



  
ANANTARA  
SPA

## A wellness oasis in the heart of the city

Welcome to Anantara Spa, where luxury meets bliss in the heart of the city. Nestled discreetly within the walls of Anantara Grand Hotel Krasnapolsky, this newly created, exclusive retreat offers a peaceful escape amid the urban energy of Amsterdam.

Inspired by The Netherlands' coastal sand dunes, three treatment rooms are clad with natural wood and stone, creating an atmosphere of peaceful respite. The relaxation area overlooks the hotel's Summer Garden – a uniquely lush oasis in the city. Finnish, wet and infrared saunas complete the offerings, in addition to a gym equipped with the latest cardio and weights technology and a rotating climbing wall.

At Anantara Spa, great journeys are not told but felt through a thoughtful blend of traditional wellness practices and innovative treatments, each designed to elevate your mind, body and spirit. Step into a serene sanctuary and embark on a journey like no other.



## Traditional massage treatments

DEEP TISSUE  
MASSAGE

60 MINS | EUR 165  
90 MINS | EUR 205

Experience the therapeutic power of our Deep Tissue Massage, designed to alleviate chronic muscle tension and promote relaxation. Unwind as our skilled therapists apply intense pressure and slow strokes, targeting deeper layers of tissue to release knots and improve flexibility.

Allow yourself to rediscover harmonic balance and tranquillity as your stress melts away. This gentle massage technique soothes the mind and body through lighter strokes that ease tension, promoting a profound sense of calm and well-being.

#### STRESS RELEASE MASSAGE

**60 MINS | EUR 160**  
**90 MINS | EUR 200**

This premium treatment begins with a soothing foot ritual, setting the perfect tone for the rest of your massage. It is an exclusive and perfectly personalised journey that blends the best elements of our Deep Tissue, Stress Release, and Thai massages for a blissful experience tailored to your specific needs and desires. Our expert therapists will consult with you to understand and identify areas of focus to ensure optimal healing.

#### ANANTARA SIGNATURE TREATMENT

**60 MINS | EUR 170**  
**90 MINS | EUR 240**

Indulge in a luxurious foot ritual that harnesses the combined healing powers of Holland and Thailand. Your revitalising treatment begins with a soothing soak in Dutch magnesium extract, known for its powerful muscle-relaxing and detoxifying properties. Next, a gentle cleansing ritual inspired by Thai wellness practices not only purifies but deeply nourishes the skin. The experience is completed with an invigorating scrub for the feet and half-leg, leaving your skin soft, smooth and glowing.

#### ANANTARA FOOT RITUAL

**45 MINS | EUR 140**



#### PRENATAL BLISS RITUAL

**60 MINS | EUR 150**

You deserve unparalleled pampering. A gentle grapeseed oil massage nourishes the skin and alleviates common pregnancy discomforts, including back pain, leg cramps and tension while promoting circulation and relaxation. Embrace tranquillity and rejuvenation during this precious time with a treatment tailored to your needs and dedicated to your well-being. (Available from week 13 of your pregnancy).



## Facial treatments

### FACIALS BY SWISSLINE

Swissline is a leader in advanced skincare, offering luxurious, science-backed formulations that provide visible results. With over 30 years of expertise, Swissline blends the precision of Swiss skincare technology with premium ingredients to create products that address ageing, hydration, and overall skin health. Known for innovation and luxury, Swissline delivers treatments that leave your skin glowing, firm and rejuvenated.

### PURE COLLAGEN TREATMENT

100 MINS | EUR 350

Transform your skin with a ritual that harnesses powerful ingredients and technologies for results comparable to non-invasive aesthetic procedures. Fortified with pure collagen, peptides, pure silk and plant-based growth factors, this unique facial rejuvenates stressed, dull or aged skin for a plumped effect and radiant complexion.

### SWISS OXYGEN

60 MINS | EUR 200

By boosting oxygen on a cellular level, this innovative facial stimulates, strengthens and detoxes the skin to combat the toll an urban lifestyle (pollution, smoking, lack of sleep) takes on your look. Effectively waking up the skin's aerobic capacity to absorb nutrients, this vegan treatment is the ultimate antidote to tired, lifeless-looking skin. Emerge newly hydrated with your glow and vitality restored.



Powerful brightening and de-ageing active ingredients help treat and prevent skin discoloration in this illuminating facial treatment. Sit back, relax and enjoy unsurpassed brightening, glowing and toning results.

