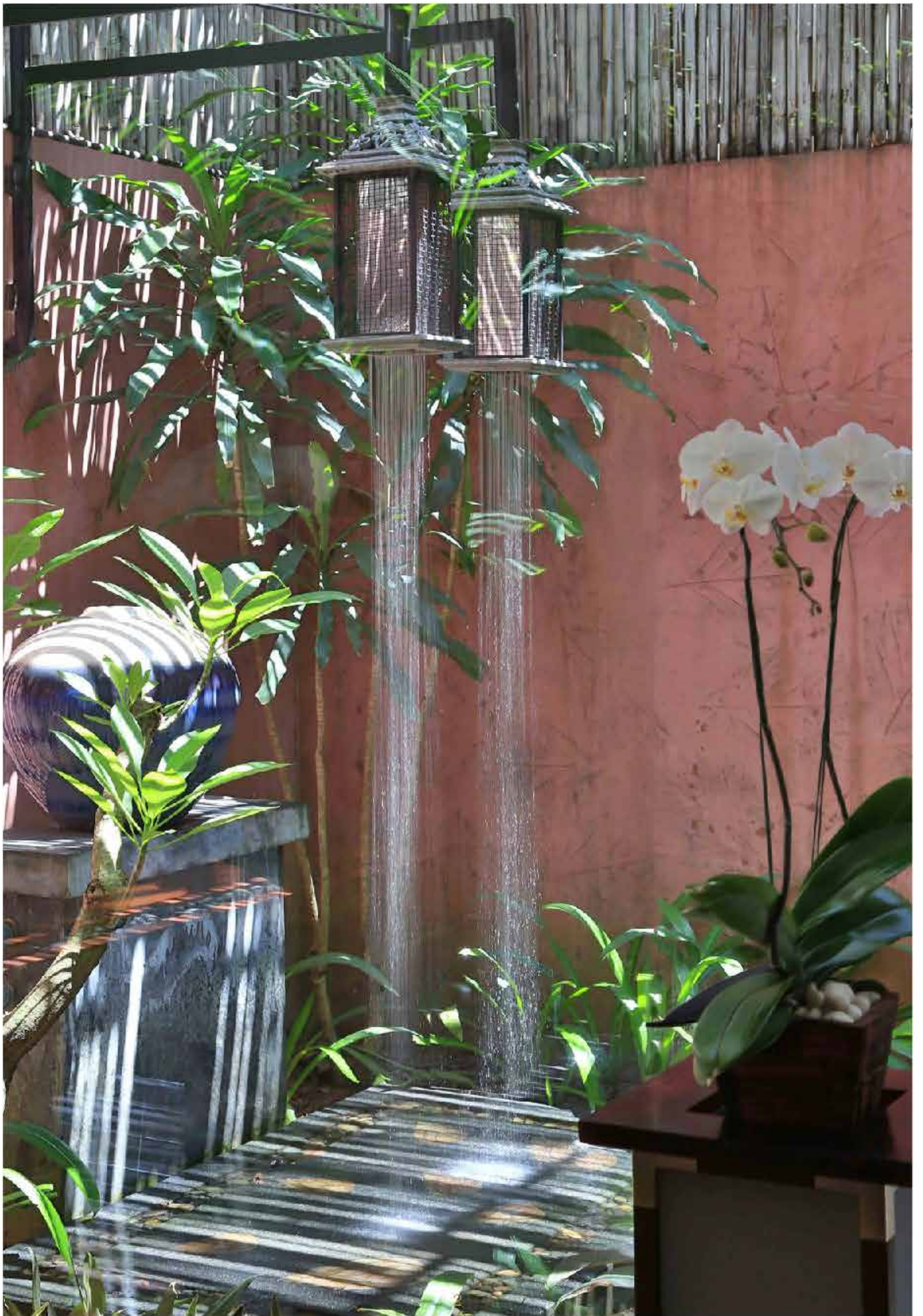


JOURNEYS INTO
WELLBEING AND SERENITY.



WELCOME TO ANANTARA SPA BOPHUT

Rooted in Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins and is richly expressed at Anantara Spa Bophut.

Step through towering palatial walls into a 3,000 square metre paradise of tranquil water gardens. Experience an award-winning spa sanctuary that is a true destination in itself. Retreat to one of six glass-walled treatment pavilions with a tropical courtyard garden for al fresco soaks in the bathtub for two and revitalising rain showers.

