



Spa Menu



ANANTARA

SPA





Signature Experiences

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

Himalayan Thermal Therapy

Harness the ancient energy of the Himalayan Mountains with artisan hand-carved Himalayan salt stones that ease physical and mental tension while restoring the body’s natural balance. A soothing facial massage with chilled Rose Quartz Gua Sha crystals enhances circulation and leaves the skin with a radiant glow. The ritual concludes with a rejuvenating Marma head massage to calm the nervous system and refresh the mind.

90 MINUTES
THB 4,500++

Anantara Signature Massage

A harmonious blend of Eastern and Western techniques using Anantara’s signature oil to ease muscle tension, improve circulation, release energy blockages, and restore overall wellbeing.

60/ 90 MINUTES
THB 3,200++/ 3,700++

Bespoke Spa Experience

A personalised spa journey tailored to your individual needs and preferences. Share your areas of focus or desired benefits, and our therapists will create a bespoke 90-minute treatment designed just for you.

90 MINUTES
THB 3,500++

Salt & Sound Healing Ritual

A deeply restorative wellness journey inspired by the sea and the healing power of natural minerals. Begin with Crystal Singing Bowl Therapy to calm the mind, followed by a warm Himalayan salt stone ritual to ease muscle tension. Complete your experience with a soothing aromatherapy full-body massage, leaving your body and mind feeling balanced, relaxed, and renewed.

90 MINUTES
THB 3,700++

Spa Journeys

Anantara Hua Hin Signature Journey

Inspired by Thai wellness traditions, this signature journey begins with a nourishing turmeric body scrub to smooth and revitalise the skin, followed by a deeply relaxing massage using a warm Thai herbal compress to ease tension and restore balance.

Includes: Floral Foot Ritual • Turmeric Body Scrub
• Thai Herbal Compress Massage • Refreshment

150 MINUTES

THB 5,000++

Journey of Siam

Experience a timeless Thai wellness ritual beginning with a herbal steam to relax the body and prepare the skin, followed by a nourishing coconut body scrub. The journey concludes with a traditional Thai massage to improve flexibility, restore energy flow, and promote overall wellbeing.

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

180 MINUTES

THB 5,200++

Thai Heal

Discover the healing traditions of Thailand through a restorative wellness journey. Begin with a lemongrass body scrub and soothing herbal bath, followed by a therapeutic massage using Plai Relief Oil and a warm Thai herbal compress to ease muscle tension, improve flexibility, and restore overall wellbeing.

Includes: Floral Foot Ritual • Lemongrass Reviving Scrub • Plai Relief Oil Massage
• Thai Premium Herbal Bath • Thai Premium Herbal Compress • Refreshment

150 MINUTES

THB 5,500++

Dawn Renewal

Awaken body and mind with a revitalising spa ritual. A refreshing green tea body scrub gently exfoliates and renews the skin, followed by a soothing stress release massage to ease tension and restore a sense of balance.

Includes: Floral Foot Ritual • Detoxifying Green Tea Scrub
• Stress Release Massage • Refreshment

150 MINUTES

THB 5,000++





Massages

Thai Herbal Compress Massage

Experience a traditional Thai therapy using a warm herbal compress infused with aromatic herbs and spices to ease muscle tension, relieve stiffness, and restore energy. The treatment is completed with a soothing full-body massage using carefully selected herbal oils.

90 MINUTES

THB 3,500++

Traditional Thai Massage

Experience the timeless art of Thai massage, combining acupressure and assisted stretching to release tension, improve flexibility, and restore energy. Often described as “passive yoga,” this invigorating treatment leaves the body feeling balanced and revitalised.

60/ 90 MINUTES

THB 2,700++/ 3,200++

Stress Release Massage

Unwind with a soothing aromatherapy massage combining flowing strokes and acupressure techniques to relieve muscle tension, calm the mind, and restore a deep sense of relaxation. Choose from our signature aromatherapy oil blends for a personalised experience.

