



Spa Menu



ANANTARA

SPA



Welcome to Anantara Spa

A serene garden spa embraced by Malaysia's natural beauty, Anantara Spa originates in Thailand, has travelled the world, and now arrives on Malaysia's golden shores. The award-winning Anantara Spa touch heals body, mind and soul.

Each treatment is bespoke, luxurious and holistic, featuring signature experiences inspired by indigenous healing traditions. Leave behind the stresses of everyday life and begin to harmonise the subtle energies within, as thoughtfully designed spa programmes guide your body, mind and soul into a blissful state of peace.

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

Spa Facilities

- Four indoor couple treatment rooms
- Two indoor single treatment rooms
- Two private Jacuzzis
- Spa pavilion

Opening Hours

10.00 am – 8.00 pm

Anantara Signature Selections

Drawing on Anantara Spa's world-class expertise, the finest indigenous wellness traditions and unique holistic therapies, our selection of highly specialised rituals blends luxurious pampering with powerful, long-lasting benefits for body, mind and soul.

Combining Eastern and Western techniques with our signature oil blend, this massage stimulates circulation and deeply relaxes the muscles. This unique therapy helps to clear energy blockages and promotes overall wellbeing.

ANANTARA SIGNATURE
MASSAGE

90 minutes
MYR 660

A signature massage blending ancient Malay, Chinese and Indian techniques with Malaysia's indigenous traditions. Your journey begins with a soothing foot soak and guided breathing techniques, followed by a deep-pressure massage with long, kneading thumb strokes to relieve muscle stiffness.

THE ROOTS OF
MALAYSIA

90 minutes
MYR 660

Renew and maintain a healthy complexion with this deeply hydrating treatment, featuring Malaysia's finest herbs and a rejuvenating Gua Sha massage. Ideal for those with a busy schedule, this treatment revitalises the skin in moments, leaving you refreshed and glowing.

SIGNATURE FACIAL

60 minutes
MYR 550

Indulge in an exclusive spa massage experience designed around your needs and mood. Highlight the areas you wish to focus on, then allow our therapists to tailor the perfect treatment for you.

SPA BY DESIGN BODY
MASSAGE

60 | 90 MINUTES
MYR 550 | 660



Anantara Massages

A holistic blend of aroma and colour therapy designed to nurture both body and soul. Choose from our selection of premium oils to suit your mood, then surrender to a gentle, soothing massage that restores balance and calm.

Using aromatic oils and a set of warmed bamboo sticks in various sizes, this distinctive massage incorporates flowing strokes and rolling techniques to release muscular knots and tension, reduce toxin build-up and fluid retention, and encourage healthy circulation.

AROMATHERAPY
MASSAGE

60 | 90 MINUTES
MYR 550 | 660

BAMBOO MASSAGE

90 MINUTES
MYR 660

Anantara Massages

Surrender to deep, firm pressure using specialised elbow techniques. This restorative treatment is designed to enhance muscle recovery and flexibility, making it ideal after a long day of golf or an intense workout.

GOLF REMEDIAL
MASSAGE

90 | 120 MINUTES
MYR 660 | 770

Specific thumb, finger and hand techniques are applied to reflex points on the feet to help release stagnant qi flow, improve blood circulation and restore overall balance.

FOOT MASSAGE

60 MINUTES
MYR 496

Pamper yourself with a revitalising coconut oil massage that helps relieve pregnancy-related tension and discomfort. This gentle treatment promotes muscle recovery in the neck and shoulders, lumbar area and tired legs. Suitable for women between 4 to 7 months of pregnancy.