#### SWISS BRIGHT

60 MINS | EUR 200



#### SWISS SMART MEN

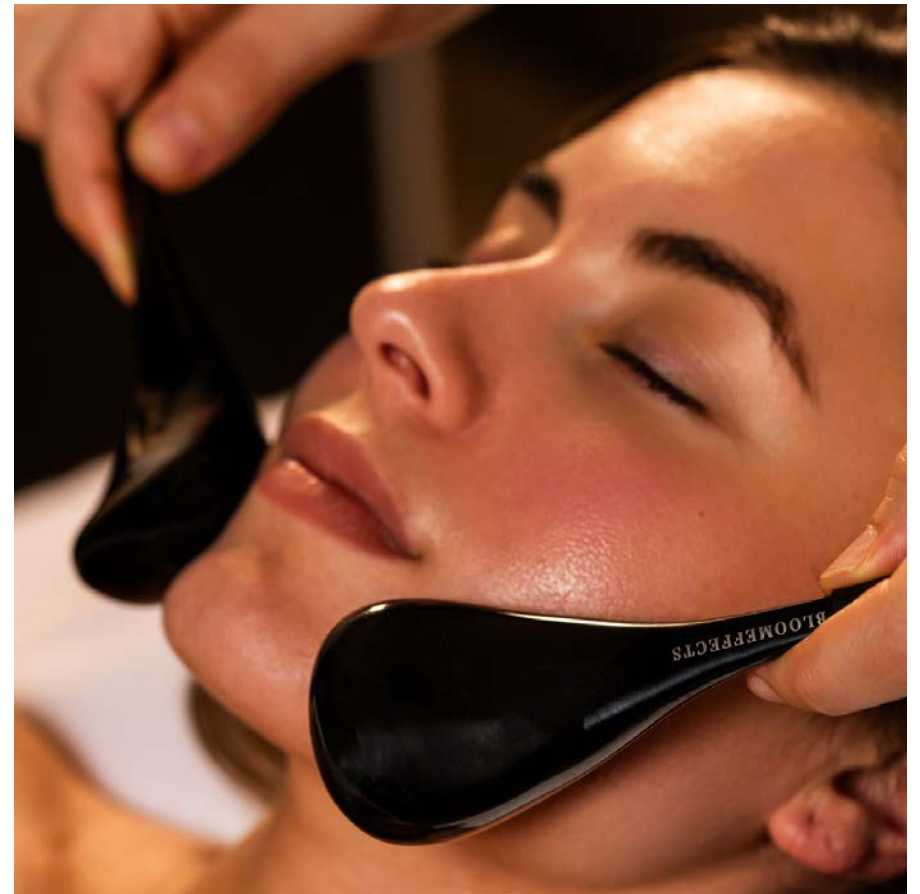
60 MINS | EUR 200

This dedicated men's skincare treatment, specifically designed for the needs of male skin, leverages pharmaceutical-grade ingredients to improve your skin's resilience and fight the signs of ageing for a sculpted, brightened look.

