



ANANTARA

SPA

BOUTIQUE SPA LUXURIES

AND VIETNAMESE WELLNESS TRADITIONS

## WELCOME TO ANANTARA SPA

The essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins. Discover this beautiful expression at Anantara Spa in Hoi An.

At our boutique resort immersed in Hoi An's colonial charms and riverside serenity, Anantara Spa offers enchanting, flowing journeys. Indigenous wellness traditions from Vietnam and across Asia are revitalised with innovative therapies. Exotic Thai rituals honour Anantara's heritage and modern treatments reflect our world-class expertise. Carefully-crafted sequences invite you to escape the limits of space and time. The healing touch of highly-skilled therapists personalise each journey – whether your need is to relax deeply, rebalance body, mind, and soul, or feel youthfully renewed.

At Anantara Spa, the greatest journeys are felt, not told...





## SIGNATURE EXPERIENCES

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

### ANANTARA SIGNATURE EXPERIENCE | 90 minutes

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

### TRADITIONAL VIETNAMESE HERBAL EXPERIENCE | 90 minutes

This vigorous treatment concentrates on muscles and muscle groups. It is both intensive and restorative to release muscle stiffness. A warm herbal compress deeply relaxes muscle aches and discomfort, providing natural healing.

### SOUND HEALING RITUAL | 90 minutes

Sound healing therapy can bring us into a world of peace and relaxation. At the same time, this method helps you improve your physical and mental health day by day to release pain and numbness in the legs, neck, shoulders, plus healing the soul and reducing stress.



## ANANTARA RELAX AND REJUVENATE

### ANANTARA ULTIMATE PROGRAM | 3:00 hours

This divine escape is a combination of a body scrub, an hour treatment of your choice and an Oxygen Facial. This spa journey is designed to nourish and enhance your skin complexion.

*Body Scrub | Body Treatment | Facial*

### COUPLES IN PARADISE | 2:30 hours

A tailored experience for couples to reconnect body and soul. This treatment starts with a refreshing exfoliation followed by a relaxing massage in our private couple's treatment room. A warm soak bath for two will end the journey.

*Body Scrub | Body Massage | Warm Soak Bath*

### ANANTARA SPA EXPERIENCE | 2:00 hours

Customize your treatment based on your needs, with a body scrub and your choice of body treatment for your own personalized ritual.

*Body Scrub | Body Treatment*

# BODY TREATMENTS

Relax your body and indulge in blissful balance with our body treatments.

## DEEP TISSUE | 60/90 minutes

This vigorous yet relaxing remedy uses classic Swedish techniques that work deep into the muscles to stretch the fibres and release tension that may cause restricted movement and pain. Encouraging blood flow, this treatment improves flexibility and relieves sore or pulled muscles.

## TRADITIONAL THAI RITUAL | 60/90 minutes

This unique and exotic technique, known to many as 'passive yoga', has been passed down through generations and offers the ultimate body workout. Let your therapist do all the work using pressure point and stretching techniques to release tension and increase vitality and flexibility, while you enjoy a wealth of benefits.

## HEAVENLY RELAXATION | 60/90 minutes

This relaxing treatment is designed to promote relaxation, improve circulation, relieve tired muscles, improve circulation and help to eliminate toxins. This promotes health and well-being with a level of pressure to reduce stress.

## AROMA HOT STONE EXPERIENCE | 60/90 minutes

This indulgent treatment harnesses the penetrating warmth of pure essential oils, smoothed over the body using natural, heated volcanic stones to release stored tension.

## PREGNANCY THERAPY | 60 minutes

Designed especially for expectant mothers, gentle techniques help relieve back and shoulder aches and pains. Odourless natural coconut oil will smooth the skin and help to prevent stretch marks. A Tibetan singing bowl custom heals pain and fatigue during pregnancy.

## AYURVEDIC HEAD THERAPY | 30 minutes

Based on Ayurvedic principles, this soothing yet energizing treatment combines pressure point techniques and coconut oil to relieve tension in the head and neck. At the same time as restoring tranquility, this can also help to relieve insomnia, chronic headaches, migraines and sinusitis.

## FOOT REFLEXOLOGY | 30/60 minutes

Experience holistic balance and deep relaxation. This fascinating treatment provides physical and spiritual renewal by applying specific thumb, finger and hand techniques to various reflex points on the feet, stimulating corresponding organ groups in the upper body and promote general wellbeing.





## RESTORATIVE AND RENEWAL BODY TREATMENTS

### SLIMMING SCULPTING | 90 minutes

Targeting the fat and anti-cellulite-concentrated areas using dynamic treatments to activate cellulite tissues and help break down the adipose cells. Select an area of concern over several sessions for outstanding results. Peeling followed by a warming body wrap eliminate the toxins and an energizing body therapy with a strategic cream breaks down fatty deposits of cellulite and excess fluids.

