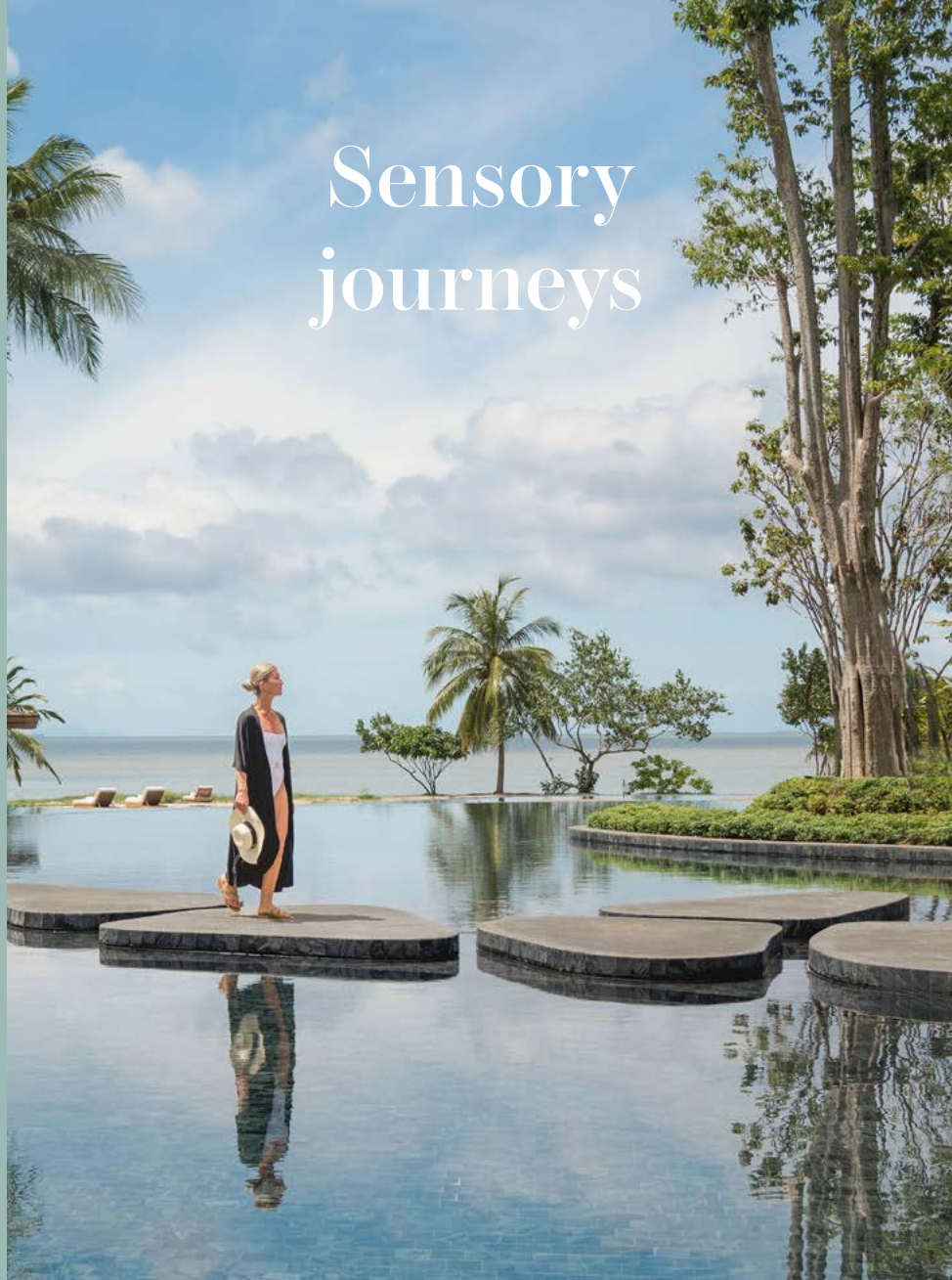


Sensory journeys

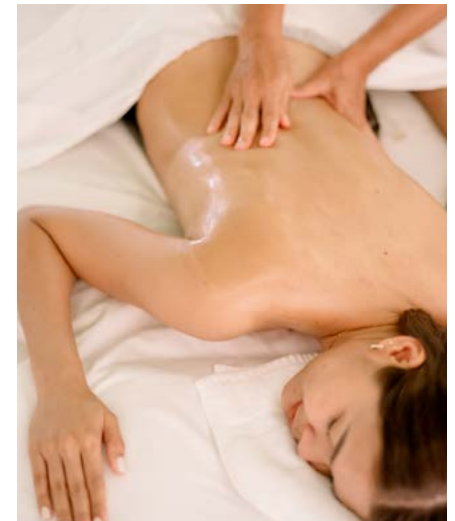


ANANTARA

SPA

Anantara Signatures

With Anantara Spas found around the world, and deep wells of local knowledge, we present the best of healing techniques perfected by our therapists and beloved by our guests.



Anantara Signature massage

Combining eastern and western techniques with our signature oil blend, this massage stimulates the circulation and deeply relaxes muscles. Reflexology clears blockages of energy and promotes overall wellbeing.

Anantara Signature facial

Our signature facial is built around powerful botanical extracts and essential oils. After cleansing, exfoliating and toning, the most blissful facial massage follows with our signature cream of snow lotus to calm, hyaluronic acid to deeply moisturise, and the perfect blend of lavender, bergamot and sandalwood to melt away stress and tension.



Himalayan thermal therapy

Harnessing the ancient energy of the Himalayan Mountains, ethically sourced Himalayan salt stones aid natural detoxification with minerals and trace elements. Unwind into a full body massage using oil and thermal Himalayan salt. Feel pampered by a facial that combines a cleanse and Himalayan salt massage with iced Rose Quartz Gua Sha crystals for muscle relaxation, a circulation boost and glowing skin. Crown this luxuriant experience with a rejuvenating Indian Head Massage that has a signature Anantara twist.

Floral foot ritual | Oil massage with stone therapy |
Gua sha facial | Indian head massage | Refreshment



Wellness programmes and sound therapies

Chakra awakening sound bath

This treatment is a therapeutic sound healing practice that focuses on balancing and activating each of the seven chakras. This is achieved through the use of a range of instruments that produce sound frequencies that resonate with each of the chakras, promoting balance and harmony. This will help you to release any energetic blockages and promote a sense of inner peace.

Relaxing singing bowl therapy

Our body is not only physical and mental but also made up of energy. The chakra system holds our body's energy, Prana or life force as it is known in Ayurveda. Our practitioner uses the singing bowls and works along the seven chakras in the body. The sound waves and vibrations from the singing bowls bring the body and mind to a state of deep relaxation.