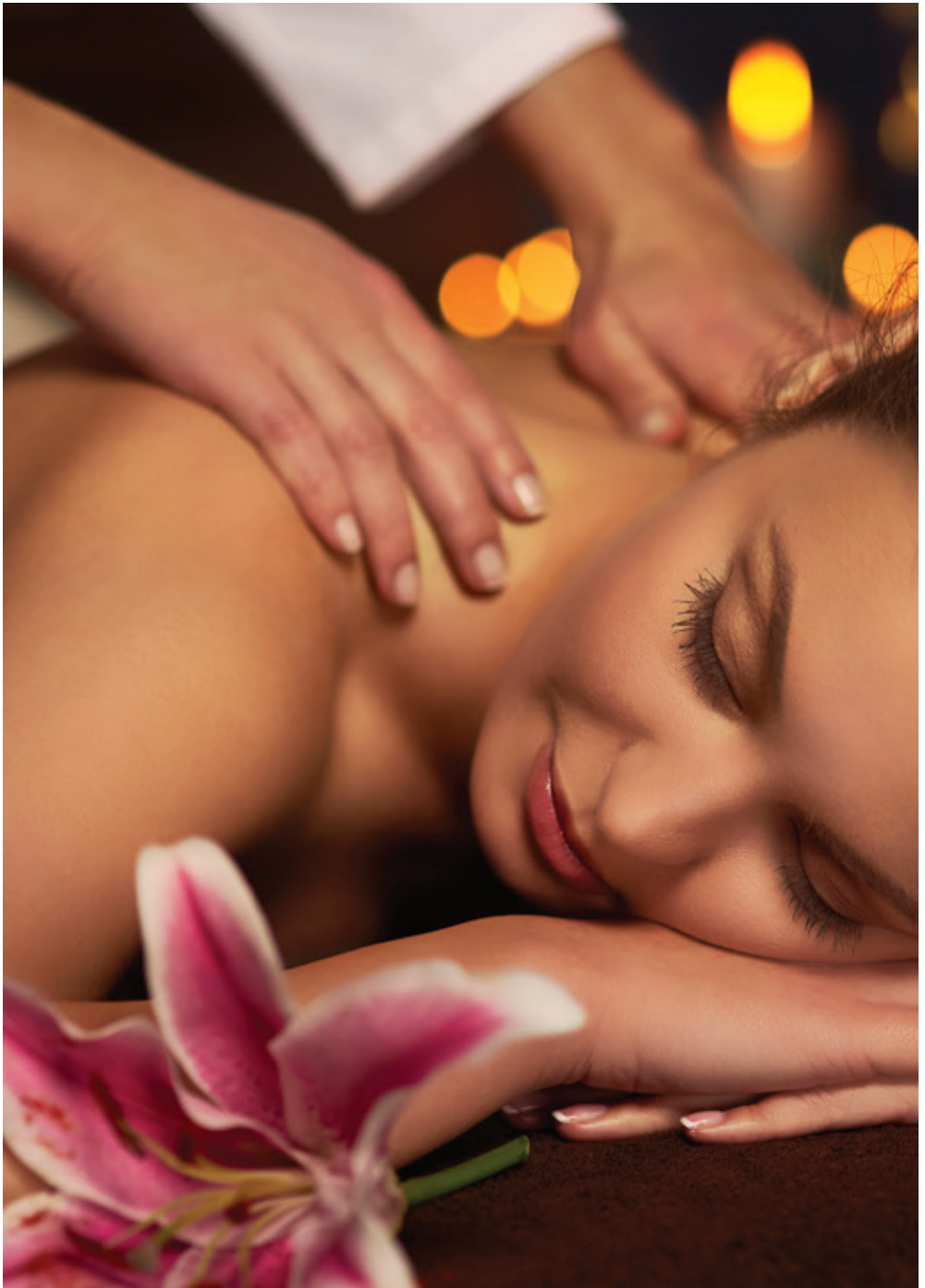
MOTHER TO BE
MASSAGE

60 | 90 MINUTES
MYR 550 | 660

This traditional ritual supports the post-pregnancy body in regaining its natural shape while enhancing overall wellbeing. The treatment begins with Tungku, an ancient Malay massage technique traditionally used to support the uterus.

TRADITIONAL
POSTNATUM

90 | 120 MINUTES
MYR 660 | 770





Anantara Wellness Treatments

Drawing on Anantara Spa's world-class expertise, the finest indigenous wellness traditions and unique holistic therapies from both East and West, this selection of highly specialised rituals blends luxurious pampering with powerful, long-lasting benefits for the body, mind and soul.

