



ANANTARA

SPA

TRANQUILITY DISCOVERED

WELCOME TO ANATARA SPA

Designed in natural harmony with our lush island paradise and revealing translucent ocean, Anantara Spa offers an escape within an escape that feels far removed from modern stress and distraction. Our spa menu features trusted indigenous therapies and elixirs infused with remedial natural ingredients, as well as advanced western wisdom and ancient wellness rituals from other exotic lands.

Spa facilities include a plunge pool, wet room, hydrotherapy pool and rhassoul chamber, five luxurious treatment rooms, a health bar serving freshly squeezed fruit juices and a relaxation area with a view of the Indian Ocean and mesmerizing sunsets. Retreat to a serene sanctuary that coaxes your entire being into the tranquil rhythm of romantic island life. Let your cares slip away and your sensual journey begin as you experience exceptional luxury in breathtaking surrounds.



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ANANTARA SIGNATURE EXPERIENCE

Anantara Signature Massage | 90 Minutes | USD 120

Your relaxation journey begins with our classic fusion of oils blended to Anantara perfection. Restore energy flow and sink deep into a state of bliss. Using smooth strokes and acupressure techniques, let our spa experts elevate you to a state of wellbeing. A balance of East and West, a union of ancient tradition and modern elements. The Anantara Signature Massage awaits you.

Welcome Drink | Anantara Foot Cleansing Ritual |
Anantara Signature Massage | Refreshments

Mozambique Sand Compress Massage | 90 Minutes | USD 130

A heated handmade sand compress is combined with our African Traditional Massage and an infusion of oils and classic techniques to relieve muscle tension and stiffness, pain and fatigue. This combination also stimulates the lymphatic system, increasing your energy levels, with the heat further promoting flexibility and relaxation.

Welcome Drink | Anantara Foot Cleansing Ritual |
Mozambique Sand Compress Massage | Refreshments



[Bamboo Massage](#) | 90 Minutes | USD 130

Imagine warm bamboo shoots of various sizes soaked in essential oils rolling and sliding over your muscles in a soothing massage. Inspired by age-old techniques, this innovative massage will revive your senses and inspire invigoration. Customised to your preference, our therapist will use deep-tissue movements or gentle strokes to melt away muscle tension. A unique, deeply pampering experience.

[Welcome Drink](#) | [Anantara Foot Cleansing Ritual](#) | [Bamboo Massage](#) | [Refreshments](#)

[The Absolute Spa Ritual](#) | 120 Minutes | USD 220

Indulge yourself from top to toe. Starting on the soles of the feet, we work all the way up to the back of the body using five different techniques before turning you over for a full facial complete with a face and scalp pressure-point massage. A serene ritual for all the senses.

[Welcome Drink](#) | [Anantara Foot Cleansing Ritual](#) | [Facial](#) | [Swedish Massage](#) | [Refreshments](#)

[Slumber Guru](#) | 75 Minutes | USD 140

Bathe and unwind with our rejuvenating evening treatment in the comfort of your own villa. Savour a massage on the back, neck and shoulders, then an aromatic bath prepared for you in private tranquillity. A blend of essential oils and bath salt selected by you completes rejuvenation in solitude.

[In-Room Treatment](#) | [Refreshment](#) | [Tea and Cookie](#) | [Massage](#) | [Bath](#)



COUPLES EXPERIENCE

Couples Classic Experience | 75/90 Minutes | USD 180 | USD 195

Enjoy a gorgeously relaxing massage in our couples spa suite. Both of you will enjoy a full-body massage (your choice of Swedish or deep-tissue), as you lie side by side in bliss.

Welcome Drink | Anantara Foot Cleansing Ritual |
Swedish/Deep Tissue Massage | Refreshments

Couples Body Ritual | 75/90 Minutes | USD 220 | USD 235

Lie beside the one you love and indulge in invigoration. An exotic scrub exfoliates the skin to be smooth, soft and rejuvenated, then is followed by a warm cleansing shower. A luxurious full body massage with warm oils finishes this indulgence for two.

Welcome Drink | Anantara Foot Cleansing Ritual |
Mozambique Sand Compress Massage | Refreshments

Darling Duo | 120 Minutes | USD 235

Steal away from reality with a couples massage in an ocean-facing spa suite. Enjoy this luxurious experience featuring our traditional rasul clay treatment followed by a relaxing massage that concentrates on areas of concern with light to strong pressure.

Welcome Drink | Anantara Foot Cleansing Ritual | Rasul | Swedish Massage | Refreshments

Escape for Two | 180 Minutes | USD 290

Let the world slip away by indulging in the ultimate, serene experience with your loved one. Ease in with a foot bath. Afterwards, hand and foot reflexology creates a healthy full-body balance by relieving pressure points. Then enjoy one of four massages of your choice, followed by a detoxifying facial.