# Anantara signature facials

BY BLOOMEFFECTS

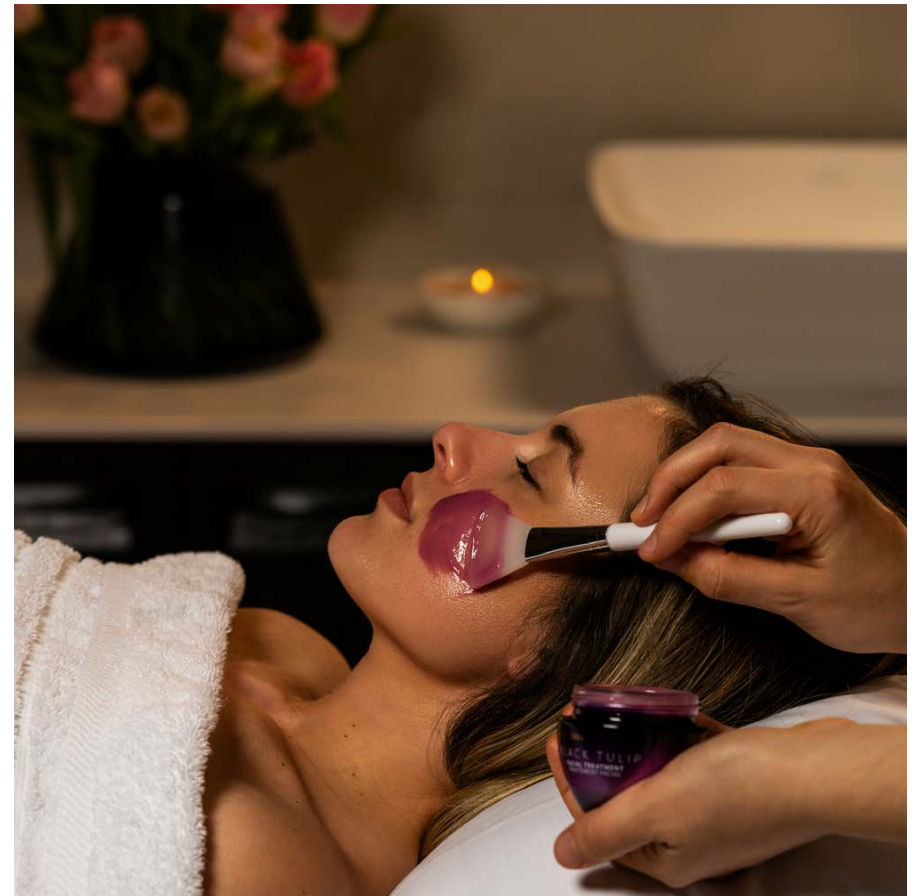
Bloomeffects blends the luxurious beauty of Holland's most iconic flower with advanced skincare formulations. With tulips harvested from local fields, Bloomeffects creates high-performance products rich in antioxidants, designed to nourish and rejuvenate the skin. With a deep commitment to sustainability and quality, each product is crafted with care to deliver powerful results, leaving skin radiant and revitalised.



## GLOW TO GO FACIAL

**30 MINS | EUR 130**

This exclusive 30-minute pampering experience includes deep cleansing and a delicate touch – ideal for preparing the skin before a special night out. Specially crafted for Anantara guests, the unique formula infuses botanical extracts from tulips to revitalise your look in just half an hour.



**BLACK TULIP  
RADIANCE FACIAL**

**60 MINS | EUR 175**

This luxurious facial begins with black tulip-infused cleansing and exfoliation to smooth and brighten the complexion, followed by a deeply hydrating mask that restores elasticity and radiance. To elevate the experience, a soothing scalp and shoulder massage melts away tension while your skin absorbs the powerful antioxidants and hydration of the black tulip, leaving you feeling refreshed, rejuvenated and utterly pampered.

# Facials

BY HANNAH

Hannah is a pioneering Dutch skincare brand known for its results-driven approach to achieving optimal skin health. With a focus on personalised care, Hannah combines advanced technology and innovative products to address individual skin concerns, delivering visible, lasting results. The brand is synonymous with both beauty and wellness, offering tailored treatments that promote a healthy, radiant complexion.



## THE HANNAH EXPERIENCE

60 MINS | EUR 195

This customised skin rejuvenation treatment is designed to nourish, repair and elevate your skin's natural vitality. Your experience begins with a professional skin analysis, followed by personalised cleansing, exfoliation, face massage and deep hydration using Hannah's high-performance products. The result is refreshed, radiant skin that glows with renewed energy. Perfect for those seeking a targeted yet indulgent skincare journey.



# Body treatments

BY OF THE ISLANDS

Inspired by the healing powers of nature, the experts at Of The Islands combine pure, ethically sourced ingredients to create experiences that reconnect the body and mind. With a focus on natural wellness, their treatments use magnesium and botanical extracts to relieve pain, restore balance, and energise the body. Each ritual is designed to bring you closer to the island experience, revitalising both body and soul.



