

**List of health resort services  
at “Sosnovy Bor” Sanatorium LLP  
included in the package**

	<b>Doctors appointments and consultations</b>
	<b>HYDROTHERAPY</b>
<b>1</b>	Mineral baths
<b>2</b>	Pump room with mineral drinking water
<b>3</b>	Contrast baths
<b>4</b>	Whirlpool baths
<b>5</b>	Inhalation with mineral water
<b>6</b>	Swimming pool
<b>7</b>	Shower rostrum: <ul style="list-style-type: none"> <li>✓ Charcot's shower</li> <li>✓ circular shower</li> <li>✓ rising shower</li> </ul>
<b>8</b>	Irrigation with mineral water: <ul style="list-style-type: none"> <li>✓ gums</li> <li>✓ esophagus</li> <li>✓ nasal mucosa</li> <li>✓ gynecological</li> </ul>
<b>9</b>	Rinsing with mineral water: <ul style="list-style-type: none"> <li>✓ intestines</li> <li>✓ stomach</li> <li>✓ liver</li> <li>✓ microclysters (mineral, herbal, oil)</li> </ul>
	<b>MUD THERAPY</b>
<b>10</b>	Mud baths
<b>11</b>	Mud applications
<b>12</b>	Mud masks
<b>13</b>	Mud tampons
	<b>OZOKERITOTHERAPY</b>
<b>14</b>	Ozokerite applications
	<b>PHYSIOTHERAPY</b>
<b>15</b>	Galvanotherapy (electrophoresis, galvanic mud, galvanic collar on Shcherbak)
<b>16</b>	Phototherapy (UV irradiation, Infrared light, laser therapy)
<b>17</b>	Magnetotherapy
<b>18</b>	Amplipulse
<b>19</b>	Ultrasound therapy
<b>20</b>	Oxygentherapy
<b>21</b>	Herbal and medicinal inhalations
<b>22</b>	Hardware physiotherapy
<b>23</b>	D'Arsonval therapy
<b>24</b>	ILBI (intravenous laser blood irradiation)
	<b>PHYSICAL THERAPY</b>

**List of fee-based health resort services  
at “Sosnovy Bor” Sanatorium LLP**

<b>Procedure name</b>	<b>unit</b>	<b>price (KZT)</b>
<b>Additional procedures</b>		
Salt mine (speleotherapy)	1 procedure	500 for adults, 250 for children under 12
Antler fillings (microclysters)	1 procedure	600
Intestinal cleansing with the Amok device	1 procedure	3500
Gallbladder cleanse	1 procedure	1000
<b>Non-traditional methods of treatment</b>		
Hirudotherapy	1 procedure	1000
Hands-on physical therapy	1 procedure	6000
Needle therapy	1 procedure	2000
Holotropic breathwork	1 procedure	3000
<b>SPA procedures</b>		
Vacuum massage	1 procedure	500-300 (zones)
Pressure therapy	1 procedure	500
Jacuzzi	1 procedure	500
Underwater shower-massage	1 procedure	500
Antler baths	1 procedure	4000
Iodine-bromine baths	1 procedure	1000
Selenium baths	1 procedure	1000
Turpentine baths	1 procedure	1000
Infrared sauna	1 procedure	1000
Honey wrapping	1 procedure	3000
Chocolate wrapping	1 procedure	3000
Herbal wrapping	1 procedure	2000
Phytobath with oats	1 procedure	1000
Phytobarrel (herbal, oil)	1 procedure	1000
Pearl bath	1 procedure	800
Dry carbon dioxide baths	1 procedure	700
Gallbladder cleanse	1 procedure	1000
Baths with the drug Gomelen	1 procedure	2000
Cryocosmetology	1 procedure	2000
<b>Diagnostics</b>		
Blood sugar test	1 procedure	400
ECG	1 procedure	800
Measurement of intraocular pressure	1 procedure	500
U/S: - Thyroid gland - Prostate - Bladder - Kidneys - Abdominal cavity (liver, pancreas, gallbladder, spleen)	1 zone	1500 1500 1500 1500 3500

<b>MASSAGE THERAPY</b>				
<b>Name</b>	<b>Adults</b>		<b>Children</b>	
	price	min	price	min
Head massage	1000	10	800	8
Neck and collar zone massage	1000	10	800	8
Thoracic massage	1000	10	800	8
Lumbar massage	1000	10	800	8
Back massage	2000	20	1600	15
Back and neck and collar zone massage	3000	30	2400	25
Upper limb massage	2000	20	1600	15
Lower limb massage	3000	30	2400	25
Abdominal massage	1000	10	800	8
Joint massage (2 homonymous)	1000	10	800	8
Hip joint massage (1 joint)	1000	10	800	8
Full body massage	8000	60	6400	40
<b>SPA massage</b>				
Neurosedative massage (Spanish)	3000	25		
Chinese foot point massage	3000	25		
Royal wash	10000	80		
Stone massage	5000	30		
Honey massage	4000	30		

**There is a treatment for emergency medical care around the clock.**