Cannabis treatments

Cannabis stress release journey

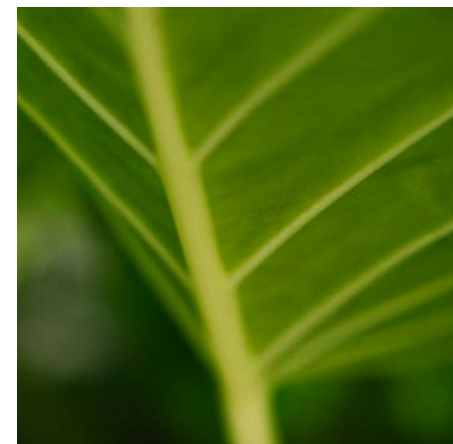
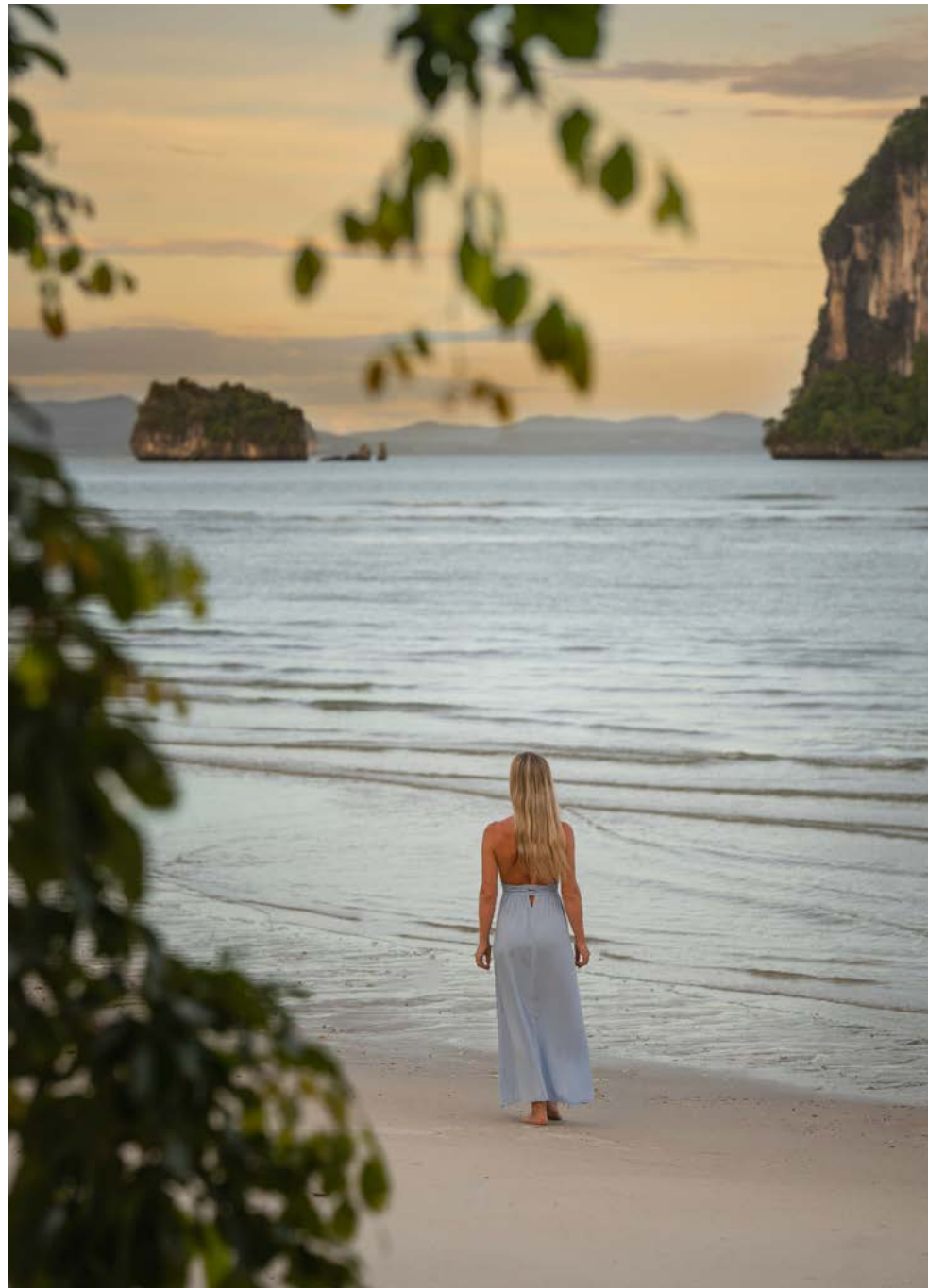
For those suffering from office syndrome or back and neck pain discover the healing powers of cannabis in essential oil and herbal form. A full-body massage induces deep relaxation, increasing blood flow and detoxification. A warm herbal compress then releases any build-ups of tension along the spine.

Cannabis Foot Ritual | Cannabis Herbal Compress Massage | Cannabis & Floral Tea

Stiff no more neck, back & shoulder massage

After soaking your feet in a warm bath infused with cannabis salts and essential oils to detoxify and soften them, the therapist will use gentle strokes and firm pressure to release the knots and tightness in your back, neck and shoulders while applying cannabis balm to relieve any pains and inflammation. Afterwards, a little dash of cannabis-tea chemistry will ensure your state of bliss lasts as long as possible.

Cannabis Foot Ritual | Cannabis Back Massage | Head Massage | Cannabis & Floral Tea



Body massages

Thai massage

A staple of Thai wellness culture, Thai massage is often described as “passive yoga” with stretching accompanied by pressure-point focus to release tension and energy blockages while increasing flexibility and vitality.