Choose from an extensive menu of exotic Thai rituals, ancient therapies from across Asia and western spa wisdom. Feel beautifully renewed by treatments that combine Koh Samui's exotic bounty, Thai herbal infusions and aromatic essential oils. Surrender to our time-honoured beliefs, world-class expertise and intuitive healing touch, as you indulge in tailored journeys for serene beauty and wellbeing.

Step into the world of Anantara and experience exceptional luxury in breathtaking surrounds.

AT ANANTARA SPA, THE GREATEST JOURNEYS ARE FELT, NOT TOLD...

SIGNATURE EXPERIENCES

Drawing on Anantara Spa's world-class expertise, the finest indigenous wellness traditions and unique holistic therapies, our collection of highly specialist rituals blend luxurious pampering with powerful long lasting benefits for body, mind and soul.

ANANTARA BOPHUT COCONUT DREAM (105 minutes)

Experience holistic balance through a fascinating ancient Thai treatment, inspired by tropical island wellness. To begin, reflex points on the feet are stimulated by standing on a coconut shell, followed by rhythmic tapping using a coconut stick - bringing overall wellbeing to corresponding organs in the upper body. Then melt into a full body deep tissue massage that uses nourishing heated coconut oil to radiate warmth and energy deeply into the muscles to stretch fibres, release tension and improve flexibility. Emerge renewed and realigned in mind, body and soul.

Floral Foot Ritual • Coconut Reflex Balancing • Anantara Bophut Coconut Dream • Refreshment

HIMALAYAN THERMAL THERAPY

(90 minutes)

Harnessing the ancient energy of the Himalayan Mountains we use artisan, hand-carved Himalayan salt stones to dissolve all your mental and physical tension. These ethically sourced stones reintroduce 84 minerals and trace elements to the body to induce the ultimate state of equilibrium while encouraging the body's natural detoxification. As you transcend into a state of total relaxation, a facial massage using iced Rose Quartz Gua Sha crystals shall relieve muscle tension, stimulate circulation and leave your skin with and eternal glow. This full body ritual is crowned with a deeply rejuvenating head massage based on the ancient techniques of Indian Head Massage but with an Anantara Signature twist.

ANANTARA SIGNATURE MASSAGE

(90 minutes)

Revered eastern and western massage techniques, combined with a signature oil blend, stimulate the circulation, promote deep relaxation and restore energy flow for supreme wellbeing.



SPA JOURNEYS

Escape the limits of space and time with these carefully crafted journeys. Indulge in unique destination-inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.

ANANTARA BOPHUT JOURNEY

(240 minutes)

Relieve tired muscles, unwind competitive minds and cool down after time on the fairways with this rejuvenating series. Let ancient techniques restore your body's vital energy and unwind your tired mind.

Floral Foot Ritual • Thai Herbal Steam • Body Scrub • Anantara Signature Massage • Anantara Signature Facial • Refreshment

JOURNEY OF SIAM

(210 minutes)

Experience a sequence of revered Thai wellness traditions. Remedial herb-infused steam relaxes the body and opens pores, in preparation for a moisturising coconut polish. Energising massage techniques stretch and reinvigorate the body, enhancing energy flow and overall wellbeing.

Floral Foot Ritual • Thai Herbal Steam • Essence White Coconut Scrub • Traditional Thai Massage • Refreshment

DAWN RENEWAL

(180 minutes)

Rise to a ritual of revitalising therapies. Smooth, renew and hydrate skin with refreshing green tea exfoliation. Reawaken with a gentle massage that soothes away all tension.

Floral Foot Ritual • Detoxifying Green Tea Scrub • Stress Release Massage • Refreshment

DUSK RELAXATION

(180 minutes)

End your day with a soothing total body and foot massage. Experience the healing power of deep tissue work. Let ancient techniques restore your body's vital energy.

Floral Foot Ritual • Deep Tissue Massage • Foot Massage • Refreshment





BALANCE WELLNESS

1-DAY FITNESS, SPA & HEALTHY LUNCH

Restore energy, let go of stress and boost vitality with a one-day programme of well-rounded wellness. Reconnect body and mind as you find your natural flow in yoga. Or take up the boxing challenge of getting Muay Thai fit. Tension melts away with soothing herbal spa therapies. Radiance shines from the inside out with nutritious wellness cuisine.