Welcome Drink | Anantara Foot Cleansing Ritual |
Hand & Foot Reflexology | Facial | Massage | Refreshments





MASSAGES

[Deep Tissue](#) | [75/90 Minutes](#) | [USD 115](#) | [USD 120](#)

A powerful massage designed to alleviate deep-seated muscle tension. Specialised techniques concentrate on specific areas to relieve common discomforts such as neck stiffness, lower-back pain and tight shoulders.

[Welcome Drink](#) | [Anantara Foot Cleansing Ritual](#) | [Deep Tissue Massage](#) | [Refreshments](#)

[Absolute Relaxation](#) | [75/90 Minutes](#) | [USD 115](#) | [USD 120](#)

Savour the ultimate full-body relief. Infused oils are warmed and lightly massaged into the skin using soothing friction strokes. As the oils penetrate the skin, toxins and impurities are released, reducing muscle tension and calming the nervous system. Experience wellbeing through a sense of harmony.

[Welcome Drink](#) | [Anantara Foot Cleansing Ritual](#) | [Absolute Relaxation Massage](#) | [Refreshments](#)

[Aroma Stone Massage](#) | [75/90 Minutes](#) | [USD 115](#) | [USD 120](#)

In Bali, it is believed that stones are filled with the energy of water that flows over them in an eternal stream. Harnessing these properties, we bathe volcanic basalt stones in warm water and anoint them with soothing aromas. The deep penetrating heat with traditional massage and aromatherapy techniques perfectly release muscular tension and restore balance.

[Welcome Drink](#) | [Anantara Foot Cleansing Ritual](#) | [Aroma Stone Massage](#) | [Refreshments](#)



Thai Herbal Poultice 90 Minutes | USD 130

A warm muslin poultice of Thai and Chinese herbs is steamed and applied directly to the body in a kneading action. This ancient treatment has been proven to soothe muscle tension and stiffness in key areas. Heat and herbs are absorbed by the body to reduce aches and pains, increase lymphatic drainage and overall skin condition.

[Welcome Drink](#) | [Anantara Foot Cleansing Ritual](#) | [Thai Herbal Poultice Massage](#) | [Refreshments](#)

Traditional Thai Massage 75/90 Minutes | USD 115 | USD 120

Relax as your therapist rhythmically stretches and flexes your body according to traditional techniques, loosening and relieving weary muscles. Using pressure point stimulation and targeted stretching, Thai massage renews energy flow, improves flexibility and reduces tension.

[Welcome Drink](#) | [Anantara Foot Cleansing Ritual](#) | [Traditional Thai Massage](#) | [Refreshments](#)

Peaceful Pregnancy Massage | 60 Minutes | USD 90

Your choice of blended oils and a massage adapted for your particular stage of pregnancy. Gentle strokes help to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet.

[Welcome Drink](#) | [Anantara Foot Cleansing Ritual](#) | [Massage](#) | [Refreshments](#)

Oriental Foot Reviver | 60 Minutes | USD 90

According to reflexology, pressure points on the feet correspond to every area of the body. Those pressure points are soothed during a massage to restore the body's natural healing process, improving overall health and reducing stress.

[Welcome Drink](#) | [Anantara Foot Cleansing Ritual](#) | [Reflexology](#) | [Refreshments](#)



BODY TREATMENTS

Nourishing Scrub and Wrap | 60 Minutes | USD 80

A body exfoliation ritual to invigorate and revitalise. Dead skin is lightly brushed away before warm oils are dripped luxuriously over the body and a sublime coconut scrub is applied. Skin-enriching oil nourishes the body during a comforting cocoon wrap. Emerge deeply cleansed and moisturised, feeling vibrant.

Welcome Drink | Anantara Foot Cleansing Ritual | Scrub & Wrap | Refreshments

Revitalising Aloe Vera Scrub and Wrap | 60 Minutes | USD 80

Let Aloe Vera nourish and renew you from head to toe. The phytosterol plant increases hydration and contributes to replacing earthly vitamins and minerals such as Vitamins A, B, C, D, E, magnesium, potassium and zinc. This treatment starts with a full-body scrub and is followed by a nourishing cocoon wrap.

Welcome Drink | Anantara Foot Cleansing Ritual | Scrub & Wrap | Refreshments

Detoxifying Scrub and Wrap | 60 Minutes | USD 90

This treatment begins with either a sugar scrub or a dry-body brush exfoliation. It is then followed by a body wrap in a white Terres d'Afrique mask which draws out impurities and detoxifies, leaving you energized and free of toxins. Followed by a soothing forehead, ear, and pressure point scalp massage to complete the cleansing experience.

