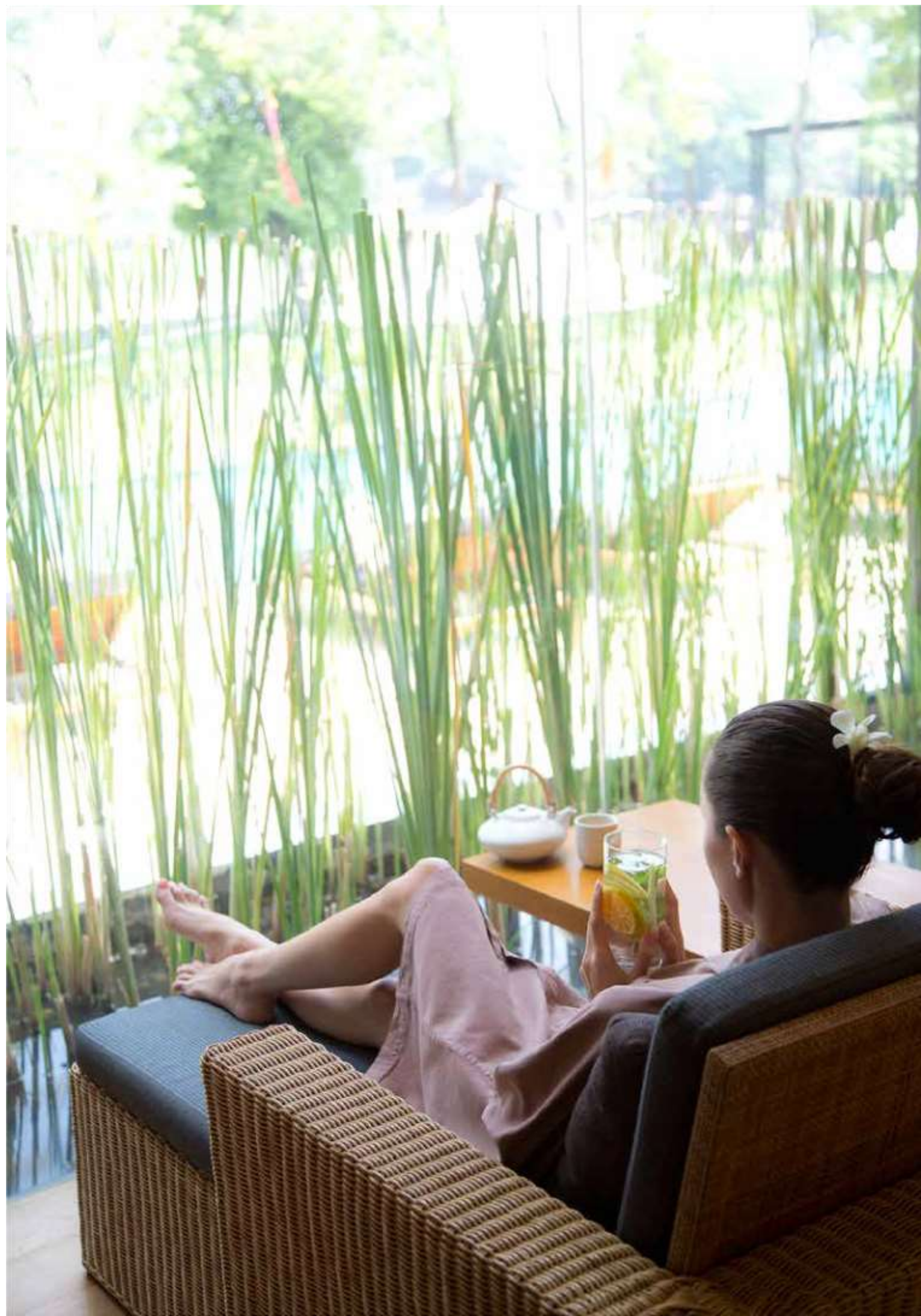


JOURNEYS INTO NORTHERN THAI
WELLNESS CULTURE, AND BEYOND.

泰北之行，
体验健康之旅，发掘文化之府。



EXPERIENCE ANCIENT RITUALS FROM THAILAND AND BEYOND.

Rooted in Thailand, Anantara's philosophy 'without end' stems from ancient Sanskrit origins. At Anantara Spa Chiang Mai this is expressed through the timeless beauty and wellness traditions of northern Thailand, and beyond.

Unwind in a spa sanctuary that feels as serene as the Mae Ping River it overlooks. Experience Thailand's heartfelt hospitality and our personalised approach. Put your needs in the hands of expert, intuitive therapists and let us take you a revitalising journey.

Our extensive treatment menu brings you exclusive spa experiences, steeped in cultural wisdom. Delve into Chiang Mai's Lanna wellness culture. Discover the holistic benefits of trusted age-old therapies from across Asia. Reap the vibrant results of western spa wisdom.

