



ANANTARA
SPA



Tranquility Discovered



WELCOME TO ANATARA SPA

Designed in natural harmony with our lush island paradise and revealing the spectacular views of Bazaruto Archipelago, Anantara Spa is a place to connect with nature, breath, and relax. Escape from the modern stress and distraction, and focus on yourself and the people you care about the most. 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, jacuzzi with spectacular sunset views, a wet room, Rasoul chamber, five luxurious treatment rooms, and an outdoor treatment area overlooking the Bazaruto Bay. A health bar serves freshly squeezed fruit juices and a relaxation area has views of the Indian Ocean. 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.

Anantara Spa is open daily

UNFORGETTABLE JOURNEYS

ANANTARA.COM





Signature Experiences



UNFORGETTABLE JOURNEYS

BAZARUTO BLISS | 120 MINUTES | USD 250

Begin with a warm herbal infusion and a soothing foot massage. We'll gently drizzle warm oil on your body to prepare you for an invigorating exfoliation, leaving your skin radiant. Then enjoy a detoxifying body mask to draw out impurities before a soothing Indian scalp massage to unlock your third eye. Conclude this experience with our signature full-body massage.

Welcome drink | Anantara foot cleansing ritual | scrub | Anantara signature massage | scalp massage | detox wrap | refreshments

THERAVINE FULL BODY VINETHERAPY EXPERIENCE | 90 MINUTES | USD 160

Start with a revitalising foot cleanse, then release tension with a deeply relaxing AromaVine™ massage. A specialised TheraVine™ facial restores radiance while an acupressure scalp massage calms the mind. This harmonising ritual leaves you feeling renewed, rebalanced, and utterly restored

Welcome drink | Anantara foot ritual | stress release massage | facial | scalp massage | refreshments

THERAVINE™ FACE AND BODY GLOW EXPERIENCE | 120 MINUTES | USD 215

This sensory experience begins with an anti-oxidant rich health drink. After the foot cleanse ritual, both face and body are exfoliated followed by a relaxing face and body massage using AromaVine™ Pinotage oils. Relax while embalmed in a moisturising vine treatment cream to hydrate and nourish your skin and reawaken a warm, botanical infused compress.

Welcome drink | Anantara foot cleansing ritual | facial cleanse and exfoliation | body exfoliation | body massage | hydrating body emalm | warm botanical compress | refreshments

HYDRAVINE RICH MILK BATH RITUAL (IN VILLA TREATMENT) | 60 MINUTES | USD 145

Let the pressure of everyday life melt away as you submerge in a rich grape-milk bath containing actives of redbush extract, panthenol and hyaluronic acid followed by a pampering AromaVine™ moisturising Body Massage. Service available as an in villa treatment.

In-villa treatment | body massage | bath

THERAVINE™ RELAXING WELLBEING RITUAL (IN VILLA TREATMENT) | 90 MINUTES | USD 175

A revitalising wellbeing ritual commencing with the energising effects of a milk bath soak the anti-ageing benefits of baobab oil combined with the relaxing effects of essential oils. Receive a pampering massage followed by the application of a refreshing circulation boosting gel. Service available as in villa treatment.

In-villa treatment | stress release massage | bath





Couples Experience



UNFORGETTABLE JOURNEYS

COUPLE'S CLASSIC EXPERIENCE | 90 MINUTES | USD 310

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

COUPLE'S BODY RITUAL | 90 MINUTES | USD 305

Lie beside the one you love and indulge in invigoration. An exotic scrub exfoliates the skin to be smooth, soft and rejuvenated, 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 | body exfoliation | stress release massage | scalp massage | refreshments

DARLING DUO | 120 MINUTES | USD 305

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 | 120 MINUTES | USD 355

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



UNFORGETTABLE JOURNEYS

ANANTARA SIGNATURE MASSAGE | 60/90 MINUTES | USD 120 | USD 160

Embark on a relaxation journey using smooth strokes and acupressure techniques with our classic Anantara fusion of oils. Let our spa experts elevate you to a state of wellbeing with a balance of East and West in a signature massage to remember.

Welcome drink | Anantara foot cleansing ritual | Anantara signature massage | refreshments

DEEP TISSUE | 60/90 MINUTES | USD 120 | USD 160

A powerful massage designed to alleviate deep-seated muscle tension. Our therapists use specialised techniques to 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

AROMAVINE™ LEMON ZEST SOY CANDLE MASSAGE | 60 MINUTES | USD 120

Infused with plant botanicals of lime, sweet orange and lemongrass, this massage is designed as a complete holistic massage experience using a 100% natural superior blend of plant waxes and butters.

Welcome drink | Anantara foot cleansing ritual | Aromavine™ lemon zest soy candle massage | refreshments

BAMBOO MASSAGE | 90 MINUTES | USD 160

Imagine warm bamboo shoots of various sizes soaked in essential oils rolling and sliding over 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

MOZAMBIQUE SAND COMPRESS MASSAGE | 90 MINUTES | USD 160

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

AROMA STONE MASSAGE | 60/90 MINUTES | USD 135 | USD 165

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 releases muscular tension and restores balance.