Welcome Drink | Anantara Foot Cleansing Ritual | Scrub and Wrap | Refreshments





FACIALS

Detoxifying Cleansing Facial | 60 Minutes | USD 115

Eliminate toxins accumulated in the skin due to unhealthy living, urban pollution and stress. The detox process begins with a combination of a deeply relaxing massage and stimulation of facial pressure points using Shiatsu massage and Terres d'Afrique signature Lymph Wands. Then a deep cleansing mask extracts heavy metals and toxins from deep within the epidermis leaving the skin ready to soak in omega oil-rich botanicals to achieve a naturally radiant look.

Welcome Drink | Anantara Foot Cleansing Ritual | Facial | Scalp Massage | Refreshments

Age-Defying Lifting and Firming | 60 Minutes | USD 140

This treatment focuses on damage repair using powerful antioxidants and collagen-boosting botanicals. An age-defying facial smooths out fine lines and wrinkles by literally 'straightening' the damaged collagen using Terres d'Afrique signature Lymph Wands. At the same time, a wealth of potent African ingredients stimulate the skin's collagen and elastin production, while omegas help restructure and regenerate skin cells.

Welcome Drink | Anantara Foot Cleansing Ritual | Facial | Scalp Massage | Refreshments

Anti-Blemish | 60 Minutes | USD 140

For dehydrated skin, pigmentation and after-sun repair. This facial fights the negative impact of excessive sun exposure, repairs blemishes and prevents sun damage using natural elements such as aloe vera, baobab and kigelia.

Welcome Drink | Anantara Foot Cleansing Ritual | Facial | Scalp Massage | Refreshments

Skin Energising Deep Cleanse for Men | 60 Minutes | USD 110

Designed for gentlemen. Tailored to individual needs to detox skin and restore radiance through exfoliation and massage. A straightforward facial for first-timers.

Welcome Drink | Anantara Foot Cleansing Ritual | Facial | Scalp Massage | Refreshments





MANICURES AND PEDICURES

Exotic Hand Ritual Manicure | 45 Minutes | USD 40

More than just a manicure. Aromatherapy oils nourish and condition during a hand exfoliation and massage. Sublime milk cream lavishes and restores moisture to the skin. Finishes with polish.

Welcome Drink | Exotic Hand Ritual Manicure | Refreshments

Exotic Sole Delight Pedicure | 50 Minutes | USD 50

Superlative foot therapy. Begin with an aromatherapy foot bath in the pedicure throne, followed by a massage and exfoliation on the lower legs. Concludes with a full pedicure and any polish.

Welcome Drink | Exotic Sole Delight Pedicure | Refreshments



ADD-ONS

Indian Head Massage | 30 Minutes | USD 50

In this energising Indian head massage, heated herbal oil is poured in a continuous stream onto the forehead (third eye) inducing a deep state of relaxation. The warm oil accompanies a pressure point scalp massage on the vital energy points to promote relaxation and an altered state of consciousness.

[Indian Head Massage |](#)

Express Facial | 35 Minutes | USD 65

A facial tailored to the specific needs and condition of your skin. Includes cleansing, a customised mask application and a heavenly hand and arm massage.

[Express Facial |](#)

Foot Massage | 30 Minutes | USD 50

A facial tailored to the specific needs and condition of your skin. Includes cleansing, a customised mask application and a heavenly hand and arm massage.

[Foot Massage |](#)

Back Massage | 30 Minutes | USD 55

A facial tailored to the specific needs and condition of your skin. Includes cleansing, a customised mask application and a heavenly hand and arm massage.

[Back Massage |](#)



ANANTARA RITUALS

Journey of Siam | 225 Minutes | USD 380

Experience a sensual journey for mind, body and soul. An anti-ageing antioxidant scrub nourishes and protects the skin for smooth radiance. Unwind as your skilled therapist performs ancient Thai massage techniques to deeply relax muscles and enhance your energy flow.


Welcome Drink | Anantara Foot Cleansing Ritual | Vanilla and Cinnamon Scrub | Traditional Thai Massage | Detoxify Facial | Refreshments

Bazaruto Bliss | 180 Minutes | USD 380

Let us welcome you with herbal tea and a relaxing foot massage. Afterwards, drizzled warm oil followed by a coconut sugar scrub will leave your skin smooth and glowing. A detoxifying body mask cleanses and refreshes, while an Indian scalp massage unblocks your third eye. To end this blissful ritual, enjoy our signature massage with a hot sand compress.

Welcome Drink | Anantara Foot Cleansing Ritual | Rooibos and Honey Scrub | Sand Compress Massage | Scalp Massage | Detox Wrap | Refreshments

Design Your Spa | 180 Minutes | USD 320

Choose any three 60 minute treatments from the menu with the  symbol to create your own tailored Anantara Spa journey. Services only available on the same day for one guest.