Anantara Spa is open from 10.00 am – 10.00 pm

体验泰国古文化礼典

安纳塔拉的“无止永恒”哲理根植于泰国哲学，来源于泰国古典梵文，清迈安纳塔拉水疗，将泰北的永恒之美和养生传统发挥得淋漓尽致。

在这里您能够彻底放松，内心平静如水，正如它所俯瞰着的湄平河一样安宁，同时还会感受到泰国的热情好客和我们的个性化服务。放您的需要在我的手心，我们的理疗师将引领您走进青春复活的精神之旅。

安纳塔拉多样化的水疗方式可带给您独特的感受，让您尽情徜徉于智慧的海洋里，沉浸在清迈兰纳的保健文化中。在这里，您会发现亚洲古老配方的奥秘，收获西方水疗的智慧之光。

安纳塔拉水疗中心开放时间：早10点——晚10点

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 SIGNATURE MASSAGE (70/90 Minutes)

Combining eastern and western techniques in purpose designed movements with our unique oil blend, this massage stimulates the circulation and deeply relaxes muscles, clears energy blockages and promotes overall wellbeing.

安纳塔拉招牌按摩 (70/90分钟)

安纳塔拉招牌按摩集东西方手法于一体，使用安纳塔拉特色精油，促进血液循环和深层肌肉放松，打通能量阻塞，促进全身健康。

TRADITIONAL THAI MASSAGE (70/90/120 Minutes)

Passed down through generations, this unique and exotic technique is known to many as 'passive Yoga', as it offers the ultimate body workout. Let your expert therapist do all the work - while you enjoy the benefits. Experience how pressure point and stretching techniques release tension, increase flexibility and boost vitality.

传统泰式按摩 (70/90/120分钟)

传统泰式按摩相传久远，风格独特，素有“懒人瑜伽”之称——理疗师替您承担活动之苦，您只需轻轻松松，就能得到终极锻炼，静等收获锻炼效果。您可以充分体会到按压和伸展技术的放松作用，按摩后身体柔韧性的增加，活力的四射。

招牌体验

安纳塔拉水疗中心拥有世界一流专业技术，最佳的本土养生理念与独特的水疗配方，高水准的专业水疗，无微不至的体贴，让您的身心与灵魂得到永久的呵护。

LANNA RITUAL (90 Minutes)

Begin with a pampering ritual to cleanse, reduce swelling, relax and refresh the feet and lower legs. Surrender to a full body massage combining healing plai massage oil with Thai, Burmese and Chinese techniques to enhance energy flow and overall wellbeing, ending with a mini pressure point facial. Awaken to a singing bowl, wash your hands in herbal and floral water to clear negative energy and make a wish with a golden heart Bodhi leaf.

兰纳礼典水疗 (90分钟)

以隆重的清洗仪式为开始，洗净足部和小腿的尘垢，消肿放松，随后为全身按摩，辅以姜 精油理疗，结合泰式、缅甸和中国技术，加速能量流动，促进全身健康，最后以面部点压式按摩为结束：一袭草本花香雨露唤醒沉醉中的贵宾，清洁双手、洗净负能量，默默许下心愿，让菩提金叶助您实现愿望。

BESPOKE SPA EXPERIENCE (90 Minutes)

Indulge in an exclusive spa journey, designed to suit your needs and mood. Highlight the areas you wish to focus on or the benefits you'd like to receive, and we'll tailor the perfect 90 minute treatment and offer you a choice of luxurious spa products.

个性化定制水疗 (90分钟)

根据您的需要专为您设计适合的水疗，打造独一无二的体验。个性化定制水疗是按照您的要求重点关注需要的身体部位或效果。90分钟分分钟为您设计，奢华水疗尽在个性化服务中。



SPA JOURNEYS 水疗之旅

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.

摆脱时空的束缚，尽享梦中之旅的独特理疗。健康至上，至尊养生。

ESSENCE OF ANANTARA

(200 Minutes)

Surrender to a transformative awakening. Relax in a warm steam of therapeutic herbs that coaxes your mind to unwind and your pores to open. Purify and polish every of skin with a refreshing green tea exfoliant. Feel how purpose-designed movements, reflexology and our signature oil blend bring you deep relaxation and a sense of wellbeing.

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

安纳塔拉精华

(200分钟)

药物草本熏蒸使身体和心灵彻底放松，并张开每个毛孔。绿茶磨砂净化每一寸肌肤，令皮肤焕发光彩。运用特别设计的手法、反射疗法及安纳塔拉特色精油，令身心深度放松，带来健康感受。

花露足浴 • 泰式草药熏蒸 • 排毒 • 绿茶磨砂 • 安纳塔拉招牌按摩 • 健康茶点

ELEMIS COUTURE TOUCH

(120 Minutes)

Condition your skin and muscles with this all-embracing experience. Combine any 1-hour ELEMIS hands-on TOUCH facial with your personalised Freestyle Deep Tissue Massage.

ELEMIS Freestyle Deep Tissue Massage • Personalised Facial • Refreshment

榄香脂抚触按摩

(120分钟)

榄香脂抚触按摩全面呵护全身肌肤，个性化自由深层组织按摩加一小时榄香脂面部抚触按摩。

榄香脂自由式深层组织按摩 • 个性化面部护理 • 健康茶点

DEEP CLEANSING RITUAL

(120 Minutes)

Unwind in an exotic herbal steam to help purify your respiratory system and open the pores of your skin. Cocooned in the therapeutic mud of your choice, benefit from body detoxification, a boost of energy and skin that feels flawlessly smooth. Luxuriate under a warm shower, before an intense yet relaxing massage releases deep seated tension throughout your entire body.

