
WYNDHAM®
RESIDENCES
Aqkol
MENTAL WELLNESS CENTER
A Premium Bath & Wellness Retreat
110 km from Astana

Welcome to a unique oasis of tranquility and harmony, nestled within the grounds of Wyndham Residences Aqkol, surrounded by majestic pine forests, where the crisp fresh air and the peaceful silence of nature become an integral part of your restorative journey.

Шығыс

- Panoramic steam room
- Outdoor soaking tubs
- Tea ceremony lounge
- Vinyl music experience
- Private terrace

Батыс

- Panoramic steam room
- Outdoor soaking tubs
- Relaxation lounge with traditional daybed
- Hanging relaxation cocoon
- Private terrace



SIGNATURE WELLNESS COLLECTION

Each program is a thoughtfully designed ritual that combines the expertise of our wellness masters, the wisdom of ancient bathing traditions, and modern health practices developed in collaboration with the Institute of Integrative Medicine, creating a holistic experience for your health, balance, and inner harmony.

Express Steam Ritual | 30 min

- Gentle oak whisk steam ritual
- Cold water immersion
- Herbal tea ceremony with natural honey

35,000 KZT per guest

Renewal | 2.5 hours

- Gentle oak whisk steam ritual
- Deep Cleansing body exfoliation
- Classic full-body massage (60 minutes)
- Herbal tea ceremony with natural honey

80,000 KZT per guest

SOUL THERAPY

- Deep warming session in the steam room
- Intensive oak whisk steam ritual
- Cold plunge immersion
- Muscle relaxation in a traditional Japanese Furako bath
- Herbal tea ceremony with herbal tea and fresh lemon

160,000 KZT | 2 hours | For 2 guest

180,000 KZT | 2 hours | For 2 guest

Additional Information

- *Children under 15 years — 25,000 KZT (including steam ritual)*
- *Additional adult guest — 50,000 KZT (including steam ritual)*
- *Children under 5 years — Complimentary (without steam ritual)*

BALANCE OF THE FOUR ELEMENTS

- Introduction to the philosophy behind the program
- Oak whisk steam ritual
- Cold plunge immersion
- Relaxation in a traditional Japanese Furako bath
- Sugar body scrub
- Relaxing body wrap
- Aromatherapy ritual and meditation accompanied by the sounds of nature
- Breathing practice to calm the mind
- Quiet relaxation with herbal tea

