of Yellow clay from Brazil and Plankton extract. It promotes a lipolytic, sculpting and firming action.

RESULT: toned skin feeling and with multiple sessions a reduced appearance of cellulite and areas of concern

ADD-ON FOR BODY:

Normatec Boots 15 min

ADD-ON FOR FACE:

- ✕ LED Face Mask 20 min
- ✕ Comfort Zone Eye Treat 15 min

BODY SCULPTING

111SKIN Cryo Cellulite Treatment

60 min

Stimulating microcirculation and the lymphatic system to improve the appearance of cellulite, A quick fix treatment that combines our Cryo Globes and Pro Cellulite Gel to target clustered cells that require drainage.

RESULT: smooth, even, tighten

ADD-ON FOR BODY:

Normatec Boots 15 min

ADD-ON FOR FACE:

- ✕ LED Face Mask 20 min
- ✕ 111SKIN Sheet Mask or Eye Masks 15 min
- ✕ 111SKIN Cryo Globes 15 min

111SKIN Black Diamond Body Sculpt

60 min

Opulent and indulgent, this powerful body treatment delivers dramatic results from 111SKIN's Intensive range to shape, smooth and saturate the skin with nourishment. Lymphatic drainage is encouraged, and skin is firmed.

RESULT: lift, tighten, nourish

ADD-ON FOR BODY:

Normatec Boots 15 min

ADD-ON FOR FACE:

- ✕ LED Face Mask 20 min
- ✕ 111SKIN Sheet Mask or Eye Masks 15 min
- ✕ 111SKIN Cryo Globes 15 min

ICONIC FACIALS

111SKIN Celestial Black Diamond Non-Surgical Lift Facial

90 min

The most comprehensive anti-wrinkle facial, this luxurious experience harnesses 111SKIN's most potent collection—to encourage a youthful, sculpted and visibly firmer appearance.

RESULT: lift, firm, tighten

ADD-ON FOR FACE:

- ✕ LED Face Mask 20 min
- ✕ 111SKIN Cryo Globes 15 min

111SKIN The Signature Harley Street Facial

60 min

A high-performance facial formulated with powerful antioxidants to neutralize free radical damage, and to repair irritated skin. Harnesses the 111SKIN signature NAC Y2 complex –original Dramatic Healing Serum formula - to strengthen and restore the skin's lipid barrier and prevent further inflammation.

RESULT: restore, fortify, heal

ADD-ON FOR FACE:

- ✕ LED Face Mask 20 min
- ✕ 111SKIN Cryo Globes 15 min

ICONIC FACIALS

111SKIN Rose Gold Radiance Facial

90 min

This treatment combines powerful properties of restoration with the most innovative formulas to lift, firm and sculpt. Using a smoothing wand and rose quartz crystals massage, the treatment is designed to relax and soothe the mind while alleviating irritation and inflamed skin.

RESULT: smooth, sculpt, illuminate

Comfort Zone Hydramemory Facial

60 min

A deep hydrating, antioxidant facial treatment. It restores compactness, nourishment and luminosity. Contrasts dehydration and offers a unique and very pleasurable experience thanks to the specific mask application and the exclusive Comfort Touch Face Massage.

RESULT: nourish and hydrate

ADD-ON FOR FACE:

- ✕ LED Face Mask 20 min
- ✕ Comfort Zone Eye Treat

ICONIC FACIALS

Comfort Zone Ultra Glow Peel Facial

50 min

An intensive peel to promote an even and radiant complexion, bringing luminosity and uniformity. Deep renewal provides immediate cell turnover for an intense brightening effect. For uneven skin tone, hyperpigmentation and melasma to restore tone and radiance.

RESULT: peel, brighten, shine

ADD-ON FOR FACE:

✂ Comfort Zone eye treat

Comfort Zone Pro-Lift Facial

60 min

A firming, replumping anti-aging face and neck treatment. Combined with specific Kobido massage techniques, it restores fullness and redefines the volume of the face. Its specific action and effectiveness is achieved thanks to an innovative peel-off biphasic mask.

RESULT: lift and plum

ADD-ON FOR FACE:

✂ Comfort Zone eye treat

GENTLEMEN FACIALS

111SKIN Celestial Black Diamond Gentlemen Facial

60 | 90 min

Adjusted for gentlemen, a result oriented facial from the most premier celestial black diamond line of 111SKIN. Can be enhanced with any of the below add-ons.

RESULT: lift, firm

ADD-ON FOR FACE:

✂ LED Face Mask 20 min

✂ 111SKIN Cryo Globes 15 min

111SKIN The Signature Harley Street Gentlemen Facial

60 min

Developed by famous Dr. Yannis from the UK, this treatment is adjusted for gentlemen. Promotes skin longevity and health.

RESULT: restore, fortify, heal

ADD-ON FOR FACE:

✂ LED Face Mask 20 min

✂ 111SKIN Cryo Globes 15 min

E'QUILIBRIUM HAMMAM

Just Hammam

60 | 90 | 120 min

Private hire of E'quilibrium Iconic Hammam Space.
At your disposal is a luxurious hammam heat room.

You will get a Do-It-Yourself Kit with hair mask, face scrub + sheet mask, and body mask. All to be used during your visit.

OTHER:

The Hammam has an adjacent lounge area, where tea, drinks and light snacks will be available for order from Pure Café at an additional cost.

E'quilibrium Hammam Bathing

60 | 90 | 120 min

Traditional Turkish hammam journey with E'quilibrium touch.
Carried out in a private treatment area.

