

THAI -INSPIRED WELLNESS



ANANTARA

SPA

Rejuvenate at Anantara

Let your cares slip away and lose yourself in the perfect fusion of the essence of Thailand blended with traditional local Mauritian influencers, in the heart of the South of the island.

Anantara's dedication to time-honoured, natural health benefits will take you on a path rejuvenating wellbeing for the body, mind and soul. At Anantara Spa, the greatest journeys are felt, not told...





Signature Treatments

Anantara's Signature Massages are crafted for deep relaxation, improved circulation, and muscle relief using specialized oils and targeted techniques. It applies rhythmic strokes and oils along meridian lines to stimulate circulation and relaxation. The IKO Signature Massage combines head and shoulder massages with warm towels, stretching, and foot reflexology to ease muscle stiffness and balance internal wellness. The Lacambuse Signature Massage uses a Tamarin salt exfoliation, hot stones, and herbal poultices for deep muscle relief, leaving the skin soft and the body fully relaxed. Each massage creates a soothing, revitalizing experience.

As from Rs 7,040

EXPERIENCE AUTHENTIC MAURITIAN
REJUVENATION

Indigenous Treatments

Anantara Spa's Indigenous Treatments are inspired by local Mauritian traditions and use natural ingredients for rejuvenation and radiance. The Hydrating Scrub & Glowing Body Wrap combines a coconut scrub with a banana, papaya, and honey wrap to hydrate and smooth the skin.

The Detoxifying Scrub & Body Wrap uses salt and cinnamon for deep cleansing, followed by a moringa wrap to purify the skin. The Draining Scrub & Body Wrap features a refreshing mint and pepper scrub and wrap to relieve puffiness. From Our Garden offers a soothing wrap of cucumber, aloe, honey, and yogurt to cool and hydrate, leaving skin visibly refreshed and glowing.

As from Rs 3,960





Thalion

The THALION treatment experience begins with the Senses of the Sea, a marine prelude which promotes blissful relaxation of body and mind, and thus increases the benefits of the treatment to be followed.





Body Treatments

Discover a selection of treatments designed to sculpt, rejuvenate, and relax the body. The Express Slimming and Stomach Sculptor treatments provide targeted fat reduction and body contouring using Algoslim® and specialized massage techniques. For deep muscular relaxation, the Intense Revitalization Massage and Signature Intense Revitalization Treatment harness the power of seawater therapy and mineral balancing. Indulge in Divine Scrubs, enriched with Tiaré Envoûtante for a warm, sensual scent and Agrumes Pétillants for a refreshing citrus touch. The Oceanic Bliss Massage and Oceanic Bliss Ritual offer a multi-sensory experience using marine textures, solar choreography, and the Hypno-Slow technique to guide the body into a state of deep relaxation, concluding with a melting balm for complete tranquility.

As from Rs 2,400



Around the World

Travel the globe through our Around the World Massages, each inspired by traditional techniques from different cultures. Experience the rejuvenating Lomi Mae Massage, with its flowing Hawaiian forearm strokes that mimic the rhythm of the ocean. Our Thai Massage, enriched by 2,500 years of tradition, uses compressions and stretches to rebalance your body's energies. The Balinese Massage offers a holistic treatment with gentle stretches and acupressure to evoke deep relaxation.

For a unique blend of heat and healing, try the Hot Stone Crystal Therapy, which combines volcanic and crystal stones to soothe tense muscles and balance your body's energy. Each of these treatments provides a distinctive path to relaxation and rejuvenation, allowing you to explore the world's best wellness practices without leaving the island.

As from Rs 4,730



Ayurvedic Wellness

The Ayurvedic Wellness Massage collection at Anantara Spa draws on India's healing traditions to restore balance, ease tension, and rejuvenate body and mind. Using warm, herb-infused oils and synchronized techniques, these treatments cleanse, detoxify, and renew. The Abhyanga Four Hands Massage, performed by two therapists, uses warm sesame oil and flowing strokes to deeply relax muscles, boost circulation, and promote restful sleep, reducing stress for a complete reset. The Pinda Massage applies a heated herbal poultice with rhythmic pressure, easing sore muscles and relieving joint stiffness for therapeutic relaxation. Together, these Ayurvedic rituals offer a revitalizing experience for both body and spirit.

