

JOURNEYS INTO  
WELLBEING AND SERENITY.



  
**ANANTARA**  
SPA





## WELCOME TO ANANTARA SPA BOPHUT

Rooted in Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins and is richly expressed at Anantara Spa Bophut.

Step through towering palatial walls into a 3,000 square metre paradise of tranquil water gardens. Experience an award-winning spa sanctuary that is a true destination in itself. Retreat to one of six glass-walled treatment pavilions with a tropical courtyard garden for al fresco soaks in the bathtub for two and revitalising rain showers.

Choose from an extensive menu of exotic Thai rituals, ancient therapies from across Asia and western spa wisdom. Feel beautifully renewed by treatments that combine Koh Samui's exotic bounty, Thai herbal infusions and aromatic essential oils. Surrender to our time-honoured beliefs, world-class expertise and intuitive healing touch, as you indulge in tailored journeys for serene beauty and wellbeing.

Step into the world of Anantara and experience exceptional luxury in breathtaking surrounds.

AT ANANTARA SPA, THE GREATEST JOURNEYS ARE FELT, NOT TOLD...



# 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 BOPHUT COCONUT DREAM (105 minutes)

Experience holistic balance through a fascinating ancient Thai treatment, inspired by tropical island wellness. To begin, reflex points on the feet are stimulated by standing on a coconut shell, followed by rhythmic tapping using a coconut stick - bringing overall wellbeing to corresponding organs in the upper body. Then melt into a full body deep tissue massage that uses nourishing heated coconut oil to radiate warmth and energy deeply into the muscles to stretch fibres, release tension and improve flexibility. Emerge renewed and realigned in mind, body and soul.

Floral Foot Ritual • Coconut Reflex Balancing • Anantara Bophut Coconut Dream • Refreshment

## ANANTARA SIGNATURE MASSAGE (60/90 minutes)

Revered eastern and western massage techniques, combined with a signature oil blend, stimulate the circulation, promote deep relaxation and restore energy flow for supreme wellbeing.

## BESPOKE SPA EXPERIENCE (60/90 minutes)

Indulge in an exclusive spa journey, designed specifically for your needs and mood. Highlight the areas you wish to focus on or the benefits you would like to receive. Let us tailor the perfect 90 minute treatment, with a choice of luxurious spa products.



# SPA JOURNEYS

Escape the limits of space and time with these carefully crafted journeys. Indulge in unique destination-inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.

## ANANTARA BOPHUT GOLFER INDULGENCE (225 minutes)

Relieve tired muscles, unwind competitive minds and cool down after time on the fairways with this rejuvenating series. Let ancient techniques restore your body's vital energy and unwind your tired mind.

Floral Foot Ritual • Deep Tissue Massage • Skin Cooling Sun Soother • Foot Massage • Refreshment

## JOURNEY OF SIAM (205 minutes)

Experience a sequence of revered Thai wellness traditions. Remedial herb-infused steam relaxes the body and opens pores, in preparation for a moisturising coconut polish. Energising massage techniques stretch and reinvigorate the body, enhancing energy flow and overall wellbeing.

Floral Foot Ritual • Thai Herbal Steam • Essence White Coconut Scrub • Traditional Thai Massage • Refreshment

## DAWN RENEWAL (165 minutes)

Rise to a ritual of revitalising therapies. Smooth, renew and hydrate skin with refreshing green tea exfoliation. Reawaken with a gentle massage that soothes away all tension.

Floral Foot Ritual • Detoxifying Green Tea Scrub • Stress Release Massage • Refreshment

## DUSK RELAXATION (165 minutes)

End your day with a soothing total body and foot massage. Experience the healing power of deep tissue work. Let ancient techniques restore your body's vital energy.

Floral Foot Ritual • Deep Tissue Massage • Foot Massage • Refreshment





# BALANCE WELLNESS

## 1-DAY FITNESS, SPA & HEALTHY LUNCH

Restore energy, let go of stress and boost vitality with a one-day programme of well-rounded wellness. Reconnect body and mind as you find your natural flow in yoga. Or take up the boxing challenge of getting Muay Thai fit. Tension melts away with soothing herbal spa therapies. Radiance shines from the inside out with nutritious wellness cuisine.

Muay Thai Boxing or Yoga (30 minutes)  
Thai Herbal Steam (30 minutes)  
Thai Herbal Compress Massage (60 minutes)  
3-Course Spa Cuisine Meal with a choice of starter, main and dessert  
1 Healthy Raw Juice from a selection of freshly squeezed juice and vegetable recipes

## 3-DAY HOLISTIC SPA & WELLNESS RETREAT

Give yourself the space, time and expert care you need to free your mind, tone up your body and uplift your spirit. Enjoy the professional guidance and motivation of a personal trainer with a choice of revitalising exercise. Nourish good health with vitamin-packed raw juices and wholesome spa cuisine. Surrender to spa treatments that purify, de-stress and pamper.