- Muay Thai Boxing or Yoga (60 minutes)
- Thai Herbal Steam (30 minutes)
- A choice of Body Scrub (60 minutes)
- Thai Herbal Compress Massage (90 minutes)
- Anantara Signature Facial (60 minutes)
- 3-Course Spa Healthy menu with a choice of starter, main and dessert
- 1 Healthy Raw Juice from a selection of freshly squeezed juice and vegetable recipes

3-DAY HOLISTIC SPA & WELLNESS RETREAT

Give yourself the space, time and expert care you need to free your mind, tone up your body and uplift your spirit. Enjoy the professional guidance and motivation of a personal trainer with a choice of revitalising exercise. Nourish good health with vitamin-packed raw juices and wholesome spa cuisine. Surrender to spa treatments that purify, de-stress and pamper.

DAY 1

- Private Fitness Personal Trainer (60 minutes)
- Thai Herbal Steam (30 minutes)
- Detoxifying Massage (60 minutes)
- Foot Massage (30 minutes)
- 1 Healthy Raw Juice from a selection of local seasonal fruit and vegetable

DAY 2

- Private Muay Thai Boxing Class (60 minutes)
- Stress Release Massage (60 minutes)
- Anantara Signature Facial (60 minutes)
- 1 Healthy Raw Juice from a selection of local seasonal fruit and vegetable

DAY 3

- Private Yoga (60 minutes)
- Detoxifying Green Tea Scrub (45 minutes)
- Detoxifying Green Tea Wrap (45 minutes)
- Indian Head Massage (30 minutes)
- 3-Course Spa Healthy menu with a choice of starter, main and dessert
- 1 Healthy Raw Juice from a selection of local seasonal fruit and vegetable



5-DAY RELAX & DE-STRESS WELLNESS PROGRAMME

Give yourself the space and time you need to fully surrender, recharge and transform. Reap maximum results from a progressive five-day programme of carefully balanced wellness. Benefit from the positive changes that occur with stress-relieving exercise, body and facial therapies and cleansing wellness cuisine.

DAY 1:

- Choice of Yoga, Personal Training or Thai Boxing Class (60 Minutes)
- Thai Herbal Steam (30 Minutes)
- Green tea Detoxifying Body Scrub (30 Minutes)
- Stress release body massage (60 minutes)
- 1 Healthy Raw Juice from a selection of local seasonal fruit and vegetable

DAY 2:

- Choice of Yoga, Personal Training or Thai Boxing Class (60 Minutes)
- Traditional Thai Massage (60 minutes)
- Foot massage (60 minutes)
- 3-Course Spa Healthy menu with a choice of starter, main and dessert
- 1 Healthy Raw Juice from a selection of local seasonal fruit and vegetable

DAY 3:

- Choice of Yoga, Personal Training or Thai Boxing Class (60 Minutes)
- Thai Herbal compress massage (90 minutes)
- Indian Head massage (30 minutes)
- 1 Healthy Raw Juice from a selection of local seasonal fruit and vegetable

DAY 4:

- Choice of Yoga, Personal Training or Thai Boxing Class (60 Minutes)
- Thai Herbal Steam (30 Minutes)
- Deep Tissue Massage (90 Minutes)
- 3-Course Spa Healthy menu with a choice of starter, main and dessert
- 1 Healthy Raw Juice from a selection of local seasonal fruit and vegetable

DAY 5:

- Choice of Yoga, Personal Training or Thai Boxing Class (60 Minutes)
- Green Tea Detoxifying Bath (30 minutes)
- Anantara Signature Massage (60 minutes)
- Anantara Signature Facial (30 Minutes)
- 1 Healthy Raw Juice from a selection of local seasonal fruit and vegetable



THE POWER OF THREE

ACUPUNCTURE, CUPPING AND MASSAGE
(120 minutes)

Find balance and experience an inflow of fresh energy. Reenergize with a traditional Chinese therapy combining acupuncture and cupping techniques to stimulate the body natural healing abilities and promotes physical and emotional well-being. An hour-long stress release massage that follow will ensure you leave anxiety at the door.



THE NATURAL HEALING POWERS OF CANNABIS

The cannabis plant has been utilised in traditional medicines from around the world for centuries. The benefits are many, from calming the mind to soothing the body with its anti-inflammatory, antioxidant and deeply soothing properties. Journey with Anantara Spa and explore a whole new world of healing.