60/ 90 MINUTES

THB 3,000++/ 3,500++

Deep Tissue Massage

A therapeutic massage designed to target deep muscle tension and connective tissue. Ideal for relieving chronic tightness, improving flexibility, and supporting recovery after physical activity.

60/ 90 MINUTES

THB 3,200++/ 3,700++

Indian Head Massage

Inspired by Ayurvedic traditions, this soothing head, neck, and shoulder massage uses pressure point techniques and nourishing coconut oil to relieve tension, calm the mind, and promote deep relaxation. It may also help ease headaches, migraines, sinus discomfort, and stress-related fatigue.

60 MINUTES

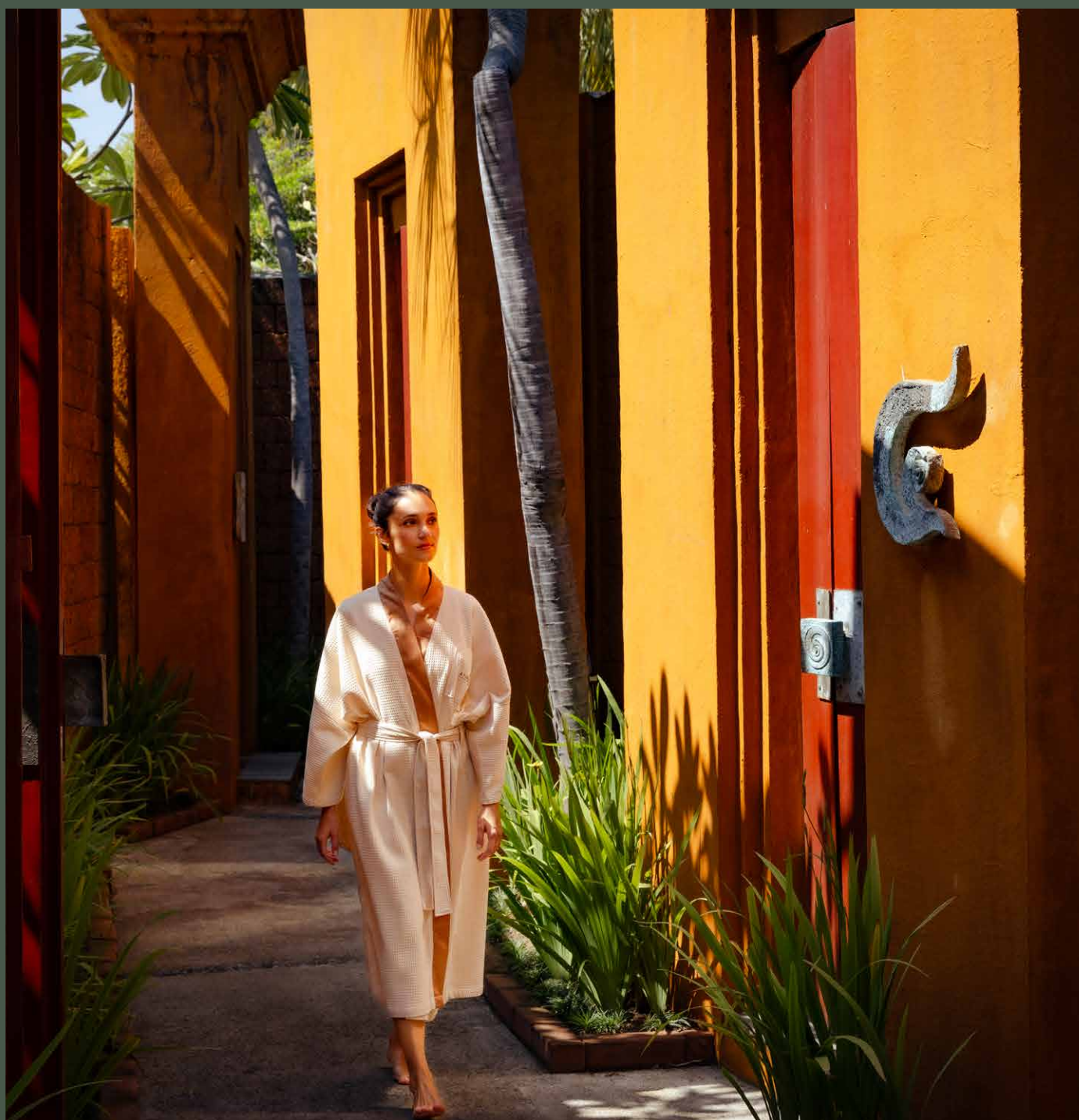
THB 2,500++

Foot Massage

Restore balance and relaxation with a soothing foot massage using pressure point techniques to stimulate reflex zones, improve circulation, and relieve tired, aching feet while promoting overall wellbeing.

60 MINUTES

THB 2,200++



Wellness Journey

Sleep Resonance

Prepare body and mind for restful sleep. Warm Himalayan salt bags ease muscle tension, while chakra-balancing oils restore harmony. A Tibetan Singing Bowl sound bath uses deep resonant vibrations to quiet the mind, balance energy and encourage profound relaxation. A slow aromatherapy massage completes the ritual, leaving you grounded and ready for peaceful sleep.

120 MINUTES

THB 5,500++

Qi Resonance

Reconnect with your vital energy through a restorative ritual inspired by Yin and Yang. Warm Himalayan salt bags ease tension, while chakra-balancing oils and meridian acupressure encourage circulation and restore the flow of Qi. Signature cold marble therapy adds a balancing contrast of warmth and coolness, followed by pressure-point massage to leave you centred and restored.