Thai herbal compress massage

Discover an age-old Thai treatment to remove negative energy and sluggishness, release tension and ease stiffness. To begin, muscles are pressed with a warm poultice of therapeutic herbs and spices, followed by a full-body massage using remedial herbal oil.



Stress release massage

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 bliss.

Bespoke spa experience

Indulge in an exclusive spa journey, designed to suit your needs and mood. Highlight the areas you wish to focus on or the benefits you'd like to receive. Then let us tailor the perfect treatment package, including a choice of luxurious spa products.

Deep tissue massage

Unwind with a powerful, customised massage that combines deep rhythmic pressure and a dynamic blend of essential oils to alleviate stress, ease aching muscles and target individual needs.

Foot massage

Traditional reflexology uses specific thumb, finger and hand techniques on the reflex points of the feet to stimulate corresponding organs in the upper body and relieve tension. Emerge feeling physically renewed and energized.

Body treatments

Green tea scrub

Polish, purify and refresh skin with a green tea exfoliant that also nourishes and hydrates.

Coconut & Mint Scrub

Coconut's rich moisture, vitamins and antioxidants, combined with fresh, enlivening mint, leaves skin flawlessly renewed and exquisitely scented.

Body wrap

Skin cooling sun soother

Enriched with indigenous coconut oil and cucumber extract, this soothing tonic is perfect for sun-kissed or sunburned skin.





Koh Yao Yai indigenous

Yao Yai Jamu Radiance Ritual

Polish, purify and refresh skin with a green tea exfoliant that also nourishes and hydrates. Inspired by a traditional bridal beauty ritual from Yao Yai Island, this radiance-restoring treatment begins with a gentle exfoliation using a homemade scrub made with organic coconut, turmeric, upland rice, sago flour, honey and yoghurt. Afterwards, a soothing massage will ease any muscle tension, followed by a lotion application to hydrate the skin, restore radiance and lock in moisture.

Foot Ritual | Body Scrub and Massage | Rinse

Moroccan Hammam

“Noir” black soap with an aromatic infusion of eucalyptus opens the pores and prepares the skin for the kessa exfoliation. Followed by a body scrub, Rhassoul clay wrap infused with aromatic botanicals drawing out impurities.

Steam | Black Soap | Kessa Mitt Exfoliation |
Rhassoul Clay Wrap | Rinse

Royal Hammam

Relax like a sultan under the supervision of our skilful Hammam specialists. The Turkish Hammam ritual is an ancient cleansing and relaxation bathing tradition using black soap to prepare the skin for the Kessa exfoliation followed by a Rhassoul Clay Wrap. Finish up your relaxing experience with a body relaxing massage and a hydrating face cleanse.

Steam | Black Soap | Kesse Mitt Exfoliation |
Rhassoul Clay Wrap | Body Relaxing Massage |
Hydrating Face Cleansing





Subtle Energies facials

Holistic Age-Defying Facial

Combining collagen and elastin boosting actives, this age-defying facial features potent ingredients such as Mogra, Queen of Jasmynes and K Gold that will penetrate into the dermal layers of the skin renewing and regenerating skin cells with a sustained result. Bring a radiant glow to the skin by oxygenating deeply on a cellular level, reduce fine lines and wrinkles whilst while addressing emotional needs such as stress, anxiety and hormonal balance.

Advance AntiOxidant Facial

Designed for dehydrated, mature, sensitive or damaged skin. This intense enriching facial therapy delivers an exceptional nutrient rich elixir that revitalises tired ageing skin. Infused with advanced antioxidants and essential fatty acids to fight free radical damage and protect the skin from the visible signs of ageing. The facial massage delivers an impressive active serum to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. Finish this restorative treatment with smooth, vitamin enriched skin that is deeply hydrated.

Wild Kashmir Purifying Facial

This powerful facial will optimize your wellbeing and replenish your skin with a renewed freshness. Wild turmeric offers intense purification while exotic kashmir lavender soothes and restores. This deeply detoxing treatment will revitalize tired, congested and stressed skin. Toxins will be drawn out through a double cleanse, saffron exfoliation, and a purification mud mask, a complete indulgence that purifies and tones.