Harnessing the ancient energy of the Himalayas, this treatment combines the benefits of heat therapy massage with hand-carved salt stones. These stones help restore essential minerals and trace elements to the body, encouraging natural detoxification while gently melting away tension. This holistic approach promotes deep relaxation and overall well-being.

HIMALAYAN THERMAL
THERAPY

90 MINUTES
MYR 660

Releasing tension both physically and emotionally, this treatment also harmonises energy flow. The unique technique stimulates blood circulation and supports the body's natural detoxification processes, coaxing you into a deep state of meditative relaxation. Singing bowls are used to both begin and conclude this ritual, enhancing the sense of calm and balance.

CHAKRA-BALANCING
THERAPY

90 MINUTES
MYR 660

Based on Ayurvedic principles, this soothing yet energising massage uses pressure point techniques and warm coconut oil to relieve tension while restoring tranquillity. The treatment may also help alleviate insomnia, chronic headaches, migraines and sinusitis.

INDIAN HEAD MASSAGE

30 MINUTES
MYR 300

Shirodhara is a traditional and well-established Ayurvedic therapy involving the slow, continuous pouring of medicated oil or other liquids onto the forehead. Rooted in India's rich alternative medicine tradition, it is believed to calm the mind, reduce stress and enhance overall well-being.

SHIRODHARA

60 MINUTES
MYR 560

Anantara Wellnesses Treatments

One of Ayurveda's most renowned treatments, with roots dating back over 5,000 years. Warm, medicated herbal oils are rhythmically massaged into the body from head to toe, working along the energy channels to release toxins and restore the natural flow of vital energy, known as prana.

ABHYANGA MASSAGE

60 | 90 MINUTES
MYR 550 | 660

This gentle massage uses light, rhythmic strokes to support the body's natural lymphatic flow. Manual lymphatic drainage helps remove excess fluid and toxins, enhances the detoxification process, improves metabolism and supports the immune system, leaving the body feeling lighter and revitalised.

LYMPHATIC DRAINAGE

60 | 90 MINUTES
MYR 550 | 660

Finishing Studio | Manicure & Pedicure

Feel and look your best with the ultimate in manicure and pedicure luxury. Each treatment includes a cleansing ritual, exfoliating scrub, nourishing mask, meticulous cuticle care, a relaxing massage and a flawless finish.

- Ultimate Gel Manicure 90 minutes | MYR 500
- Ultimate Gel Pedicure 90 minutes | MYR 500
- Gel Manicure or Pedicure 60 minutes | MYR 400
- Classic Manicure or Pedicure 75 minutes | MYR 380

Waxing

- Underarm 60 minutes | MYR 300
- Full arm 60 minutes | MYR 250
- Full leg 30 minutes | MYR 250
- Half arm 30 minutes | MYR 200
- Half leg 30 minutes | MYR 200

PHYTOMER

Harnessing the Power of the Sea for Radiant, Healthy Skin

Phytomer is a renowned French skincare brand that has built its reputation on the exceptional vitality of the ocean. Founded in Brittany, France a region deeply connected to the sea, Phytomer specialises in marine-based skincare that harmoniously combines nature, science and sustainability.

The brand offers a comprehensive range of high-performance products for the face, body and hair, designed to deliver visible results while providing a sensorial experience inspired by the freshness and purity of the sea.

At the heart of Phytomer's philosophy is the use of powerful marine actives. One of its most iconic ingredients, OLIGOMER®, is a unique seawater concentrate rich in trace elements and minerals. This signature active helps to remineralise, energise and strengthen the skin, supporting overall skin health and promoting a natural, radiant glow. Phytomer's research teams continuously explore the marine world to develop innovative formulas that address hydration, anti-ageing, skin correction and protection against environmental stress.



Facial Treatments by Phytomer

The facial treatment menu pairs professional products, concentrated with powerful active ingredients, with exceptional manual massage techniques to deliver maximum results and deep relaxation.

In just three steps, this high-performance anti-ageing treatment effectively smooths the skin, helps reduce the appearance of wrinkles and restructures facial contours.

EXPERT YOUTH
WRINKLE CORRECTION

75 MINUTES
MYR 770

A skincare essential that combines advanced moisturising performance with intense relaxation. Using organic ingredients, sense-awakening textures and a deeply relaxing massage, the skin is left soothed, glowing, plumped and well-rested.