RESTFUL SLUMBER JOURNEY (90 minutes)

Soak in a foot bath filled with cannabis salts and feel stress melt away. An oil massage follows, scented with your choice of cannabis-lavender or cannabis rice milk to relax from within and beautify from without as your skin is restored and renewed. Return home to the deepest of sleep as your body and mind find peace.

- Cannabis Footbath
- Cannabis Body Massage
- Cannabis & Floral Tea

HEAD-TO-TOE CALMING JOURNEY (90 minutes)

End a tiring day of work or exercising with head-to-toe relaxation. Your journey begins with an energising foot scrub to reduce any swelling. Breathe in the scent of coconut oil as your scalp is massaged and you switch off and transcend to the tropics a foot massage with cannabis balm follows to relieve deeper pains and repair dry skin.

- Cannabis Foot Ritual
- Scalp Massage
- Cannabis Foot Massage
- Cannabis & Floral Tea

CANABIS STRESS-RELEASE JOURNEY (90 minutes)

For those suffering from office syndrome or black and neck pain discover the healing powers of cannabis in essential oil and herbal form. A full-body massage induces deep relaxation, increasing blood flow and detoxification. A warm herbal compress then releases any build-ups of tension along the spine.

- Cannabis Foot Ritual
- Cannabis Herbal Compress Massage
- Cannabis & Floral Tea

MASSAGES

AROMA STONE MASSAGE

(90 minutes)

Experience the deep penetrating heat and healing power of warm volcanic stones in a full body massage using traditional techniques to release muscular tension and balance the spirit. Small stones are placed on key energy points to stimulate and harmonise the chakras.

BESPOKE SPA EXPERIENCE

(90 minutes)

Indulge in an exclusive spa journey, designed specifically for your needs and mood. Highlight the areas you wish to focus on or the benefits you would like to receive. Let us tailor the perfect 90 minute treatment, with a choice of luxurious spa products.

STRESS RELEASE MASSAGE *

(60/90 minutes)

Using a combination of strokes and classical movement techniques, along with the specially blended signature aromatherapy oil of your choice, this gentle massage offers a wonderful stress release tonic to completely relax the mind and body.

DEEP TISSUE MASSAGE *

(60/90 minutes)

Benefit from a vigorous yet relaxing massage that works deeply into the muscles to stretch fibres and release tension, resulting in improved mobility and flexibility, relief from sore or pulled muscles and the restoration of healthy circulation.

THAI HERBAL COMPRESS MASSAGE

(90 minutes)

This age-old Thai treatment removes negative energy and sluggishness, soothes muscle tension and eases out stiffness. The healing session begins with the application of a warm herbal poultice containing therapeutic Thai herbs and spices, followed by a full body massage with carefully selected herbal oils.

TRADITIONAL THAI MASSAGE *

(60/90 minutes)

This unique and exotic technique, passed down through generations, is known by many as 'passive Yoga' and offers the ultimate body workout. Let our expert therapists take all the pressure away, while you enjoy a wealth of stretching, flexibility and vitality benefits.

PEACEFUL PREGNANCY MASSAGE

(60/90 Minutes)

Mothers-to-be are restored to optimum wellness with this intuitive and relaxing massage designed to hydrate skin that is constantly expanding to accommodate a growing baby. The experience is designed for women who are 28 to 49 weeks pregnant.

* AVAILABLE IN-ROOM

WAY OF LIFE

SHIROBHYANGA MASSAGE

(60 minutes)

Using the medicated oil of your choice, this soothing Ayurvedic massage is applied to the Marmas points on the head and neck to regulate the systems of mind and body.

SHIRODHARA

(60 minutes)

Discover how a continuous flow of luxuriant warm oil to the forehead profoundly coordinates and calms the mind, body and spirit, enhances blood circulation to the brain, improves memory, nourishes the hair and scalp, and gently releases tension.

MARMA ABHYANGA MASSAGE

(90 minutes)

Marma Abhyanga is a wonderful combination of Ayurvedic massage which focuses on the Marmas - the significant Ayurvedic sites on the body that can be stimulated to achieve overall health and balance.



