

Beauty formula 12+ EXCLUSIVEFORMATPREMIERE

license territory:

tags: **for women, beauty and health, fashion and style, cognitive, travels, show**

genre: **beauty and health, Fashion & Style, cognitive, travels,**

seasons	min	episodes	year
Season 1	48	3	2019

About

The host of the project, Elena Flying, sets out on the hunt for true Beauty. She will visit the main beauty capitals of the world, visit the most beautiful tribes and nationalities of the planet, communicate with the most beautiful people from all over the world in order to derive a universal formula for beauty. Each nation has its own canons of beauty. We will study and compare them all, find out with what procedures people in different parts of the world maintain their attractiveness, what unusual cosmetics they use, what exercises they do, how they dress and how they behave in order to be considered the standards of beauty.

Free out ⁺ **FORMAT**

tags: **for girls, for teens, beauty and health, fashion and style**

genre: **beauty and health, Fashion & Style,**

seasons	min	episodes	year
Season 1	24	40	2018

About

Free Out t is a project where the slyest fashionistas of Russia try to deceive true fashion experts. Each episode features three popular stylists and three players. The players have to assemble two nice looks so that none of the stylists can guess their actual price. After demonstration of each look, the stylists will say how much they think the look costs. The player will get the amount of points equaling the difference between the price given by the stylist and the actual price of the look. In the finale the participant with the most points will get a look from the stylist who lost for free.

WEDDING SIZE 16+ SUPER HIT

tags: **for women, woman, life stories, love, relations**

genre: **relationship, beauty and health**

seasons	min	episodes	year
1 season	48	20	2015
2 season	48	20	2016

About

Reality show about family weight loss releases its 2nd season! The participants are the family couples that amassed dozens of kilos during their family lives. To help the participants to get closer to their goal the dream team of singer Anita Tsoi, fitness expert Edward Kanevskiy and dietitian Ksenia Selezneva will join their efforts. So how much weighs the true love?

Active life diary 12+

license territory:

tags: **health and beauty, sport**

genre: **beauty and health**

seasons	min	episodes	year
Season 1	22	16	2018

About

Life is movement. The hosts of the program, Anna Frolovtseva and Larisa Verbitskaya, will tell viewers how to make life easier by doing the usual housework in the apartment or at the cottage. How to feel a burst of strength and energy, how to achieve good health and physical fitness, performing a few simple exercises every day.

AN IDEAL COUPLE 12+

tags: **fashion and style, relations, psychology**
genre: **relationship, beauty and health, Fashion & Style**

seasons	min	episodes	year
Exclusive			
Promo			
1 season	24	20	2014

About

The show is for model couples and those, who try to learn the ropes of ideal relationships! Absolute harmony and love till the last breath are under a threat. An important event is ahead, but the couple's opinions differ wildly in the issues of the outfit. The collision of their interests is threatening to turn into a catastrophe! What is to choose: comfort or good looks? Who to listen to: yourself or your man? Elena Kuletskaya, the host of the show *An Ideal Couple*, knows how to find a compromise between man's desires and woman's habits. The top model, who used to work in the global fashion capitals, is an expert both in fashion trends and the psychology of relationships. A couple comes to the show before an important event. The heroes have 24 minutes to select 4 looks (two are selected by the girl and the other two- by her boyfriend) and decide, which one is the best. All the secrets of ideal couples will be revealed. But will the compromises be found? What will win: love

Beauty angels 16+

tags: **for women, beauty and health, fashion and style, lifestyle, makeover**

genre: **beauty and health, Fashion & Style**

seasons	min	episodes	year
Exclusive			
Promo			
1 season	24	20	2014

About

Charming TV-host Avrora, designer Constantine Gaiday and a whole team of stylists will teach the participants of the show to find time for themselves in between their job and household routines. Our dream team will help them dress with elegance and admire their mirror reflection again. True stories, life hacks and tips and the most amazing make-overs of desperate people.

