

A serene spa interior featuring a large arched niche. In the center of the niche, a decorative wall-mounted object, possibly a traditional Indian oil lamp (diya), is illuminated. Below it, a round table holds several lit candles, casting a warm glow. The floor is polished and reflects the light. The overall atmosphere is calm and inviting.

JOURNEYS INTO
WELLBEING AND SERENITY.



ANANTARA
SPA



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.

Anantara Spa Facilities

- 5 luxurious treatment rooms
- Private en-suit steam rooms
- Private al-fresco terrazzo soaking tubs with views of the Mekong Valley
- Full range of award-winning Elemis spa and aromatherapy products

Opening hours: 10.00 am - 10.00 pm



SIGNATURE EXPERIENCES

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

MAHOUT RELAXATION PACKAGE (135 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.

Floral Foot Ritual • Thai Herbal Steam Bath • Shower • Thai Herbal Compress • 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 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.



SPA JOURNEYS

Carefully crafted to bring you a luxurious choice 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.

LANNA EXPERIENCE (180 Minutes)

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.

Floral Foot Ritual • Poo Loey Scrub • Poo Loey Wrap • Shower • Poo Loey Massage • Refreshment

DAWN RENEWAL (165 Minutes)

Rise to a refreshing ritual of replenishing therapies. Cleanse and exfoliate with a scrub infused with green tea extract, and experience an invigorating choice of body massage.

Floral Foot Ritual • Choice of Scrub • Shower • Choice of Body Massage • Refreshment
(not include Signature massage in selection)

JOURNEY OF SIAM (180 Minutes)

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.

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



MASSAGES

SWEDISH MASSAGE

(60/90 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

(60/90 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.

AROMA 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.

THAI HERBAL COMPRESS MASSAGE

(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 massage using an aromatic herbal oil blend.

MARMA ABHYANGA MASSAGE

(90 Minutes)

Marma Abhyanga is a wonderful combination of Ayurvedic massage with a strong focus on the Marmas, which are significant Ayurvedic sites on the body that can be stimulated to achieve overall health and balance.

SHIROBHYANGA MASSAGE

(60 Minutes)

Using the medicated oil of your choice, this soothing Ayurvedic massage is applied to Marma points on the head and neck to regulate the systems of mind and body.

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.





BODY TREATMENTS

SCRUBS

POO LOEY SCRUB (60 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 (60 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.

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.

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.

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 OXYGEN SKIN CALM FACIAL - SENSITIVE (75 Minutes)

Soothe sensitive skin and even skin tone Gentle massage techniques combined with a restructuring Japanese Silk Mask soaked in Absolute Skin Calm Serum helps to rebalance delicate, fragile and sensitive complexions. Relieves redness and evens skin tone, offering immediate comfort to irritated skin.