90 MINUTES

THB 4,500++

Flow Therapy

Restore the natural flow of Qi with an energising ritual designed to rebalance body and mind. Gentle steam and organic coconut exfoliation awaken the skin before chakra-balancing oils are applied to the seven energy centres. Gua Sha along the meridian lines releases tension, followed by aromatherapy massage with neroli and frankincense and facial acupressure, leaving you lighter and renewed.

150 MINUTES

THB 5,500++

Cannabis Stress Release Journey

Designed to relieve office syndrome, back, and neck tension, this restorative journey combines the soothing benefits of cannabis-infused essential oils and a warm herbal compress. A therapeutic full-body massage helps improve circulation, release muscle tension, and promote deep relaxation.

90 MINUTES

THB 3,700++

Restful Slumber Journey

Unwind after a busy day with a calming ritual designed to relax the body and prepare the mind for restful sleep. Begin with an invigorating cannabis foot scrub, followed by a soothing full-body massage using your choice of cannabis-lavender or cannabis-rice milk oil to ease tension and nourish the skin.

60 MINUTES

THB 3,200++





Body Treatments

Body Scrubs

Essence White Coconut Mint Scrub

A nourishing body scrub enriched with coconut, mint, vitamins, and antioxidants to gently exfoliate, smooth, and revitalise the skin. Leaves the body feeling soft, refreshed, and delicately fragranced.

60 MINUTES

THB 2,200++

Detoxifying Green Tea Scrub

A revitalising body scrub infused with the antioxidant-rich goodness of green tea to gently exfoliate, detoxify, and refresh the skin, leaving it smooth, nourished, and radiant.

