

Relaxation Refined At Anantara Spa



Today we are visiting Anantara Spa, located within the tranquil Eastern Mangroves Hotel and Spa by Anantara to experience an afternoon of relaxation. The spa boasts 15 treatment rooms in total, Turkish hammam bathhouse for up to 8 guests, including a rhasoul steam room and sauna, 3 couples' suites with Arabic bath tubs and steam rooms, 2 private Vichy rooms, separate male and female relaxation lounges, 2 traditional Thai massage rooms and 1 slimming room.

The spa has a separate side entrance allowing you to by-pass the hustle and bustle of the popular hotel and instantly begin your journey of relaxation. As we enter the spa we are warmly greeted by the Spa Director who goes through the spa menu explaining the treatments before we make our selection.

The spa offers a wide variety of treatments that caters to guests with various needs, from facials, massages to slimming treatments. The signature treatment is the Signature Hammam and Massage, which incorporates Turkish and Moroccan elements. This treatment is sure to leave you feeling revitalized, in total guests will enjoy a six-step ritual comprising of cleansing, exfoliating and conditioning the body. The treatments at Anantara Spa are a synergy of traditional Thai techniques infused with rich Arabic culture.

Eventually we decide to try the 60-minute couples massage treatment. Before we enter the treatment room we are presented with a selection of fragrant oils to select for our treatment. Each oil has a different benefit from stress relief, muscle relief to relaxation. We select the anti-stress oil made with menthol, peppermint and lavender, promising to leave us uplifted whilst reducing muscle pain and tension. We then make our way to the treatment room, here we are greeted by the therapists, who are professional and welcoming. As expected their knowledge of the brand and products are exceptional.

The treatment room has authentic Thai and Arabic elements, deep purples and golds add a sense of luxury. The changing area is light, spacious and even boasts a steam room. In the main treatment area are two large comfortable massage beds and an Arabian bath tub.

Our treatment begins by our therapists cleaning our feet with milk and honey. Shortly after the treatment begins, as our treatments are tailored I opt for slightly more pressure whilst my companion decides on a more relaxing massage. Our therapists do exceptionally well in kneading our knots and focusing on our problematic areas.

The outcome, as intended, left us feeling de-stressed, relaxed and re-vitalized. If you are looking for a relaxing treatment in a tranquil environment just a short distance from the city we would highly recommend Anantara Spa. The facilities are immaculate and the therapists take the time to hear your concerns, ensuring a delightful treatment.

Anantara Spa at Eastern Mangroves Hotel and Spa by Anantara is a great option to experience true Thai inspired treatments by a professional team who welcome guests with true Thai hospitality.

Massages start from AED 600 per person for 60 minutes.

Anantara Spa, 02 656 1146