



HIMALAYAN THERMAL THERAPY (90 MIN)

Harnessing the ancient energy of the Himalayan Mountains we use artisan, hand-carved Himalayan salt stones to dissolve all your mental and physical tension. These ethically sourced stones reintroduce 84 minerals and trace elements to the body to induce the ultimate state of equilibrium while encouraging the body's natural detoxification. As you transcend into a state of total relaxation, a facial massage using iced Rose Quartz Gua Sha crystals shall relieve muscle tension, stimulate circulation and leave your skin with an eternal glow. This full body ritual is crowned with a deeply rejuvenating head massage focusing on Marma points which destress the nervous system and refresh the mind.

Price: THB 3,500 net

Open daily: 9:00am - 9:00pm.

For reservation and more information,
please call Anantara Spa at ext.1803


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