### BODY FIRMING | 90 minutes

Created specifically to exfoliate, tone and sculpt. Start with a deep exfoliation with brown sugar and yoghurt, followed by a signature bio-reflex natural amino acids treatment for immediate results with satin-smooth skin, reshaped and firmer body contours.

### BODY DETOXING EXFOLIANT | 45 minutes

Indulge the senses and renew your entire body to a vibrant glow. Fine granules with potent antibacterial and detoxifying qualities polish and deep cleanse skin to be healthier, smoother and softer with Vietnamese green tea and sea salt.

### REFRESH SENSITIVE SKIN | 45 minutes

Rich in vitamins and antioxidants, coconut enhances new skin leaving a completely clear and perfectly smooth feeling, while mint enlivens and refreshes.

### SOOTHE THE SKIN | 45 minutes

A wonderful tonic after time in the sun. Fresh Aloe Vera gel cools and calms. A poultice of cold black tea and mint decreases redness and pain to make the skin feel instantly comforted and soothed.



## FACIALS

### ACTIVE PURENESS FACIAL | 60 minutes

A revelation for oily, congested, or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive treatment helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

### RECOVER TOUCH FACIAL | 60 minutes

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

### SUBLIME SKIN DOUBLE PEEL FACIAL | 75 minutes

Tackle fine lines and wrinkles with the age-defying benefits of Micro Hyaluronic Acid and Botanical Extracts. Targeted treatment encourages optimum cellular function for nourished, younger looking skin.

### HYDRA MEMORY COMPLETE FACIAL | 30/60 minutes

A nutritional boost rich in essential minerals and acids designed to pack dehydrated, stressed, dull skin with energizing and moisturizing actives leaving skin plumper, radiant and lit up with good health.

## ADD-ONS:

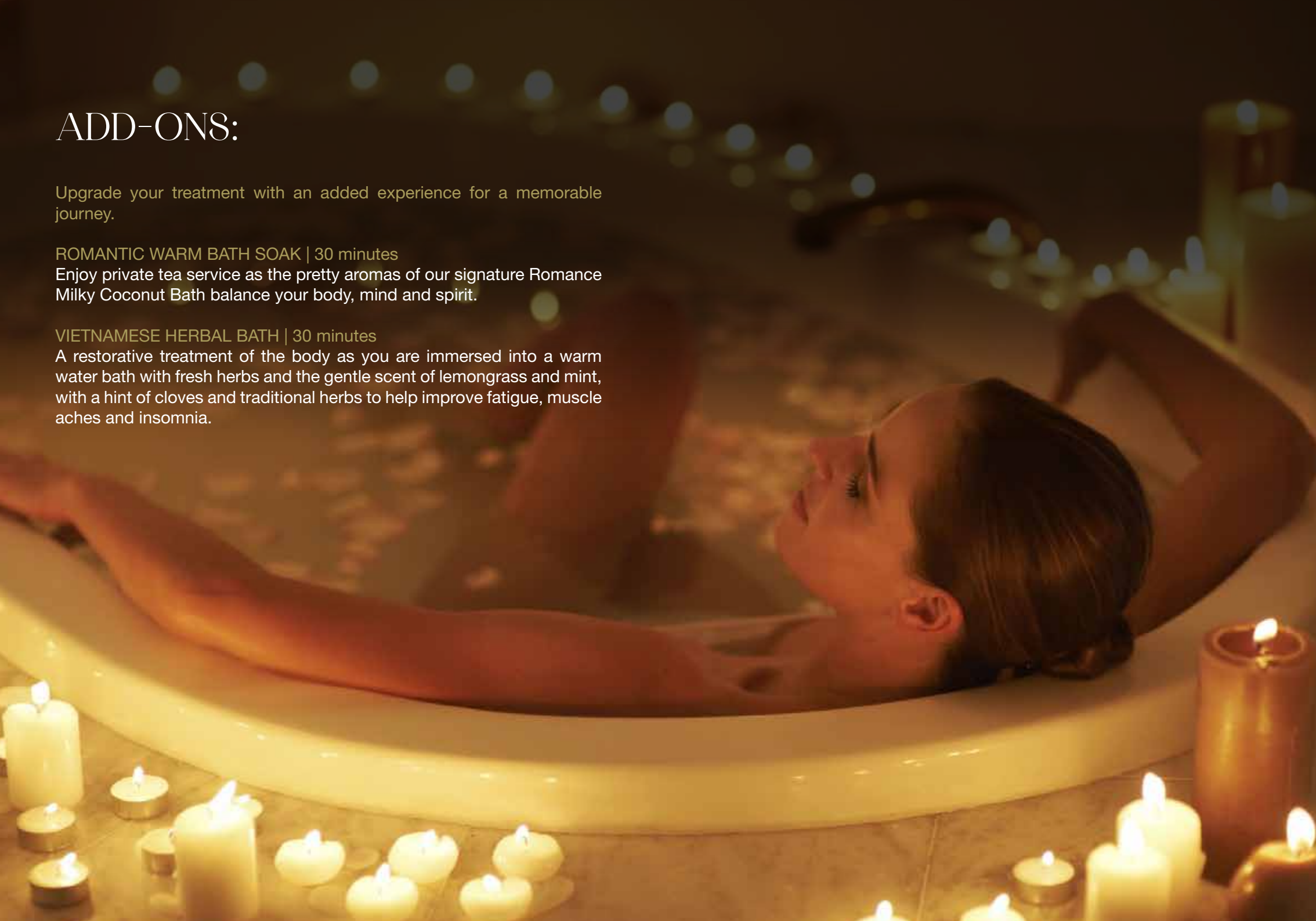
Upgrade your treatment with an added experience for a memorable journey.

