

Welcome to Anantara Spa

Rooted in the beautiful country of Thailand, the essence of Anantara philosophy, ‘without end’, stems from ancient Sanskrit origins and extends seamlessly to our global reach of spas located in the most exotic destinations around the world.

Our enduring belief is expressed in perfect harmony through the traditions of each locale, beyond which a yearning for ageless, natural remedies is answered by a finely tuned repertoire of health and beauty concepts that harness intoxicating authenticity.

Serving as our Spa’s aspirational icon of timeless radiance, the lotus flower blooms out of muddy water to rise above the surface in remarkable beauty to represent long life, health, honour and luck. It is one of the most ancient and allusive symbols of our planet, and in the East is associated with spiritual enlightenment. As one scholar has said: “The heart of beings is like an unopened lotus. When the virtues of spirituality develop, therein the lotus blossoms.”

Nestled within a 3,000 square metre ancient Thai palace of striking architecture and tranquil water gardens, our award winning Anantara Spa is a true destination in itself. Six glass walled private treatment suites open up a natural vista to an embrace of tropical gardens, where rippling water and a myriad of blossoming lotuses coaxes a calming and harmonious flow of body, mind and spirit.

Unwind with treatments that combine rich local ingredients, including infusions of herbs and plants expertly blended to achieve delicate flavours, luxurious aromas and powerful sensations. Let us tailor therapies and signature rituals to suit your mood and wellness needs, as Anantara’s dedication to the time-honoured, natural health beliefs of our ancient philosophy invites you to fulfil revitalising journeys that respond uniquely to your health and beauty ideals.

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

Let your cares slip away and your sensual journey begin...

At Anantara Spa, the greatest journeys are felt, not told

Bua Luang



Embark upon blissfully rewarding journeys that, like the inspirational lotus, exemplify a heartening outlook on all of life's paths. Look to the Bua Luang plant as a symbol of perpetual life. Associated with spirituality, fertility, wealth, knowledge and enlightenment, it represents purity of the heart and mind. Exceptionally beautiful with hauntingly fragrant flowers, its qualities of personal growth, survival and triumph against all odds are exquisitely mirrored in Anantara's signature treatment series.

Anantara Bophut Golfer Indulgence (225 Minutes)

Relieve tired muscles, unwind competitive minds and cool down after time on the fairways with this rejuvenating series.

Shower - Floral Foot Ritual - Skin Cooling Sun Soother - Anantara Golfer Massage - Anantara Signature Facial - Refreshment

Gulf of Siam (225 Minutes)

Much like the Eastern Lotus Flower which symbolises a spiritual unveiling, this journey promises to revitalise your entire being starting from the very tips of your toes.

Shower - Floral Foot Ritual - Royal Thai Massage - Foot Reflexology - Anantara Signature Facial - Refreshment

Journey of Siam (205 Minutes)

Rediscover your inner strength and vigour with an exquisite journey from Thailand. Harness the rejuvenating qualities of exotic local ingredients, and the expert tender care of therapies revered the world over.

Floral Foot Ritual - Shower - Thai Herbal Steam - Shower - Essence White Coconut Scrub - Shower - Royal Thai Massage - Refreshment

Dawn Renewal (165 Minutes)

Rise to a refreshing ritual of replenishing therapies. Cleanse and exfoliate with a scrub infused with green tea extract, and experience an invigorating jet lag massage.

Floral Foot Ritual - Detoxifying Green Tea Scrub - Shower - Jet lag Massage - Refreshment

Dusk Relaxation (165 Minutes)

End your day with a soothing total body and foot massage. Let ancient techniques restore your body's vital energy and unwind your tired mind.

Shower - Floral Foot Ritual - Swedish Massage - Oriental Foot Massage or Foot Reflexology - Refreshment

Three-Day Anantara Recovery

Embark on the road to a more balanced lifestyle with a three-day journey to boost physical, emotional and spiritual harmony.

Day 1: Chill

A choice of In-room Welcome Bath Ritual

Day 2: Awaken

Shower - Floral Foot Ritual - Traditional Thai Massage - Refreshment

Day 3: Rejuvenating

Floral Foot Ritual - Anantara Signature Facial - Refreshment

Bua Phan

From ancient times, Thai culture has revered the fragrant water lotus as reflecting Buddha's eternal joy on the entire family, with its roots denoting the sincere and long lasting care that supports and connects all family relations.

Just like the lotus, whose enlightening qualities define heartwarming happiness, Anantara invites your whole being to blossom under the touch of our expert therapists.



Royal Thai Massage (90 Minutes)

This therapeutic remedy, combining acupressure, works on the principle of energy pathways running through the entire body.

Shower - Floral Foot Ritual - Royal Thai Massage - Refreshment

Anantara Signature Massage (60/90 Minutes)

Our signature blend of oils, combined with purpose-designed movements, stimulates circulation and promotes deep relaxation, while restoring the flow of energy, or prana, along the meridian lines.

