



  
ANANTARA  
SPA

LIFE IS A JOURNEY



## WELCOME TO ANANTARA SPA

Designed in natural harmony with our lush island paradise and revealing translucent ocean views, 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 an ice pool, wet room, hydrotherapy pool and rhassoul chamber, five luxurious treatment rooms, a health bar serving fresh fruit smoothies, squeezed 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.



## SPA JOURNEYS

Carefully crafted to bring you luxurious choices of extended experiences, these special journeys are designed to help you escape the limits of space and time. Indulge in unique therapies and exclusive rituals, all created with your supreme wellbeing in mind.



### BAZARUTO BLISS (180 MINUTES)

Find your balance in Mozambique as we bring you the elements of the ocean, land and sand dunes to reconnect you with true African tradition. Rejuvenate the skin with a Herbal Sea Salt Exfoliation. Relax with a soothing scalp massage with warm coconut oil whilst cocooned in a therapeutic mud wrap. Bazaruto Bliss results in body detoxification, revitalised energy and flawless skin that feels smooth. Luxuriate under a warm shower before a relaxing Mozambique sand compress massage.

- Floral foot ritual
- Herbal sea salt scrub
- Indian scalp massage
- Detox mud wrap
- Mozambique sand compress massage
- Refreshment

### JOURNEY OF SIAM (225 MINUTES)

Rediscover your inner strength and vigour with this exquisite journey from Thailand. A coconut mint scrub polishes, moisturizes and softens skin, while stimulating the senses with exotic scents. Enhance your energy flow with the skilled pressure point and stretching techniques of a traditional Thai massage, and feel luxuriously pampered by a nourishing hydrating facial.

- Floral foot ritual
- Coconut mint scrub
- Traditional Thai massage
- Bespoke facial
- Refreshment

### AFTER SUN RETREAT (120 MINUTES)

This delightful full body and facial treatment is the perfect way to nourish skin and promote a glowing, long lasting tan. Wonderfully soothing and calming, an expert therapist applies fresh, cooling aloe vera gel and a poultice of cold black tea and mint to decrease redness and pain, followed by a pampering facial to boost moisture and plump the skin, for a flawless and even complexion.

- Floral foot ritual
- Aloe vera sun soother
- Exotic moisture dew facial
- Refreshment

### IN-VILLA SLUMBER GURU EXPERIENCE (70 MINUTES)

Taking the importance of a good night's rest to a whole new level, this in-villa ritual begins with a soak in a luxuriant bath infused with essential oils. You'll then be treated to a relaxing back, neck and shoulder massage using ylang-ylang or lavender essential oils. Enjoy a warm beverage, served with a homemade sweet treat. Unwind to your choice of soothing music

- Aromatic bath ritual
- Relaxing back, neck and shoulder massage
- Refreshment





## 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 SIGNATURE MASSAGE (90 MINUTES)

Combining revered eastern and western techniques in purposefully designed movements with our signature oil blend, this massage stimulates circulation and deeply relaxes muscles. Meanwhile, reflexology clears blockages of energy and promotes overall wellbeing.

### INTOGA MASSAGE (90 MINUTES)

A deep tissue and stress releasing treatment that incorporates the skillful movements of the hands and different wooden sticks to stretch tight muscles and ease toxic overload from daily stress. The body is left deeply relaxed and balanced.

### MOZAMBIQUE SAND COMPRESS MASSAGE (90 MINUTES)

Incorporating an African massage oil blend and heated sand compress, this unique treatment combines traditional Thai and oil massage techniques to relieve muscle tension, stiffness, pain and fatigue. Designed to stimulate blood circulation and the lymphatic system, while increasing energy levels. A warming effect promotes flexibility and deep relaxation.

### MOZAMBIQUE MUD MASSAGE (90 MINUTES)

Unwind with this unique massage that takes you on a journey. African clay was used for centuries to help protect the skin. This treatment restores hydration and nourishment, while aiding in desquamation of skin cells for smooth and younger looking skin.