60 min: E'quilibrium Hammam - full body peeling with a traditional kese cloth, a soap foam massage, complimented by a body mask application

90 min: In addition to E'quilibrium Hammam, you will also enjoy a hair mask, scalp, hand and foot massage and a face sheet mask

120 min: Full experience with E'quilibrium Hammam, hair mask, scalp, hand and foot massage, face sheet mask, as well as a signature drink with a snack and extra time to enjoy the hammam and private area by yourself.

ADD-ON FOR FACE:

✕ 111SKIN Sheet Mask or Eye masks 15 min

KIDS AND MOM TO BE

Kid & I Massage

45 | 60 min

A perfect time for a parent and a child, Duo treatment carried out in the couples suite, with complementary juice and snacks from the bar.

Mommy to Be

60 | 90 min

Being pregnant is one of the most precious times of a woman's life.

Our Mommy to be body treatment is especially tailored for women during this precious time and is done with the utmost care, attention, safety and professionalism.

BIOHACKING

What is Biohacking?

Biohacking is an easy and natural way to hack a human body and trick it to perform better to achieve desired results and enhance overall performance and health.

With E'quilibrium Spa, we have several bio-hacking devices that we encourage our guests to use.

LED Face Mask Boost

20 min

Déesse is one of the leading LED mask producers worldwide. The red light transforms the skin on 0,5 millimeters and has powerful anti-aging, rejuvenating, recovery and scar healing effects.

Normatec Boots

15/30/45 min

Lymph drainage boots that are great for post travelling, post work out or combined with slimming and anti-cellulite treatments.

Venom Infra-red Light Back belt

20 min

Amplify the soothing power of heat with compression and vibration to melt away stress and tension on your core.

Hyper Volt Muscle Release Gun By Personal Trainer

20 min

This powerful device moves with you to give a portable percussion massage. Get the muscle relief you need so you can keep going.

Vyper Next Generation Foam Roller By Personal Trainer

20 min

The Vyper Go gets you ready to move. Warm up fast, recover right and unlock your tightest muscles.

ICONIC DAY

Whether you are looking to celebrate a special day, get ready for a wedding or simply fully switch off and treat yourself, our custom Iconic Days are here for you.

Available for just yourself or to enjoy with a loved one in the couples treatment suite.

Fully customisable, this is what an E'quilibrium Iconic day could look like for you:

- ✂ Hammam Treatment and Steam, followed by a warming tea and light snack
- ✂ Iconic E'quilibrium Massage
- ✂ Facial of your choice from premium 111SKIN or Comfort Zone with LED Red Light Face Mask Boost
- ✂ Relaxing time in the spa with a signature drink

E'quilibrium Spa & Fitness Club is also open to guests that would just like to use the facilities. A day pass can be purchased at the reception or booked via the telephone. Advance bookings are essential.

✂ Day Pass Adult

✂ Day Pass Child

SPA SUITE

Imagine your own private spa suite complete with Hammam, Steam room, Sauna and Jacuzzi.

Choose whatever treatment you like and for how ever long you wish to stay in the spa suite for. We are happy to customise your experience, complete with some delicious food and beverages from the Pure Café.

Spoil yourself... you deserve it!

COUPLES SUITE

Any of our treatments can be booked to enjoy together in a couple's treatment suite with a Jacuzzi.

A perfect gift to a loved one, family and friends.

How to Spa:

Opening Hours

Spa treatments are available from 10:00am to 9:00pm.

Fitness Center is open from 06:00am to 10:00pm. This includes the changing rooms and wet areas. Hotel guests can access the fitness center 24 hours a day by using their hotel room card at the fitness center entry.

Swimming Pool is open from 07:00am to 10:00pm

Reservations

To book a treatment, please use the Wellness direct dial button on your hotel room phone, call Spa Reception on +998 55 504 44 45 or email us at tasat.wellness@ihg.com. A valid credit card is required to hold your reservation. All prices are quoted in Uzbek Soum and subject to change without prior notice.

Pre-arrival

Appointments begin promptly at the time scheduled. If you arrive late, depending on availability, your appointment might be shortened so that the therapist will be on time for their next session. Thus, please kindly arrive 15 minutes prior to your reserved treatment time to fully enjoy your pre-treatment experience.

To enjoy our sauna, steam and relaxation areas prior to your treatment, we recommend arriving 30 minutes before your treatment time.

Personal Belongings

For Spa Treatments a locker is provided for all the guests in our gender separated changing areas. However, we recommend you leave all valuables at home or in your hotel room safe, as we cannot be held responsible for loss of personal items.

Health Considerations

For your utmost comfort, please kindly advise us upon booking if you have any allergies, ailments or disabilities, especially if you have high blood pressure or if you are pregnant. Our spa receptionists will gladly advise you on which treatments best suit your need. In order for us to make an appropriate recommendation, please kindly complete the spa consultation form. We strongly recommend to avoid alcoholic beverages before, during or directly after any treatments.

Tranquillity

We respectfully try to keep the Spa as tranquil and relaxing as possible for all of our guests. Please kindly refrain from making loud noises, smoking, or using mobile phones when in the spa.

Children

We advise that children under 16 years old must be accompanied by a parent or guardian when visiting the spa.

Cancellation

Please be advised that we have a 24 hour cancellation policy. We require that you notify us of any changes or cancellations 24 hours prior to your scheduled appointment time to avoid 50% of cancellation charge. For any cancellations with less than 2 hours notice or no-shows, the full value of reserved spa service will be applied.

Tax and service charges

Please note that our prices are inclusive of service charge and VAT. Additional gratuities are welcome and subject to your discretion.

