JOURNEYS INTO NORTHERN THAI WELLNESS CULTURE, AND BEYOND.

泰国之行，
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，正如它所临的湄平河一样安宁，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
(70/60/120 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“被动瑜伽”之称---理疗师替您承担责任之苦，您只需坐轻松站，就能得到全身放松，静静地体验到按摩享受，您可以充分体会到按摩和伸展技术的放松作用，按摩后身体柔韧性会大大增加，活力的回归。

LANNA RITUAL
(30 Minutes)

Begin with a pampering ritual to cleanse, reduce swelling, relax and refresh the face 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)

以隆重的清洗衣仪为开始，洗净足部和小腿的尘垢，消除疲劳，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脸庞的紧致，洁淤双手，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)

根据您的需要及为您设计适合您的水疗，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，奢华享受尽在个性化服务中。
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.

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 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)

精油草本热敷全身并且在心灵深处放松，打开毛孔并按摩。促进新陈代谢，让你的皮肤焕发光彩。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 ● 泰式草药热敷 ● 按摩 ● 绿茶磨砂 ● 安纳塔拉液体按摩 ● 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 Freedom Deep Tissue Massage.

ELEMIS Freestyle Deep Tissue Massage ● Personalised Facial ● Refreshment

檀香指压触按摩 (120分钟)

檀香指压按摩根据全身肌肉，个性化自由深层组织紧凑加一时段檀香指压按摩。

檀香自由式深层组织按摩 ● 个性化肩部护理 ● 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. Coconized 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

檀香香薰清肤礼 (120分钟)

檀香香薰清肤礼浸润呼吸肌肤，打开毛孔，促进血液循环，令肌肤光泽亮丽。温水沐浴后，加大按摩，有助于缓解久坐引起的全身疲劳僵硬。

花露足浴 ● 个性化泥膜敷膜 ● 檀香香薰清肤礼 ● 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. Fitch 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疗法，为您带来感官大餐及其对身体的益处。巧克力含有抗氧化物，可以排毒，使皮肤光滑，增加皮肤弹性。巧克力也有助于释放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 ● 巧克力敷膜及面部点压按摩 ● 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 awaited 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 Beck, 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，能让您享受一整晚高质量睡眠和恢复。店内设有独立的房间，提供精美的按摩，然后是西班牙薰衣草精油放松按摩，最后品饮咖啡和香薰油。奢华的沐浴露和柔滑的床单，让您不知不觉进入甜蜜的梦乡。

芳香沐浴礼盒 ● 脸部及放松按摩 ● 茶点 ● 舒眠专用枕头

SPA JOURNEYS 水疗之旅
FITNESS, SPA & HEALTHY LUNCH
Feel fully energised and wonderfully 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)
The Herbal Steam (30 minutes)
The 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

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

全效水疗健康套餐
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
• 香薰草药熏蒸 (30分钟)
• 水疗理疗 (70分钟)

第二天
• 私人瑜伽或太极 (70分钟)
• 绿茶清肺排毒 (30分钟)
• 绿茶清肺排毒 (30分钟)
• 香薰水疗午餐
• 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)
• 保健专家提供私人全方位理疗
• 香薰水疗午餐
• 天然果汁
MASSAGE 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)

这是一种泰式古老的保健方式，能够去除负能量和倦意感，让紧绷的肌肉放松不再僵硬，先以泰式草药热敷敷，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，揉压与穴点按压相结合手法，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)

利用纯天然精油的穿透性及热石的温热按摩全身，加热的天然火山石释压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.

Elemis自由式深层组织按摩  
(60/90分钟)

依据疗程指定的精油为您挑选芳香精油，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层紧张，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 sinuses.

印度头部按摩  
(70分钟)

基于阿育吠陀（印度草药疗法）原理，采用指压穴点及椰子油按摩头部和颈部，具有缓解精神，恢复活力的作用。印度头部按摩不仅缓解头疼，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。使用特殊手法按摩足部反射区，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)
Fragrant bath 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.