### CLAY RHASSOUL (45 MINUTES)

Cocoon in a therapeutic mud wrap from our specialised selection of mud choices. Clay Rhassoul results in body purification, revitalization and skin that feels flawlessly smooth. Catering for all skin types, red clay for normal to dry skin nourishes and hydrates. White clay's softening and soothing qualities are ideal for normal and sensitive skin, while green clay treats normal to oily skin by detoxifying, tightening pores and balancing the skin's moisture.

### BESPOKE SPA EXPERIENCES (90 MINUTES)

Indulge in an exclusive spa journey designed to suit your needs and mood. Highlight the areas you wish to focus on, and we'll tailor the perfect 90 minute treatment package and incorporate luxurious spa products.





## MASSAGES

### TRADITIONAL THAI MASSAGE

(60 MINUTES)

Passed down through generations, this unique and exotic technique is known to many as 'passive yoga', as it offers the ultimate body workout. Let your expert therapist do all the work – while you enjoy the benefits. Experience how pressure points and stretching techniques effectively release tension, increase flexibility and boost vitality.

### DEEP TISSUE MASSAGE

(60 MINUTES)

Unwind into a powerful, customized massage that combines deep rhythmic pressure and a personally prescribed dynamic blend of essential oils to alleviate stress and ease aching muscles.

### HOT STONE MASSAGE

(60 MINUTES)

This indulgent massage incorporates the penetrating warmth of pure essential oils, which are smoothed over your body using natural heated volcanic stones to release the body's stored tension from within muscular tissue.

### FOOT MASSAGE

(30/60 MINUTES)

This deeply relaxing treatment releases stiffness and tension in the feet and lower legs. Benefit from improved flexibility, blood circulation and energy flow, as your therapist incorporates the reflexology techniques of acupressure, friction, stretching and effleurage to specific points on the feet which stimulate corresponding organs in the upper body to promote overall wellbeing.

## FACIALS

### ULTIMATE FACIAL REJUVENATION

(90 MINUTES)

Your journey starts with a deep cleansing exfoliation at the back of the neck, followed by a relaxing back, neck and shoulder massage to release tension and ease aching muscles. Rejuvenation at it's optimum, this facial ritual involves cleansing, a massage and the use of signature serums to hydrate the skin to the deepest levels and reduce fine lines and wrinkles.

### DEEP CLEANSING FACIAL

(60 MINUTES)

Gentle in our approach, we focus on deep pore cleansing and facial renewal to preserve the skin's youthfulness.

### DEEP CLEANSING FOR MEN

(60 MINUTES)

This anti-aging facial involves the use of gentle exfoliation and hot mittens to purify the skin and reduce ingrown hairs. A stimulating facial massage uplifts tired and dull skin for maximum anti-aging results.

### BESPOKE FACIAL

(75 MINUTES)

Relax while your therapist analyses and prescribes the correct treatment for you. Our goal is effective supplementation and visible hydration followed by a soothing scalp, neck and shoulder massage.



# BODY TREATMENTS

## BODY SCRUBS

### EXOTIC COCONUT MINT SCRUB

(45 MINUTES)

Mint cleanses, revives and refreshes the skin while coconut moisturizes, nourishes and softens the skin. Exotic refreshing aromas enliven the senses resulting in flawless smooth skin.

### SEA SALT AND HERBAL OIL BLEND

(45 MINUTES)

Blending sea salt with your choice of lavender or peppermint essential oil, light effleurage and exfoliation removes dead cells and improves blood circulation on the skin's surface. Skin is deeply cleansed and revitalised, richly nourished and soft.

### BODY SCRUB AND HYDRO-BATH

Choose from any body scrub and enjoy our Vichy shower heads and soak in our aromatic hydro-bath with hydro jets to relax and ease muscle fatigue and pain. Essential oils are added to the bath to help ease the detoxification.