Floral Foot Ritual • Personalised Clay Rhassoul • ELEMIS Freestyle Deep Tissue Massage • Refreshment

榄香脂洁肤礼典

(120分钟)

舒缓放松的异国草药熏蒸清理呼吸系统，打开皮肤毛孔。任选一款药用岩泥敷膜，给身体排毒，令肌肤光洁无瑕。温水沐浴后，强化按摩，有力地缓解因久坐引起的全身深度紧张。

花露足浴 • 个性化岩泥敷膜 • 榄香脂自由深度按摩 • 健康茶点

DETOXIFYING CHOCOLATE THERAPY

(120 Minutes)

Indulge the senses, nourish your body and uplift your mood with a therapeutic journey to pamper chocoholics. Rich in antioxidants, chocolate detoxifies skin, and also smoothes, moisturises and enhances natural elasticity. Caffeine stimulates the circulation for a healthy glow. While the aroma releases the happy hormone serotonin and reduces sweet cravings.

Floral Foot Ritual • Chocolate Scrub • Chocolate Wrap & Pressure Point Facial Massage • Relaxing Massage • Refreshment of Hot Chocolate

巧克力排毒疗法

(120分钟)

喜欢巧克力的顾客可以尽情享受巧克力理疗为您带来的感官大餐及其对身体的滋养，让您精神百倍。巧克力富含抗氧化物，能为身体排毒，使皮肤光滑滋润，增加皮肤自然弹性。咖啡因能刺激循环，令皮肤绽放异彩。巧克力的香味有能使人释放出一种让人快乐的荷尔蒙血清素，并降低人体对甜食的渴望。

花露足浴 • 巧克力磨砂 • 巧克力裹敷与面部点压按摩 • 放松按摩 • 热巧克力健康茶点

IN-ROOM SLUMBER GURU EXPERIENCE

(70 Minutes)

Taking the importance of a good night's rest to a whole new level, this in-room ritual begins with a soak in a luxuriant bath infused with essential oils in your candlelit bathroom. Unwind into a relaxing massage using ylang ylang or lavender essential oils. Enjoy a warm beverage, served with a homemade sweet treat. Relax to your choice of soothing music throughout the evening. Sweet dreams then await in a bed dressed in luxurious sheets, which is sprayed with a heavenly mist, accompanied by a silk or cool gel filled eye mask and ear plugs, making drifting away to the land of nod a blissful pleasure.

Aromatic Bath Ritual • Relaxing Back, Neck and Shoulder Massage • Refreshment • Special Sleep Amenities

客房舒眠体验

(70分钟)

舒眠体验是在客房内的服务，能让您安享一整晚高质量充足睡眠。浴室内烛光点亮，伴着轻松舒缓的音乐，先进行精油沐浴，然后依兰精油或薰衣草精油放松按摩，最后品尝热饮和家做甜点。奢华的床具雾露迷蒙，辅以蚕丝/清凉眼罩和耳塞，让您不知不觉飘入甜美的梦乡。

芳香沐浴礼典 • 背颈肩放松按摩 • 茶点 • 舒眠专用品

BALANCE WELLNESS 平衡保健

FITNESS, SPA & HEALTHY LUNCH

Feel fully energised and wonderful relaxed with a well- rounded package for total wellbeing Stress relieving dynamic movement, paired with deeply soothing spa experience and wholesome nutritious cuisine leaves you rejuvenated, empowered and glowing with vitality.

Muay Thai Boxing or Yoga (30 minutes)

Thai Herbal steam (30 minutes)

Thai Herbal Compress (70 minutes)

- 3 course Spa Cuisine meal with a choice of starters, mains and desserts
- 1 Healthy Raw Juice from a selection of freshly squeezed and vegetable recipes

健身、水疗和健康午餐

全方位保健，令人精神抖擞、身心健康。平衡水疗的手法有力，放松减压，全面营养菜肴令您散发青春活力，绽放魅力风采。

泰拳或瑜伽（30分钟）

泰国草药熏蒸（30分钟）

泰国草药热敷（70分钟）

- 三道水疗风味餐，自选开胃菜、主菜、甜点。
- 健康天然果汁，现榨果蔬。

HOLISTIC SPA & WELLNESS RETREAT

Give yourself the space, time and expert care you need to free your mind, nurture a beautiful, healthy body and uplift your spirit.

Day 1

- Thai Herbal Steam (30 minutes)
- Spa Treatment (70 minutes)

Day 2

- Private Yoga or Tai Chi Class (70 minutes)
- Detoxifying Green Tea Scrub (30 minutes)
- Detoxifying Green Tea Wrap (30 minutes)
- Spa Cuisine Lunch
- Raw Juice

Day 3

- Private Fitness Class – Choice of Aerobics, Muay Thai Boxing, Fit Ball or Stretching (70 minutes)
- Private Holistic Therapy Session by Master of Wellness
- Spa Cuisine Lunch
- Raw Juice