### ROMANTIC WARM BATH SOAK | 30 minutes

Enjoy private tea service as the pretty aromas of our signature Romance Milky Coconut Bath balance your body, mind and spirit.

### VIETNAMESE HERBAL BATH | 30 minutes

A restorative treatment of the body as you are immersed into a warm water bath with fresh herbs and the gentle scent of lemongrass and mint, with a hint of cloves and traditional herbs to help improve fatigue, muscle aches and insomnia.





## CHILDREN'S CORNER

### LITTLE ANGELS RETREAT | 60 minutes

A special pampering treatment for children under nine years' old, using gentle techniques combined with warm essential oils in a full body treatment to help stimulate both physical and intellectual development. A parent or guardian must be present for this treatment.

### HAPPY MANICURE AND PEDICURE | 30 minutes

### LITTLE PRINCESS HAIR PAMPERING | 30 minutes

## BEAUTY SALON SERVICES

Restore your hands and feet with this special treatment integrated with a traditional manicure and pedicure including nail shaping and cuticle care. Refreshing skin exfoliation polishes away dry skin cells. It is followed by a gentle treatment including nail polish

### EXPRESS MANICURE OR PEDICURE | 30 minutes

- Nail Preparation
- Cuticle Care
- Regular Colour Painting

### MANICURE OR PEDICURE | 60 minutes

- Nail Preparation
- Cuticle Care
- Scrub
- Paraffin
- Regular Colour Painting





# YOGA RETREAT

## TRADITIONAL HATHA YOGA | 60 minutes

Combines physical, mental and breathing exercises to strengthen the muscles and relieve stress. Mind relaxation, spiritual awakening and health therapy.

## VINYASA YOGA | 60 minutes

The perfect combination of power yoga and kundalini with a combination of breathing and movements. Supports effective weight loss, making the body healthier and more flexible, helping to reduce the risk of spinal damage, stress and fatigue, while also improving sleep.

## MINDFULNESS MEDITATION | 45 minutes

A mental practice that helps you reduce racing thoughts, let go of negativity and calm both your mind and body. Practicing mindfulness helps to focus your entire body, mind and spirit on the "now" so that you can acknowledge and accept your thoughts, emotions and feelings without judgment.

## FAMILY YOGA | 45 minutes

Classic yoga practice is offered with fun variations for parents and children. This class is an ideal way to spend some family time together that



## YOGA RETREAT 3 DAYS

### Day 1: NATURE QUEST | 2:30 hours

As a journey to discover the secrets of the heart, you will have quiet moments, connect with nature and open all your senses and heart to reflect and relax.

Ending the first day of the journey is a deeply relaxing treatment with warm local oil, helping to soothe all senses, bringing gentle comfort for the next healing journey.

- Meditation 45 minutes
- Foot Ritual 15 minutes
- Gentle Rhythm Treatment 90 minutes
- Wellness Cuisine and Tropical Fruit

### Day 2: YOGA AND MIND SPIRITUAL JOURNEY | 2:45 hours

Continuing the journey is a deep meditation method that helps the body and mind rest, while syncing the body with breathing like a musical melody to help unlock pent-up energy. Follow by refreshing the body with a combination of green tea and sea salt and finish with a deep facial for exceptional radiance.

