



# Spa Menu



# A serene garden spa, Embraced by Malaysia's

Originating in Thailand, traversing the globe, and now arriving on Malaysia's golden shores, Anantara Spa's award-winning touch heals body, mind and soul. Each treatment is bespoke, luxurious and holistic, with signature experiences that are rooted in indigenous healing traditions.

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

OPENING HOURS: 10 AM - 8 PM

# Signature Experiences

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

## ANANTARA SIGNATURE MASSAGE

90 minutes

MYR600

Combining Eastern and Western techniques with our signature oil blend, this massage stimulates the circulation and deeply relaxes muscles. This unique technique will help clear energy blockages and promote overall wellbeing.

## BAMBOO MASSAGE

90 minutes

MYR600

Using aromatic oil and a set of warmed bamboo sticks in various sizes, this distinctive massage incorporates stroking and rolling techniques to release muscular knots and tension, reduce toxin accumulation and fluid retention, and encourage healthy circulation.

## BESPOKE EXPERIENCE BODY MASSAGE

60/90 MINUTES

RM500/RM600

Indulge in an exclusive spa massage journey designed around your needs and mood. Highlight the areas you wish to focus on, then let us tailor the perfect treatment.

## HIMALAYAN THERMAL THERAPY

90 minutes

MYR600

Harnessing the ancient energy of the Himalayas, hand-carved salt stones restore mineral and trace elements to the body, encouraging natural detoxification and melting away tension. A full-body oil massage with the Himalayan stones followed by a facial cleanse and massage with iced rose quartz gua sha for muscle relaxation, a circulation boost and enhance glowing skin. End this luxuriant experience with a revitalising head massage.



#### CHAKRA-BALANCING THERAPY

90 minutes

MYR600

Release tension both physically and emotionally, this treatment also will harmonise energy flow, this unique technique will stimulate blood circulation and the body's natural detoxification. This will coax you into a deep state of meditative relaxation, singing bowls are used to begin and conclude this ritual.

#### SEASHELL THERAPY

90 minutes

RM600 600

Take a relaxing breath as you tune into the sound and energy of the sea from a shell held close to your ear. Unwind with gentle warm hand strokes and acupressure to promote deep relaxation. Heated seashells enhance your experience to release aches and pains while calcium ions help firm and regenerate your skin. Emerge feeling a serene sense of calm and grounding.

#### GOLF REMEDIAL MASSAGE

90/120 minutes

MYR600/MYR700

Surrender yourself to a deep and firm pressure using the elbow technique, this restorative massage is great to enhance your body muscle after a long day of golf or workout.

# Spa Journey

Carefully crafted to bring you a luxurious selection of extended experiences, these special journeys are designed to help you escape the limits of space and time. Indulge in unique destination-inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.

## THE RISE OF NAUPAKA

135 minutes

MYR850 per person / MYR1,500 per Couple

This exclusive spa journey is to pamper yourself like royalty, treatment begins with a hibiscus rose scrub to buff away dead skin cells and followed by The Roots of Malaysia massage / Urutan Malaysia, a signature massage that blends ancient Malay, Chinese, and Indian techniques with indigenous traditions. Lastly, indulge yourself with a warm herbal bath as the finishing touch.

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

## TRANQUILITY DESARU RITUAL

120 minutes

MYR750 per person /MYR1,400 per couple

Indulge in the ultimate duo treatment. Powerful relaxation where you need it most with a gentle massage using aromatic oil and followed by a personalised facial treatment to enhance the radiance in your skin.

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





# Indigenous Malaysian Therapies

At Anantara Spa, we draw on the healing traditions of each locale to immerse guests in the destination. Here in Malaysia, ancient massage techniques are combined with indigenous herbs to bring about therapeutic benefits.

## THE ROOTS OF MALAYSIA / URUTAN MALAYSIA

90 minutes

MYR600

A signature massage that blends ancient Malay, Chinese, and Indian techniques with indigenous traditions of Malaysia. Your treatment begins with a foot soak and guided breathing techniques. This is followed by deep pressure massage combined with long kneading strokes with thumb to enlighten the stiffness muscle.

## KOPI SCRUB AND BOREH SPICE

90 minutes

MYR650

This treatment starts with coffee that rich in natural fruit acids and caffeine combined with potent herbs to stimulate, tone and exfoliate the skin followed with a traditional boreh wrap that warms and comfort the body. It also exfoliates and tones the skin. Created from a blend of fragrant Asian spices and herbs, it evokes a warm aromatic sensation for your body.

## TRADITIONAL POSTNATUM

120 minutes

MYR750

This traditional ritual helps after-pregnancy body recover back to shape and enhance overall well-being. Treatment starts with traditional technique of “tungku” which is an ancient Malay massage technique for protecting the uterus.



# Massages

## AROMA WELLNESS BODY MASSAGE

60/90 minutes

MYR450/MYR550

A holistic blend of aroma and color therapy treats body and soul. Choose from our selection of premium oils to suit your mood, then enjoy a gentle and soothing massage.

