

# Journeys of the cultured wellness at Anantara Lawana Koh Samui







# Welcome to Anantara Spa

Rooted in Thailand, Anantara's philosophy, 'without end', stems from ancient Sanskrit origins. At Anantara Spa Lawana, this liberating concept is uniquely inspired by Koh Samui's Sino-Thai wellness heritage and exotic revitalisation.

Find sanctuary in a quiet courtyard haven of vintage oriental charm. Renew vital energy through timeless Thai techniques. Restore radiance in richly healing coconut journeys. Relax into a holistic harmony with ancient Chinese, Balinese and Ayurvedic traditions. Boost physical, emotional and spiritual balance with a choice of intensive wellness retreats.

AT ANANTARA SPA, THE GREATEST JOURNEYS ARE FELT, NOT TOLD...  
Opening hours: 10:00 am – 10:00 pm





# Signature Spa Experience

Drawing on Anantara Spa’s world-class expertise, the finest indigenous wellness traditions and unique holistic therapies, these specialist rituals bestow powerful, long-lasting benefits for body, mind and soul.

## ANANTARA LAWANA COCONUT PARADISE (200 Minutes)

Once honoured as Koh Samui’s principal livelihood, the island’s humble coconuts first rose to wider fame as tourist attraction, with monkeys climbling the sweeping, tall palms to harvest the tropical fruit. Now, with local reverence for the coconut’s hydrating and enriching qualities also spreading far and wide, Anantara invites you on a coconut odyssey of highly beneficial health and beauty treatments.

Shower • Floral Foot Ritual • Essence White Coconut Scrub • Shower • Essence White Coconut Wrap • Coconut Signature Massage • Refreshment

## ANANTARA SIGNATURE MASSAGE (90 Minutes)

Combining eastern and western techniques in purpose designed movements with our unique oil blend, this massage stimulates the circulation and deeply relaxes muscles, clears energy blockages and promotes overall wellbeing.

## BESPOKE EXPERIENCE (90 Minutes)

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, and we’ll tailor the perfect 90 minutes treatment and offer you a choice of luxurious spa products.

## WHISPER OF LAWANA BAMBOO RELEASE (90 Minutes)

The perfect matching of relaxation, a combination of deep relaxing bamboo cane massage and follow by a Thai herbal compress massage to ease away tension, to promote balancing the emotional and decreasing stress by increasing joint and muscle flexibility.

## SHIRODHARA (60 Minutes)

Calm the nervous system and soothe the mind with Shirodhara – an ancient Ayurvedic treatment in which a therapist steadily pours medicated oil infused with gotu kola, green cardamom and sandalwood on the forehead before allowing it to flow over the scalp, nourishing the hair. Shirodhara is recommended to anyone suffering from insomnia, headaches, mental exhaustion or burnout.

Price is in Thai baht, subject to 10% service charge and 7% applicable government tax.





# Spa Journey

Escape the limits of space and time with these carefully crafted journeys. Indulge in unique destination-inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.

## JOURNEY OF SIAM

(205 Minutes)

Experience a sequence of revered Thai wellness traditions. Remedial herb-infused steam relaxes the body and opens pores, in preparation for a moisturising coconut polish. Energising massage techniques stretch and reinvigorate the body, enhancing energy flow and overall wellbeing.

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

## DAWN RENEWAL

(165 Minutes)

Rise to a ritual of revitalising therapies. Smooth, renew and hydrate skin with refreshing green tea exfoliation. Reawaken with a gentle massage that soothes away all tension.

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

## ELEMIS EXPERT™ ABSOLUTE FACE AND BODY RITUAL

(120 Minutes)

Restored, Rejuvenated & Renewed  
Immerse yourself in luxury with this tailored treatment. Choose your own combination of facial and body treatment, or let your therapist prescribe the perfect treatment to leave you feeling restored from head to toe.