HYDRA PLUMPING
MOISTURISING

75 MINUTES
MYR 680

A nurturing treatment designed to soften sensitive skin while strengthening its natural defences, delivering soothing and deeply hydrating results.

DOUCEUR MARINE
SOOTHING

75 MINUTES
MYR 680

A warming, absorbent marine face mask is followed by a customised facial mask to help clear pores, leaving the skin cleansed and the complexion refreshed.

CLEAR SKIN EXPRESS
SKIN CLEANING

60 MINUTES
MYR 460

A comprehensive, effective and relaxing treatment for the eye area, helping to restore a youthful, radiant appearance. Available as an add-on to all facials.

EYE PERFECTION
RADIANCE SMOOTHING

20 MINUTES
MYR 260

Enter a world dedicated to men. Choose from a moisturising, youth-enhancing, soothing or pollution targeted treatment, specially adapted to the unique needs of male skin.

NEW SKIN FOR MEN

75 MINUTES
MYR 680



Anantara Spa Journeys

Carefully crafted to offer a luxurious selection of extended experiences, these special journeys invite you to escape the limits of space and time. Indulge in destination-inspired therapies and exclusive rituals, thoughtfully created with your ultimate wellbeing in mind.

This exclusive spa experience is designed to pamper you like royalty. The journey begins with a hibiscus rose scrub to gently buff away dead skin cells, followed by The Roots of Malaysia / Urutan Malaysia, a signature massage blending ancient Malay, Chinese, and Indian techniques with indigenous traditions. The experience concludes with a warm herbal bath as the perfect finishing touch.

THE RISE OF NAUPAKA NAUPAKA

Includes:

- Foot Floral Ritual
- Hibiscus Rose Scrub
- The Roots of Malaysia / Urutan Malaysia
- Traditional Herbal Bath
- Refreshment

135 MINUTES
MYR 935 per person
MYR 1650 per couple

Experience powerful relaxation exactly where you need it most. This indulgent journey begins with a gentle full-body massage using aromatic oils, followed by a personalised facial designed to enhance your skin's natural radiance.

TRANQUILITY DESARU RITUAL

Includes:

- Foot Floral Ritual
- Aroma Wellness Body Massage
- Personalised Facial
- Refreshment

120 MINUTES
MYR 825 per person
MYR 1540 per couple



Family Wellness

The perfect treat for shared relaxation. Enjoy a 60-minute relaxing massage for the mother and a 60-minute child massage, allowing both of you to emerge refreshed and renewed. A choice of fragrance-free oil is available.

RATU AND PUTERI
LUXE SESSION

60 MINUTES
MYR 800

A revitalising bonding experience featuring a 60-minute deep tissue massage for the father to enhance muscle relaxation, paired with a 60-minute child massage. Fragrance-free oil is offered for children.

MAHARAJA AND
PUTERA SESSION

60 MINUTES
MYR 800



Just For Kids

We believe children should enjoy an unforgettable spa experience too. This carefully curated menu of selected services is designed exclusively for children aged 5 to 12 years.

A specially tailored massage using long, flowing strokes and gentle pressure, created just for young ones. A choice of fragrance-free oil is offered, making it ideal for calming the body and mind after a busy day.

SHINE LIKE A STAR
MASSAGE

30 | 45 MINUTES
MYR 225 | 300

A fun and relaxing spa experience for young guests. Little feet are soaked and cleansed with a coconut scrub, followed by a soothing foot massage.

TICK TACK TOE
TREATMENT

30 | 45 MINUTES
MYR 225 | 300

Mini Facial using all-natural products, this gentle facial provides a rich and nourishing treatment while encouraging an early appreciation for skincare.

LITTLE LOVE MORE

30 | 45 MINUTES
MYR 225 | 350

Wellness Programs

Restore yourself with a pampering spa experience paired with a wholesome, healthy meal to optimise both mind and body wellness. Enjoy an invigorating ginger salt scrub to encourage skin renewal, followed by the Anantara Signature Massage, customised with your choice of aromatic oils. Complete your journey with an express facial and a soothing milk bath to relieve tension and encourage deep relaxation.