## FOOT MASSAGE

60 minutes

MYR450

Specific thumb, finger and hand techniques are applied to various reflex points on the feet, it helps to eliminates stagnant qi flow and improve blood circulation.

## EXPRESS REMEDY MASSAGE

45 minutes

MYR375

A quick fix designed to relieve stress and tension by concentrating on specific areas of your request whether head, neck, shoulders or back.

## BIOLOGIQUE RECHERCHE FUTURE MAMAN MASSAGE

60/90 minutes

MYR700/MYR900

Pampering yourself with a massage that helps relieve pregnancy related tension and pain. It helps to promotes muscle recovery from neck and shoulder, lumbar and heavy legs syndrome. Suitable for women between 4 to 7 months of pregnancy.





# Body Treatment

## ENLIVEN COCONUT AND VANILLA BODY WRAP

45 minutes

MYR400

This body wrap has been specially formulated with natural extract of coconut and vanilla to leave you feeling renewed and refreshed after a long day.

## SUN SOOTHER BODY WRAP

45 minutes

MYR400

This body wrap is blended with aloe vera gel, cucumber, yogurt, and lavender essential oil to soothe the sun burnt skin. Helps to cool the skin.

## BIOLOGIQUE RECHERCHE BODY SCULPTING TREATMENT

60 minutes

MYR800

Eliminates dead cells and accelerates the process of epidermal regeneration. Tones and lifts skin, smooths the skin's microrelief and refines skin texture.

## INVIGORATING GINGER SALT SCRUB

45 minutes

MYR400

A ginger salt scrub gently sloughs away dead skin cells, encouraging growth of new skin cells, it helps reduce the appearances of scars and hypo pigmentation. Eliminates dead cells and accelerates the process of epidermal regeneration. Tones and lifts skin, smooths the skin's microrelief and refines skin texture.

## COCONUT & MINT SCRUB

45 minutes

MYR400

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



# Bath Rituals

## ROMANCE MILK BATH RITUAL

30 minutes

MYR350 per person / MYR400 per couple

Relax and unwind with the scent of roses. A delightful blend of rose infused oil and combination milk that will help enhance your mood.

## TRADITIONAL HERBAL BATH RITUAL

30 minutes

MYR350 per person / MYR400 per couple

Inhale the healing properties of Malaysia's traditional herbs, enjoy an exotic ritual that stimulates the circulatory system and improve the blood circulation. A refreshing prelude to any of our spa treatments.

Minimum advance reservation of 4 hours for the bath ritual.



# Facials

## SIGNATURE FACIAL

60 minutes

MYR500

For the clients on the go. Renew and maintain a healthy complexion with a deeply hydrating treatment to rejuvenate in a flash.

The Biologique Recherche methodology is based on over 45 years of experience using innovating products and meticulous protocols. The products are formulated with high concentrations of active ingredients from natural or biotechnological compounds and are fragrance-free.

## BIOLOGIQUE RECHERCHE SOIN SENSIBLE TREATMENT

60 minutes

MYR800

This soothing facial treatment helps to stabilise particularly fragile and reactive skin. The skin of your face, neck and décolleté is more sensitive. Helps to eliminates skin redness for hypersensitive, dehydrated and sun burnt skin.

## BIOLOGIQUE RECHERCHE LIFTING & TONING BOOSTER

90 minutes

MYR950

Indulge yourself with ultimate luxury skin care with exfoliating, lifting, nourishing, restruction, firming, hydrating and protecting effects. Accelerates epidermal reconstruction firms, tones and strengthens the skin. This treatment enlightens and smoothen the skin.



# Family Wellness

## RATU AND PUTERI LUXE SESSION \*

60 minutes

MYR800

Just the perfect treat for mother and daughter session. A 60-minute relaxing massage and 60-minute child massage for both of you to emerge renewed. Choice of scentless oil is offered.

## MAHARAJA AND PUTERA SESSION \*

60 minutes

MYR800

A 60-minute deep tissue massage to enhance your deep relaxation muscle and 60-minutes child massage, choice of scentless oil for children. Great for father son bonding time.



# Just For Kids

We want children to have an unforgettable spa experience too. The following menu of select services is designed exclusively for children between ages of 5 to 12 years old.

## SHINE LIKE A STAR MASSAGE \*

30/45 minutes

MYR225/MYR300

We have tailored a special massage technique with long strokes and soft pressure just for the young ones. Choice of scentless oil is offered. Perfect to calm body and mind after a hectic day.

## TICK TACK TOE TREATMENT \*

30/45 minutes

MYR225/MYR300

This fun spa foot massage is delightful experience. Your child's little feet are soaked and cleaned with a coconut scrub followed by a massage.