BODY TREATMENTS

BODY SCRUBS

ESSENCE WHITE COCONUT MINT SCRUB (60 minutes)

Rich in vitamins and antioxidants, this exotic scrub gently sweeps away dead cells, smoothes and strengthens new skin. Moisturising, healing and protecting, skin is flawless and gloriously fragranced.

DETOXIFYING GREEN TEA SCRUB (60 minutes)

Purify, nourish and refresh skin with the therapeutic properties of a soothing green tea polish.

SEA SALT LAVENDER BODY SCRUB (60 Minutes)

Known for its antibacterial qualities, sea salt can help to maintain bacteria-free skin and prevent itchiness. The same abrasive friction between the salt and the skin which causes exfoliation also encourages the circulation of blood, giving the skin an attractive and rosy post-scrub glow.

BODY WRAPS

ESSENCE WHITE COCONUT WRAP (60 minutes)

Indulgently rich and gloriously fragranced, this wrap rejuvenates the skin and combats the effects of modern life, thanks to coconut's restorative and moisturising qualities.

DETOXIFYING GREEN TEA WRAP (60 minutes)

Immerse yourself in a calming cocoon of gently cleansing and hydrating green tea.

SKIN COOLING SUN SOOTHER (60 minutes)

Enriched by indigenous marula oil, mint and cucumber, this treatment is the perfect soothing tonic for sun-kissed or sun burnt skin.

FACIAL TREATMENTS

ANANTARA SIGNATURE FACIAL

(60 minutes)

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to treat and revitalise your skin. Delicate blends of jasmine oil, white orchid extract, green tea, pandan leaf and pink lotus encourage cell renewal and oxygenation. A gentle massage induce deep relaxation, while a herbal mask restores the natural balance of your skin.

FACE: TOUCH

ELEMIS PRO-COLLAGEN AGE DEFY

(60 minutes)

Treat fine lines and wrinkles with the age-defying benefits of marine charged padina pavonica and red coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS SUPERFOOD PRO-RADIANCE

(60 minutes)

Stressed or dull skin is revived by energising and detoxifying actives. Experience how a nutritional boost, rich in superfoods and essential minerals, leaves skin plumper and glowing with radiance.

ELEMIS SENSITIVE SKIN SOOTHER

(60 minutes)

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

MEN: TOUCH

ELEMIS HIGH PERFORMANCE SKIN ENERGISER

(60 minutes)

This hard-working facial for ageing, dehydrated skin and tired eyes maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax.

STEAM & BATH RITUALS

ANANTARA MILKY BATH COLLECTION

(30 minutes)

Choose from Anantara's signature Milky Bath Collection - Romance, Balance or Rejuvenating. Enjoy a private tea service as the exotic aromas of a relaxing floral bath balance your mind, body and spirit.

