



Tranquillity  
DISCOVERED

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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 breath taking surrounds.

## WELCOME TO ANANTARA SPA

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## SIGNATURE EXPERIENCES

### **BAZARUTO BLISS | 120 MINUTES | USD 180**

Let us welcome you with herbal tea and a relaxing foot massage. Afterwards, drizzled warm oil followed by a 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.

Welcome Drink | Anantara Foot Cleansing Ritual | Scrub | Anantara Signature Massage | Scalp Massage | Detox Wrap | Refreshments

### **THERAVINE FULL BODY VINETHERAPY EXPERIENCE | 90 MINUTES | USD 130**

Pure indulgence beginning with a foot cleansing ritual followed by a relaxing AromaVine™ massage combined with a specialized TheraVine™ facial. Drift away while receiving an acupressure scalp massage. Foot cleanse ritual; AromaVine™ massage; Specialized TheraVine™ facial, Acupressure scalp treatment.

Welcome Drink | Anantara Foot Ritual | Stress Release Massage | Facial | Scalp Massage | Refreshments

### **THERAVINE™ FACE AND BODY GLOW EXPERIENCE | 120 MINUTES | USD 170**

You will begin this sensory signature experience by sipping on 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 moisturizing vine treatment cream to hydrate and nourish your skin and wake up to a warm, botanical infused compress.

Welcome Drink | Anantara Foot Cleansing Ritual | Facial Cleanse and Exfoliation | Body Exfoliation | Body Massage | Hydrating Body Embalm | Warm Botanical Compress | Refreshments

### **HYDRAVINE RICH MILK BATH RITUAL (IN VILLA TREATMENT) | 60 MINUTES | USD 99**

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™ Moisturizing 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 120**

A revitalising wellbeing ritual commencing with the energizing effects of soaking in a milk bath, with 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 EXPERIENCES

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### **COUPLES CLASSIC EXPERIENCE | 90 MINUTES | 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 | 90 MINUTES | USD 235**

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 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 | 120 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

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### **ANANTARA SIGNATURE MASSAGE | 60/90 MINUTES | USD 99 | USD 120**

Your relaxation journey begins with our classic fusion of oils blended to Anantara protection. 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](#)

### **DEEP TISSUE | 60/90 MINUTES | USD 99 | USD 120**

A powerful massage designed to alleviate deep-seated muscle tension. Specialized 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](#)

### **AROMAVINE™ LEMON ZEST SOY CANDLE MASSAGE | 60 MINUTES | USD 99**

Infused with plant botanicals of Lime, Sweet Orange and Lemongrass, this massage is designed as a complete body and wellbeing 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 130**

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. Customized 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 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](#)

### **AROMA STONE MASSAGE | 60/90 MINUTES | USD 99 | 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](#)

### **PEACEFUL PREGNANCY MASSAGE | 60 MINUTES | USD 80**

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 80**

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](#)

### **SWEDISH MASSAGE | 60/90MINUTES | USD 99 | 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.

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



## BODY TREATMENTS

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### **THERAVINE™ GRAPE CLEANSE AND HYDRATING MILK CEREMONY | 60 MINUTES | USD 90**

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 90**

Tension release. Start off with a warm, aroma-infused sugar scrub to prepare the skin. Fend off muscular fatigue with this invigorating treatment that fuses the power of rosemary, pine and black pepper to ease areas of muscular discomfort with a tension-releasing massage followed by the application of a warm, mineral-rich mud to stimulate circulation and relieve deep-set muscular tension.

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 90**

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 Ferox and rooibos 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 120**

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





**THERAVINE™ DEEP CLEANSING FACIAL | 60 MINUTES | USD 115**

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 120**

Diminish uneven skin tone while minimizing 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 140**

This replenishing treatment assists in reducing fine lines and wrinkles with peptide-rich boosters and serums to combat the signs of ageing while a plasticizing 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 90**

Three key fundamentals: cleanse, hydrate and revitalize help restore freshness and clarity whilst leaving the skin comfortably soothed.

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



FACIALS





## MANICURES AND PEDICURES

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### **LUXURY MANICURE | 60 MINUTES | USD 45**

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 a polish.

Welcome Drink | Luxury Manicure | Refreshments

### **LUXURY PEDICURE | 60 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 | Luxury Pedicure | Refreshments

### **ADD-ONS**

#### **BACK HOT STONE | USD 20**

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

#### **BACK MASSAGE | 30 MINUTES | USD 40**

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

#### **THERAVINE™ HAIR AND SCALP TREATMENT | 30 MINUTES | USD 40**

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.

Hair & Scalp Massage

#### **ULTRAVINE™ ADVANCE CONTOURING RETINOL EYE TREATMENT | 30 MINUTES | USD 40**

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.

Eye Treatment

#### **THERAVINE™ APPETIZER FACIAL | 30 MINUTES | USD 40**

An express Vinetherapy facial boost experience customized to your specific skin concerns.

Facial







## FAMILY EXPERIENCE

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### **TWICE AS NICE MASSAGE | 60 MINUTES | USD 160**

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 80**

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 80**

A facial designed specially to keep sensitive young skin shine free and moisturized 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 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 skin care maintenance routine.

Welcome Drink | Anantara Foot Cleansing Ritual | Facial | Refreshments





## SPA ETIQUETTE

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### HOURS OF OPERATION

Anantara Spa is open daily.

### 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 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 don't sun bathe 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 17% local taxes and service charge.**



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