ELEMIS EXPERT™ Deep Tissue Tension- Ease massage  
• Personalized Facial • Refreshment

Price is in Thai baht, subject to 10% service charge and 7% applicable government tax.



# Wellness Treatment

## CHI NEI TSANG

(75 minutes)

Chi Nei Tsang, where “Chi” means energy and “Nei Tsang” means working on or transform the internal organs. (“internal organ energy transformation”) Chi Nei Tsang Massage or Thai Abdominal Chi and Internal Organs Massage is a healing massage modality combining traditional Chinese, Thai Massage and meditation techniques while focusing predominantly on the abdominal area.

## RESTFUL SLUMBER JOURNEY

(90 Minutes)

Soak in a cannabis salt laden bath and melt your stress with full body massage with choice of cannabis-lavender oil or cannabis-rice milk to improve skin elasticity and moisture retention. Finish the treatment with a soothing cup of cannabis tea with CBD benefits to relax the mind and body, ridding any anxious thoughts and preparing you for a deep and restful night’s sleep. Perfect for jet-lagged travelers.

Cannabis Foot Ritual • Cannabis Bath • Cannabis Body Massage • Cannabis & Floral Tea

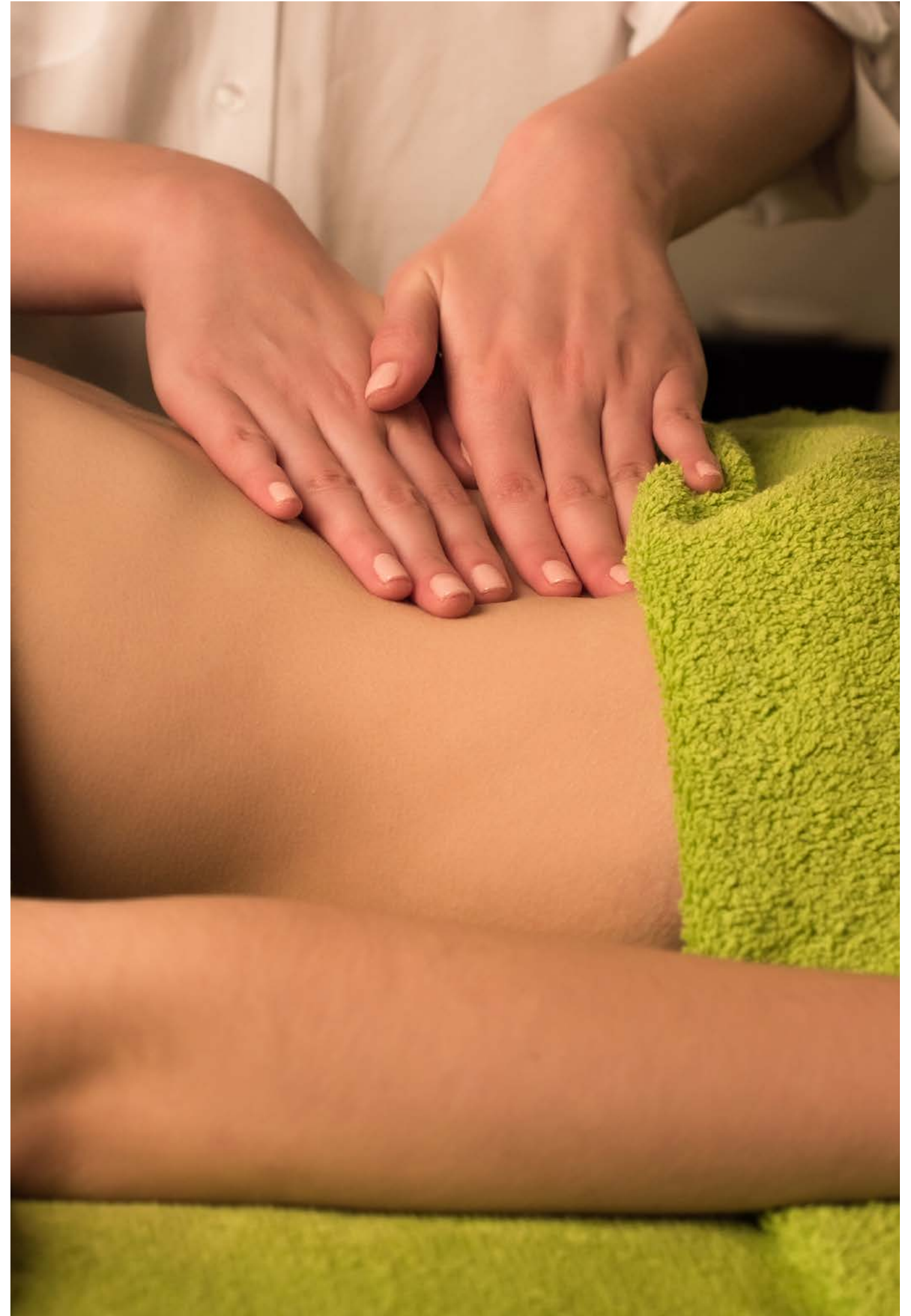
## CANNABIS STRESS-RELEASE JOURNEY

(90 Minutes)

Reverse the effects of office syndrome or back and neck pain using the healing powers of cannabis in herbal and essential oil form. Combining the pain releasing properties of cannabis with the art form of traditional Thai herbal compress ball, Luk Pra Kob, induces deep relaxing, melting away tension along the spine, improving postural alignment and blood circulation.

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

Price is in Thai baht, subject to 10% service charge and 7% applicable government tax.





# Wellness Treatment

## CRYSTAL CHAKRA BALANCING

(60/90 Minutes)

A deeply relaxing and detoxifying treatment using lymphatic drainage techniques combined with the healing power of crystals to balance body, mind and spirit. Enhanced by the power of your precious stone, crystal infused oil is incorporated to release stress and tension, both physically and emotionally. Fluid retention and toxicity are reduced. Your body's blood circulation and natural detoxification are stimulated. Energy flow is balanced. Coaxing deeper relaxation and a meditative state, the ritual begins and ends with the rhythmic humming of singing bowls.