THAI HERBAL STEAM WITH COLOUR THERAPY

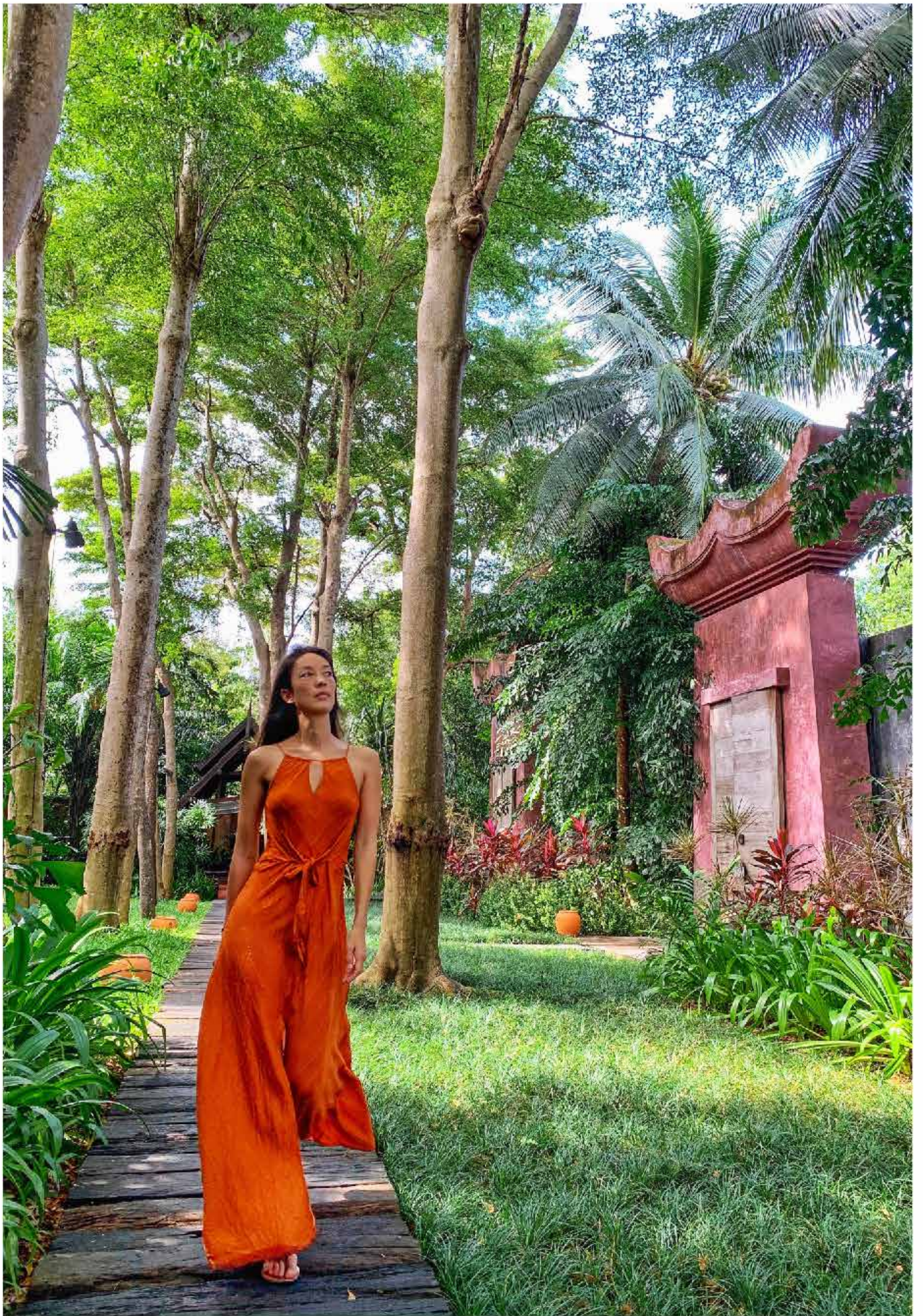
(30 minutes)

Balance your doshas in a steam of healing Thai herbs and the energy vibrations of red, blue and green.

GREEN TEA DETOXIFYING BATH

(30 Minutes)

A popular choice for a bath soak, green tea can help reduce muscle pain. It's also soothing and softening for the skin, helping to relieve redness. Thanks to the plant's antioxidant-rich properties, a green tea soak can also have wonderful anti-ageing effects, helping your skin to recover from environmental irritants.





KIDS' SPA

Our kids' spa treatments are designed for children between 5 and 12 years old and use products that are both safe and luxurious, such as massage oils infused with chocolate, strawberry or vanilla for the ultimate pampering.

THE LITTLE PRINCES PARTY (90 Minutes)

Enjoy quality mother-daughter time or treat your little one to her first spa experience with an indulgent package that includes a relaxing 30-minute body scrub and a 60-minute full body massage with delicious products that smell good enough to eat.

THE LITTLE PRINCE MESSAGE (60 Minutes)

Designed to help your little one to unwind and relax, this soothing massage calms the body and mind with a combination of long strokes, soft pressure and chocolate and orange oil for a delicious relaxation. Especially recommended for those who have trouble falling asleep.

KIDS' HEAD & FOOT MASSAGE (60 Minutes)

After a soothing scalp massage using warm coconut oil that relaxes head and neck muscles, improves blood circulation and nourishes the tresses, the therapist will administer a muscle-melting massage to give those busy feet a break.

KIDS' MANICURE (30 Minutes)

A neat nail trim, shaping and buffing are followed by hand exfoliation and massage. Nails are then painted for that extra holiday treat.

KIDS' PEDICURE (30 Minutes)

This pampering pedi includes a nail trim, foot soak and scrub. The feet are then massaged, and the nails painted.