全套水疗保健组合

给自己充足的空间、时间与专业呵护，放飞心灵，美体健身，超凡脱俗。

第一天

- 泰国草药熏蒸（30分钟）
- 水疗理疗（70分钟）

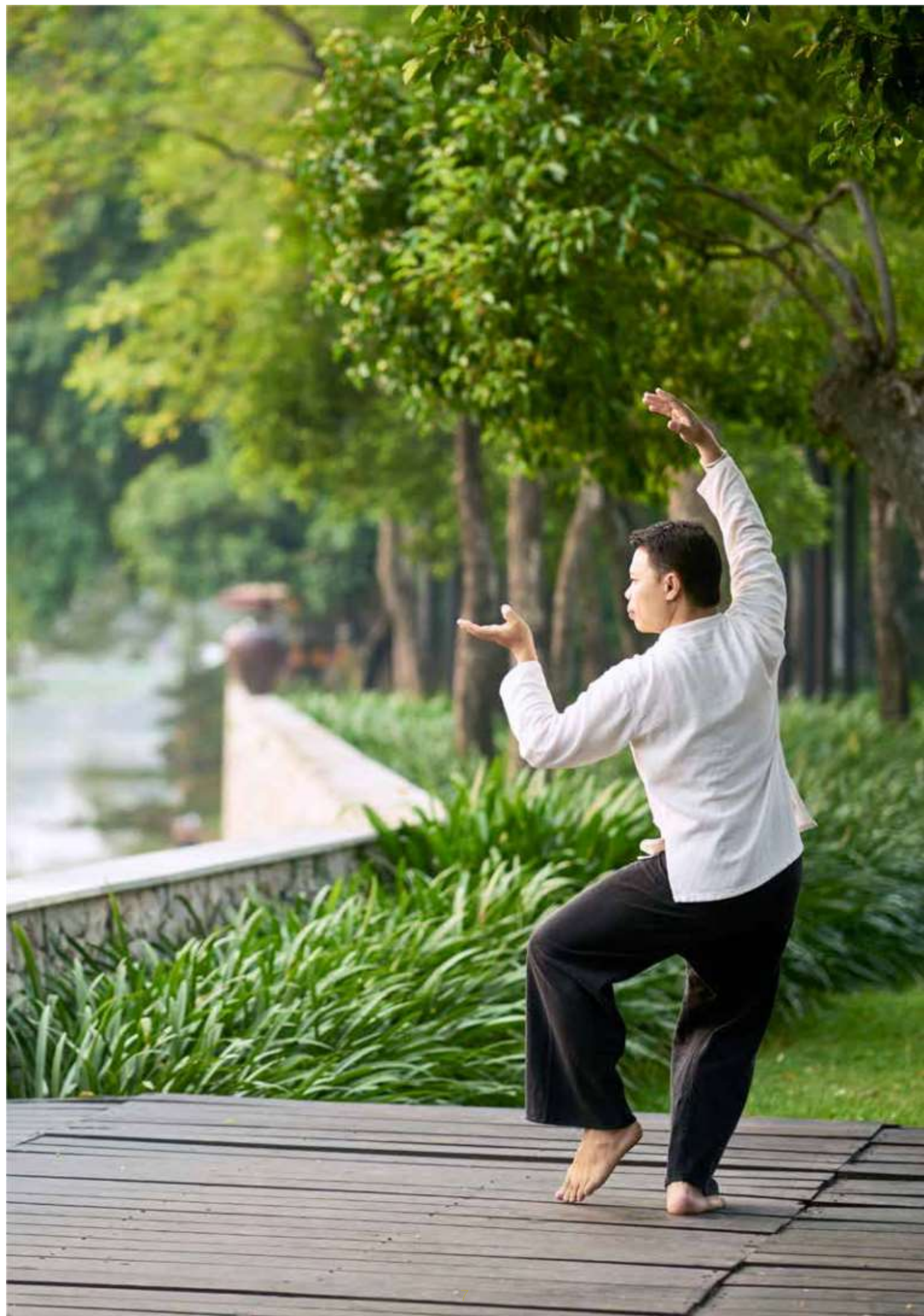
第二天

- 私人瑜伽或太极（70分钟）
- 绿茶磨砂排毒（30分钟）
- 绿茶裹敷排毒（30分钟）
- 水疗风味午餐
- 天然果汁

第三天

- 私人健身课程—自选有氧运动，泰拳，健身球或伸展运动（70分钟）
- 保健专家提供的私人全方位理疗
- 水疗风味午餐
- 天然果汁





MASSAGES 按摩

THAI HERBAL COMPRESS MASSAGE

(70/90 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.

泰国草药热敷按摩

(70/90分钟)

这是一种泰国古老的保健方式，能够祛除负能量和倦怠感，让紧张的肌肉放松不再僵直。先以泰国草药膏热敷，然后再用精选草本精油按摩。

STRESS RELEASE MASSAGE

(70/90 Minutes)

Using a combination of strokes and acupressure techniques, along with the signature aromatherapy oil blend of your choice, this gentle massage delivers waves of deep relaxation and pure pleasure.

释压按摩

(70分钟/90分钟)

自选特色精油，揉抚与穴位按压相结合的手法，柔缓而放松，带来纯美享受。

AROMA STONE MASSAGE

(90 Minutes)

This indulgent massage harnesses the penetrating and alluring warmth of pure essential oils, smoothed over the body using natural, heated volcanic stones to release stored tension.

