

**The main types of treatment included in the sanatorium-resort voucher**

**The complex and list of procedures prescribed by the attending physician depending on the diagnosis**

**Suggested treatments**

- 1. Hydrotherapy** (Mineral bath, Charcot's shower, Circulating shower, rising shower or whirlpool baths for limbs, hot-and-cold baths)
- 2. Mud therapy** (mud baths or applications according to indications, tampons, masks, galvanic mud)
- 3. Physiotherapy** - electrophoresis, laser therapy, magnetotherapy, amplipulse, ultrasound, ultraviolet radiation, etc. (one or two types of instrumental physiotherapy are prescribed depending on the diagnosis)
- 4. Ozokerite therapy** (one or two treatment areas according to indications)
- 5. Mineral Water Irrigation** (washing the intestines, gall bladder, liver, irrigation of gums, esophagus, nasal mucosa, gynecological irrigation)
- 6. Inhalation** of herbal or mineral water
- 7. Physiotherapy exercises** (according to indications)
- 8. Swimming pool**

**Optional PAID MEDICAL procedures**

Name of procedure	Unit	Cost (KZT)	Cabinet
Jacuzzi	1 proc.	300	2-14
Pressure therapy	30 min	1000	2-21
Vacuum massage with Starvac apparatus	from 20 min to 1 hour	from 1000 to 3000	2-9
Cryocosmetology	1 proc.	2000	3-20
Underwater shower massage	1 proc.	500	3-19
Antler baths	1 proc.	2000	3-19
Iodine-bromine baths	1 proc.	1000	3-19
Selenium baths	1 proc.	1000	3-19
Turpentine baths	1 proc.	1000	2-15
Infrared sauna	1 proc.	1000	3-15
Antler fillings (microclysters) male, female	1 proc.	600	2-9
Bowel cleansing with Amok apparatus	1 proc.	2000-2500	2-13
Honey Wrap	1 proc.	3000	2-13
Chocolate wrap	1 proc.	3000	2-13
Herbal Wrap	1 proc.	2000	2-13
Fitovanna (oats, chamomile)	1 proc.	1000	1 floor
Phyto barrel	1 proc.	1000	1-4
Salt mine (speleotherapy)	1 proc. - 30 min	500, children under 12 y.o. 250	1 fl. - 6
Bubble bath	10 min	700	3-19
Dry carbon baths	15 min	700	3-12
Manual therapy	1 proc.	5000	2-12 2-2
Acupuncture	1 proc.	1500	2-2
Holotropic breathing	1 proc.	3000	2-2
Psychological counseling	1 session	5000	2-2
Blood sugar test	1 proc.	400	treatment room
Ultrasound scan: -Thyroid gland -Prostate -Bladder Abdominal cavity (liver, kidney, pancreas)	1 zone (1 organ)	1000 1000 2500	2-4
ECG	1 proc.	800	treatment room
Intraocular measurement pressure	1 proc.	500	3-15
Nordic Walking		300	

“CONFIRM:  
General Director of the “Sosnovy bor” Sanatorium”  
LLP  
Aubakirov D. A.  
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**Massotherapy**

Service list	Adults		Children	
	Cost	Min	Cost	Min
Head massage	800	10	600	8
Cervical collar massage	800	10	600	8
Thoracic Massage	800	10	600	8
Lumbar Massage	800	10	600	8
Back massage	1500	18	1500	12
Massage of the back and cervical collar	2000	25	1500	20
Upper limb massage	1500	18	1000	12
Lower limb massage	2000	25	1500	15
Tummy massage	800	10	600	8
Joint massage (2 of the same name)	800	10		
Hip Massage (1 Joint)	800	10		
General massage	6000	60	4000	40
SPA-Massage				
Neurosedative Massage (Spanish)	2000	25		
Chinese acupressure foot massage	2000	25		
Imperial wash	8000	80		
Soapy (bath) massage	6000	60		

Paid procedures are paid at the cash desk of the sanatorium on the 1st floor of the central hall near the front office

For classic massage for children up to 12 years old and participants of G.P.W. - 20% discount

A pump room with mineral water is located on the 1st floor of the medical building.

The amount of water and the course of taking mineral water is prescribed by the attending physician.

Treatment room  
Emergency medical assistance is provided. Works around the clock. Located on the 1st floor of a 7-story housing