Welcome drink | Anantara foot cleansing ritual | aroma stone massage | refreshments

PEACEFUL PREGNANCY MASSAGE | 60 MINUTES | USD 120

Choose your choice of blended oils while we tailor a massage adapted for your particular to your 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 120

Stimulate the body's natural healing through targeted foot massage. By applying pressure to specific points, we promote overall wellness and health through the principles of reflexology.

Welcome drink | Anantara foot cleansing ritual | reflexology | refreshments

SWEDISH MASSAGE | 60/90MINUTES | USD 120 | USD 160

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.

Welcome drink | Anantara foot cleansing ritual | Swedish massage | refreshments



Body Treatments



UNFORGETTABLE JOURNEYS

THERAVINE™ GRAPE CLEANSE AND HYDRATING MILK CEREMONY | 60 MINUTES | USD 145

Your body is cleansed of rough, dead skin cells using a crushed grapeseed cream. Warm, rich hydrating milk is poured over your body before being enveloped in warm blankets. Whilst cocooned, enjoy a relaxing facial massage. Warm AromaVine™ infused mitts remove the excess milk followed by the application of Cabernet Body Lotion with Red Vine Leaf extract known for boosting circulation.

Welcome drink | Anantara foot cleanse ritual | grapeseed body exfoliation | rich milk cocoon wrap | facial massage | cabernet body lotion application | refreshments

MUSCLE RELEASE MUD WRAP | 60 MINUTES | USD 145

Release deep-seated tension with an invigorating ritual that begins with a warm, aroma-infused sugar scrub to smooth and awaken the skin. A targeted massage follows, harnessing the potent blend of rosemary, pine and black pepper to ease muscular fatigue. A final application of warm, mineral-rich mud stimulates circulation and soothes areas of persistent discomfort, restoring vitality and balance.

Welcome drink | Anantara foot cleansing ritual | Musculavine™ friction scrub | massage | clay body wrap | circulation gel application | refreshments

ALOE AFTER SUN GEL WRAP | 60 MINUTES | USD 145

De-stress and soothe. A relaxing blend of jasmine, geranium and lavender is expertly applied to ensure complete relaxation, followed by the hydrating comfort of an aloe and roibos gel wrap which immediately soothes, calms and promotes healing. Relax while your skin is drenched in enriching actives.

Welcome drink | Anantara foot cleansing ritual | aloe after sun gel wrap | scalp massage | refreshments

THERAVINE™ CONTOURING ENVELOPMENT | 90 MINUTES | USD 165

A detoxifying, red grape skin salt exfoliation is followed by a lymphatic drainage performed using a synergistic blend of contouring and detoxifying essential oils. Let your mind drift off as you receive a pressure point scalp massage while enveloped in a remineralising clay mask rich in purifying actives followed by the application of the Sculpt-O-Vine™ Silhouette Contouring Emulsion.

Welcome drink | Anantara foot cleansing ritual | ThalasoVine™ Contouring envelopment | refreshments





Facial



UNFORGETTABLE JOURNEYS

THERAVINE™ DEEP CLEANSING FACIAL | 60 MINUTES | USD 130

A deep-cleansing facial to gently remove surface impurities using a customized purifying mask while specially selected aromatic botanicals restore balance to the skin.

Welcome drink | Anantara foot cleansing ritual | facial | scalp massage | refreshments

MELANOVINE™ PRO-BRILLIANCE BRIGHTENING FACIAL | 60 MINUTES | USD 155

Diminish uneven skin tone while minimising the appearance of fine lines and wrinkles. Targeting hyperpigmentation with scientifically advanced actives and natural lightening plant extracts, this treatment will leave your skin looking luminous and feeling radiant.

Welcome drink | Anantara foot cleansing ritual | facial | scalp massage | refreshments

THERAVINE™ DELUXE ANTI-AGING FACIAL | 90 MINUTES | USD 190

This replenishing treatment assists in reducing fine lines and wrinkles with peptide-rich boosters and serums to combat the signs of ageing while a plasticising mask further enhances the actions of the active ingredients.

Welcome drink | Anantara foot cleansing ritual | facial | scalp massage | refreshments

THERAVINE™ MEN DAILY ACTIVE FACIAL | 60 MINUTES | USD 120

Restore clarity and freshness with a treatment built on three essentials: cleanse, hydrate and revitalise. This soothing ritual purifies the skin, replenishes moisture and reawakens radiance, leaving your complexion calm, balanced and beautifully refreshed.

Welcome drink | Anantara foot cleansing ritual | facial | scalp massage





Manicures and Pedicures



UNFORGETTABLE JOURNEYS

LUXURY MANICURE | 60 MINUTES | USD 60

Begin with a gentle hand exfoliation and soothing massage using nourishing aromatherapy oils. A rich milk cream deeply hydrates and restores softness, leaving hands beautifully conditioned. The ritual concludes with a flawless polish.

Welcome drink | luxury manicure | refreshments

LUXURY PEDICURE | 60 MINUTES | USD 70

Discover superlative foot care with a ritual that begins in the pedicure throne and an aromatic foot soak. A revitalising massage and exfoliation ease tension in the lower legs, followed by a detailed pedicure and polish of your choice.