Singing bowls are tuned to the notes of the seven chakras which are can promote health and emotional well-being.

Guests are presented with 4 stones and are given the opportunity to choose the stone that strongly resonates or speaks to them. Energies released from stones and crystals can promote balance and wellbeing by unlocking negative energy allowing positivity to flow through the body.

## HIMALAYAN THERMAL THERAPY

(90 Minutes)

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 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.

## INDIAN HEAD MASSAGE

(60 Minutes)

Based on Ayurvedic principles, this soothing yet energizing massage combines pressure point techniques and coconut oil to relieve tension in the head and neck, whilst also helping to alleviate insomnia, chronic headaches, migraines and sinusitis.

## AYURVEDIC MASSAGE

(90 Minutes)

A traditional healing principle based on “Samkhya”, Indian Philosophy meaning “to know the truth” This treatment uses warm herbal oils and massage techniques that suit individual constitution to treat your body, mind and spirit (Ayurvedic oil).



Price is in Thai baht, subject to 10% service charge and 7% applicable government tax.



# Wellness Retreat

## 1-DAY YOGA WELLNESS RETREAT

Designed to restore health, energy and clarity, this exclusive wellness retreat combines holistic practices with spa bliss and wholesome dining.

- Yoga and Meditation (60 Minutes)
- Thai Herbal Steam (30 Minutes)
- Balinese Massage (60 Minutes)
- 3-Course Healthy Cuisine Menu with a choice of starter, main and dessert

## 3-DAY REJUVENATE & REVITALISE WELLNESS PROGRAMME

Energy rises as tension ebbs away in this exclusive retreat. Discover how three days of balanced exercise, wellness therapy and nutrition leaves you fully rejuvenated - ready to face the world afresh.