Essential Hydration Facial

This deeply hydrating and nourishing facial restores natural vitality to the skin. Ideal for most skin types, it combines nature's best actives with gul heena.

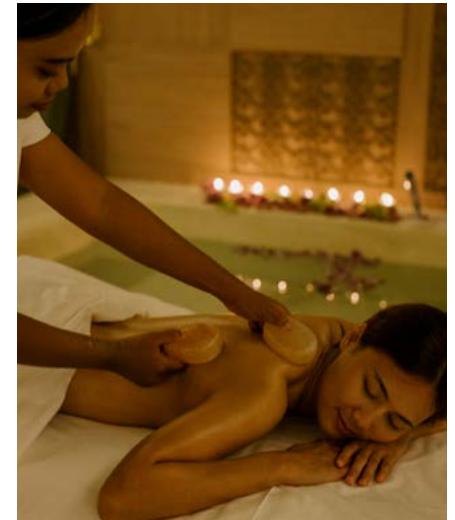


Subtle Energies massages

Blissful Marma Massage

Experience effective and immediate relaxation, relieving all stress related tension. Long, firm, flowing movements and therapeutic techniques at various levels of pressure are implemented; whilst marma therapy and chakra balance align vital energy centres. Enriching results-based blends deliver powerful active benefits, enhancing overall wellbeing.

The 90 minute treatment includes a Subtle Energies signature facial marma massage with potent aromatic actives designed to balance the emotions, release stress and reduce anxiety.



Subtle Energies treatments

Rasayana Detox Body Buff

This rejuvenating light to medium exfoliation of walnut shells, buffs away dead skin cells, reducing the signs of cellulite, as hot compresses are applied in between. Uplifting aromatics of Tulasi, Wild Turmeric and Limbu invigorate, ideal for jet lag and tired skin, followed by a personalised full body hydration to compliment the detoxification process.

Rasayana Detox Body Wrap

Revitalise, tone and purify as this active body therapy begins with a zesty exfoliation of essential oils, including cinnamon powder and walnut shells. Relax as an exquisite mineral-rich clay infused with powerful herbs of Spiked Ginger Lily, Spirulina and Green Tea envelops your body providing the ultimate detox. Experience full body hydration with a choice of aromatic-infused body butter, lotions or blends after.



Subtle Energies journeys

A Gentlemans Day

For the active man to the constant traveller, this customized treatment journey balances and restores oneself, maintaining immunity, muscle strength and healthy skin. Your body will be invigorated and renewed with a zesty body polish, to then be transported to a place of deep relaxation with a full body detox massage, also assisting adrenal fatigue. Feel all the tension drift away as your skin is cleansed and balanced with a gentleman's essential hydration facial to complete this well-being journey.

Subtle Energies Foot Ritual | Rasayana Detox Body Buff | Full body detoxifying massage with warm therapeutic oils | Essential Hydration Facial and refreshment.

Detox and Adrenal Boost Journey

Comprehensive purification process using highly potent active ingredients such as tulasi, wild turmeric and indian lime that work towards blood purification, energizing and stimulating the cells and lymphatics whilst also boosting adrenal fatigue. The journey begins with a full exfoliation, followed by a toning detox wrap and concludes with subtle energies signature massages that will release tension, lymphatic drainage and work the marmas.

Subtle energies foot ritual | Rasayana Detox Body Buff | Full body detoxifying massage with warm therapeutic oils and refreshment.

Indulgent Beauty

Immerse yourself in a full body exfoliation, to then indulge in double creams or aromatic blends embalming the whole body. This retreat finishes with an anti-aging customized facial, where collagen boosting actives and stress reducing techniques allow one to replenish and unwind.

Subtle energies foot ritual | Rasayana Detox Body Buff | Lotion application | Wild Kashmir Purifying Facial and refreshment.



Kids and family wellness

Family spa experiences

Spa time is full of pampering fun that feels even more wonderful shared with family.

