

ALL INCLUSIVE SPA DISCOVERY PACKAGE MENUS

BESPOKE SPA DISCOVERY PACKAGE (90 MINS)

Create your ideal spa journey with your choice of body treatment and also a heavenly massage, luxuriant facial or salon experience.



BODY TREATMENTS

POO LOEY SCRUB

(30 Minutes)

Treat your skin to a brand new lease of life. Savour the benefits of a scrub designed to calm, soothe, heal and cleanse, at the same time as providing nourishment. Then reward your entire body with limitless moisture for skin that glows with health and vitality.

ESSENCE WHITE COCONUT MINT SCRUB

(30 Minutes)

Rich in vitamins and anti-oxidants, lotus and apricot seed granules remove dead cells while coconut oil and shea butter keeps skin nourished and feeling smooth.

POO LOEY WRAP

(30 Minutes)

Cocoon yourself in warm remedial bliss, with a wrap that fuses Poo Loey to sooth away all signs of irritation, while deep cleansing and restoring skin to a perfectly nourished balance.

ESSENCE WHITE COCONUT MINT WRAP

(30 Minutes)

Indulgently rich and gloriously fragranced, this clay-based wrap rejuvenates the skin and combats the effects of modern life through the healing benefits of coconut.



MASSAGES

TRADITIONAL THAI MASSAGE

(60 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 effectively release tension, increase flexibility and boost vitality.

SWEDISH MASSAGE

(60 Minutes)

Five variations of massage strokes manipulate each part of the body to stimulate the nervous system, improve circulation, flexibility, enhance physical and mental wellbeing.

STRESS RELEASE MASSAGE

(60 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.

FACIALS

ANANTARA SIGNATURE FACIAL

(60 Minutes)

Our signature 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, and then let our herbal mask restore the natural vitality of your skin.

ELEMIS MODERN SKIN FACIAL

(60 Minutes)

Designed for skin that is challenged by modern living. Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum to reveal a renewed complexion.

SALON SERVICES

DELUXE MANICURE

DELUXE PEDICURE



EXCLUSIVE SPA DISCOVERY PACKAGE (90 MINS)

Indulge in one of our signature treatments for the ultimate spa experience.

FACIALS

ELEMIS VISIBLE BRILLIANCE FACIAL

(90 Minutes)

To combat ageing, stressed and slackened skin. Independently tested with revolutionary results, this face and eye treatment firms and plumps skin whilst reducing dark circles, increasing moisture levels by up to 61% and elasticity by 40%, after just one treatment. Micro-circulatory massage techniques, powerful formulations and an Amino Active Mask work together to sculpt and restore skin radiance.

ELEMIS SKIN IQ+ FACIAL FOR MEN

(90 Minutes)

Anti-ageing booster for tired and stressed skin. Charged with the clinically proven anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment combats the harsh, ageing effects of frequent shaving, environmental pollution, hectic lifestyles and constant travel, for the ultimate skin overhaul with maximum anti-ageing results.

SIGNATURE EXPERIENCES

MAHOUT RELAXATION TREATMENT

(90 Minutes)

Unwind into a Thai Massage combined with a Thai Herbal Compress. Request your preferred pressure for the Traditional Thai Massage, in which an expert therapist uses thumbs, palms, feet, elbows and knees to press, pull and stretch the body into therapeutic yoga positions, and rhythmic kneading along the body's meridian lines and acupressure points to promote a healthy flow of balanced energy. The Thai Herbal Compress is infused with the highly prized local ingredient 'prai', which has been used for centuries in northern Thailand to relieve muscular aches and pains, as well as by Thai women to tone and soften skin.

POO LOEY MASSAGE

(90 Minutes)

Unwind completely with a massage that harnesses the relaxing qualities of Poo loey – an ingredient still revered by "Plai" Thailand's traditional healers for its therapeutic abilities to treat stiff, tense or aching muscles and joints, as well as relief from fatigue.

ANANTARA SIGNATURE MASSAGE

(90 Minutes)

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

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 your treatment.
- Please note that the spa is unsuitable for small children and babies, unless receiving treatment, as 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.
- Please give five hours' cancellation notice on individual treatments and 24 hours' notice on packages, otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after any oil treatments.
- For 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.
- Arriving late will decrease the time of your treatment.
- 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 our spa receptionists of any existing medical conditions

Treatments are available from 10.00 am – 10.00 pm

To book your spa experience, please dial Ext. 1301-3 for Anantara Spa.





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