### DAY 1

- Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)
- Thai Herbal Steam (30 Minutes)
- Balinese Massage (60 Minutes)
- 3-Course Healthy Cuisine Menu with a choice of starter, main and dessert

### DAY 2

- Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)
- Thai Herbal Steam (30 Minutes)
- Foot Massage (60 Minutes)
- Refreshment

### DAY 3

- Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)
- Indian Head Massage (60 Minutes)
- Refreshment

## 5-DAY RELAX & DE-STRESS WELLNESS PROGRAMME

Give yourself the space and time you need to fully surrender, recharge and transform. Reap maximum results from a progressive five-day programme of carefully balanced wellness. Benefit from the positive changes that occur with stress-relieving exercise, body and facial therapies and cleansing wellness cuisine.

### DAY 1

- Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)
- Thai Herbal Steam (30 Minutes)
- Balinese Massage (90 Minutes)
- 3-Course Healthy Cuisine Menu with a choice of starter, main and dessert

### DAY 2

- Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)
- Indian Head Massage (60 Minutes)
- Refreshment

### DAY 3:

- Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)
- Thai Herbal Steam (30 Minutes)
- Foot Massage (60 Minutes)
- Refreshment

### DAY 4

- Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)
- Thai Herbal Steam (30 Minutes)
- Traditional Thai Massage (90 Minutes)
- 3-Course Healthy Cuisine Menu with a choice of starter, main and dessert

### DAY 5

- Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)
- Anantara Signature Facial (60 Minutes)
- Refreshment





# Massages

## THAI HERBAL COMPRESS MASSAGE

(90 Minutes)

This age-old Thai treatment removes negative energy and sluggishness, soothes muscle tension and eases out stiffness. The healing session begins with the application of a warm herbal poultice containing therapeutic Thai herbs and spices, followed by a full body massage with carefully selected herbal oils

## TRADITIONAL THAI MASSAGE

(60/90 Minutes)

Passed down through generations, this unique and exotic technique is known to many as ‘passive Yoga’, as it offers the ultimate body workout. Let your expert therapist do all the work while you enjoy the benefits, Experience how pressure point and stretching techniques release tension, increased flexibility and boost vitality.

## BALINESE MASSAGE

(60/90 Minutes)

In this authentic massage style influenced by ageless traditions, therapists use an Indonesian Floral Oil together with palm pressure and stretching techniques to relieve tension and improve blood flow, and in turn create waves of muscle relief.

## FOUR HAND MASSAGE

(90 Minutes)

A unique massage where two therapists work on one body simultaneously, creating an amazingly deep relaxation. It is an excellent way to relieve stress, calm the mind and release muscle tensions. The four-hand massage is not only wonderful to experience, but also has very positive health benefits.

Price is in Thai baht, subject to 10% service charge and 7% applicable government tax.







**BODY DETOX MASSAGE**

(60/90 minutes)

Based on Manual Lymphatic Drainage techniques developed in the 1930's, this treatment is a delicate form of massage that stimulates the body's lymphatic system, improving metabolism, helping the body to eliminate waste, toxins and providing a boost to the immune system. Unlike other forms of massage, lymphatic drainage uses very light pressure combined with soft pumping movements in the direction of the lymph nodes on both the face and body.

**ELEMIS EXPERT™ DEEP TISSUE TENSION- EASE MASSAGE**

(60/90 Minutes)

**Renewed, Grounded & Focused**  
Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

**FOOT MASSAGE**

(60 Minutes)

Experience holistic balance and deep relaxation. This fascinating treatment provides physical renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to effectively stimulate corresponding organ groups in the upper body.

**ELEMIS EXPERT™ PEACEFUL PREGNANCY MASSAGE**

(60 Minutes)

**Nuture, Restore & Calm**  
This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby. Aromatics formulated to be used safely during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm.