Child must be accompanied by an adult



# Wellness Programs

## ONE DAY RESET THE PACE

240 minutes

MYR1,300 per person / MYR2,500 per couple

Restore yourself with pampering spa session and healthy meal to optimise the wellness your mind and body. Cover yourself with invigorating ginger salt scrub to encourage the regeneration of new cells, experience the Anantara Signature Massage and customise your massage with a choice of aromatic oils followed by an express facial, complete this Spa Journey with the milk bath to relieve body tension and encourage relaxation. Package inclusive of:

- 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 Restaurant

## THREE DAY REJUVENATE YOUR SENSES

MYR2,500 per person / MYR4,900 per couple

Begin your path towards a balanced mind, body and soul with this holistic retreat. Unwind and forget about your worries under the healing hands of our therapists. Pamper yourself, bringing out your inner glow with beautifying rituals. Delicious and nutritious cuisine will leave you invigorated. Leave revitalised, renewed and completely harmonised. Package inclusive of:

- Three time Wellness 3-course Set Meal at Sea.Fire.Salt. Restaurant or Turmeric Restaurant • Complimentary Spa Gift

### DAY 1: AWAKENING

- Sunrise Dong Stick or Yoga session (60 minutes)
- Kopi Scrub and Boreh Spice Wrap (90 minutes)

### DAY 2: REJUVENATING

- Nature Walk or Desaru Beachlife & Tidepool Discovery (60 minutes)
- Bamboo Therapy Massage (90 minutes)
- Traditional Herbal Bath Ritual (30 minutes)

### DAY 3: CLEANSING

- Sunrise Dong Stick or Yoga session (60 minutes)
- Floral Foot Ritual • Express De Stress Remedy (45 minutes)
- Biologique Recherche Lifting & Toning Booster (90 minutes)

# Price List

	Duration (MIN)	Price (Rm)
SIGNATURE EXPERIENCES		
Anantara Signature Massage	90	600
Bamboo Massage	90	600
Bespoke Experience Body Massage	60/90	500/600
Himalayan Thermal Therapy	90	600
Chakra-Balancing Therapy	90	600
Seashell Therapy	90	600
Golf Remedial Massage	90/120	600/700
SPA JOURNEYS		
The Rise of Naupaka per person/per couple	135	850/1,500
Tranquility Desaru Ritual per person/per couple	120	750/1,400
INDIGENOUS MALAYSIAN THERAPIES		
The Roots of Malaysia / Urutan Malaysia	90	600
Kopi Scrub and Boreh Spice	90	650
Traditional Postnatum	120	750
MASSAGES		
Aroma Wellness Body Massage	60/90	450/550
Foot Massage	60	450
Express Remedy Massage	45	375
Biologique Recherche Future Maman Massage	60/90	700/900
BODY TREATMENT		
Enliven Coconut and Vanilla Body Wrap	45	400
Sun Soother Body Wrap	45	400
Biologique Recherche Body Sculpting Treatment	60	800

*All prices are in Malaysian Ringgit and subject to prevailing taxes*



# Price List

	Duration (MIN)	Price (Rm)
BODY TREATMENT		
Invigorating Ginger Salt Scrub	45	400
Coconut & Mint Scrub	45	400
BATH RITUALS		
Romance Milk Bath Ritual per person/per couple	30	350/400
Traditional Herbal Bath Ritual per person/per couple	30	350/400
FACIALS		
Signature Facial	60	500
Biologique Recherche Soin Sensible Treatment	60	800
Biologique Recherche Lifting & Toning Booster	90	950
FAMILY WELLNESS		
Ratu and Puteri Luxe Session	60	800
Maharaja and Putera Session	60	800
JUST FOR KIDS		
Shine Like a Star Massage	30/45	225/300
Tick Tack Toe Treatment	30/45	225/300
WELLNESS PROGRAMMES		
One Day Reset The Pace per person/per couple	240	1,300/2,500
Three Day Rejuvenate Your Senses per person/per couple	3-DAY	2,500/4,900

*All prices are in Malaysian Ringgit and subject to prevailing taxes*

# Spa Etiquette

## SPA HOURS

Anantara Spa Desaru is open daily from 10:00 am to 8.00 pm

## ARRIVAL

Please arrive 15 minutes before your scheduled treatment time in order to complete your health assessment form and take time to relax in our tranquil surroundings before your treatment.

## LATE ARRIVAL

If you arrive late for your appointment, you will receive the best treatment possible within the remaining appointment time. Full treatment costs apply.

## CANCELLATION POLICY

We require 5 hours' notice for a cancellation or re-scheduling of any appointment, otherwise 50% of the price may be charged to your account , less than "5 hours' notice" or a "No Show" will incur full payment.

## HEALTH

Please advise us of any health conditions, allergies, injuries and pregnancy. Our Receptionists are well versed and will recommend the desired treatment which will delight your senses. Smoking is not permitted in the spa.

## HEMOCARE

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





# Spa Etiquette

## CHILDREN

Please note that the spa is unsuitable for small children and babies, unless receiving treatment from our Kid's Spa Menu, as we try to ensure that all our guests benefit from the tranquil surroundings.

## MEN

Please shave 4 hours prior to all facial treatments to ensure that maximum results are achieved.

## MOBILE PHONES

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

## SPA ATTIRE

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

## RESERVATIONS

For reservations, please contact Anantara Spa at [spa.adess@anantara.com](mailto:spa.adess@anantara.com)