60 MINUTES

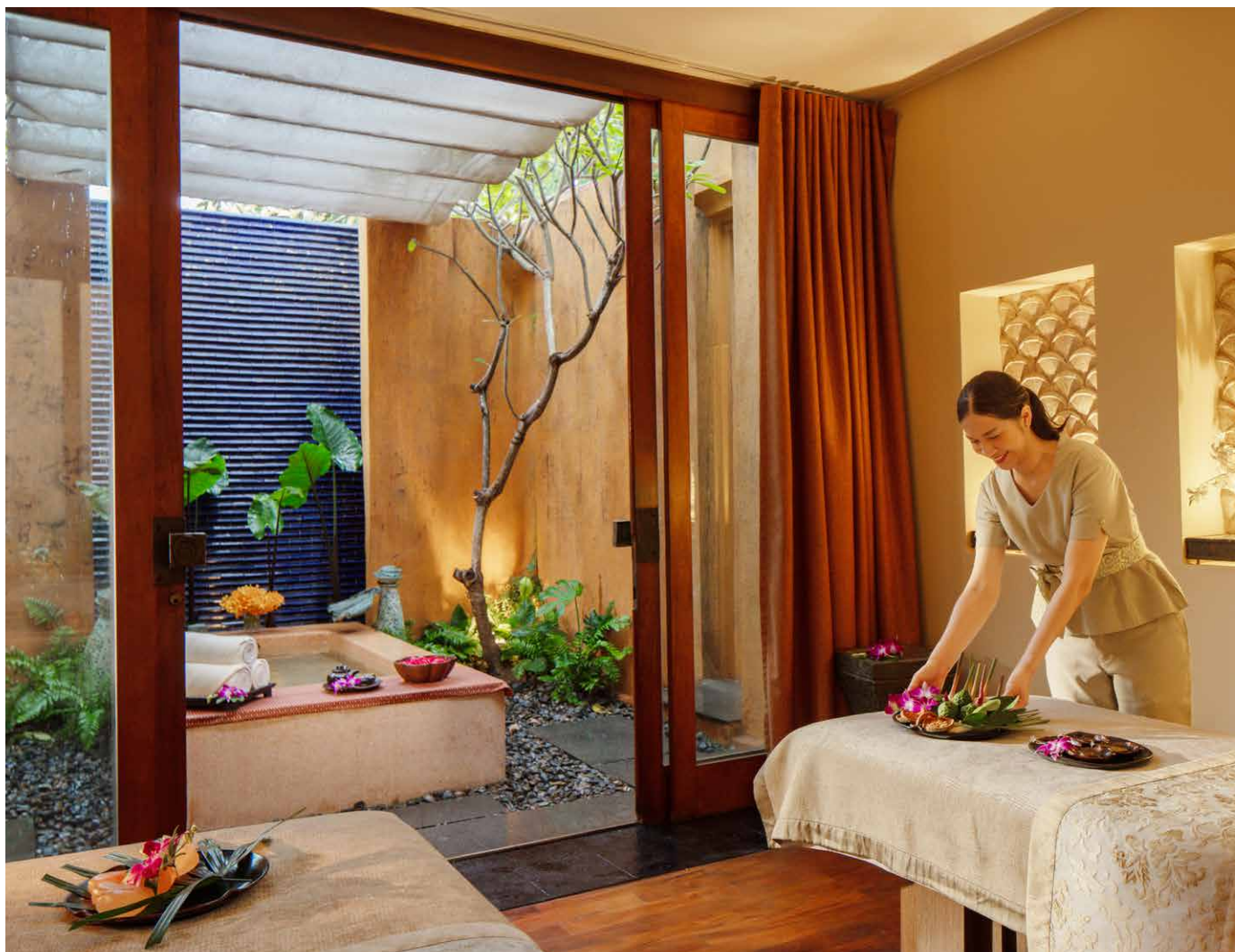
THB 2,200++

ELEMIS Intensely Cleansing Salt Scrub – Lime & Ginger

A luxurious salt scrub infused with invigorating lime and ginger to gently exfoliate, stimulate skin renewal, and reveal a smoother, more radiant complexion. The treatment prepares the skin to absorb nourishing body oils for lasting hydration.

60 MINUTES

THB 2,700++



Body Wraps

Detoxifying Green Tea Wrap

Relax in a soothing cocoon of antioxidant-rich green tea that gently detoxifies, hydrates, and nourishes the skin, leaving your body feeling refreshed, balanced, and renewed.

60 MINUTES

THB 2,200++

ELEMIS Body Nectar Nourishing Wrap - Frangipani

Indulge in a deeply nourishing body wrap enriched with Monoi Oil to intensely hydrate and soften the skin. As you relax in a warm cocoon, the calming aromatics and conditioning oils restore comfort, leaving your skin silky smooth and beautifully nourished.