## BODY WRAPS

Choose from our specialist body wraps. Depending on your desired outcome we will tailor your wrap to your needs and wants, deeply nourishing and hydrating or weight loss. Indulgently rich and gloriously fragranced with African aromas.

### ALOE AFTER SUN SOOTHER

(45 MINUTES)

Wonderfully soothing and calming, an expert therapist applies fresh, cooling aloe vera or cucumber gel and poultice of cold black tea to decrease redness and pain.

## BATH RITUALS

### ANANTARA MILKY BATH

(30 MINUTES)

Enjoy a private tea service as the exotic aromas of our signature Milky Bath balances body, mind and soul.

### LAVENDER DEAD SEA SALT BATH

A soothing and indulgent experience that relaxes the mind and has a therapeutic and detoxifying effect on the body.

## MANICURES

### HAND AND FOOT CARE

- Classic manicure – 45 minutes
- Classic pedicure – 60 minutes
- File and polish – 30 minutes
- French polish – 15 minutes

## WAXING AVAILABLE UPON REQUEST

- Lash and/or brow tint
- Brow shape

## SPA FACILITIES

- Steam room
- Jacuzzi
- Plunge pool
- Infinity pool

*To utilize these facilities, booking is mandatory.*





## KIDS SPA MENU

### CHOCOLATE MASSAGE 45 MINUTES

Chocolate oil made from real cocoa is a natural way of relaxing your little one without the heavy aroma of essential oils. Our 45 minute kids' massage is the perfect way to relax and stimulate healthy muscle tissue for a growing girl or boy.

### SLEEP HEAD AND FOOT MASSAGE

The sleepy head and foot massage are perfectly constructed to help the little one fall asleep. With the foot massage to help relax the feet from a full day of adventures and a head massage to relax a busy mind.

### POPSTAR MINI MANI AND PEDI

For healthy nails on both hands and feet, our nourishing treatment will promote health growth of the nail as well as the underlying nail bed.

### PICK AND MIX

Your little one wants more than one treatment, or they can't choose what treatment they would like more? This is the perfect option. Let them have it all. Choose any combination of treatment to make up an hour. 15 minute Head massage, 15 Minute foot massage, 30 Minute mini facial, 15 minute back neck and shoulder massage, 15 minute file, and polish for either hands or feet.

### FAMILY TIME

Have a bonding session with your little one. After all, they won't be little for long. Spend some quality time with our Mum and Me or Dads and Dudes packages. Choose from our selections of 30 minute or 60 minute treatments to make up a 90 minute experience.



## SPA ETIQUETTE

### RESERVATION

Pre-bookings is essential to ensure availability in planning your memorable spa day. Please note that 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 surroundings. For men, please shave prior to all facial treatments to ensure that maximum results are achieved.

### PAYMENT AND CANCELATION POLICY

All treatments are charged to your room and will appear on your account at check out. Please give four hours' cancellation notice on individual treatments and 24 hours' notice on packages, otherwise, 50% of the price may be charged to your account, and 100% of the price will be charged for no-shows.

### 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.

To make an appointment contact us  
T: +258 29 39 1500 | +258 84 30 04726  
9.00 am – 7.00 pm  
E: [spa.bazaruto@anantara.com](mailto:spa.bazaruto@anantara.com)

[Spa.anantara.com](http://Spa.anantara.com)

### SPA ARRIVAL

You are encouraged to arrive 15 - 30 minutes prior to your treatment time in order to complete your health assessment form. This will also allow for a smooth check-in and an opportunity to relax before and after your treatment. Late arrivals will be subject to reduced treatment times. Please remember that Anantara Spa is a restful place of peace and tranquillity. We, therefore, advise that you leave your cell phone and/or any other electronic devices in your locker to enhance your experience.

### 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 that you leave all jewelry and valuables in your villa before coming to the spa as Anantara Spa does not assume responsibility for lost items.