BEAUTY DEMANDS! 16+

tags: **beauty and health, fashion and style, lifestyle, makeover**

genre: **beauty and health, Fashion & Style**

seasons	min	episodes	year
Promo			
1 season	49	13	2011
2 season	49	33	2012
3 season	49	7	2013

About

Women always want to charm, catch men's admiring looks and just feel pretty! But sometimes your ideas of the beauty differ wildly from the public opinion. The stylist and designer Timur Guchkayev, hosting the show *Beauty Demands!*, will give tips how to turn into a lively, stunning and confident woman hands down. He will teach you how to improve your figure with the help of underwear and clothes, how to match colours, textures and shapes to make killing looks. The show *Beauty Demands!* will prove that being beautiful is simple! Clothes can change you: hide minuses and stress pluses. Changes, taking place with the project participants, serve an excellent impetus for the women's audience to change themselves and start

BEAUTY JURY 16+

tags: **for women, fashion and style, psychology, style**

genre: **beauty and health**

seasons	min	episodes	year
Exclusive			
Promo			
1 season	49	20	2014
2 season	49	20	2015

About

A fashion show changing your life for the better! Ruthless critics, an experienced psychologist, a miraculous stylist and a top-notch host Evelina Blyodans have all gathered in a fashion show. Beauty Jury will pull you out of any depression, make you put yourself into perspective, freak out and leave all your uncertainties and worries behind to start a new life as a beauty! Nine critics will judge a participant and send her to fashion corrective work. Gorgeous Evelina Blyodans knows how to look to get in spotlight and delight everyone around. The actress, singer and TV host has no rivals in creating glamorous eye-catching images; she will head the fashion trial and inspire the participants to make great changes for the better! At the end of the show the nine jury will judge the participant once again and give their new ver

BEAUTY STANDARDS 16+

tags: **actresses, age, for women, cosmetics, beauty and health**

genre: **biography, documentary, beauty and health**

seasons	min	episodes	year
1 episode	47	1	2014

About

BEAUTY STANDARDS Women want to be pretty in all countries and at all times. Admit it: it's always pleasant to look at a pretty girl. When a girl is pretty, she feels more confident: men want her, admire her, dedicate their poems to her, move mountains and go to the world's end to fight dragons and find new continents for her. Though beauty standards changed with years, their basic principle is still the same. However, why do we hear an expression "beauty victim" more and more often today? Why does the number of girls, who have plastic surgeries and drive themselves to anorexia, is increasing? Why do sociologists claim that the main reason of modern girls' low self-esteem is linked to their looks? Why does beauty bring no joy today, but huge problems and nervous breakdowns? And what is beauty?

BEAUTY TO ORDER 0+

tags: **beauty and health, fashion and style, lifestyle, makeover**

genre: **beauty and health, Fashion & Style**

seasons	min	episodes	year
Promo			
Exclusive			
1 season	49	8	2012
2 season	49	8	2013

About

BEAUTY TO ORDER Do you have a couple of extra kilos, don't follow fashion strictly, but dress yourself to your taste and money? However, on the day of the important event you must look stunning, for example, to satisfy face control in a luxury fashion club. Then the entertainment show Beauty to Order is for you! It's a kind of fashion forum describing new developments in the field of cosmetology and weight loss. It's vital for any young woman to win over her weakness to be more confident. The participants of the show include young women up to 35 who are determined to change their looks to certain events in their lives. The host of the show Victoria Bonya and her team of dieticians, cosmetologists, fitness coaches will teach women walk sexy, dance cool and dress in a g

BEAUTY WEEK 16+

tags: **for women, beauty and health, lifestyle, confessions, psychology**

genre: **beauty and health**

seasons	min	episodes	year
1 season	49	18	2010

About

Yana Laputina can maintain talk with any guests. She is well versed in psychology, knows lots of lady s tricks which help women stay pretty, charming and attractive at any time and age. Yana knows all the details, underwater stones and advantages of plastic surgery, new methods of beauty care for your body and face. That s why Yana hosts the show Beauty Week . The show is based on the principle of a ladies club, where women can discuss any, even the most intimate, questions they didn t dare to ask: How can you stay young longer without operations? What does the beauty industry offer for modern women? Why is it difficult to lose weight? How can you get sexua