檸香盐强力洁肤盐磨砂-柠檬姜
(30分钟)
芳香盐磨砂柔和去死皮细胞，促进新生细胞的生成，让肌肤光滑洁净，更好地深层吸收护肤精萃中的营养。

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)
在湿润肌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.

檸香脂甘露滋养身体裹敷-赤素馨花
(60分钟)
大溪地精油超凡滋润、质地柔嫩，为肌肤补足水分。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

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.

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.

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.

MEN: TOUCH

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.

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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)
享受私人茶点服务，感受标志性的Romance Milky Bath为身心灵带来的平衡。

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.

泰国草药蒸汽浴 (30分钟)
这款源自泰式草药的异域蒸汽浴可以刺激循环系统，滋养身心，也可作为享受我们水疗服务的前奏。

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 solvents are free from toluene, formaldehyde, dibuty 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 bionc 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)

安纳塔拉美甲与美足服务均采用纯素有机花卉提炼的SpaRitual产品。指甲油和溶剂不含甲苯、甲醛、邻苯二甲酸二丁酯，及常用于指甲护理中的普通芳香元素，而是用天然微藻和矿物质腌制的印尼生姜轻柔去角质。生姜的香气在温和的按摩中得到强化，按摩使用含有姜黄和中国茉莉花的呵护油、芦荟、牛油果油、橄榄油、鳄梨油和维生素A与E。

WAXING
High quality wax is used for depilation treatments.

Upper Lip (15 Minutes)
Upper Arm (30 Minutes)
Half Legs (45 Minutes)
Full Legs (70 Minutes)
 Bikini (30 Minutes)
Brazilian (70 Minutes)
Back waxing (70 Minutes)

蜜蜡脱毛
使用高质量蜜蜡进行脱毛。

Upper Lip (15 Minutes)
Upper Arm (30 Minutes)
Half Legs (45 Minutes)
Full Legs (70 Minutes)
Bikini (30 Minutes)
Brazilian (70 Minutes)
Back waxing (70 Minutes)
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.

泳池按摩
足部按摩 (30分钟)
颈肩手臂按摩 (30分钟)

在泳池边体验快活的泳池按摩。开放时间上午10点至下午5点。
此服务受天气状况影响。
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。我们建议所有顾客都体验安静而宁静的过程。
• 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账单中，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须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延误，或者我们要另约时间。

所有价格均以泰铢计，并加收10%服务费及附加政府税。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

## Signature Experiences

<table>
<thead>
<tr>
<th>Experience</th>
<th>Time/Minutes</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anantara Signature Massage</td>
<td>70/90</td>
<td>3,888/4,500</td>
</tr>
<tr>
<td>Traditional Thai Massage</td>
<td>70/90</td>
<td>3,400/3,900</td>
</tr>
<tr>
<td>Lanna Ritual</td>
<td>90</td>
<td>4,500</td>
</tr>
<tr>
<td>Bespoke Spa Experience</td>
<td>90</td>
<td>4,500</td>
</tr>
</tbody>
</table>

## Spa Journeys

<table>
<thead>
<tr>
<th>Experience</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Essence of Anantara</td>
<td>7,200</td>
</tr>
<tr>
<td>ELEMIS Couture Touch</td>
<td>7,200</td>
</tr>
<tr>
<td>Deep Cleansing Ritual</td>
<td>6,500</td>
</tr>
<tr>
<td>Detoxifying Chocolate Therapy</td>
<td>6,500</td>
</tr>
<tr>
<td>In-Room Slumber Guru Experience</td>
<td>4,500</td>
</tr>
</tbody>
</table>

## Balance Wellness

<table>
<thead>
<tr>
<th>Experience</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness, Spa &amp; Healthy Lunch</td>
<td>4,990</td>
</tr>
<tr>
<td>Holistic Spa &amp; Wellness Retreat</td>
<td>11,900</td>
</tr>
</tbody>
</table>