芳香热石按摩

(90分钟)

利用纯天然精油的渗透性及其宜人的温度按摩全身，加热的天然火山石释放积存于体内的紧张压力。

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

(60/90 Minutes)

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

榄香脂自由式深层组织按摩

(60/90分钟)

理疗师根据您的情况为您挑选芳香精油，缓解肌肉疼痛，减缓压力，放松身心，保持平衡。流畅的按摩手法有效减轻深度紧张，优化循环系统。

INDIAN HEAD MASSAGE

(70 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. While restoring tranquillity, this massage can also help to relieve insomnia, chronic headaches, migraines and sinusitis.

印度头部按摩

(70分钟)

基于阿育陀（印度草药疗法）原理，使用椰油和点式按压法按摩头部和颈部，具有凝神静气、恢复活力的作用。印度头部按摩不仅镇静安神，还能有效缓解失眠、慢性头痛、偏头痛和鼻窦炎。

FOOT MASSAGE

(70 Minutes)

Experience holistic balance and deep relaxation. This fascinating treatment provides physical 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

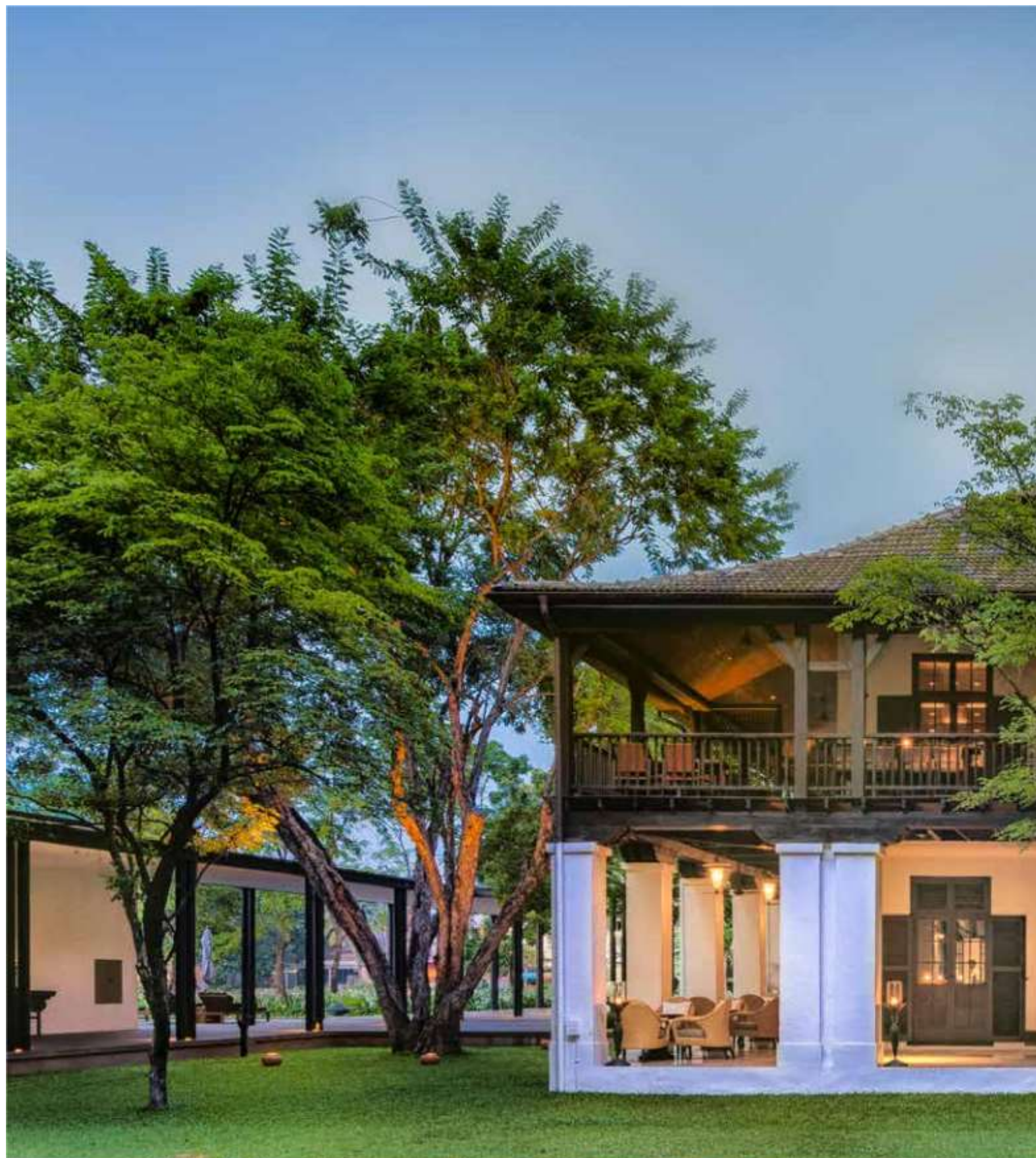
足部按摩

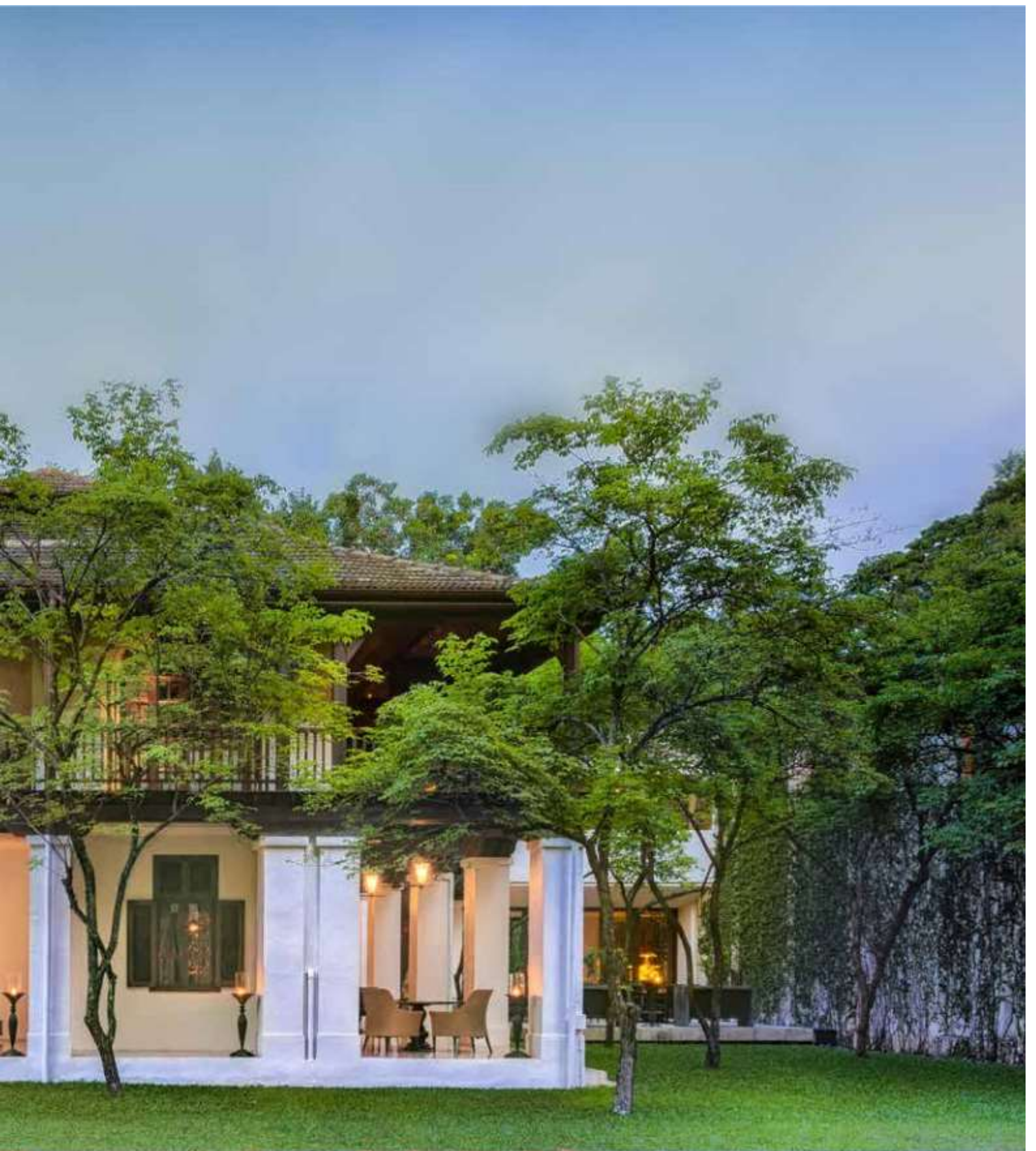
(70分钟)

体验全方位平衡与彻底放松。使用特殊手法按压足部反射区，有效刺激对应的各个身体器官，效果神奇，令全身感到焕然一新。













