

JOURNEYS INTO NORTHERN THAI  
WELLNESS CULTURE, AND BEYOND.



ANANTARA

SPA



## EXPERIENCE ANCIENT RITUALS FROM THAILAND AND BEYOND.

Rooted in Thailand, Anantara's philosophy 'without end' stems from ancient Sanskrit origins. Experience the beauty and wellness traditions of northern Thailand, and beyond, at Anantara Spa Chiang Mai. Escape into a haven of serenity, overlooking the Mae Ping River. Feel pampered by the heartfelt hospitality and intuitive care of expert therapists. Choose your spa journey from a menu of therapeutic indulgence. Soak up Chiang Mai's precious Lanna wellness culture. Reap the holistic benefits of trusted therapies from across Asia, or the vibrant results of western spa wisdom.

Anantara Spa is open from 10.00 am - 08.00 pm.



## SPA JOURNEYS

A range of extended spa escapes. Immerse in local wellness culture or worldly spa exclusivity with these carefully crafted journeys – each designed for your supreme wellbeing, with touches of pure luxury.

### ESSENCE OF ANANTARA (200 Minutes)

Awaken the senses, revitalise your body and ease your mind. Warm steam infused with therapeutic herbs coaxes pores to open and muscles to relax. A refreshing green tea exfoliant smooths and purifies skin. Unique massage techniques and a signature oil blend bring deep peace and a sense of wellbeing.

Floral Foot Ritual • Thai Herbal Steam • Detoxifying Green Tea Scrub • Anantara Signature Massage • Refreshment

### ELEMIS COUTURE TOUCH (120 Minutes)

Indulge in the ultimate Elemis duo. Experience powerful relaxation where you need it most with a customised, flowing massage using aromatic oil, followed by a personalised facial treatment to enhance complexion radiance.

ELEMIS Freestyle Deep Tissue Massage • ELEMIS TOUCH Facial • Refreshment

### DETOXIFYING CHOCOLATE THERAPY (120 Minutes)

After light exfoliation, smooth, moisturise and boost your skin's natural elasticity with a detoxifying wrap of chocolate and moor mud. Relax as the rich aroma releases the happy hormone serotonin and reduces sweet cravings, while your expert therapist performs a blissful pressure point facial. Then feel your mind unwind and muscles surrender tension in a deeply soothing full body massage.

Floral Foot Ritual • Body Brush • Chocolate Moor Mud Wrap & Pressure Point Facial Massage • Relaxing Massage Refreshment of Hot Chocolate

## MASSAGES

### DYNAMIC THAI MASSAGE (90/120 Minutes)

This unique and exotic technique is a staple of Thai wellness culture. Known as “passive yoga”, experience how pressure point and stretching techniques release tension and energy blockages, while increasing flexibility and vitality.

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

Discover an age-old Thai treatment to remove negative energy and sluggishness, tease out tension and ease stiffness. To begin, muscles are pressed with a warm herbal poultice of therapeutic herbs and spices, followed by a full body massage using remedial herbal oil.

### ASIAN BLEND MASSAGE (60/90 Minutes)

Our Asian herbs blend of oils, combined with purpose designed movements, stimulates the circulation, promotes deep relaxation and restores the flow of energy along the meridian lines.

### AROMATIC MASSAGE (60/90 Minutes)

Surrender to waves of deep relaxation and pure pleasure. In this gentle massage, strokes and acupressure techniques are combined with your choice of signature aromatherapy oil blend.

#### ELEMIS FREESTYLE DEEP TISSUE MASSAGE (60/90 Minutes)

Allow your therapist to select an aromatic oil and customise a flowing massage that works deeply into tension and encourages optimum circulation according to your needs, be it muscle pain or stress relief, relaxation or balance.

#### HIMALAYAN THERMAL THERAPY (90 Minutes)

Harnessing the ancient energy of the Himalayan Mountains, ethically sourced Himalayan salt stones aid natural detoxification with 84 minerals and trace elements. Unwind into a full body massage using oil and thermal Himalayan salt. Feel pampered by a facial that combines a cleanse and Himalayan salt massage with iced Rose Quartz Gua Sha crystals for muscle relaxation, a circulation boost and glowing skin. Crown this luxuriant experience with a rejuvenating Indian Head Massage that has a signature Anantara twist.