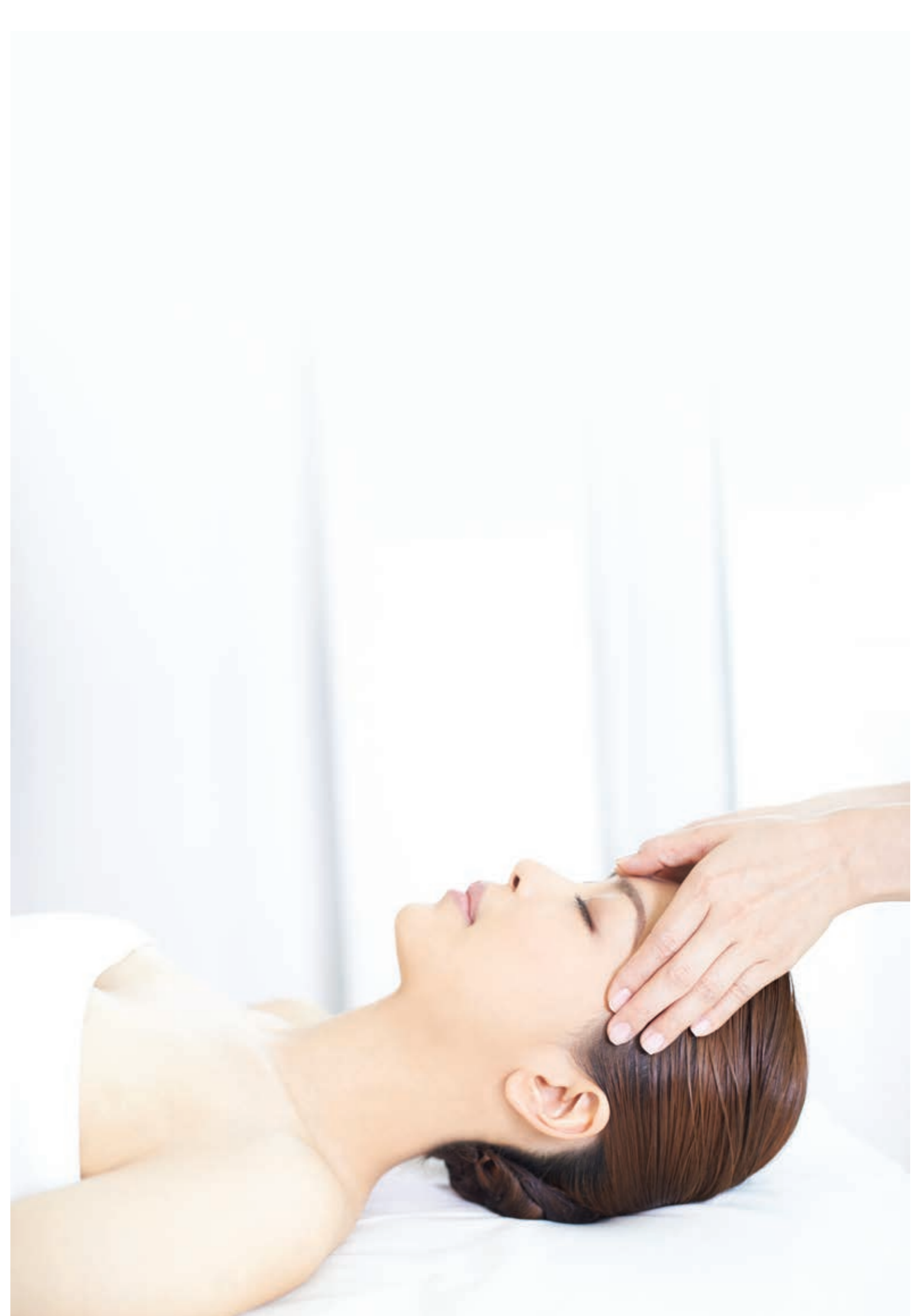
ELEMIS VISIBLE BRILLIANCE FACIAL - BRIGHTENING (75 Minutes)

Revives dull, slackened skin, restoring radiance Perfect pre-occasion treatment. Moisturisation levels are clinically proven to increase by up to 61% and elasticity by up to 40% after just 1 treatment*. Specialised micro-circulatory massage, combined with a 2-phase amino active mask, helps smooth, firm, plump and restore radiance.

ELEMIS SKIN IQ+ FACIAL FOR MEN (75 Minutes)

Anti-ageing booster for tired, stressed and dehydrated skin The ultimate skin overhaul for maximum anti-ageing results. Charged with clinically proven Time Defence Wrinkle Delay and Eye Reviver, this treatment is tailored to help combat the effects of a hectic lifestyle and environmental stressors.

Recommended: 1 treatment every 3 weeks.



BATH & STEAM 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.

BEAUTIES

NAIL SERVICE

Feel beautifully pampered with the ultimate in manicure and pedicure luxury. Enjoy treatments that offer a ritual of cleansing, exfoliating scrub, nourishing mask, cuticle care, massage and perfect paint finish.

Deluxe Manicure
Deluxe Pedicure
Gel Polish Removal Only
Add French Polish
Polish Change Only

HAIR SERVICE

Shampoo Set & Blow Dry
Hair Steam Bath
Hair Trim

IN-ROOM MASSAGES

Enjoy these heavenly massages in the comfort and privacy of your room.

TRADITIONAL THAI MASSAGE (90 Minutes)

FOOT MASSAGE (60 Minutes)

POOLSIDE MASSAGES

Experience a blissful massage by the pool in our tropical garden between 10.00 am and 5.00 pm. (Subject to availability and weather conditions.)

NECK AND SHOULDER MASSAGE (30 Minutes)

FOOT MASSAGE (30 Minutes)

HAND SCRUB AND MASSAGE (30 Minutes)



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

All prices are in Thai Baht and are subject to 10% Service Charge and Applicable Government Tax

Prices are subject to change without prior notice

Treatments are available from 10.00 am - 10.00 pm
For reservations, please contact Anantara Spa Ext.1301



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