BODY TREATMENTS 身体护理

BODY SCRUBS 身体磨砂

DETOXIFYING GREEN TEA SCRUB (70 Minutes)

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

绿茶磨砂排毒 (70分钟)

绿茶具有理想的保健作用。绿茶磨砂排毒能滋养全身，恢复身体活力。

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

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

榄香脂强力洁肤盐磨砂-柠檬加姜 (30分钟)

芳香盐磨砂柔和脱去死皮细胞，促进新生细胞的生长，让皮肤光滑洁净，更好地深层吸收护肤精油中的营养。

BODY WRAPS 身体裹敷

DETOXIFYING GREEN TEA WRAP (70 Minutes)

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

绿茶裹敷排毒 (70分钟)

在湿润洁肤保湿的绿茶裹敷里尽情放松。

ELEMIS BODY NECTAR NOURISHING WRAP - FRANGIPANI (60 Minutes)

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

榄香脂甘露滋养身体裹敷-赤素馨花 (60分钟)

大溪地精油超级滋润，质地柔嫩，为皮肤补足水分。裹敷香气宜人、宁神静气、温暖舒适、滋养调理，带来美好享受。

FACE: TOUCH TOUCH: ANTI-AGEING

面部护理：抚触
抚触：抗衰老

ELEMIS PRO-COLLAGEN AGE DEFY (60 Minutes)

Tackle 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.