In 24 Hours¹⁶⁺

tags: **glamour, beauty and health, fashion and style, lifestyle, makeover, style**

genre: **beauty and health, Fashion & Style**

seasons	min	episodes	year
Season 1	49	125	2013-2016
Season 2	48	55	2017
Season 3	48	54	2018

About

FASHION MAKEOVER SHOW How much time does a woman need to turn into a beauty? Any man who has ever waited for his girlfriend, sitting in front of the mirror, knows the answer: Just ten more minutes . Alexander Rogov, the host of a new reality-show, is ready to bet that he can completely change a girl s image just for 24 hours and not a minute more! Each heroine of the show has a particular goal for the sake of which she is ready to change. It may be a date with an ex- or next boyfriend, an important job interview, a wedding anniversary, a classmates get together or a birthday party. It doesn't matter what event the girl is preparing to, the main thing is that she really wants to change for it. It's enough for the team of top professionals in the fashion and beauty industry to create a killer look for the girl just for

MY OWN TRUTH 16+

tags: **for women, psychology, family**

genre: **beauty and health**

seasons	min	episodes	year
1 season	49	16	2010

About

People get in lots of tricky situations, especially women. Their primary mission is to have families and children. However, today this notion has significantly transformed. Lots of women find it more exciting to make careers than to have children. When they turn forty, they realize that they have nothing but work, so they often risk and try to have babies. The documentary series *My Own Truth* reveals the secrets of late maternity and helps women overcome divorces and learn about unequal marriages. *My Own Truth* will answer all the questions teasing women! Can you have a baby at forty? Will your baby be healthy? Does such pregnancy have risk for mother's health? What it's like being a single mother, because lots of women have babies without getting married? Does your baby need a father, even if he's a step-father? Is it difficult for you to find a decent man or do you believe, that your family needs no man? Pretty well-off women become single mothers, though they have lots of admirers. Aren't they abl

On health 16+

license territory:

tags: **health and beauty, cognitive**

genre: **beauty and health, cognitive**

seasons	min	episodes	year
season 1	15	7	2019
season 2	15	7	2019
season 3	15	8	2019
season 4	15	11	2020
season 5	15	12	2020

About

Healthcare show about how to lead a healthy lifestyle in a metropolitan city. The show's host, Yuri Krestinsky, the director of the Institute for the Development of Public Health, and his like-minded colleagues tackle the most important health issues. They conduct experiments, destroy myths, and test different preventive practices. In practice, the crew of the program proves that it is possible to avoid dangers of big cities, sustain modern pace of life, and lead a healthy lifestyle.

Pregnant¹⁶⁺

tags: **pregnancy, for women, celebrities, reality, family, show**

genre: **biography, star stories, beauty and health, reality,**

seasons	min	episodes	year
Season 1	48	8	2015
Season 2	48	8	2016
Season 3	48	8	2017

About

The most touching reality-show about celebrities expecting their children PREGNANT! The phrase: My congratulations, you'll have a baby! divides a woman's life in two periods: before and after. Emotions engulf you, while thousands of questions pop in your head: how to behave during your pregnancy, when and how to choose a maternity clinic, should you make a contract with it? No panic! The participants of Pregnant reality-show will share details of their pregnancies and tell you how to overcome all arising difficulties. The first season was released with celebrity participants: a host Tutta Larson, Dmitry Dibrov's wife Polina and an ex-singer of Demo band Sasha Zvereva. New starring participants in the second season Galina Udashkina, Valeria Gai Germanika and Darya Pynzar are joined by ordinary women. No paparazzi hunt them, and nobody takes their interviews. However, as any mother, they are ready to do all the best for their babies. Over nine months the girls will learn joy of