Shower - Floral Foot Ritual - Anantara Signature Massage - Refreshment

Anantara Golfer Massage (60/90 Minutes)

Release muscle tightness in the shoulders, upper arms, scapulas, upper body sides, and lower back in a therapeutic oil massage designed especially for golfers. Relieve fatigue and relax a busy mind as you completely unwind with a blend of classic stretching and mobilising techniques.

Shower - Floral Foot Ritual - Anantara Golfer Massage - Refreshment

Traditional Thai Massage (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, letting you enjoy a wealth of stretching, flexibility and vitality benefits.

Shower - Floral Foot Ritual - Traditional Thai Massage - Refreshment

Swedish Massage (60/90 Minutes)

Five variations of massage strokes manipulate each part of the body to stimulate the nervous system, improve circulation and flexibility, and enhance physical and mental wellbeing.

Shower - Floral Foot Ritual - Swedish Massage - Refreshment

Balinese Massage (60/90 Minutes)

In this authentic massage style of ageless tradition, an Indonesian Floral Oil is applied with palm pressure and stretching techniques to relieve tension, improve blood flow, and in turn create waves of muscle relief.

Shower - Floral Foot Ritual - Balinese Massage - Refreshment

Stress Release Massage (60/90 Minutes)

Using a combination of strokes and acupressure techniques, and the specially blended signature oil of your choice, this gentle massage is a definite jetlag tonic.

Shower - Floral Foot Ritual - Stress Release Massage - Refreshment

Deep Tissue Massage (60/90 Minutes)

This vigorous yet relaxing remedy, comprising classic massage strokes, 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.

Shower - Floral Foot Ritual - Deep Tissue Massage - Refreshment

Foot Reflexology (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.

Floral Foot Ritual - Foot Reflexology - Refreshment

Way of life

Shirobhyaṅga Massage (60 Minutes)

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

Shower - Floral Foot Ritual - Shirobhyaṅga Massage - Refreshment

Shirodhara (60 Minutes)

With its relation to the constant flow of life, this massage coordinates and calms the mind, body and spirit, enhancing blood circulation to the brain, improving memory, nourishing the hair and scalp and generally aids in release of tension.

Shower - Floral Foot Ritual – Shirodhara – Refreshment

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.

*Shower – Floral Foot Ritual –
Marma Abhyanga Massage – Refreshment*





Bua Sattaban

Revered in Thailand, and throughout Asia, the beautiful Bua Sattaban represents adaptive positivity, with its sacred reverence addressed in the following sutra: “The Lotuses of heaven can change according to people’s wishes, flowering when needed and bringing joy to the hearts of all.” Akin to this ever-changing flower, Anantara’s body therapy collection works to rehydrate, balance, detoxify and revitalise skin, exactly how and when these elements are needed.

Turmeric Scrub (60 Minutes)

Throughout history, turmeric has been used by Thai people for its multitude of complexion enhancing benefits. Experience this exquisite scrub infusion to leave skin beautifully clear, smooth and glowing.

Floral Foot Ritual - Turmeric Scrub - Shower - Body Moisturiser - Refreshment

Essence White Coconut Scrub (60 Minutes)

Rich in vitamins and anti-oxidants, walnut shell removes dead cells and strengthens new skin to leave it feeling completely clear and flawlessly smooth.

Floral Foot Ritual - Essence White Coconut Scrub - Shower - Body Moisturiser - Refreshment



Detoxifying Green Tea Scrub (60 Minutes)

Nourish and rejuvenate your body with the therapeutic properties of green tea.

Floral Foot Ritual - Detoxifying Green Tea Scrub - Shower - Body Moisturiser - Refreshment

Turmeric Wrap (60 Minutes)

Discover a wellbeing ingredient revered for 2,500 years throughout Thailand for its ability to relieve tired muscles. Savour the healing power of this deep exotic yellow spice in a comforting wrap, warming the body, relieving aching joints and soothing sore muscles.

Floral Foot Ritual - Turmeric Wrap - Shower - Body Moisturiser - Refreshment

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.

Floral Foot Ritual - Essence White Coconut Wrap - Shower - Body Moisturiser - Refreshment

Skin Cooling Sun Soother (60 Minutes)

Enriched by indigenous marula oil, mint and cucumber, this treatment is the perfect soothing tonic for skin that has been overexposed to the sun.

Shower - Floral Foot Ritual - Cooling Sun Soother Application - Mint Tea Compress - Refreshment

Bua bun trik

Explore ever-renewing youth and femininity with an Anantara series that takes inspiration from the sublime Bua Bun Trik; nature's foremost symbol of beauty, prosperity and fertility. Like this radiant example, our facials treat far more than merely the surface. Put yourself in the expert care of our therapists as you undergo a detailed skin analysis, followed by a skin defining facial that luxuriously combines the most delicate ingredients and techniques.