Day 1

- Private Fitness or Pilates Class with Personal Trainer (60 minutes)
- Thai Herbal Steam (30 minutes)
- Detoxifying Massage (60 minutes)
- Raw Juice

Day 2

- Private Yoga or Tai Chi Class (60 minutes)
- Detoxifying Green Tea Scrub (30 minutes)
- Detoxifying Green Tea Wrap (30 minutes)
- Spa Cuisine Lunch
- Raw Juice

Day 3

- Private Muay Thai Boxing Class (60 minutes)
- Stress Release Massage (60 minutes)
- Raw Juice

# MASSAGES

## STRESS RELEASE MASSAGE (60/90 minutes)

Using a combination of strokes and classical movement techniques, along with the specially blended signature aromatherapy oil of your choice, this gentle massage offers a wonderful stress release tonic to completely relax the mind and body.

## DEEP TISSUE MASSAGE (60/90 minutes)

Benefit from a vigorous yet relaxing massage that works deeply into the muscles to stretch fibres and release tension, resulting in improved mobility and flexibility, relief from sore or pulled muscles and the restoration of healthy circulation.

## THAI HERBAL COMPRESS MASSAGE (60/90 minutes)

This age-old Thai treatment removes negative energy and sluggishness, soothes muscle tension and eases out stiffness. The healing session begins with the application of a warm herbal poultice containing therapeutic Thai herbs and spices, followed by a full body massage with carefully selected herbal oils.

## TRADITIONAL THAI MASSAGE\* (60/90 minutes)

This unique and exotic technique, passed down through generations, is known by many as ‘passive Yoga’ and offers the ultimate body workout. Let our expert therapists take all the pressure away, while you enjoy a wealth of stretching, flexibility and vitality benefits.

## FOOT MASSAGE\* (60 minutes)

Experience holistic balance and deep relaxation. This fascinating treatment provides physical and spiritual renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to effectively stimulate corresponding organ groups in the upper body.

## SHIROBHYANGA MASSAGE (60 minutes)

Using the medicated oil of your choice, this soothing Ayurvedic massage is applied to the Marmas points on the head and neck to regulate the systems of mind and body.

## SHIRODHARA (60 minutes)

Discover how a continuous flow of luxuriant warm oil to the forehead profoundly coordinates and calms the mind, body and spirit, enhances blood circulation to the brain, improves memory, nourishes the hair and scalp, and gently releases tension.

## MARMA ABHYANGA MASSAGE (90 minutes)

Marma Abhyanga is a wonderful combination of Ayurvedic massage which focuses on the Marmas - the significant Ayurvedic sites on the body that can be stimulated to achieve overall health and balance.

*\* Available in-room*







## BODY TREATMENTS

### BODY SCRUBS

#### ESSENCE WHITE COCONUT MINT SCRUB (60 minutes)

Rich in vitamins and antioxidants, this exotic scrub gently sweeps away dead cells, smoothes and strengthens new skin. Moisturising, healing and protecting, skin is flawless and gloriously fragranced.

#### DETOXIFYING GREEN TEA SCRUB (60 minutes)

Purify, nourish and refresh skin with the therapeutic properties of a soothing green tea polish.

### BODY WRAPS

#### ESSENCE WHITE COCONUT WRAP (60 minutes)

Indulgently rich and gloriously fragranced, this wrap rejuvenates the skin and combats the effects of modern life, thanks to coconut's restorative and moisturising qualities.

#### DETOXIFYING GREEN TEA WRAP (60 minutes)

Immerse yourself in a calming cocoon of gently cleansing and hydrating green tea.

#### SKIN COOLING SUN SOOTHER (60 minutes)

Enriched by indigenous marula oil, mint and cucumber, this treatment is the perfect soothing tonic for sun-kissed or sun burnt skin.





## FACIAL TREATMENTS

### ANANTARA SIGNATURE FACIAL (60 minutes)

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to treat and revitalise your skin. Delicate blends of jasmine oil, white orchid extract, green tea, pandan leaf and pink lotus encourage cell renewal and oxygenation. A gentle massage induce deep relaxation, while a herbal mask restores the natural balance of your skin.

### FACE: TOUCH

#### ELEMIS PRO-COLLAGEN AGE DEFY (60 minutes)

Treat fine lines and wrinkles with the age-defying benefits of marine charged padina pavonica and red coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

#### ELEMIS SUPERFOOD PRO-RADIANCE (60 minutes)

Stressed or dull skin is revived by energising and detoxifying actives. Experience how a nutritional boost, rich in superfoods and essential minerals, leaves skin plumper and glowing with radiance.

#### ELEMIS SENSITIVE SKIN SOOTHER (60 minutes)

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

## STEAM & BATH RITUALS

### ANANTARA MILKY BATH COLLECTION (30 minutes)

Choose from Anantara's signature Milky Bath Collection - Romance, Balance or Rejuvenating. Enjoy a private tea service as the exotic aromas of a relaxing floral bath balance your mind, body and spirit.

### THAI HERBAL STEAM WITH COLOUR THERAPY (30 minutes)

Balance your doshas in a steam of healing Thai herbs and the energy vibrations of red, blue and green.