#### NECK, SHOULDER AND BACK MASSAGE (30/60 Minutes)

Based on Ayurvedic principles, this soothing yet energising massage combines pressure point techniques and coconut oil to relieve tension in the head and neck. Experience a wealth of benefits, from absolute tranquillity, to relief from insomnia, chronic headaches, migraines and sinusitis.

#### FOOT MASSAGE (30/60 Minutes)

This holistic, pampering treatment uses specific thumb, finger and hand techniques to reflex points on the feet to stimulate organs in the upper body. Emerge feeling physically renewed and energised.





## BODY TREATMENTS

### BODY SCRUBS

#### GREEN TEA SCRUB (45 Minutes)

Polish, purify and refresh skin with a green tea exfoliant that also nourishes and hydrates.

#### COCONUT & MINT SCRUB (45 Minutes)

Coconut's rich moisture, vitamins and antioxidants, combined with fresh, enlivening mint, leaves skin flawlessly renewed and exquisitely scented.

#### ELEMIS INTENSELY CLEANSING SALT SCRUB - LIME AND GINGER (30 Minutes)

Fragranced salt gently sloughs away dead skin and encourages the regeneration of new cells, leaving a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.



## FACIAL TREATMENTS

### INTRACEUTICALS REJUVENATE ANTI-AGEING OXYGEN TREATMENT (60 Minutes)

Perfect for all skin types, this specialist treatment intensely moisturises. Rejuvenate Professional Serum contains vitamins and antioxidants that dramatically lift, tone and hydrate, for a more revitalised, youthful complexion.

### ELEMIS SKIN SPECIFIC FACIAL (60 Minutes)

Extraordinary massage treatments for skin care. Treatments combine the active ingredients of plants that have a beneficial effect on the skin, with unique techniques of eastern massage. Elemis Skin Specific facial treatments are for a deeply clean face and a beautiful glow of skin. During treatment, the whole face is treated. Perfect for all skin types,

### AROMATIC FACIAL (60 Minutes)

Our relaxing 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. Let our herbal mask restore the natural balance of your skin.

## 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.
- As per COVID guidelines, kindly wear a face mask while checking in at the spa.
- 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 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.
- We recommend that you do not sunbathe after an aromatherapy treatment.
- Men – please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones is not permitted in the spa.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications are advised to consult a doctor before signing up for any treatments.
- Please notify the spa receptionist of any existing medical conditions.
- Appointments cancelled with less than 4 hours' notice will incur a cancellation fee of 50% of the reserved treatment price.
- In the event you are late for your scheduled appointment, we will accommodate you to the best of our abilities, but your treatment may be shortened or rescheduled. 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 Advanced booking is highly recommended to ensure availability





# TREATMENT PRICE LIST

	Minutes	THB
<b>MASSAGE</b>		
Thai Herbal Compress	60/90	1,500/2,000
Asian Blend Massage	60/90	1,500/2,000
Aromatic Massage	60/90	1,500/2,000
Dynamic Thai Massage	90/120	1,800/2,200
ELEMIS Freestyle Deep Tissue Massage	60/90	1,800/2,400
Himalayan Thermal Therapy	90	3,200
Foot Massage	30/60	800/1,000
Neck, Shoulder and Back Massage	30/60	800/1,000
<b>BODY SCRUBS</b>		
Coconut Mint Scrub	45	1,000
Green Tea Scrub	45	1,000
ELEMIS Intensely Cleansing Salt Scrub	30	1,500
<b>FACE TOUCH</b>		
Aromatic Facial	60	1,500
ELEMIS Skin Specific Facial	60	2,000
Rejuvenate Anti-Ageing Oxygen Treatment	60	2,500
<b>SPA JOURNEYS</b>		
Essence of Anantara	200	6,900
ELEMIS Couture Touch	120	6,900
Detoxifying Chocolate Therapy	120	5,500
<b>STEAM &amp; BATH RITUALS</b>		
Thai Herbal Steam	30	500
Relaxing Milky Bath	30	500
Moor Mud Bath	30	600

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