Anantara Signature Facial (60 Minutes)

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to encourage cell renewal and oxygenation. Lapse into a state of pure relaxation with a gentle massage, and then let our herbal mask restore a natural glow to your skin.

Elemis S.O.S. Purifying Facial – Oily (75 Minutes)

Especially designed for congested skin, this powerful face and eye treatment helps to regulate and balance the function of the skin. Unwind as a purifying massage calms irritation and rebalances oil-rich pores, leaving a beautiful matt complexion.

Elemis Oxygen Skin Calm Facial – Sensitive (75 Minutes)

Experience a soothing treatment for sensitive, red, stressed or irritated skin. Enjoy gentle massage techniques combined with calming actives to restructure and balance delicate and fragile complexions, and benefit from pure relief.

Elemis Visible Brilliance Facial – Brightening (75 Minutes)

Combat ageing, stressed and slackened skin with a revolutionary anti-ageing face and eye treatment that increases moisture by up to 61% and elasticity by 40% after just 1 treatment. Reduce dark circles, enjoy instantly firm and plump skin, as you restore your skin to radiance.

Elemis Pro Collagen Quartz Lift - Mature (75 Minutes)

Indulge in an exceptional anti-ageing facial that has been clinically proven, after just 1 treatment, to reduce wrinkles by up to 94% and improve skin firmness by up to 57%. Relax with specialised massage techniques and benefit from a firmer, uplifted, youthful appearance.

Elemis Skin IQ– For Men (75 Minutes)

An invigorating booster for tired, stressed skin, this treatment redresses the effects of a hectic lifestyle, as well as combating the harsh effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

Elemis Urban Cleanse - For Men (75 Minutes)

This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralise impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defense against the damaging effects of daily pollutants, leaving skin visibly clearer.





Bua Kra Dong

A close-up photograph of a giant water lily leaf, which is the central focus. The leaf is large, green, and textured, with a serrated edge visible on the left. A single, closed white flower bud is positioned on the right side of the leaf. The background is blurred, showing more of the same leafy plants.

Let your mood change instinctively throughout your stay, and learn to blossom intuitively. Adopt the same beautiful philosophy as the giant water lily Bua Kra Dong, whose leaves of up to 9 feet in diameter are accompanied by a remarkable flowering trend. On this lily's first night of blooming its flowers are white, appearing a spectacular pink on the second. Mirror the unique versatility of this mystical plant as you indulge in any of our mood enhancing add-on treatments.

Rainbar Shower (30 Minutes)

The perfect dénouement for all our delicious body wraps and scrubs. Utterly relaxing and blissfully soothing.

Thai Herbal Steam with Color Therapy (30 Minutes)

Balance your doshas with the energy vibrations of red, blue and green, in an exotic ritual inspired by the healing properties of Thai herbs.

Anantara Milky Bath Collection (30 Minutes)

Choose from Anantara's signature Milk 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.

Oriental Spice Bath (30 Minutes)

A sensual and romantic experience that will enliven the senses and stimulate circulation. Unique combinations of essential oils and herbal ingredients make this a first choice for couples and honeymooners.



Salon Treatments

Trim
Shampoo, Blow Dry
Shampoo, Set, Blow-Dry
Shampoo, Cut, Blow-Dry
Manicure
Pedicure
French Manicure
French Pedicure

Depilatory

Upper Lip
Under Arm
Bikini
Brazilian
 $\frac{1}{2}$ Leg
Full Leg
Back
Eye Brow
Chest
Chin



In-room Treatments

Royal Thai Massage (90 minutes)

Traditional Thai Massage (90 minutes)

Foot Reflexology (60 minutes)



Spa etiquette

- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings before and after your treatment.
- We have a wonderful Herbal Tea, which can be prepared for you to enjoy after your treatment.
- If under 12 years of age, treatments are half price if booked before 2pm. Parents are welcome to attend the treatments.
- Please note that the Spa is unsuitable for small children and babies, unless receiving treatment. We try to ensure that all our guests benefit from the tranquil surroundings.
- We recommend that you leave all jewelry in your room or villa before coming to the spa.
- All treatments will be charged to your room or villa, and appear on your account at the time of check-out.
- Please give four hours' cancellation notice on individual treatments and twenty-four hours' notice on packages, otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after an aromatherapy treatment.
- For men – please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking and use of mobile phones is not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- Guests 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 spa receptionists of any existing medical conditions.

All prices are in Thai Baht and are subject to 10% Service Charge and Applicable Government Tax
Prices are subject to change without prior notice

Treatments available from 10:00 a.m. – 10:00 p.m.

For reservations, please contact Anantara Spa Ext: 1801, 1802