### RAINBAR SHOWER (30 minutes)

Blissfully relaxing, a soothing rainbar shower offers a refreshing prelude to any of our body wraps and scrubs.

### MEN: TOUCH

#### ELEMIS HIGH PERFORMANCE SKIN ENERGISER (60 minutes)

This hard-working facial for ageing, dehydrated skin and tired eyes maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax.





## BEAUTY

Hair Trim  
Shampoo & Blow Dry  
Shampoo: Set & Blow Dry  
Shampoo: Cut & Blow Dry

Spa Manicure  
Manicure Gel  
Spa Pedicure  
Pedicure Gel  
French Finish  
Paint Change

Upper Lip  
Under Arm  
Bikini  
Brazilian  
Half Leg  
Full Leg  
Back  
Eye Brow  
Chest  
Chin



## SPA ETIQUETTE

- Please arrive 15 minutes prior to your appointment time in order to complete a health assessment from and relax before your treatments.
- Please note that spa is unsuitable for small children and babies, unless receiving treatment, as we try to ensure that all our guests benefit from the tranquil atmosphere.
- We recommend that you leave all jewelry in your room before coming to the spa.
- All treatments will be charged to your room and will appear on your account at the time of check-out.
- Please give five hours' cancellation notice on individual treatments and 24 hours' notice on packages, otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after any oil treatments.
- For men – please shave prior to all facial treatment to ensure that maximum results are achieved.
- Smoking and the use of mobile phones are not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- Guest who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications, are advised to consult the doctor before signing up for any treatments.
- Please notify the spa receptionist of any existing medical conditions.

All prices are in Thai Baht and subject to 10% service charges and applicable government tax.  
Prices are subject to change without prior notice.

Treatments are available from 10.00 a.m. – 10.00 p.m.  
For reservations, please contact Anantara Spa at tel: 077- 428300 Ext: 1802.





	Time	Price
BOPHUT SIGNATURE EXPERIENCES		
Anantara Bophut Coconut Dream	105	4,900
Anantara Signature Massage	60/90	3,000/4,200
Bespoke Spa Experience	60/90	2,800/3,600
SPA JOURNEYS		
Anantara Bophut Golfer Indulgence	225	8,300
Journey of Siam	205	5,900
Dawn Renewal	165	4,900
Dusk Relaxation	165	4,900
WELL BEING JOURNEY		
1 Day Fitness, Spa & Healthy Lunch	Single/Couple	9,800/18,500
3 Day Holistic Spa & Wellness Retreat	Single/Couple	5,200/10,000
MASSAGES		
Stress Release Massage	60/90	2,800/3,600
Deep Tissue Massage	60/90	2,800/3,600
Thai Herbal Compress Massage	60/90	2,800/3,600
Traditional Thai Massage	60/90	2,700/3,200
Foot Massage	60	2,300
WAY OF LIFE		
Shirobhyanga Massage	60	3,500
Shirodhara	60	3,500
Marma Abhyangya Massage	90	3,500
BODY TREATMENTS		
Body Scrubs		
Essence White Coconut Mint Scrub	60	2,300
Detoxifying Green Tea Scrub	60	2,300
Body Wraps		
Essence White Coconut Mint Wrap	60	2,300
Detoxifying Green Tea Wrap	60	2,300
Skin Cooling Sun Soother	60	2,300

	Time	Price
FACIAL TREATMENTS		
Anantara Signature Facial	60	3,500
Face: Touch		
Elemis Pro-Collagen Age Defy	60	4,900
Elemis Superfood Pro-Radiance	60	4,100
Elemis Sensitive Skin Soother”	60	4,100
Men: Touch		
Elemis High Performance Skin Energiser	60	4,100
STEAM & BATH RITUALS		
Thai Herbal Steam with Color Therapy	30	950
Rainbar Shower	30	950
Anantara Milky Bath Collection	30	1,050
IN-ROOM MASSAGE		
Traditional Thai Massage	60/90	2,900/3,400
Foot Massage	60	2,500
BEAUTY SALON		
Hair Trim	45	650
Shampoo & Blow Dry	60	750
Shampoo: Set & Blow Dry	90	850
Shampoo: Cut & Blow Dry	90	1,300
Spa Manicure	60	1,300
Manicure Gel	90	1,500
Spa Pedicure	60	1,300
Pedicure Gel	90	1,500
French Finish	75	1,600
Paint Change	45	650
DEPILATORY		
Upper Lip		350
Under Arm		950
Bikini		1,250
Brazilian		1,500
Half Leg		1,500
Full Leg		1,950
Back		2,250
Eye Brow		500
Chest		1,700
Chin		500

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Anantara Bophut Koh Samui Resort  
99/9, Moo1, Bophut Bay, Koh Samui, Surat Thani , 84320, Thailand  
T: + 66 (0) 7742 8300 Ext: 1801-2 | E: [spa.abs@anantara.com](mailto:spa.abs@anantara.com)  
[anantara.com](http://anantara.com)