

DRAW INSPIRATION  
FROM THE SACRED FLOWER OF THE GODS





## 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 - 10.00 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 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.

### BESPOKE SPA EXPERIENCE

(90 Minutes)

Indulge in an exclusive spa massage, designed to suit your needs and mood. Highlight the areas you wish to focus on or the benefits you’d like to receive, and we’ll tailor the perfect treatment and offer you a choice of luxurious spa products.





## SPA JOURNEYS

### 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*

### 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

### 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.

### 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.

### 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.

## 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 SUPERFOOD PRO-RADIANCE (60 Minutes)

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Leaving skin plumper, radiant and lit up with good health.

#### ELEMIS HIGH PERFORMANCE SKIN ENERGISER (60 Minutes)

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.





## 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.

## 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 relief 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.

## BEAUTY SALON SERVICES

### 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



## 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. – 10:00 p.m.

For reservations, please contact Anantara Spa Ext.1301





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