Welcome drink | luxury pedicure | refreshments

GEL MANICURE | 60 MINUTES | USD 70

A classic Anantara manicure with gel polish application.

Welcome drink | gel manicure | refreshments

GEL PEDICURE | 60 MINUTES | USD 80

A classic Anantara pedicure with gel polish application.

Welcome drink | gel pedicure | refreshments

FILE & POLISH | 30 MINUTES | USD 30

SOAK OFF (GEL ONLY) | 30 MINUTES | US 30

WAX AVAILABLE UPON REQUEST!





Add - Ons



UNFORGETTABLE JOURNEYS

ADD-ONS

BACK HOT STONE | USD 30

Relieve sore muscle pain in your neck, shoulders and back.
Improves circulation help to reduce stress and anxiety, promote relaxation.

BACK MASSAGE | 30 MINUTES | USD 55

Let stress melt off your body with an effective back neck and shoulders massage.

Hair & scalp massage

THERAVINE™ HAIR AND SCALP TREATMENT | 30 MINUTES | USD 50

Exeperience an ultra-relaxing stress relieving scalp massage treatment, using a stimulating scalp tonic followed by a conditioning hair oil and intensive hair mask to leave your hair silky, soft and shining.

Eye treatment

ULTRAVINE™ ADVANCE CONTOURING RETINOL EYE TREATMENT | 30 MINUTES | USD 45

An advanced eye mask treatment, combined with a super-charged serum that helps to smooth away lines & wrinkles, creating a fresh and radiant looking eye contour, while visibly reducing the signs of ageing.

Facial

THERAVINE™ APPETISER FACIAL | 30 MINUTES | USD 75

An express Vinetherapy facial boost experience customised to your specific skin concerns. Allow our therapist to gently buff away dullness with a nourishing body exfoliation that softens and restores radiant skin.

BODY EXFOLIATION | 30 MINUTES | USD 40

FOOT REFLEX | 30 MINUTES | USD 50





Family Experience



UNFORGETTABLE JOURNEYS

TWICE AS NICE MASSAGE | 60 MINUTES | USD 200

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 99

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

PRO-YOUTH HYDRA MATTE FACIAL | 60 MINUTES | USD 95

A facial designed specially to keep sensitive young skin shine free and moisturised while counteracting daily aggressors leaving the skin with a clear, healthy and radiant complexion.

Welcome drink | Anantara foot cleansing ritual | facial | refreshments

TWICE AS NICE FACIAL | 60 MINUTES | USD 120

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 skin care maintenance routine.

Welcome drink | Anantara foot cleansing ritual | facial | refreshments





Very Important Kids



UNFORGETTABLE JOURNEYS

MINI MASSAGE | 30 MINUTES | USD 50

A light, relaxing massage using gentle, kid-friendly oils (unscented or light laven-der/chamomile). Our therapist places the focus on neck, shoulders, arms, and legs to help relax and unwind.

Perfect for active kids needing a little chill time.

FAIRYTALE FACIAL | 30 MINUTES | USD 50

A gentle and fun mini facial using hypoallergenic, natural products. Includes cleansing, light massage, and a refreshing mask.

Leaves little faces glowing like flowers in the sun.

PRINCESS OR PRINCE MANICURE & PEDICURE | 20 – 30 MINUTES | USD 60

A soak, gentle nail shaping, light hand and foot massage, and a choice of colourful, non-toxic polish. Add nail art or glitter for extra fun!

Because even little hands and feet deserve to shine.





Ayurvedic Therapies



UNFORGETTABLE JOURNEYS

Step into the world of Anantara Spa. Delve into authentic local wellness and healing traditions.

SHIRODHARA | 60 MINUTES | USD 160

A soothing flow of warm oil on the third eye induces deep relaxation, awakening the energy of the inner mind. Recommended for stress, insomnia, and mental fatigue.

ABHYANGA | 60 MINUTES | USD 150

Head to toe Ayurvedic therapy using warm herb infused Dosha specific oil, concentrating on the marmas to clear energy blockages, boost the immune system and rebalance body and mind.

INDIAN MARMA HEAD MASSAGE | 60 MINUTES | USD 110

Discover ultimate relaxation with an ancient Ayurvedic healing massage to reduce stress and release mental energy.

AYURVEDIC JOURNEY | 90 MINUTES | USD 250

- Abhyanga (60 mins)
- Shirodhara (30 min)





Spa Etiquette



UNFORGETTABLE JOURNEYS

HOURS OF OPERATION

Anantara Spa is open daily.

CONCIERGES

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 10.00pm and midnight are available upon advance reservation. In villa massages are available, reservation required.

CANCELLATION POLICY

Should you need to cancel or rebook your Anantara Spa treatment, we 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 don't 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. 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 16% local taxes and service charge.



ANANTARA BAZARUTO ISLAND RESORT

Ilha do Bazaruto, Inhambane, Mozambique | T:+258 84 304 6670 or +27 10 003 8973

ANANTARA.COM