## MAGNESIUM REVIVE RITUAL

60 MINS | EUR 170

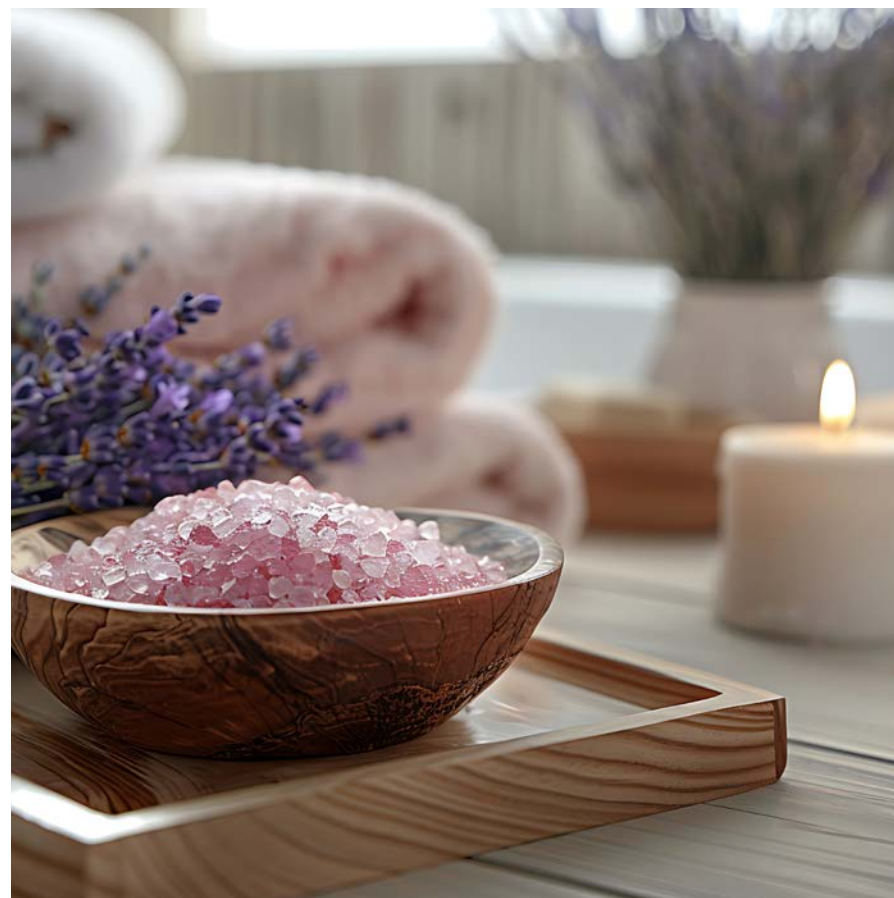
Discover deep relief and rejuvenation with pure, therapeutic magnesium. This luxurious treatment starts with an invigorating magnesium-infused scrub that exfoliates and revitalises the skin, promoting circulation and easing tension. Next, a deep-tissue massage targets sore and strained muscles, leveraging magnesium's natural anti-inflammatory properties to soothe discomfort and restore balance.



This dynamic sculpting treatment harnesses the powerful combination of magnesium, caffeine, pepper and mustard. The in-vigorating scrub blends these ingredients to stimulate fat cell transformation and boost circulation. Following the scrub, a stimulating sports massage maximises the sculpting effects, helping to tone and refine your physique. Ideal for those seeking a more chiselled silhouette, this treatment includes a refreshing shower and leaves you feeling toned, firm and renewed.

**ENERGISING COFFEE  
& MAGNESIUM SCULPT**

**120 MINS | EUR 320**



**LAVENDER SERENITY  
SLEEP RITUAL**

**60 MINS | EUR 170**

This soothing treatment harnesses the calming benefits of lavender combined with pure magnesium to promote deep, restorative sleep. The ritual begins with a gentle exfoliating and hydrating mask, followed by a relaxing massage that improves circulation and eases tension. The lavender's calming properties help to reduce stress and prepare your body for a peaceful night's rest, leaving you feeling serene and rejuvenated.

# Elevate your experience

WITH SIGNATURE ENHANCEMENTS

Take your spa journey to the next level with our carefully curated selection of add-ons designed to complement and enrich any treatment. These enhancements have been crafted to deepen relaxation, boost wellness and provide a truly personalised touch to your experience.

Please note that all add-ons must be booked in combination with a treatment of at least 60 minutes.



**MAGNESIUM FOR JOINT  
RELIEF | BY OF THE ISLANDS**

**30 MINS | EUR 75**

Boost the effectiveness of any massage or body treatment by adding a pure magnesium oil that helps alleviate muscle tension and joint pain. Perfect for post-travel recovery or after a long day of exploration.

Treat your hands and feet to a revitalising scrub and hydration ritual that leverages pure magnesium extract to leave your skin soft, nourished and glowing.

Enhance any facial or body treatment with an additional 30-minute massage focused on releasing stress from the neck, shoulders and head. Ideal for busy travellers or those seeking immediate tension relief.

Experience the ultimate relaxation with this rejuvenating massage infused with a sumptuous avocado serum, rich in essential nutrients, designed to deeply nourish and hydrate the scalp. This indulgent treatment promotes healthy, lustrous hair while immersing you in a sense of soothing serenity.