BEAUTY

Spa Manicure
Spa Pedicure
Paint Change
Upper Lip
Under Arm
Bikini
Half Leg
Full Leg
Eye Brow
Chest
Chin





SPA ETIQUETTE

- Please arrive 15 minutes prior to your appointment time in order to complete a health assessment form and relax before your treatments.
- Please note that spa is unsuitable for small children and babies, unless receiving treatment, as we try to ensure that all our guests benefit from the tranquil atmosphere.
- We recommend that you leave all jewelry in your room before coming to the spa.
- All treatments will be charged to your room and will appear on your account at the time of check-out.
- Please give five hours' cancellation notice on individual treatments and 24 hours' notice on packages, otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after any oil treatments.
- For men – please shave prior to all facial treatment to ensure that maximum results are achieved.
- Smoking and the use of mobile phones are not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- Guest who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications, are advised to consult the doctor before signing up for any treatments.
- Please notify the spa receptionist of any existing medical conditions.

The Kids Spa and Beauty Salon service cannot be combined with any other promotion or discount.

All prices are in Thai Baht and subject to 10% service charges and applicable government tax.
Prices are subject to change without prior notice.

Treatments are available from 10.00 a.m. – 10.00 p.m.

For reservations, please contact Anantara Spa at tel: 077- 428300 Ext: 1800.



	Time	Price
BOPHUT SIGNATURE EXPERIENCES		
Anantara Bophut Coconut Dream	105	5,900
Himalayan Thermal Therapy	90	5,500
Anantara Signature Massage	90	4,500

SPA JOURNEYS

Anantara Bophut Journey	240	8,500
Journey of Siam	210	5,900
Dusk Relaxation	180	5,300
Dawn Renewal	180	5,300

WELL-BEING JOURNEY

1 Day Fitness, Spa & Healthy Meal	Single/Couple	9,500/17,500
3 Day Holistic Spa & Wellness Retreat	Single/Couple	15,000/27,000
5 Day Relax & De-Stress Wellness Programme	Single/Couple	25,000/45,000
Acupuncture and Cupping Journey	120	4,500
Cannabis Stress-Release Journey	90	4,200
Restful Slumber Journey	90	3,900
Head-To-Toe Calming Journey	90	3,500

MASSAGES

Aroma Stone	90	5,500
Bespoke Spa experience	90	4,200
Thai Herbal Compress	90	3,800
Deep Tissue	60/90	3,000/3,800
Stress Release	60/90	2,800/3,600
Peaceful Pregnancy	60/90	2,800/3,600
Traditional Thai	60/90	2,700/3,500

WAY OF LIFE

Marma Abhyangya Massage	90	3,900
Shirobhyanga Massage	60	3,500
Shirodhara	60	3,500

BODY TREATMENTS**Body Scrubs**

Essence White Coconut Mint Scrub	60	2,500
Detoxifying Green Tea Scrub	60	2,500
Sea Salt Lavender Body Scrub	60	2,500

Body Wraps

Essence White Coconut Mint Wrap	60	2,500
Detoxifying Green Tea Wrap	60	2,500
Skin Cooling Sun Soother	60	2,500

	Time	Price
FACIAL TREATMENTS		
Anantara Signature Facial	60	3,500
Face: Touch		
Elemis Pro-Collagen Age Defy	60	4,900
Elemis Superfood Pro-Radiance	60	4,500
Elemis Sensitive Skin Soother™	60	4,500
Men: Touch		
Elemis High Performance Skin Energiser	60	4,500
STEAM & BATH RITUALS		
Anantara Milky Bath Collection	30	1,500
Green Tea Detoxifying Bath	30	1,500
Thai Herbal Steam with Color Therapy	30	950
IN-ROOM MASSAGE		
Deep Tissue Massage	90	4,100
Stress Release Massage	90	3,900
Traditional Thai Massage	90	3,800
KID MENU		
A Little Princes Party	90	1,800
A Little Princes Massage	60	1,500
Head & Foot Massage	60	1,500
Kids Manicure	45	790
Kids Pedicure	45	790
Kids Nail Color	30	450
BEAUTY SALON		
Spa Manicure	60	1,300
Spa Pedicure	60	1,300
Paint Change	45	650
DEPILATORY		
Back		2,250
Full Leg		1,950
Chest		1,700
Half Leg		1,500
Bikini		1,250
Under Arm		950
Eye Brow		500
Chin		500
Upper Lip		350

All prices are in Thai Baht and are subject to 10% service charge and applicable government tax.
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