## Massage

<table>
<thead>
<tr>
<th>Massage</th>
<th>Time/Minutes</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thai Herbal Compress Massage</td>
<td>70/90</td>
<td>3,600/4,500</td>
</tr>
<tr>
<td>Stress Release Massage</td>
<td>70/90</td>
<td>3,600/4,500</td>
</tr>
<tr>
<td>Aroma Stone Massage</td>
<td>90</td>
<td>5,400</td>
</tr>
<tr>
<td>ELEMIS Freestyle Deep Tissue Massage</td>
<td>60/90</td>
<td>3,900/5,500</td>
</tr>
<tr>
<td>Indian Head Massage</td>
<td>60</td>
<td>3,000</td>
</tr>
<tr>
<td>Foot Massage</td>
<td>60</td>
<td>3,000</td>
</tr>
</tbody>
</table>

## Body Treatments

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Detoxifying Green Tea Scrub</td>
<td>2,088</td>
</tr>
<tr>
<td>ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger</td>
<td>3,000</td>
</tr>
<tr>
<td>ELEMIS Body Nectar Nourishing Wrap - Frangipani</td>
<td>3,600</td>
</tr>
<tr>
<td>Body Wraps Body Mask</td>
<td>3,200</td>
</tr>
</tbody>
</table>

## Facials

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>ELEMIS Pro-Collagen Age Defy</td>
<td>4,600</td>
</tr>
<tr>
<td>ELEMIS Dynamic Resurfacing Precision Peel</td>
<td>4,600</td>
</tr>
<tr>
<td>ELEMIS Pro-Definition Lift and Contour</td>
<td>4,800</td>
</tr>
<tr>
<td>ELEMIS High Performance Skin Energiser</td>
<td>4,600</td>
</tr>
</tbody>
</table>

## Steam & Bath Rituals

<table>
<thead>
<tr>
<th>Ritual</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anantara Milky Bath</td>
<td>999</td>
</tr>
<tr>
<td>Thai Herbal Steam</td>
<td>999</td>
</tr>
<tr>
<td></td>
<td>Minutes</td>
</tr>
<tr>
<td>---------------</td>
<td>---------</td>
</tr>
<tr>
<td><strong>HAND &amp; FOOT CARE</strong> 手部和足部保养</td>
<td></td>
</tr>
<tr>
<td>Spa Manicure 美甲水疗</td>
<td>70</td>
</tr>
<tr>
<td>Spa Pedicure 美足水疗</td>
<td>70</td>
</tr>
<tr>
<td>French Finish 法式美甲</td>
<td>80</td>
</tr>
<tr>
<td>Polish Color Change 抛光变色美甲</td>
<td>30</td>
</tr>
</tbody>
</table>

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WAXING 蜜蜡脱毛</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Upper Lip 上唇</td>
<td>15</td>
<td>500</td>
</tr>
<tr>
<td>Underarm 腋下</td>
<td>30</td>
<td>900</td>
</tr>
<tr>
<td>Half Legs 小腿</td>
<td>45</td>
<td>999</td>
</tr>
<tr>
<td>Full Legs 全腿</td>
<td>70</td>
<td>1,400</td>
</tr>
<tr>
<td>Bikini 比基尼式脱毛</td>
<td>30</td>
<td>999</td>
</tr>
<tr>
<td>Brazilian 巴西式脱毛</td>
<td>70</td>
<td>1,590</td>
</tr>
<tr>
<td>Back 背部脱毛</td>
<td>70</td>
<td>1,700</td>
</tr>
</tbody>
</table>

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>IN-ROOM MASSAGES 客房按摩</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Traditional Thai Massage 传统泰式按摩</td>
<td>90</td>
<td>5,200</td>
</tr>
<tr>
<td>Stress Release Massage 减压放松按摩</td>
<td>60</td>
<td>5,600</td>
</tr>
<tr>
<td>Foot Massage 足部按摩</td>
<td>60</td>
<td>4,000</td>
</tr>
</tbody>
</table>

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>POOLSIDE MASSAGES 池畔按摩</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Foot Massage 足部按摩</td>
<td>30</td>
<td>1,500</td>
</tr>
<tr>
<td>Neck, Shoulder &amp; Hand 颈肩手臂按摩</td>
<td>30</td>
<td>1,500</td>
</tr>
</tbody>
</table>

*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.*

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