**TROPICAL HAND  
& FOOT RESCUE | BY  
OF THE ISLANDS**

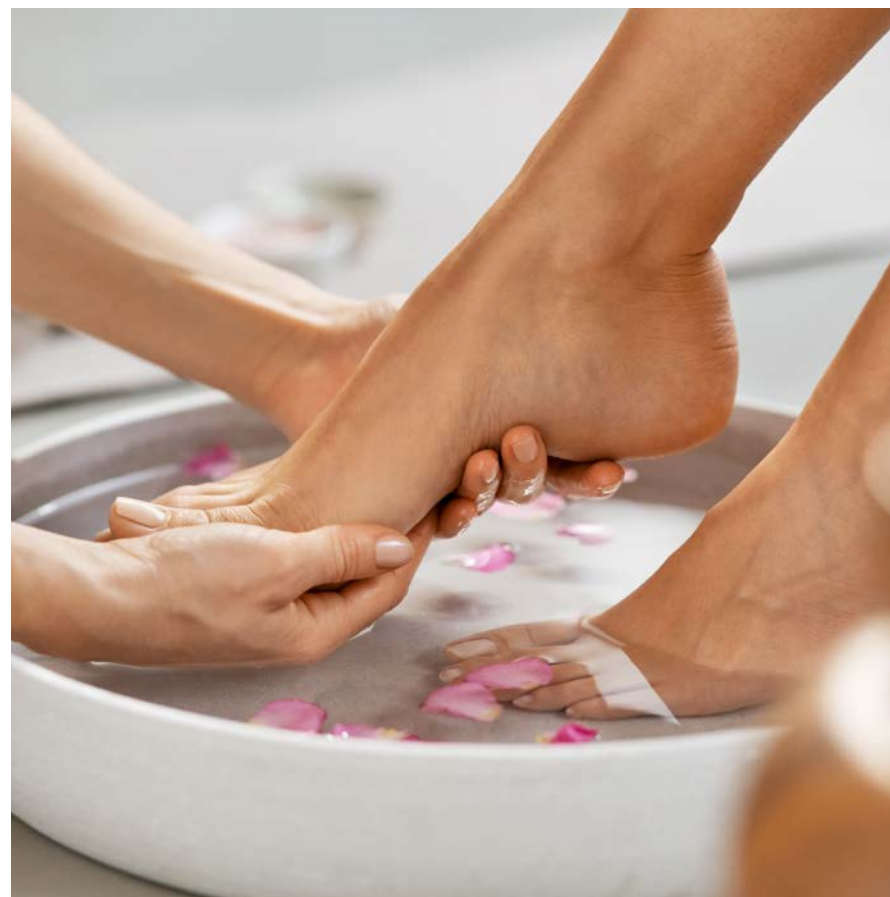
**30 MINS | EUR 75**

**ANTI-STRESS HEAD  
& SHOULDER MASSAGE**

**30 MINS | EUR 75**

**AVOCADO SCALP  
RITUAL | BY OF THE  
ISLANDS**

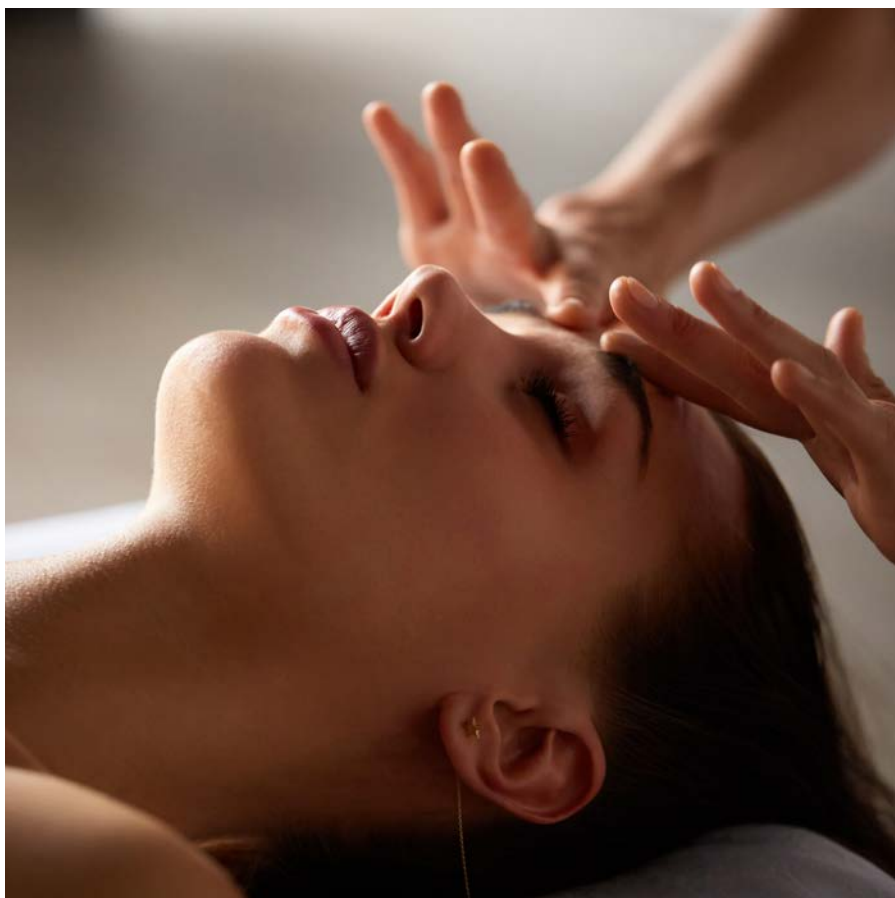
**30 MINS | EUR 60**



**MAGNESIUM FOOT  
SOAK | BY OF THE  
ISLANDS**

**30 MINS | EUR 75**

Begin your spa journey with a warm magnesium foot soak, designed to refresh the feet and prepare the body for deeper relaxation during your chosen treatment. This peaceful ritual reconnects you to a state of calm from the very first step.



Enhance your chosen treatment with a relaxing and rejuvenating facial massage, boosting circulation and leaving your skin glowing and radiant.

**REVITALISING FACE  
MASSAGE**

**30 MINS | EUR 60**



# Tailor your fitness journey with personalised training

At our exclusive five-star gym, we offer more than just a workout – we provide a holistic fitness experience tailored to your unique goals. Whether you're looking to enhance your strength, improve flexibility, or boost your endurance, our expert personal trainers craft diverse personalised programmes just for you. Choose from an array of activities, including high-performance strength training, yoga for flexibility and mindfulness, cardiovascular conditioning and more. Our state-of-the-art equipment and tranquil atmosphere create the perfect setting to push your limits while maintaining balance in the body and mind.

Beyond physical fitness, we believe in nurturing total wellness. That's why our personal training sessions can be complemented with recovery-focused practices such as guided meditation, breathwork and post-training massages to ensure you not only achieve your fitness goals but also leave feeling rejuvenated and refreshed.

Discover how a commitment to both strength and serenity can transform your fitness routine.

## PERSONAL SESSIONS UP TO 2 PEOPLE | 60 MINS

|   |             |
