



YOUR JOURNEY INTO WELL-BEING AND SERENITY

WELCOME TO ANANTARA SPA

Rooted in beautiful Thailand, the core of the Anantara philosophy, 'without end', stems from the earliest Sanskrit origins. Embracing the spirit of this philosophy, Anantara Spa offers a selection of timeless revitalizing Spa experiences.

Anantara Spa takes you down an exotic pathway to holistic well-being in a paradise of healing sensuality that combines-culture's inspirational wonders and mystical, ancient Far Eastern-Western health and beauty.

Retreat to a serene Spa haven and feel your worries slip away as your sensual journey to relaxation and rejuvenation begins.

At Anantara, luxury is in the details, from the finest selections of Champagne, to Michelin-starred cuisine and Spa treatments that have won awards the world over. Explore one of Amsterdam's most iconic hotels reborn with Anantara style and imbued with the brand's pursuit of excellence and intuitive, warm hospitality.

AT ANANTARA SPA, THE GREATEST JOURNEYS ARE FELT, NOT TOLD, WITHOUT END



ANANTARA EXPERIENCES MAGNESIUM WELLNESS OF THE ISLANDS

Magnesium is one of seven macro-minerals, best absorbed through the skin, that helps us function normally, including regulating hundreds of enzymatic reactions and biochemical activities. Magnesium contributes to healthy bones, maintaining normal heart rhythms, supporting nerve and muscle function, promoting energy levels and supporting a healthy immune system.

STRESS RELEASE

(60 / 90 minutes)

€ 140 / 190

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 mind and body.

DEEP TISSUE

(60 / 90 minutes)

€ 140 / 190

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

ANANTARA BESPOKE

(60 / 90 minutes)

€ 140 / 190

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.

FOOT REFLEXOLOGY

(60 minutes)

€ 140

Experience holistic balance and deep relaxation. This fascinating treatment provides physical and spiritual renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to effectively stimulate corresponding organ groups in the upper body.

ANANTARA TARGET

(30 minutes)

€ 80

This massage technique focuses on cervical and lumbar areas to stimulate blood circulation, relax stiff and sore muscles, leaving you refreshed and relaxed.



FACIAL TREATMENTS BY SWISSLINE

The aim is to allow a tailored approach to answer individual needs and lifestyles, with the use of Swiss expertise in well-aging. Who says serious skincare can't be delightfully indulgent? Our formulas are created to awaken the senses, giving the ultimate feeling of relaxation and revitalization. All treatments presented are a reflection of how to best use our products, in combination with several Spa-only products that can only be applied by trained professionals, so as to deliver immediate and long-lasting results.

PURE COLLAGEN

(90 minutes)

€ 190

The skin transforming treatment harnessing highly acclaimed ingredients and technologies comparable to non-invasive aesthetic procedure suitable for all skin types.

VIRTUAL RETEAT

(75 minutes)

€ 180

This treatment boosts skin cell regenerating and cell turnover. It is perfect before or after aesthetic procedures and is a good choice whenever skin feels aggressed challenged or under attack.

BRILLIANCE GLOW

(75 minutes)

€ 180

De-ageing actives help treat and prevent the skin discoloration resulting in unsurpassed glowing and toning skin results.

ANANATARA TAILOR MADE

(30 / 60 minutes)

€ 130 / 160

A true beauty session that combines precise and personalized movements for facial purification of the skin to retrieve a luminous complexion.

SWISS EYE CARE

(15 / 30 minutes)

€ 50 / 100

This treatment takes your eye contour to a new level by using pure collagen. It increases the density of the eye contour and lines are quickly smoothed.



FACIAL INTENSIVE BY HANNAH

Indulge yourself with treatments inspired by authentic traditions combined with the premium skincare products of the Dutch brand hannah. hannah stands for effective and sustainable skin improvement and is absolute proponent of getting everything out of the skin that still has potential. So, pamper your skin and awake your senses with the therapeutic elixirs infused with precious oils and other rare indigenous elements.

HANNAH EXPERIENCE

(30 minutes)

€ 100

The tissue massage stimulates the mast cell, which is located in the connective tissue and dermis. This stimulation releases the substance histamine, which results in vasodilation. Improved blood flow provides a greater supply of oxygen.

HANNAH SIGNATURE

(90 minutes)

€ 190

Amazing experience performed by our skin coach. A connective tissue massage combined with the finest ingredients inspired by a secret tradition of The Netherlands. Deeply revitalizing and firming treatment that promotes serenity of skin and mind.

HANNAH WELL-BEING

(120 minutes)

€ 220

The treatment is designed to facilitate the transport of the active ingredients and, of course, recovery and protection to process the essential nutrients deep into the skin and restore its individual function for skin firming and well-being.



SPA ETIQUETTE

- Please arrive 15 minutes prior to your appointment time to complete a health assessment form and relax before your treatment.
- Please note that the spa is not suitable for small children and babies 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 24 hours' cancellation notice on individual treatments otherwise 100% of the price will be charged to your account.
- We recommend that you do not sunbathe after any oil treatment.
- For men – please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking is for the whole building not allowed, also not in the spa.
- The use of a mobile phone is not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- Guest who have a 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 treatment.
- Please notify the spa receptionist of any existing medical condition before the start of the treatment.

Opening hours:

Anantara Spa opening hours on Mon - Sun from 13h00 to 20h00.