SUMMER FRESH 16+

tags: **healthy lifestyle, beauty and health, fashion and style, lifestyle, hobby**
genre: **home and decor, beauty and health, Fashion & Style**

seasons	min	episodes	year
Exclusive			
Promo			
1 season	24	20	2014

About

SUMMER FRESH How can you get pretty, healthy and classy? What should you eat in summer that is easy to cook and safe for your figure? How can you make grass in your garden look greener? Watch four rubrics, four hosts and get heaps of handy tips for all occasions just for thirty minutes! You will find out how to use summer to advantage from a slender pretty Energy radio DJ Yekaterina Lopareva, a fashionable singer from 5sts Family band Yulianna Karaulova, one of the best-known Moscow pastry chefs Mikhail Murzin and Domashniy TV channel star Yevgeniy Rybov. Each episode covers a new topic: sea breeze, summer rain, chamomile, apples, heat, violets and other things linked to summer. The hosts will share their secrets and tips on these subjects How can you stay fit and healthy? Yekaterina Lopareva, hosting Beauty and Health rubric, will show you effective muscle-building exercises to keep fit, share her secrets of useful face masks and other beauty recipes. How can you cook quick, tasty

The Core of Things 16+

tags: **for women, lifestyle, family**

genre: **beauty and health, Fashion & Style**

seasons	min	episodes	year
1 season	24	20	2011

About

What does a woman's usual day look like? Work, home, children's upbringing, harmonic relationships, shopping, visits to the hairdresser's. The swirl of daily cares can make you easily lose the grip of time and miss something. The Core of Things will guide you in your exploration of brand new household equipment and cars, personal care products or exercises to improve your body shape, up to date methods of upbringing and many other

THE SECRETS OF YOUR BODY

16+

tags: **healthy lifestyle, body, person**

genre: **documentary, beauty and health**

seasons	min	episodes	year
1 season	24	12	2012-2013

About

A human being is a surprising creature. Every cell in our body, its every organ is an entire universe. But how well do we know our body? It seems that we all have two arms, two legs, a head and internal organs. But it is not that simple! Our body also has its deep secrets, and through the series, you will learn its signals and establish a healthy communication with it.

VICTIMLESS BEAUTY 16+

tags: **beauty and health, investigations**

genre: **documentary, beauty and health**

seasons	min	episodes	year
1 season	49	24	2013

About

There are heaps of beauty products promising to solve any problem, but, in fact, most of them is waste of money. How to understand that you're being cheated? How to learn to identify beauty frauds? How to protect one's rights? *Victimless Beauty* is a practical guide in the fight against fraud. Experts conduct tests in independent laboratories and then show all the pluses and minuses of a certain product, give information about its side effects and counter indications. Sometimes test results turn unexpected both for producers and consumers. The guinea pigs of the show include the project's journalists and such stars as Masha Malinovskaya, Taisia Povaliy, Nikolay Baskov, Yulia Mikhailchuk, Victoria Lopyreva, Dmitriy Malikov, Vlad Lisovets, Svetlana Surganova, Marina Khlebnikova, Lena Lenina, Alla Dukhova and

Wedding size. Life after 16+

license territory:

tags: **beauty and health**

genre: **documentary, beauty and health, reality**

seasons	min	episodes	year
Season 1	48	1	2017

About

How have the lives of the participants of the "Wedding Size" project changed since the end of the project? In the documentary Anita Tsoi, the host of the program, will reveal some of the secrets of the creation and filming of "Wedding Size", as well as meet several participants of the show of past seasons. Were the heroes still able to lose weight and keep it at the pounds they achieved? Do they continue to lead a healthy lifestyle or have they abandoned everything as soon as they left the studio? The answer to these and other questions, you will learn if you watch the documentary "Wedding Size. Life After".

Woman's shape 16+

tags: **for women, beauty and health, fashion and style, makeover**

genre: **beauty and health, Fashion & Style**

seasons	min	episodes	year
1 season	24	18	2007
2 season	49	64	2010
3 season	49	8	2011

About

The project is designed to help every woman get out of the cocoon of standard stereotypes and have a fresh look at herself with the help of a new haircut and outfit. The stylist Vlad Lisovets is going to tell you how to love yourself, be charming, confident and desirable...and how to be in an ideal shape!