250,000 KZT | 3 hours | For 2 guests

BATH DAY *For groups of 4–10 guests*

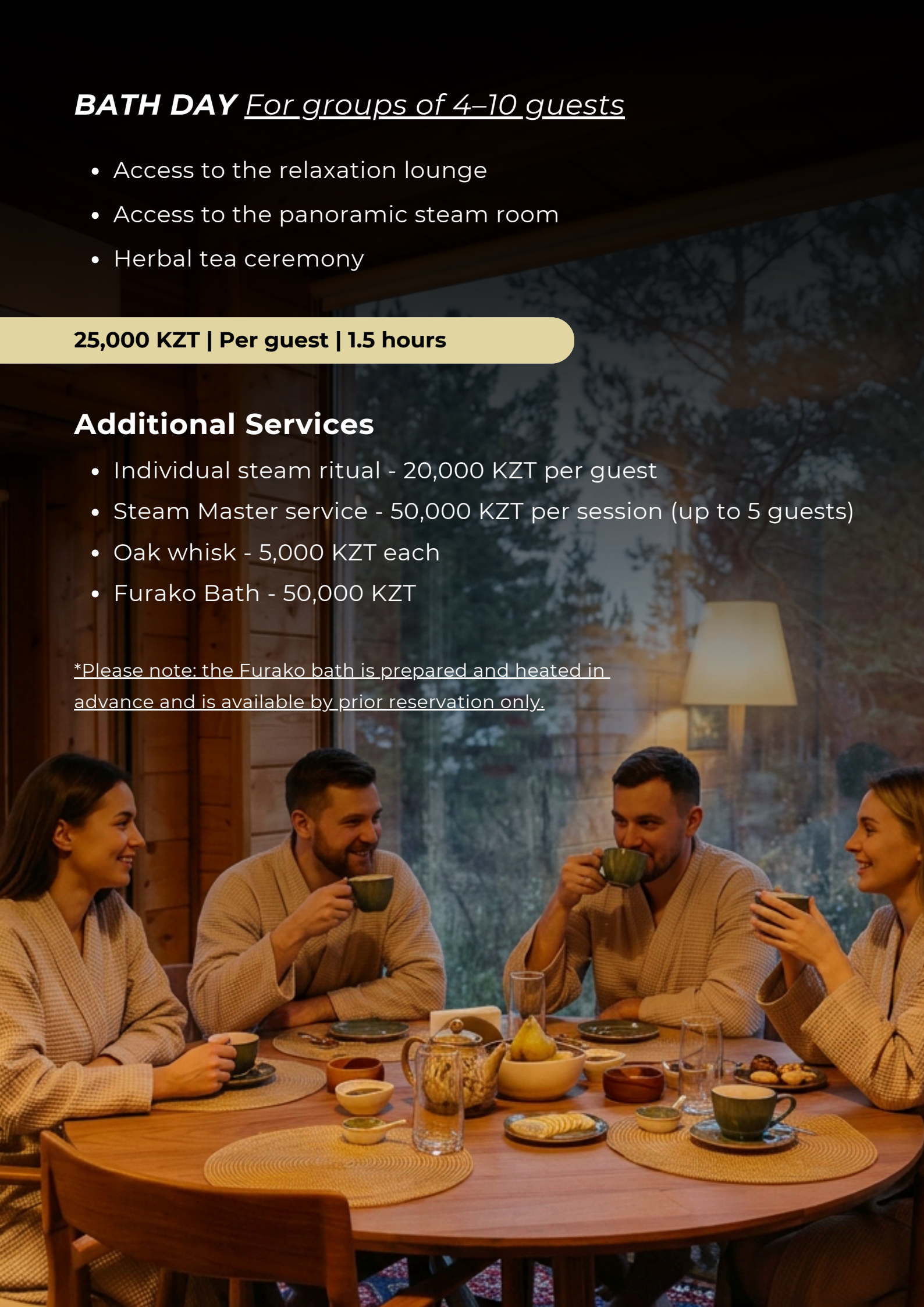
- Access to the relaxation lounge
- Access to the panoramic steam room
- Herbal tea ceremony

25,000 KZT | Per guest | 1.5 hours

Additional Services

- Individual steam ritual - 20,000 KZT per guest
- Steam Master service - 50,000 KZT per session (up to 5 guests)
- Oak whisk - 5,000 KZT each
- Furako Bath - 50,000 KZT

*Please note: the Furako bath is prepared and heated in advance and is available by prior reservation only.



FOR LARGE GROUPS From 10 guests

- Exclusive use of both bath suites
- Deep warming session in the steam room
- Intensive oak whisk steam ritual
- Cold plunge immersion
- Relaxation in a traditional Japanese Furako bath
- Herbal tea ceremony with herbal tea and lemon

600,000 KZT | 2 hours | Up to 10 guests



EXCLUSIVE | 1-Day

Treat yourself to 24 hours of complete tranquility and personalized care. The Exclusive program is designed to help you disconnect from the demands of everyday life, restore your energy, and regain inner harmony. Enjoy exclusive access to both wellness bath suites, where every detail has been thoughtfully created to ensure your comfort and relaxation.

Check-in: 14:00 **Check-out:** 14:00

- Guided walk through the forest trails with a meditation session on the hilltop
- Two deep warming sessions in the steam room
- Intensive oak whisk steam ritual
- Cold plunge immersion
- Muscle relaxation in a traditional Japanese Furako bath
- Aromatherapy with essential oils, Himalayan salt, and menthol
- Refreshing steam ritual
- Herbal tea ceremony with herbal tea and fresh lemon
- Romantic fireside dinner
- Overnight stay in the Mental Wellness Center on a traditional relaxation daybed
- Breathing exercises based on the A.N. Strelnikova method
- Farm-to-table breakfast
- Stress level assessment using the Lotos diagnostic system

1,000,000 KZT | 24 hours | For 2 guests

SPA SERVICES

Body Scrub

Berry | Sugar Brownie | Coffee | Cedar

20,000 KZT

Charme d'Orient® Deep Cleansing Ritual (Body Peel)

30,000 KZT

Royal Antler SPA Ritual

A luxurious full-body ritual combining cleansing, nourishment, and deep relaxation using premium antler-based wellness products
Body scrub | Body wrap | Nourishing body lotion

