



DRAW INSPIRATION

From the sacred flower of the gods



ANANTARA

SPA



Welcome to Anantara Spa

Rooted in Thailand, the essence of Anantara philosophy, ‘without end’, stems from ancient Sanskrit origins and is richly expressed at our island spa sanctuary through the Kingdom’s thriving timeless wellness practices and exotic elixirs.

The authentic luxury of terrazzo and teakwood suites is matched by an inspirational view of three countries. Let expert therapists enhance your beauty and wellness with trusted ancient therapies from across Asia and revered western spa wisdom. Indulge in exclusive indigenous therapies that combine traditional northern Thai wellness practices and our world class expertise.

Opening hours: 10:00 am – 8:00 pm





Signature experiences

MAHOUT RELAXATION PACKAGE

130 MINUTES

Relieve tiredness and tension in a Traditional Thai Massage of stretching and pressure point techniques to enhance healthy energy flow. Relax as your therapist rolls a heated Thai Herbal Compress over your body using healing moringa oil. Experience how penetrating warmth and therapeutic herbs, including local prai which is revered by northern Thai healers, relieve aches, pains and stiffness. Nurture youthful radiance with a luxury facial of anti-ageing golden silk to balance, deeply nourish and moisturise your complexion.

- *Floral Foot Ritual*
- *Thai Herbal Compress*
- *Golden Silk Facial*
- *Refreshment*

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 relieve 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.

FOUR-HAND MASSAGE

60 / 90 MINUTES

A Harmonious Dance of Touch. Experience the ultimate in relaxation with our Four-Hand Massage, a synchronized symphony of movement performed by two skilled therapists working in perfect harmony. This immersive treatment delivers deep relaxation, relieving stress, calming the mind, and easing muscle tension with seamless, flowing motions.

The synchronized techniques enhance circulation, promote balance, and amplify the therapeutic benefits, leaving you in a state of profound well-being. A truly indulgent experience, this massage not only soothes the body but also rejuvenates the senses, making it an unforgettable wellness journey.

Spa journeys

GOLDEN TRIANGLE EXPERIENCE

Experience Plai's traditional healing benefits. Known as "Poo Loey" in northern Thailand, this ginger species is revered for its ability to cool inflammation, ease digestion, combat joint and muscle aches as well as respiratory conditions, while calming, cleansing and nourishing skin.

150 MINUTES

- *Floral Foot Ritual*
- *Poo Loey Scrub*
- *Poo Loey Wrap*
- *Shower*
- *Poo Loey Massage*
- *Refreshment*

JOURNEY OF SIAM

Rediscover your inner strength and vigour with an exquisite journey from Thailand. Harness the rejuvenating qualities of exotic local ingredients, and the expert tender care of therapies revered the world over.

180 MINUTES

- *Floral Foot Ritual*
- *Essence White Coconut Scrub*
- *Thai Herbal Steam*
- *Shower*
- *Traditional Thai Massage*
- *Refreshment*

AYURVEDIC TREATMENT SHIRODHARA

Calm the mind and spirit with this gentle Ayurvedic treatment. Warm oils are poured over the forehead, opening the third eye in a soothing flow. This treatment improves memory, reduces stress and anxiety, relieves insomnia and nourishes the hair and scalp with this profoundly relaxing therapy.

60 MINUTES

INDIAN HEAD MASSAGE

This ancient traditional head massage is designed to improve blood flow to the head and neck. The pressure applied to the vital energy centers stimulates your own natural healing mechanisms – physical, mental and spiritual. Warm essence coconut oil is beneficial for hair roots and scalp.

60 MINUTES

Massages

STRESS RELEASE MASSAGE

60 / 90 MINUTES

Using a combination of strokes and acupressure techniques, along with the signature aromatherapy oil blend, this gentle massage delivers waves of deep relaxation and pure pleasure.

THAI HOT HERBAL COMPRESS

60 / 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 exotic Traditional Thai massage.

HOT STONE MASSAGE

90 MINUTES

Experience the deep penetrating heat and healing power of warm volcanic stone in a full body massage using traditional techniques to release muscular tension and balance the spirit, whilst small stones are placed on key energy points to stimulate and harmonise the chakras.

TRADITIONAL THAI MASSAGE

90 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.