Radiant duo spa experience

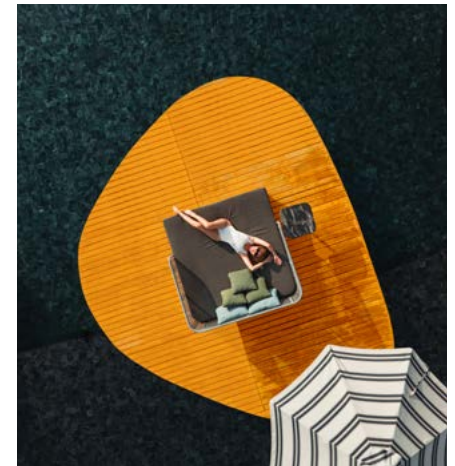
For daughter: Coconut body scrub | Sweet Almond massage oil | The little vips facial

For mum: Anantara Signature Massage | Anantara Signature Facial

Gentlemen's spa duo

For son: Coconut body scrub | Sweet Almond Massage oil | The little vips facial

For dad: Sea salt body scrub | Anantara Signature Massage | Subtle Energies Facial



Kid's Spa

Our kids' spa menu is designed for those between 5 and 12 years old, using products that are safe and luxurious.

Melt me massage

A soothing massage to calm the body and mind. Using long strokes and a soft pressure with organic natural oil for relaxation.

Coconut hair treatment

Enjoy a soothing scalp massage using warm coconut oil, followed by a nourishing hair mask to leave locks moisturised, soft and glowing with health.

The little vips facial

Nourish tender and sensitive young skin with an all-natural treatment. Refreshing cucumber and tomato, gentle massage with coconut oil.

Kids Manicure

A neat nail trim is followed by a hand exfoliation and massage. Nails are then painted for that extra holiday treat.

Kids pedicure

This pampering pedi includes a nail trim, foot soak and scrub. The feet are then massaged and the nails painted.



Embrace ancient healing with thai traditional medicine

At Anantara Spa, we embrace ancient wellness practices. Discover the art of Thai Traditional Medicine (TTM), a renowned healing system that combines elements of herbal medicine, massage, acupressure, and spiritual practices designed to promote overall well-being. Addressing both physical and emotional health, TTM offers a comprehensive approach to maintaining a balanced lifestyle.



Fire therapy

Experience an authentic treatment inspired by the ancient traditions of Northern Thailand. Fire therapy stimulates the body's core energy, helping to restore balance and vitality. This 60-minute treatment includes a full consultation and incorporates abdominal acupressure, which promotes elemental balance. During the session, fire is applied 8 to 10 times to stimulate metabolism, reduce bloating and relieve menstrual cramps.

Salt pot therapy

Salt pot therapy is an ancient treatment originally used for postnatal care and rehabilitation. Today it is widely sought after for its relaxation and detoxifying benefits. During this 60-minute session, a personalized consultation with our traditional Thai doctor is followed by the application of the salt pot compress 6 to 8 times. This process activates core energy, restores elemental balance and helps alleviate symptoms of indigestion.

Pok taa therapy

Pok taa is a 60-minute cold therapy designed to reduce excess heat from the body's core, which can manifest as symptoms like eye soreness, blurred vision and dizziness. This therapy incorporates andrographis powder, a well-known herb renowned for its cooling properties, combined with organic duck egg white for enhanced effectiveness. The mixture is applied as a mask on the eyes for 20 minutes, followed by facial and head acupressure to stimulate blood circulation and provide relief.



Elemental Enhancing Treatment

Stimulate your entire body system with our signature 60 to 90-minute “Elemental Enhancing Treatment”, personalized according to the principles of Elemental fortune telling. Based on your unique elemental needs, additional treatments may be incorporated for a truly tailored experience. The session begins with a refreshing cold welcome drink, either Tri Pa La or Red High Heel, followed by a warm farewell drink customized to your element:

- Earth: Date or Bael Juice
- Water: Tamarind with Honey Lemon
- Fire: Rose Water or Jasmine Infusion
- Wind: Ginger or Lemongrass with Pandan Leaf

Thai Therapeutic Treatment

Embark on a signature healing journey with a Thai Therapeutic Treatment. This 60 to 90-minute experience begins with a consultation to assess your unique needs. Our TTM doctor will craft a personalized treatment plan tailored to you. A key element of the therapy is Salt Pot Therapy, which focuses on the abdominal area to restore balance to the body’s energy and facilitate toxin release.