榄香脂胶原蛋白抗衰老 (60分钟)

深海扇藻和红珊瑚减少皮肤细纹，抗衰老，定位按摩滋养肌肤，优化细胞功能，令皮肤焕发青春光彩。

ELEMIS DYNAMIC RESURFACING PRECISION PEEL (60 Minutes)

Target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin.

榄香脂活力精准换肤 (60分钟)

定位皮肤老化粗糙部位，使用多层酵素强力剥落老化皮肤，促使皮肤新生，是一种前沿精准的治疗方法，还您年轻、光洁的皮肤。

ELEMIS PRO-DEFINITION LIFT AND CONTOUR (60 Minutes)

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

榄香脂提升塑形 (60分钟)

具有突破性技术的面部护理。利用强大的植物营养促进细胞基生长，再造面部皮肤结构，深层塑形，令肌肤焕然一新。

MEN: TOUCH 男士保养：抚触

ELEMIS HIGH PERFORMANCE SKIN ENERGISER (60 Minutes)

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

榄香脂高度活肤 (60分钟)

强力抗衰老、防干燥，缓解视力疲劳。精华熏蒸解决皮肤阻塞问题，最大限度提升皮肤的再生能力。多元活力面部按摩促进血液循环，同时还有令人深度放松的头皮按摩和足部按摩。





STEAM & BATH RITUALS 洗浴熏蒸礼典

ANANTARA MILKY BATH

(30 Minutes)

Enjoy a private tea service as the exotic aromas of our signature Romance Milky Bath balance your body, mind and spirit.

安纳塔拉牛奶浴

(30分钟)

温馨浪漫，平衡身体、心理与灵魂，是安纳塔拉的特色洗浴项目，沐浴同时还可以享受静谧、芳香的品茶时光。

THAI HERBAL STEAM

(30 Minutes)

Inspired by the healing properties of Thai herbs, this exotic ritual stimulates the circulatory system, nourishes body and soul, and can be enjoyed as a prelude to any of our spa treatments.

泰式草药蒸汽浴

(30分钟)

利用泰国草本的药物疗效，泰式草药蒸汽浴能刺激循环系统，滋养身心，充满异国情调，亦可作为其他任意一款水疗之前的前奏。

HAND & FOOT CARE 手部和足部保养

Anantara Spa uses vegan, wild-crafted organic SpaRitual products for our nail services. The lacquers and elixirs are free from toluene, formaldehyde, dibutyl phthalate and parabens normally found in nail treatment products. Enjoy an aromatherapeutic journey where you choose your intent... relax, uplift and inspire. Micro algae and mineral salt infused with wild-crafted Indonesian ginger will gently slough away dry skin. The aromatherapeutic properties of ginger are deepened with a healing hand or foot massage, using a hydrating blend of ginger and Chinese jasmine essential oils, aloe, shea butter, sesame oil, olive oil, avocado and vitamins A and E.

Spa Manicure (70 Minutes)

Spa Pedicure (70 Minutes)

French Finish (70 Minutes)

Polish Color Change (30 Minutes)

安纳塔拉美甲服务全部采用天然野生有机植物所制成的产品，所用指甲油和药水不含甲苯、甲醛、邻苯二甲酸二丁酯、和对羟基苯甲酸酯这些普通美甲产品中一般都含有的有害成分。享受芳香理疗的过程中，充满了自主、放松、升华与灵感。微型藻类和矿物盐与野生印尼生姜轻柔地蜕去干燥皮肤，通过手和足部按摩加强生姜的疗效。按摩使用的是具有保湿作用的混合物：生姜、中国茉莉花混合精油、芦荟、牛油树脂、芝麻油、橄榄油、鳄梨和维生素A和维生素E。

美甲水疗 (70分钟)

美足水疗 (70分钟)

法式美甲 (70分钟)

抛光变色美甲 (30分钟)

WAXING

High quality wax is used for depilation treatments.

Upper Lip (15 Minutes)

Underarm (30 Minutes)

Half Legs (45 Minutes)

Full Legs (70 Minutes)

Bikini (30 Minutes)

Brazilian (70 Minutes)

Back waxing (70 Minutes)

蜜蜡脱毛

使用优质蜜蜡进行脱毛

上唇 (15分钟)

腋下 (30分钟)

小腿 (45分钟)

全腿 (70分钟)

比基尼脱毛 (30分钟)

巴西式脱毛 (70分钟)

背部脱毛 (70分钟)

IN-ROOM MASSAGE

Traditional Thai Massage (90 Minutes)

Stress Release Massage (90 Minutes)

Foot Massage (70 Minutes)

客房按摩

传统泰式按摩 (90分钟)

减压放松按摩 (90分钟)

足部按摩 (70分钟)

POOLSIDE MASSAGE

Foot Massage (30 Minutes)

Neck, Shoulder, and Hand (30 Minutes)

Experience a blissful massage by the pool between 10.00 am and 5.00pm.