|---|-------------|
| STRENGTH & CONDITIONING                             | EUR 100–160 |
| KICKBOXING  | EUR 100–160 |
| CITY RUN  | EUR 120–180 |
| SPA MEDITATION<br>(BREATHWORK, SAUNA, ICE BATH)     | EUR 120–180 |
| HOT MINDFUL YOGA<br>(BREATHWORK, MINDFULNESS, YOGA) | EUR 120–180 |

# Spa etiquette

- Please arrive at least 10–15 minutes prior to your appointment to complete a health assessment form and take time to relax before your treatment.
- To maintain a peaceful environment, the spa is not suitable for small children and babies.
- We recommend leaving all jewellery in your room before coming to the spa to prevent loss or damage.
- All treatments will be charged to your room and will appear on your account at check-out.
- For cancellations or rescheduling, please notify us at least 24 hours in advance via [spa.krasnapolsky@anantara-hotels.com](mailto:spa.krasnapolsky@anantara-hotels.com). Late cancellations or no-shows will incur a 100% charge of the treatment price.
- We advise avoiding sun exposure immediately after any oil-based treatments, as this may increase skin sensitivity.
- For men – please shave prior to all facial treatments to ensure optimal results.
- Smoking and the use of mobile phones are strictly prohibited within the spa to maintain a serene atmosphere.
- Should you arrive late for your appointment, the treatment time may have to be reduced depending on availability. Every effort will be made to provide you with the full treatment time.
- Guests with high blood pressure, heart conditions, allergies, those who are pregnant (treatments allowed after the first trimester), or have any other medical concerns are advised to consult their doctor before scheduling any treatments.
- Please notify the spa receptionist of any existing medical conditions or special requirements before the start of your treatment to ensure we provide the safest and most enjoyable experience.
- Prices are subject to 21% VAT.