60 MINUTES

THB 2,700++

Aloe After-Sun Soother

Soothe and replenish sun-exposed skin with cooling aloe vera gel and refreshing mint-infused cold compresses. This calming treatment helps reduce redness, relieve discomfort, and restore hydration, leaving the skin refreshed and comforted.

60 MINUTES

THB 2,200++

Facial Treatments

Touch: Anti-Ageing

Anantara Signature Facial

A nourishing facial that blends botanical extracts with traditional Thai ingredients to revitalise and restore the skin. Jasmine oil, white orchid extract, green tea, pandan leaf, and pink lotus help promote radiance, while a soothing facial massage and herbal mask leave the skin balanced, refreshed, and glowing.

60 MINUTES

THB 2,900++

ELEMIS Expert™ Touch Renew Facial

Reduce the appearance of fine lines and wrinkles with this age-defying facial featuring marine-powered Padina Pavonica and Red Coral. Expert lifting massage techniques help improve skin firmness, hydration, and radiance for a smoother, more youthful-looking complexion.

60 MINUTES

THB 3,900++

Benefits: Hydrate • Lift • Firm

ELEMIS Expert™ Touch Nourish Facial

Revive tired, dull skin with a nutrient-rich facial infused with superfoods and essential minerals. This energising treatment helps cleanse, rebalance, and restore hydration, leaving the complexion plump, radiant, and healthy-looking.

60 MINUTES

THB 3,500++

Benefits: Cleanse • Rebalance • Revive

Men: Touch

ELEMIS Expert™ Touch Define Facial

A revitalising facial designed for ageing, dehydrated skin and tired eyes. Deep cleansing with steam and extraction is combined with sculpting facial massage to boost circulation, improve skin tone, and support natural renewal, while a soothing scalp massage encourages deep relaxation.

60 MINUTES

THB 3,500++

Benefits: Energise • Rejuvenate • Sculpt



Steam & Bath Rituals

Thai Herbal Steam

Experience the therapeutic benefits of aromatic Thai herbs in a soothing steam ritual that helps improve circulation, relax the body, and prepare the skin for enhanced treatment benefits.

30 MINUTES

THB 750++

Anantara Milky Bath

Immerse yourself in a luxurious milky bath infused with our signature Romance blend to soothe the body, calm the mind, and restore inner balance. Accompanied by a private tea service, this indulgent ritual offers a moment of pure relaxation.

