



## SPA WELLNESS PACKAGES

Drawing on trusted ancient practices from Thai and Ayurvedic wellness cultures, Anantara Spa Golden Triangle invites you on journeys of holistic wellbeing.



## DETOX RETREAT (90 MINUTES)

A precious ingredient often used in royal and bridal beauty rituals, turmeric has long been revered for its skin enhancing qualities. Following this luxuriant spice wrap, relax into a Shirodhara Massage. With its relation to the constant flow of life, this treatment releases tension, coordinates and calms the mind, body and spirit, enhances blood circulation to the brain and improves memory, whilst nourishing the hair and scalp.

Floral Foot Ritual - Turmeric Body Wrap (30 mins) - Shirodhara Massage (60 mins) - Refreshment

## THAI & AYURVEDIC WELLNESS (90 MINUTES)

Feel your muscles relax, each breath expand and your pores open with the healing properties of Thai herbs. A soothing Shirobhyanga Massage using coconut oil is applied to Marmas points on the head and neck to regulate the systems of mind and body. To conclude, a Royal Thai Massage combines stretching, acupressure and kneading techniques to stimulate vital energy flow, release tension and promote flexibility.

Floral Foot Ritual - Thai Herbal Steam Bath (15 mins) - Shirobhyanga Massage (15 mins) - Royal Thai Massage (60 mins) - Refreshment

*These Spa Wellness Packages can be enjoyed as part of the Discovery Experience all-inclusive package.*