FOOT MASSAGE

60 MINUTES

Experience holistic balance and deep relaxation. This fascinating treatment provides physical and spiritual renewal by applying specific thumb, finger and hand techniques to various reflex points on the feet to effectively stimulate corresponding organ groups in the upper body to promote general wellbeing.



Scrubs

POO LOEY SCRUB

45 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

45 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.

GREEN TEA SCRUB

45 MINUTES

Polish, purify and refresh skin with a green tea exfoliant that also nourishes and hydrates.

Wraps

POO LOEY WRAP

60 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.

GREEN TEA BODY WRAP

60 MINUTES

Immerse yourself in a calming cocoon of gently cleansing and hydrating green tea.

ESSENCE WHITE COCONUT MINT WRAP

60 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.

Facial treatments

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.



Express add-ons

Ideal as a quick fix between your busy schedules or as top up to your primary treatment.

PICK ME UP ANANTARA FACIAL

30 MINUTES

A soothing skin booster for anyone on the go, prior to your meeting or party.

NECK AND SHOULDER MASSAGE

30 MINUTES

Focusing on the neck and shoulder area, it helps relieve the tension from meetings and working long hours on computer.

FOOT MASSAGE

30 MINUTES

A reviving foot massage to relieve stress and tension after your full day venture.



Steam & bath rituals

THAI HERBAL STEAM

30 MINUTES

Harnessing 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.

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.

CANNABIS HERBAL BATH

30 MINUTES

CBD herbal bath helps to promote relaxation, offset anxiety, and improve skin health, and to add a new dimension of enjoyment to your bath.



Indigenous treatments

CANNABIS JOURNEY

The cannabis plant has been utilized in traditional medicines from around the world or centuries. The benefits are many, from calming the mind to soothing the body with its anti-inflammatory, antioxidant and deeply soothing properties. Journey with Anantara Spa and explore a new world of healing.

RESTFUL SLUMBER JOURNEY

Soak in a bath filled with cannabis salts and feel stress melt away. An oil massage follows, scented with your choice of cannabis-lavender or cannabis-rice milk to relax from within and beautify from without as your skin is restored and renewed. Return home to the deepest of sleep as your body and mind find peace.

90 MINUTES

- *Cannabis Foot Ritual*
- *Cannabis Bath*
- *Cannabis Body Massage*
- *Floral Cannabis*
- *Tea*

CANNABIS STRESS – RELEASE JOURNEY

For those suffering from office syndrome or back and neck pain discover the healing powers of cannabis in essential oil and herbal form. A full-body massage induces deep relaxation, increasing blood flow and detoxification. A warm herbal compress then releases any build-ups of tension along the spine.

90 MINUTES

- *Cannabis Foot Ritual*
- *Cannabis Herbal Compress Massage*
- *Floral Cannabis Tea*

Indigenous treatments

BAMBOO MASSAGE

60 / 90 MINUTES

This massage is ideal for alleviating sore muscles, boosting blood and lymphatic circulation, as well as for softening tissues. In short, bamboo massage can be relaxing but also invigorating. The rolling and kneading of the bamboo sticks stimulates and heats the body, thereby dissipating accumulated toxins.

YAM KHANG MASSAGE

90 MINUTES

The Thai traditional fire therapy or Yam Khang is the unique ancient Northern style. The Lanna Thai healing practice that uses heat, oils, and mainly the feet to provide a massage and treat the body. The aim of this massage is help to relieve muscle, tendon, joint and bone pain, as well as to relieve numbness and paralysis.





Spa for kids

Pamper your little ones with mini massages, scrubs or wraps at Anantara Spa, or join them with special parent/child duo deals. Whether you're first-time newbies or wellness aficionados, there is something for everyone at Anantara Spa.

BODY MASSAGE

Back & Shoulder Massage	30 MINUTES	THB 1,200++
Foot Massage	30 MINUTES	THB 1,200++
Relaxing Full Body Massage	45 MINUTES	THB 1,800++
Head & Foot Massage	30 MINUTES	THB 1,200++

BODY TREATMENT

Coconut Mint Body Scrub	30 MINUTES	THB 1,500++
Coconut Mint Body Wrap	30 MINUTES	THB 1,500++

FACIAL TREATMENT

Anantara Signature Facial	30 MINUTES	THB 2,000++
---------------------------	------------	-------------

