



ALL INCLUSIVE SPA  
DISCOVER PACKAGE

**PERFECT SPA JOURNEY**  
(90 Minutes)

Create your perfect spa experience. Combine any 30-minute body treatment with a 60-minute massage, or facial treatment. Immerse in 90-minutes of luxuriant pampering that feels blissfully unique.



## 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

### 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.

### 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.

### BACK & FOOT MASSAGE

(60 Minutes)

Experience holistic balance and deep relaxation. Specific thumb, finger and hand techniques applied to reflex points on the feet stimulate corresponding organ groups in the upper body to enhance total wellbeing. Release tension and stress where the body tends to hold it most with a heavenly back massage.

## 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.





## **EXCLUSIVE SPA DISCOVERY PACKAGE**

(90 minutes)

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

## **SIGNATURE EXPERIENCES**

### **THAI HERBAL COMPRESS MASSAGE**

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.

### **POO LOEY MASSAGE**

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**

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.

Add more 30 minutes, THB 500++ per person.

## 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 a.m. – 08:30 p.m.

For reservations, please contact Anantara Spa Ext.1300