ANANTARA SPA RULES & REGULATIONS

ACCESS

Access to the Anantara Spa is subject to the following rules:

- Access is only allowed to guests and members of the Anantara Grand Hotel Krasnapolsky Amsterdam;
- The following individuals should not use the Anantara Spa: those with heart disease, diabetes, high or low blood pressure, circulatory or respiratory problems, seizures, epilepsy, pregnant women, those who are using prescribed or illegal drugs or drugs or under the influence of alcohol;
- Guests or members who have been ill within the last 14 days are discouraged from using the Spa facilities;
- Access to the Anantara Spa is for guests with the age 16 years and older;
- Access to the Spa facilities is only permitted with appropriate swimwear;
- Anantara Grand Hotel Krasnapolsky Amsterdam reserves the right to prohibit access to the Anantara Spa at any time;
- If you have sunburned or hypersensitive skin broken veins or inflammation you should not use the Spa facilities;
- Inappropriate behaviour by a guest or member in the Anantara Spa facilities can result in the person being asked to leave the facilities and or/hotel or their membership being terminated if the behaviour constitutes a disturbance to other patrons and/or impacts on the operation of the Anantara Spa and/or hotel and/or impacts on the reputation of the hotel;
- Outside shoes are not permitted in the Spa facilities area. Shoe covers are available at reception for those who wish to enter the Spa facilities area;
- Appropriate attire must be worn at all times in the Anantara Spa. Swimwear is required within the Spa facilities area and correct fitness attire is required in the fitness area. Exercising without footwear is not permitted.
- Use of the Anantara Spa is forbidden after the consumption of alcohol, illicit substances and any other medication that impairs consciousness or concentration;
- Except for plastic water bottles, no food or drinks are allowed inside the Anantara Spa.

LIABILITY

Every hotel guest who enters the Anantara Spa understands and accepts the following:



- Using the fitness area presents risks to persons and their property. These risks can include, among others: dangers of collision with fixed or moving objects, equipment failure or negligent or wrongful conduct of fellow guests;
- The guest is solely responsible for his/her physical and mental capacities to use the Anantara Spa and agrees to refrain from using the Anantara Spa in case of any restrictions that might jeopardize his/her safety or health, or the safety or health of others;
- The guest will at all times strictly comply with the users' instructions as indicated;
- Anantara Grand Hotel Krasnapolsky Amsterdam cannot be held liable for any physical injury or for the loss, damage or theft of goods that result from using the Anantara Spa and its equipment;
- A steam room operates at a temperature of 40 – 50°C at 80-100% humidity. A sauna operates between 60 – 70°C. An Infrared operates between 38 – 40°C. Ensure this is comfortable for you;
- All persons using the Anantara Spa do so at their own risk and sole responsibility. The hotel accepts no liability for injury, death or loss associated with the use of the steam room and surrounding area.

COURTESY RULES

Every guest who uses the Anantara Spa is requested to respect the following courtesy rules:

General

- The use of a towel during a workout and when using the Spa facilities is mandatory;
- The use of mobile phones is not allowed inside the area;
- The facilities conditions may only be adjusted by an authorized person;
- Photography is strictly forbidden within the Anantara Spa. Cameras and mobile phones devices are not permitted for use anywhere but the fitness area where they can be used in conjunction with the equipment
- Contents must be removed from lockers after use of the facilities.

Spa Facilities

- For good health, shower before and after each use;
- We advise to remove any metals jewelry, contact lenses they can become hot and uncomfortable;
- Users should not extend use more than 10 minutes at one time. Be courteous and respectful to other users.
- Drink plenty of water before and after use. The heat may cause dehydration.
- If you have recently exercised, time should be allowed to enable the body temperature to return to normal.
- Cool down after 5-10 minutes after each use.

Gym

- After using the equipment or machines, return the seat and weight to the standard user's setup;
- Do not sit on machines between sessions while other guests are waiting;
- Re-rack weights and return all other equipment and accessories to their proper locations;
- Do not drop weights on the floor.



PRICE LIST

ANANTARA EXPERIENCES MAGNESIUM WELLNESS OF THE ISLANDS

Stress Release	60 minutes:	€140
	90 minutes:	€190
Deep Tissue	60 minutes:	€140
	90 minutes:	€190
Anantara Bespoke	60 minutes:	€140
	90 minutes:	€190
Foot Reflexology	60 minutes:	€140
Anantara Target	30 minutes:	€80

FACIAL TREATMENTS BY SWISSLINE

Pure Collagen	90 minutes:	€190
Virtual Retreat	75 minutes:	€180
Brilliance Glow	75 minutes:	€180
Anantara Tailor Made	30 minutes:	€130
	60 minutes:	€160
Swiss Eye Care	15 minutes:	€50
	30 minutes:	€100

FACIAL INTENSIVE BY HANNAH

Hannah Experience	30 minutes:	€100
Hannah Signature	90 minutes:	€190
Hannah Well-Being	120 minutes:	€220

SPA ENHANES

Face Glow	:	€ 30
Feet Soft	:	€ 30
Hands treat	:	€ 30

FACILITIES

Experience shower, steam, sauna, infrared, relaxation area	60 minutes:	€25
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- ❖ Complimentary Spa facilities available only for the guests with minimum one-hour Spa treatment. Spa facilities are subject to availability and recommended to book 24 hours in advance.
- ❖ Appropriate swimwear is mandatory