Subject to availability and weather conditions

池畔按摩

足部按摩 (30分钟)

颈肩手臂按摩 (30分钟)

在游泳池边体验快活的池畔按摩，开放时间上午10点至下午5点。

此项服务受限于天气状况。



ETIQUETTE 规范

- 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.
- 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.*

- 请在水疗开始前15分钟到达，以便填写您的健康评估表。水疗前后请您在我们宁静优雅的环境中多停留一会儿时间，以保证充分的放松。
- 请注意，水疗不适合小孩子和婴儿，除非他们接受水疗服务。我们要 努力确保所有的顾客都能受益于宁静优雅的环境。
- 建议您来水疗中心之前把所有的首饰放在您的客房内。
- 所有的水疗费用都将计入您的房费中，并在退房时写入您的账单里。
- 建议您芳香理疗后不要晒太阳。
- 男士---请在面部护理之前把胡子刮干净以保证最佳疗效。
- 水疗中心不允许吸烟或使用手机。
- 患有高血压、心脏病、过敏症的顾客，以及孕妇或有任何其他医疗并发症者，请先咨询医生再参加任何理疗项目。
- 如有任何医疗状况，请告知水疗中心接待员。
- 取消预约需提前4小时以上，否则将按照所预订项目的50%收取费用。
- 如果您来晚了，我们会尽最大努力接待您，但是您的治疗时间有可能会因此而缩短，或者我们帮您另约时间。

所有价格均以泰铢计，并加收10%服务费及额外政府税。价格如有更改，恕不另行通知。

为确保服务，请您提前预订。

TREATMENT PRICE LIST 理疗价目表

	Minutes 时间/分钟	THB 泰铢
SIGNATURE EXPERIENCES 招牌体验		
Anantara Signature Massage 安纳塔拉招牌按摩	70/90	3,888/4,500
Traditional Thai Massage 传统泰式按摩	70/90	3,400/3,900
Lanna Ritual 兰纳礼典水疗	90	4,500
Bespoke Spa Experience 个性化定制水疗	90	4,500
SPA JOURNEYS 水疗之旅		
Essence of Anantara 安纳塔拉精华	200	7,200
ELEMIS Couture Touch 艾丽美抚触按摩	120	7,200
Deep Cleansing Ritual 檀香脂洁肤礼典	120	6,500
Detoxifying Chocolate Therapy 巧克力排毒疗法	120	6,500
In-Room Slumber Guru Experience 客房舒眠体验	70	4,500
BALANCE WELLNESS 平衡保健		
Fitness, Spa & Healthy Lunch 健身、水疗和健康午餐		4,990
Holistic Spa & Wellness Retreat 全套水疗保健组合		11,900
MASSAGE 按摩		
Thai Herbal Compress Massage 泰国草药热敷按摩	70/90	3,600/4,500
Stress Release Massage 解压按摩	70/90	3,600/4,500
Aroma Stone Massage 芳香热石按摩	90	5,400
ELEMIS Freestyle Deep Tissue Massage 艾丽美自由式深层组织按摩	60/90	3,900/5,500
Indian Head Massage 印度头部按摩	60	3,000
Foot Massage 足部按摩	60	3,000
BODY TREATMENTS 身体护理		
Body Scrubs 身体磨砂		
Detoxifying Green Tea Scrub 绿茶磨砂排毒	45	2,088
ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger 艾丽美强力洁肤盐磨砂 - 柠檬加姜	30	3,000
Body Wraps 身体裹敷		
Detoxifying Green Tea Wrap 绿茶裹敷排毒	60	3,200
ELEMIS Body Nectar Nourishing Wrap - Frangipani 艾丽美甘露滋养身体裹敷 - 赤素馨花	60	3,600
FACIALS 面部护理		
ELEMIS Pro-Collagen Age Defy 艾丽美胶原蛋白抗衰老	60	4,600
ELEMIS Dynamic Resurfacing Precision Peel 艾丽美活力精准焕肤	60	4,600
ELEMIS Pro-Definition Lift and Contour 艾丽美提升塑型	60	4,800
ELEMIS High Performance Skin Energiser 艾丽美高度活肤	60	4,600
STEAM & BATH RITUALS 洗浴熏蒸礼典		
Anantara Milky Bath 安纳塔拉牛奶浴	30	999
Thai Herbal Steam 泰式草药蒸汽浴	30	999

	Minutes 颈肩手臂按摩	THB 泰铢
HAND & FOOT CARE 手部和足部保养		
Spa Manicure 美甲水疗	70	1,600
Spa Pedicure 美足水疗	70	1,800
French Finish 法式美甲	80	1,800/2,000
Polish Color Change 抛光变色美甲	30	399
WAXING 蜜蜡脱毛		
Upper Lip 上唇	15	500
Underarm 腋下	30	900
Half Legs 小腿	45	999
Full Legs 全腿	70	1,400
Bikini 比基尼式脱毛	30	999
Brazilian 巴西式脱毛	70	1,590
Back 背部脱毛	70	1,700
IN-ROOM MASSAGES 客房按摩		
Traditional Thai Massage 传统泰式按摩	90	5,200
Stress Release Massage 减压放松按摩	90	5,500
Foot Massage 足部按摩	60	4,000
POOLSIDE MASSAGES 池畔按摩		
Foot Massage 足部按摩	30	1,500
Neck, Shoulder & Hand 颈肩手臂按摩	30	1,500

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所有价格以泰铢计算并需加收10%服务费及相应政府税收
价格仅供参考, 如有任何更改恕不另行通知。

Anantara Chiang Mai Resort

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