Package Includes

- Sunrise Dong Stick or Yoga Session (60 minutes)
- Floral Foot Ritual
- Body Scrub (45 minutes)
- Body Massage (90 minutes)
- Express Facial Treatment (30 minutes)
- Milk Bath (15 minutes)
- Refreshment
- One-time Wellness 3-course Set Meal at Turmeric

RESET THE PACE

240 minutes

MYR 1,300 per person

MYR 2,500 per couple

Begin your journey towards a balanced mind, body and soul with this immersive holistic retreat. Unwind and release everyday stresses under the healing hands of our expert therapists. Indulge in beautifying rituals that reveal your inner glow, while wholesome, nutritious cuisine leaves you feeling invigorated. Depart revitalised, renewed and completely harmonised.

REJUVENATE YOUR SENSES

Package Includes

DAY 1: AWAKENING

- Sunrise Dong Stick or Yoga Session (60 minutes)
- Floral Foot Ritual
- Chakra-Balancing Therapy (90 minutes)
- One-time 3-course Healthy Set Meal at Sea Fire Salt

DAY 2: REJUVENATING

- Nature Walk or Desaru Beach Life & Tidepool Discovery (60 minutes)
- Himalayan Thermal Therapy Massage (90 minutes)
- Traditional Herbal Bath Ritual (30 minutes)
- One-time 3-course Healthy Set Meal at Sea Fire Salt

DAY 3: CLEANSING

- Floral Foot Ritual
- Kopi Scrub and Boreh Spice Wrap (90 minutes)
- Personalised Facial Treatment (75 minutes)
- One-time 3-course Healthy Set Meal at Sea Fire Salt

3 Days

MYR 2,500 per person

MYR 4,900 per couple



Bath Rituals

Relax and unwind with the delicate scent of roses. A delightful blend of rose-infused oil and nourishing milk works in harmony to uplift the senses and enhance your mood.

Inhale the healing properties of Malaysia's traditional herbs and indulge in an exotic ritual designed to stimulate the circulatory system and improve blood circulation. A refreshing prelude to any of our spa treatments.

ROMANCE MILK BATH RITUAL

30 MINUTES
MYR 385 per person
MYR 440 per couple

TRADITIONAL HERBAL BATH RITUAL

30 MINUTES
MYR 385 per person
MYR 440 per couple

Minimum advance reservation of 4 hours for the bath ritual.

Spa Etiquette

SPA HOURS

Open daily from 10.00 am to 8.00 pm

ARRIVAL

Please arrive at least 15 minutes prior to your scheduled treatment time to complete your health assessment form and allow yourself time to relax in our tranquil surroundings before your treatment begins.

LATE ARRIVAL

Should you arrive late for your appointment, we will endeavour to provide the best possible treatment within the remaining time. Full treatment charges will apply.

CANCELLATION POLICY

A minimum of 5 hours' notice is required for the cancellation or rescheduling of any appointment. Cancellations made with less than 5 hours' notice, or failure to attend your appointment ("No Show"), will incur full payment. Cancellations within this period may be charged at 50% of the treatment price.

HEALTH

Please inform us of any medical conditions, allergies, injuries or pregnancy prior to your treatment. Our reception team is fully trained and will recommend the most suitable treatments to enhance your spa experience. Smoking is not permitted within the spa.

HEMOCARE

Retail items are available for purchase and cannot be returned or exchanged after the day of purchase.

CHILDREN

Please note that the spa is not suitable for small children or infants unless they are receiving treatments from our Kids' Spa Menu. This policy helps us maintain a peaceful environment for all guests.

MEN

For optimal results, gentlemen are advised to shave at least 4 hours prior to all facial treatments.

MOBILE PHONES

As a courtesy to other guests, please switch off your mobile phone or place it on silent mode at all times while within Anantara Spa.

SPA ATTIRE

Your privacy will be respected at all times. Disposable underwear is available and should be worn during treatments. Robes and slippers are provided for your comfort.

RESERVATIONS

For reservations, please contact Anantara Spa at spa.adcs@anantara.com