- Vinyasa Yoga 60 minutes
- Body Scrub 45 minutes
- Facial Treatment 60 minutes
- Wellness Cuisine and Tropical Fruit

### Day 3: MIND AND BODY BALANCING | 2 hours

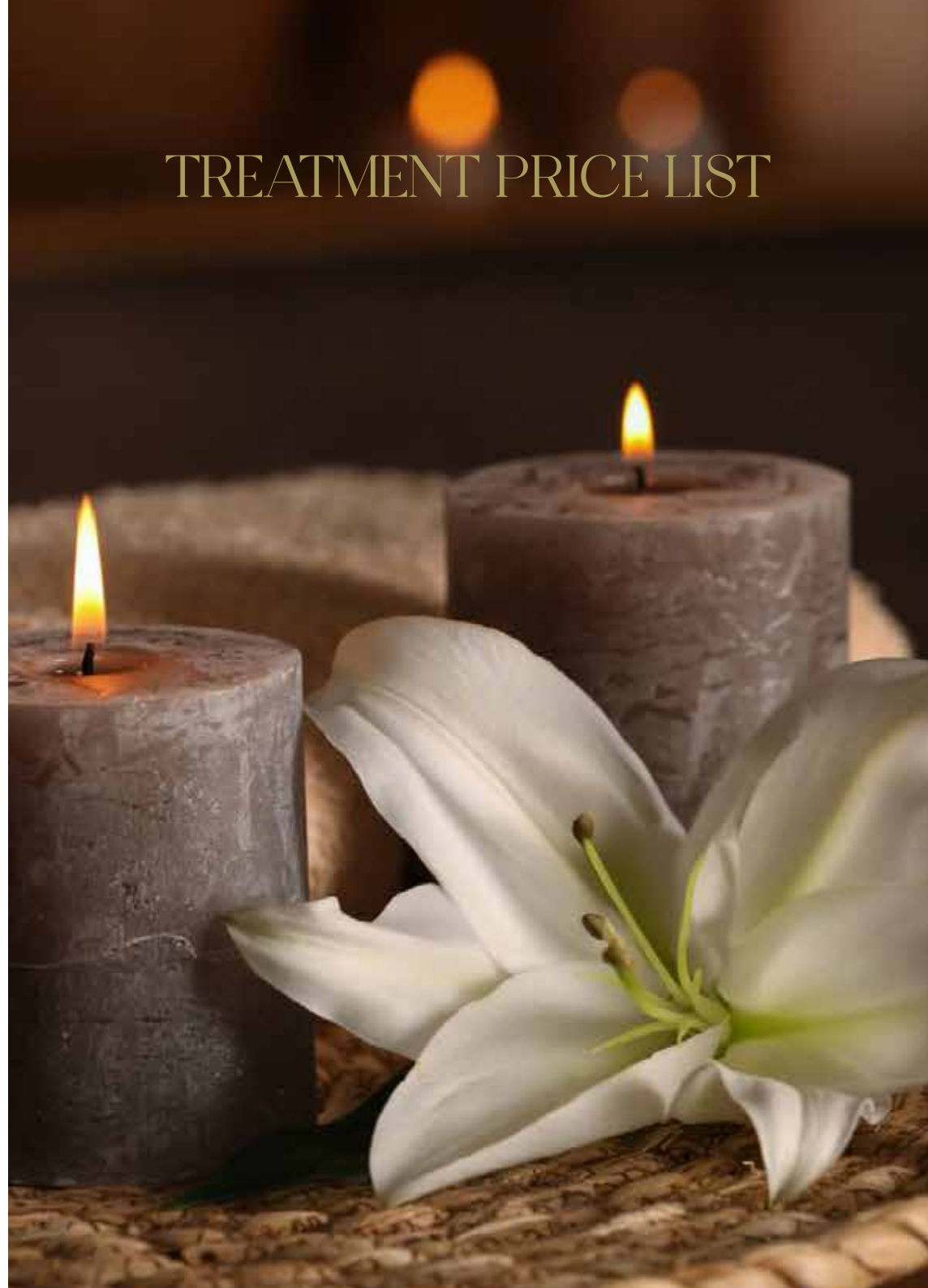
The last day's healing journey is a sound bath to bring the energy vibration to new heights. The journey ends with chakra balancing that combines crystals and oils to warm the entire body as a healing ritual for a whole new return.

- Sound Healing 30 minutes
- Chakra Balancing Treatment 90 minutes
- Wellness Cuisine
- Wellness Tea

## SPA ETIQUETTE

- Please arrive 15 minutes prior to your appointment time in order to complete a health assessment form and relax before your treatment.
- Please note the 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 jewellery 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 three hours' cancellation notice for individual treatments and 24 hours' notice for programmes & packages, otherwise 50% of the price will be charged to your account.
- We recommend that you do not sunbathe after any oil treatments.
- For men – please shave prior to all facial treatments 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.
- Guests 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 spa opening time is between 7:30 a.m. to 7:30 p.m.
- In case of any overtime massage requirements, an additional 20% will be charged to the treatment price.

## TREATMENT PRICE LIST





**ANANTARA**

SPA

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