

Around Town



Arsan Baths

Telephone: 8702 390 10 10

Location: 78 Tulebayeva

Hours: Monday– Sunday: 8:00 a.m. – 10:00 p.m.

Prices: : 8:00– 16:00-1,200 KZT/hour; after 16:00– 1,800 KZT/hour

Visit to Arasan Banya

If winter is chilling you to the bone, if you need a little help unclogging your sinuses, or if you just long for a spa day, check out [Arasan Baths](#). Here you can relax, warm up, and travel from Turkish hamam to Russian banya to Finish sauna all under one roof.

Need to bring: You can rent everything you need at the baths but you may want to bring your own towel, head wrap, and bath time favorites (shampoo, soap, scrub brush, rubber ducky). Flip flops or slippers are essential to protect your bare feet from the very hot marble and wooden floors. Bathing costumes are optional—some wear only the bottom half and most go without a stitch.

What to do: Start with a shower before moving onto the steam and dry sauna rooms. Spend as much time sitting as you like (or you can stand) in each room. When you need a cool down, head to the plunge pool or pull the rope in one of the shower stalls containing large buckets of cold water. Then do it all over again. If you feel very brave, opt for a massage or scrub or a traditional flogging with birch tree branches. Supposedly it stimulates circulation and releases toxins if you can make it past the pain.

How it works: Pay for what you know you want when you enter—maybe an hour or two in the baths and any slipper rental or massage services. You'll be given a numbered plastic bracelet that corresponds to a locker to secure your belongings. Men head to the right, women to the left. If you need to add more time, tack on a massage or other spa service, or grab some borscht and beer at the bar/café (there is just such a place both in the lobby and within the bath complex), just show your bracelet and it will be charged to your bill. You pay your balance upon exiting. Most of the posted instructions are in English as well as in Russian and Kazakh, making the Arasan Baths a very low stress cross-cultural experience as well as the perfect option for warming up during a cold winter.

Submitted by Tiffany Devoy