30 MINUTES

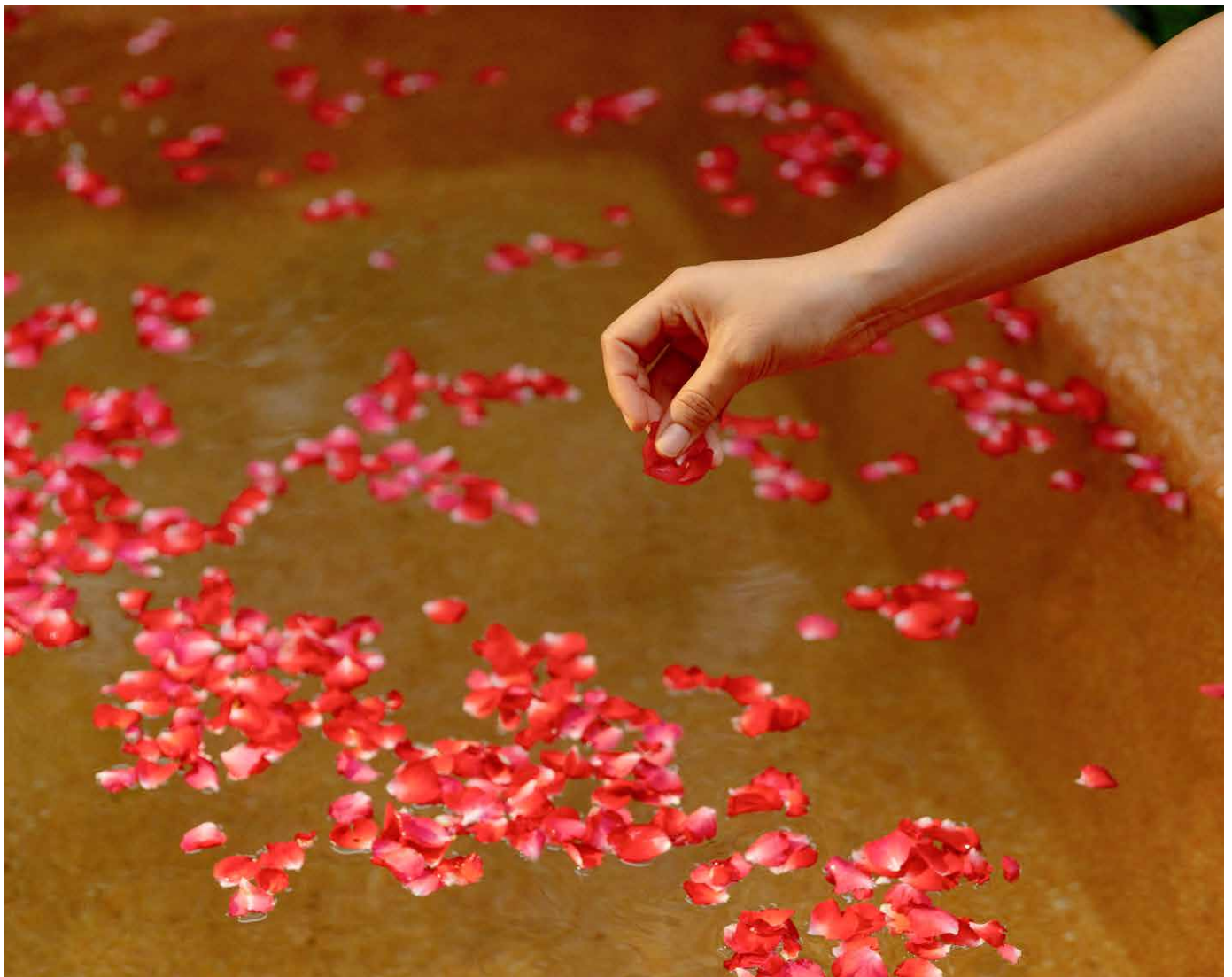
THB 1,000++

Ice Bath

Refresh and revitalise with the restorative power of cold therapy. This invigorating ritual helps stimulate circulation, reduce muscle fatigue, support the body's natural recovery, and awaken both body and mind.

30 MINUTES

THB 1,000++





Spa Etiquette

- Please arrive 15 minutes before your appointment to complete a health consultation form and enjoy a moment of relaxation before your treatment.
- To maintain a peaceful atmosphere, the spa is not suitable for infants and young children unless they are receiving a treatment.
- We recommend leaving jewellery and valuables in your room prior to your visit.
- All spa treatments will be charged to your room and settled upon check-out.
- Kindly provide 4 hours' notice to cancel or reschedule individual treatments and 24 hours' notice for spa packages. Late cancellations may incur a 50% cancellation fee.
- We recommend avoiding direct sun exposure after oil-based treatments.
- For gentlemen, shaving before facial treatments is recommended to achieve the best results.
- Smoking and the use of mobile phones are not permitted within the spa.
- Arriving late may result in a shortened treatment time to avoid delays for the next guest.
- Guests with high blood pressure, heart conditions, allergies, pregnancy, or any medical concerns are advised to consult their physician before booking a treatment.
- Please inform our spa team of any medical conditions, allergies, injuries, or pregnancy prior to your treatment.

Prices

All prices are in Thai Baht (THB) and are subject to 10% service charge and applicable government taxes. Prices are subject to change without prior notice.

Opening Hours

10:00 am – 8:00 pm

Reservations

For bookings, please contact Anantara Spa at +66 32 520 250 ext. 1803.