As from Rs 4,620

A TRANQUIL RETREAT FOR TWO

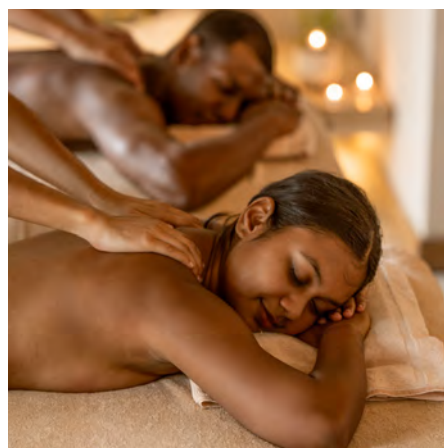
Couples Quality Time

Reconnect and create unforgettable memories with our Couples Quality Time experiences, designed to bring you and your loved one closer. Indulge in the Memories Time package, featuring a romantic escape that includes a signature massage, a private Hammam session, and a luxurious floral bath.

For a serene retreat, choose the Just Two of Us package, where you can enjoy a mini facial or body exfoliation followed by a relaxing couple's massage in a candlelit setting. These intimate experiences are perfect for celebrating special moments and enhancing your bond in the serene and luxurious ambiance of our spa.

As from Rs 12,120

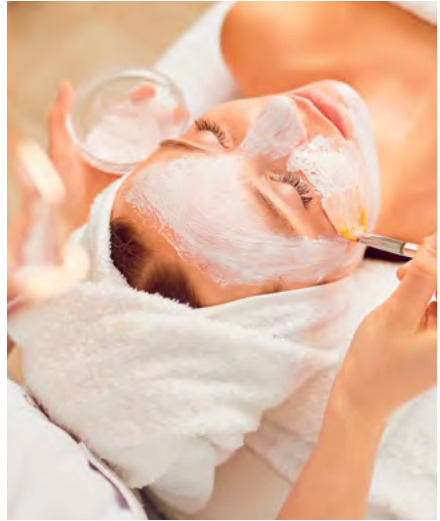




Facial Therapies

Germaine de Capuccini is a professional skincare brand known for advanced treatments and innovative formulations. Used in luxury spas and clinics worldwide, it offers solutions for hydration, anti-aging, sensitivity, and environmental protection with scientifically backed ingredients.





Facial Therapies by Germaine de Capuccini

A range of specialized facial treatments target various skin needs. Hydracure hydrates and restores vitality, while Radiance C+ boosts skin energy for a luminous look. B-Calm strengthens sensitive skin with a probiotic formula, and Rides Neo Age uses facial yoga and cupping to reduce wrinkles. Purexpert deep cleanses and refines skin texture, Rides Eye smooths the eye contour with massage techniques, and Cityproof oxygenates and protects against environmental stress.

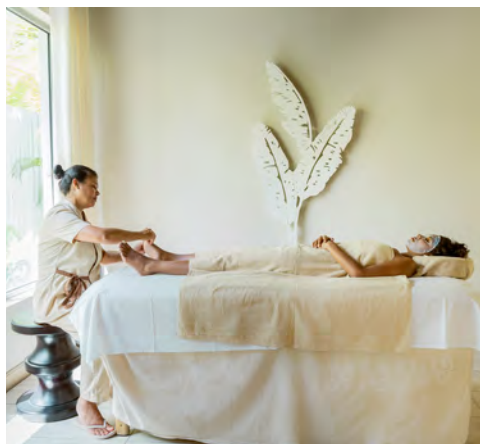
As from Rs 4,600

Body Cares

Body care is a rejuvenating experience designed to refresh and restore your body's natural balance. Whether it's erasing the signs of fatigue with a targeted massage or soothing sun-kissed skin, body care treatments focus on enhancing your well-being.

Specialised techniques promote circulation, boost skin health, and provide deep relaxation, leaving you feeling revitalised and nourished. Indulge in a moment of self-care to rejuvenate your body and mind, making every touch a step toward pure relaxation and radiance.

As from Rs 4,025



Hamмам Rituals



Embark on a transformative journey with our Hammam Rituals, where ancient traditions meet luxurious relaxation. The Cérémonie Royale begins with soothing Hammam vapours, followed by a Velvet body scrub on a warm marble table, and concludes with an ultra-relaxing body massage fusion. The Serenity ritual combines a hydrating body wrap with a deep scalp, neck, and shoulder massage, leaving your skin radiant and your mind deeply relaxed.

For a purifying experience, our Hammam Beauty ritual includes a Moroccan black soap scrub, a Rasoul detox wrap, and a nourishing cream application, ensuring intense skin rejuvenation. Immerse yourself in these opulent treatments for an unparalleled sense of renewal and tranquility.