Welcome Drink | Anantara Foot Cleansing Ritual | Three hours of bespoke treatments of your choice | Refreshments

TEEN SPA

Twice as Nice Massage | 60 Minutes | USD 180

The ultimate spa indulgence for moms and daughters or dads and sons. Working at side-by-side tables, two therapists treat you both to an Anantara Signature Massage.

Welcome Drink | Anantara Foot Cleansing Ritual | Swedish Massage | Refreshments

Teen Wellness Massage | 60 Minutes | USD 110

Relax during our full body massage based on Swedish techniques and aromatherapy massage oils to provide you with a relaxing experience.

Welcome Drink | Anantara Foot Cleansing Ritual | Swedish Massage | Refreshments

Healthy Glow Facial | 30 Minutes | USD 65

Take your first step on the journey to lifelong luminous skin. Learn basic skincare steps and develop a facial routine. Gentle exfoliation and polishing will leave your complexion looking and feeling its finest.

Welcome Drink | Anantara Foot Cleansing Ritual | Facial | Refreshments

Twice as Nice Facial | 60 Minutes | USD 110

Our deep-cleansing facial targets problem areas including acne and congested or sensitive skin. You'll learn how to manage special concerns and develop a healthy skincare maintenance routine.

Welcome Drink | Anantara Foot Cleansing Ritual | Facial | Refreshments





ENHANCEMENTS

To complete your experience at Anantara Spa, the following 30-minute add-ons have been carefully selected to complement your spa treatments. These treatments cannot be booked separately and must be added to one of your receiving treatments .

For only USD 20

- Scalp Massage above
- Hot Stones
- Foot Massage
- Eye Rejuvenating Treatment
- Invigorating Foot Mask
- Refreshing Peppermint leg treatment
- Foot Exfoliation
- File & Polish
- French Polish
- Paraffin Hands or Foot Dip



HAND WASH

ISLAND GREENS
T D'A
TERRES D'AFRIQUE
ESSENCE

TERRES D'AFRIQUE
VEGETABLE SOAP
VETIVER, YLANG & OMLIMBEIRI



SPA ETIQUETTE

Hours of operation

Anantara Spa is open daily from 10.00 am – 10.00 pm.

Reservation

To ensure you secure the time you prefer we recommend booking in advance. Please call or visit the spa, and one of our Spa Concierge will be able to assist you. A credit card number is required to secure your booking for non- resident guests. Walk-in guests are welcome and treatments are subject to availability. Spa treatments between 10.00 pm and midnight are available upon advance reservation. In-villa massages available, reservation required.

Cancelation Policy

Should you need to cancel or rebook your Anantara Spa treatment, we do require a minimum of four hours' notice to avoid being charged 100% for your treatment time. A six hour notice is requested for Spa Packages and Signature Treatments to avoid the cancellation fee.

Health Concerns

Please notify the spa therapists of any existing medical conditions. If you are pregnant or have any pre-existing medical conditions or allergies, please consult a doctor before booking any spa treatments or using the spa facilities. This will ensure your safety before having any treatments. We recommend that you do not sunbathe after an aromatherapy treatment.

Spa Arrival

You are encouraged to arrive 15 – 30 minutes prior to your treatment time. This will allow for a smooth check in and the opportunity to relax before your treatment. Late arrivals will be subject to reduced treatment times. Mobile phones and smoking are not permitted in the spa at any time.

Spa Attire And Valuables

When you arrive for your treatments you will be provided with a spa robe and slippers as well as a locker to place your belongings. We recommend you leave all valuables in your room or suite as Anantara Spa does not assume responsibility for lost items.

Behaviour

We do not tolerate any sexual harassment or aggressive behaviour towards our team members; any form of verbal, physical or sexual harassment will result in legal action.

Spa care professionals

Anantara Spa employs only the finest professionally accredited Spa care professionals. Continued education is assured through regular training programmes.

The products

Anantara Spa offers a number of internationally respected brands. Your Spa care professional will recommend the product range most suited to your specific requirements. Kindly note that products purchased are non-refundable.

Gift vouchers

Select an existing treatment package or feel free to design your own. A Spa gift voucher is the ideal gift for not only the Spa enthusiast, but also friends and loved ones in need of supreme pampering. Browse through our treatment menu to make your selection. Spa gift vouchers may be purchased at the Spa reception. All gift vouchers must be presented at the time of the booking and are non-refundable and cannot be exchanged for cash value.

Additional Information

Anantara Spa welcomes guests ages 12 – 16 when accompanied by a parent or guardian. Please note that the accompanying parent or guardian must sign a consent form and book all services for guests under 16, and an adult must be present for most services. Teens must wear lightweight, loose clothing or swim-wear for all services. For details, please contact the Spa concierge.

All prices are in USD and subject to 17% local taxes and service charge.

Anantara Bazaruto Island Resort
Ilha do Bazaruto, Inhambane, Mozambique

To make an appointment contact us
10.00 am – 10.00 pm

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