35,000 KZT | 60 minutes

Berry SPA Delight

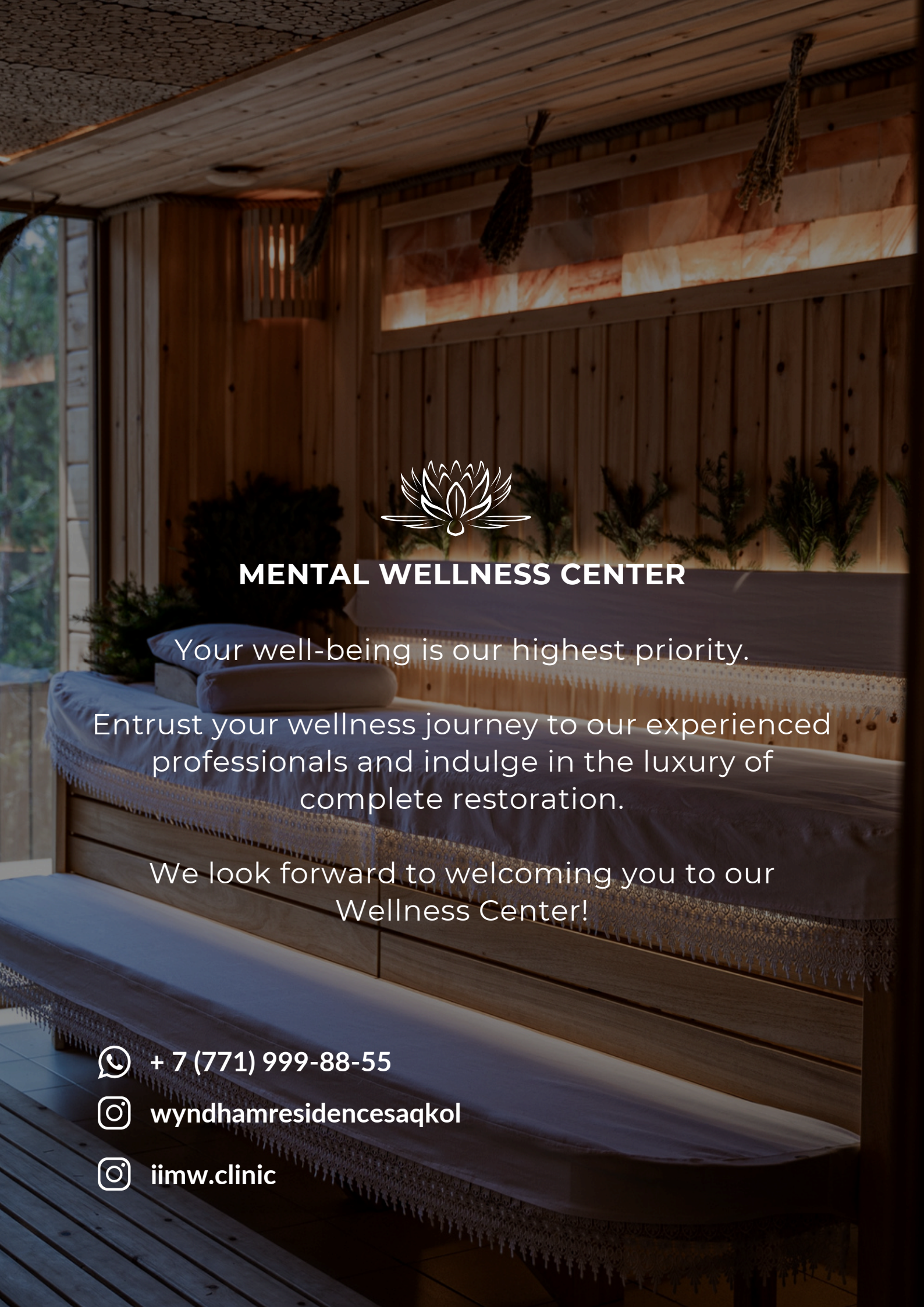
An intensive moisturizing and antioxidant body treatment enriched with natural botanical extracts and finely milled antler powder
Body scrub | Body wrap | Nourishing body lotion

35,000 KZT | 60 minutes

Power of Cedar

A restorative wellness ritual designed to gently cleanse the body, relieve stress, and restore a lasting sense of lightness and harmon
Body scrub | Body wrap | Nourishing body lotion

35,000 KZT | 60 minutes



MENTAL WELLNESS CENTER

Your well-being is our highest priority.

Entrust your wellness journey to our experienced professionals and indulge in the luxury of complete restoration.

We look forward to welcoming you to our Wellness Center!

+ 7 (771) 999-88-55

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