As from Rs 4,620

MINI SPA MAGIC FOR YOUNG EXPLORERS

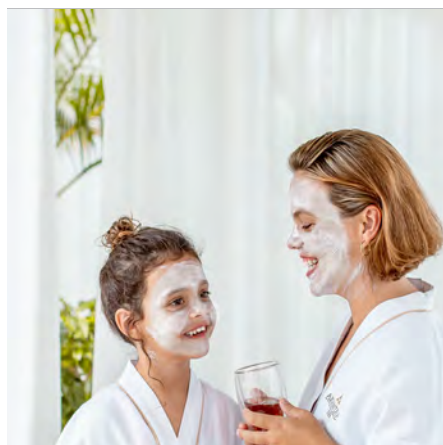
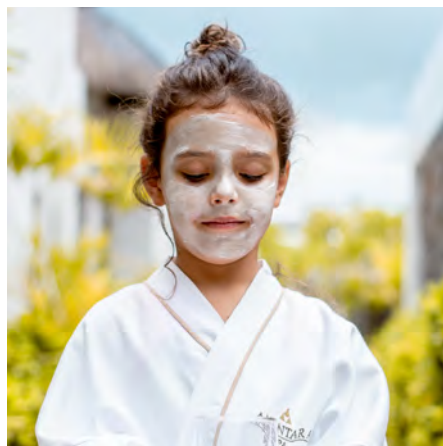
Kids Spa

The Kids Spa at Anantara is a dedicated space where young guests can explore the world of wellness in a gentle, playful way. Tailored for each age group, the treatments use safe, natural ingredients to pamper and soothe, inviting children to relax after a day of adventure. With calming massages, refreshing facials, and fun manicures, the experience is crafted to balance joy and relaxation.

Every detail from fruity scents to gentle touch is designed to introduce children to the art of self-care in a setting that is as warm and welcoming as it is luxurious. Here, young guests are invited to unwind, connect, and embrace the delightful world of wellness, fostering a sense of calm that stays with them long after their visit.

As from Rs 2,100





REJUVENATE WITH OUR EXPERT
TREATMENTS

Beauty Treatment

Anantara's Add-Ons and Beauty Treatments offer a range of curated enhancements, each designed to elevate personal care and bring an extra touch of indulgence to your spa experience. From refreshing back massages that relieve tension in minutes to luxurious pedicures that pamper your feet, each treatment is crafted to rejuvenate and refresh.

Guests can choose from waxing services for a polished look, hydrating hair treatments, or professional styling to perfect their appearance. These beauty options are ideal for those looking to add a radiant boost, a tailored touch-up, or simply to extend their relaxation. With every detail thoughtfully designed, these treatments allow guests to emerge not only feeling revitalised but also looking their best, completing their wellness journey with a glow that is both inner and outer.

As from Rs 1,500





Mindfulness Experiences:

Anantara's Mindfulness Experience offers an exquisite retreat into calm and balance, guiding guests toward a profound state of awareness and relaxation. This thoughtfully designed journey begins with a grounding foot ritual that sets a gentle rhythm for the experience, encouraging each guest to release stress and embrace the present moment.

Next, guided yoga breathing and meditation cultivate inner peace, allowing the mind to let go of tension and settle into tranquility. The experience deepens with an Ayurvedic massage that harmonizes body and spirit, using carefully chosen techniques to stimulate energy flow and ease muscular strain, leaving guests with a renewed sense of clarity. In every phase, the Mindfulness Experience embodies Anantara's dedication to holistic well-being, creating a seamless fusion of relaxation, healing, and inner discovery that lingers long after the session concludes.

As from Rs 12,995



Scan for full prices

Spa Etiquette

- Anantara Spa is open daily from 8.30 am to 8.00 pm. To ensure you secure your preferred time, we recommend booking in advance. Please call or visit the spa, and one of our spa concierges can assist you.
- You are advised to arrive 15 - 30 minutes prior to your treatment. This will allow for a smooth check-in and the opportunity to relax before your treatment. Late arrivals will be subject to reduced treatment times.
- Mobile phones and smoking are not permitted in the spa at any time.
- Should you need to cancel or rebook your Anantara Spa treatment, we require a minimum of four hours' notice to avoid being charged 100% for your treatment.
- A notice of six hours is requested for spa packages and signature treatments to avoid the cancellation fee.
- When you arrive at Anantara Spa, you will be provided with a robe and slippers, as well as a locker to place your belongings.
- We recommend you leave all valuables in your room or suite as Anantara Spa does not assume responsibility for lost items.
- If you are pregnant or have any pre-existing conditions or allergies, please consult a doctor before booking any treatments or using the spa facilities. Kindly advise your spa care professional before your treatment commences. This will ensure your safety throughout any treatment.
- We do not tolerate any sexual harassment or aggressive behaviour towards our team members; any form of verbal, physical, or sexual harassment will result in legal action.
- Anantara Spa offers a number of internationally respected brands. Your spa care professional will recommend the product range most suited to your specific requirements. Kindly note that products purchased are non-refundable.