**STRESS RELEASE MASSAGE**

(60/90 Minutes)

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 pleasure.





# Body Treatment

## Body Scrubs

### DETOXIFYING GREEN TEA SCRUB (60 Minutes)

Nourish and rejuvenate your body with the therapeutic properties of green tea.

### ESSENCE WHITE COCONUT SCRUB (60 Minutes)

Rich in vitamins and antioxidants, this exotic scrub gently sweeps away dead cells, smoothes and strengthens new skin. Moisturising, healing and protecting, the skin is flawless and gloriously fragranced.

## Body Wraps

### ESSENCE WHITE COCONUT WRAP (60 Minutes)

Indulgently rich and gloriously fragranced, this wrap rejuvenates the skin and combats the effects of modern life, thanks to coconut's restorative and moisturising qualities.

### DETOXIFYING GREEN TEA WRAP (60 Minutes)

Relax in a calming cocoon of gently cleansing and hydrating green tea.

### SKIN COOLING SUN SOOTHER (60 Minutes)

Enriched by indigenous marula oil, mint and cucumber, this treatment is the perfect soothing tonic for sun-kissed or sunburnt skin.

Price is in Thai baht, subject to 10% service charge and 7% applicable government tax.







# Facial Treatments

## ANANTARA SIGNATURE FACIAL (60 Minutes)

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to encourage cell renewal and oxygenation. A gentle massage coaxes pure relaxation and a herbal mask restores the natural balance of your skin.



# Elemis Expert™ Touch Facials

## ELEMIS EXPERT™ TOUCH REVEAL FACIAL (60 Minutes)

**RESURFACE, SMOOTH & GLOW**  
Powered by our patented Tri-Enzyme technology this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

## ELEMIS EXPERT™ TOUCH RENEW FACIAL (60 Minutes)

**HYDRATE, LIFT & FIRM**  
Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

## ELEMIS EXPERT™ TOUCH DEFINE FACIAL (60 Minutes)

**ENERGISE, REJUVENATE & SCULPT**  
This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin.

Price is in Thai baht, subject to 10% service charge and 7% applicable government tax.





## Steam & Bath Rituals

### ANANTARA MILKY BATH

(30 Minutes)

Enjoy a private tea service as the exotic aromas of a relaxing floral bath balance your spirit.

### THAI HERBAL STEAM

(30 Minutes)

Releasing the healing properties of Thai herbs, this exotic steam stimulates the circulatory system, nourishes the body, and can be enjoyed as a prelude to any of our spa treatments.

## Beauty

### SPA MANICURE

### SPA PEDICURE

### FRENCH FINISH

### PAINT CHANGE

Price is in Thai baht, subject to 10% service charge and 7% applicable government tax.





# Kid’s Spa

## VERY BERRY SUGAR SCRUB (60 Minutes)

Our deliciously sweet strawberry vanilla body scrub buffs away rough patches, leaving skin glowing and nourished to the touch. This scrub is made with real sugar crystal that eliminate flakiness, exfoliate skin for a fresh-from-the-spa feel, and create a luminous sheen.

## GREEN JELL-O COOLING MASSAGE (60 MINUTES)

A cooling massage using homemade aloe-vera gel packed with vitamins and minerals, this relaxing plantobased spa treatment boosts the immune system for better health and wellbeing

## CHOCOLATE MUD MASSAGE (30/60 MINUTES)

A unique spa experience that appeals to the young ones, this gentle massage uses a deliciously-smelling concoction to keep young skin naturally moisturised with chocolated-infuse orange oil

## PAMPERED KIDS BEAUTY PACKAGE (90 MINUTES)

Choice of Massage for kids, with Mini Facial plus Twinkle Toe Mani-cure or Pedicure.

## TWINKLE TOES MANICURE & PEDICURE (60 MINUTES)

Price is in Thai baht, subject to 10% service charge and 7% applicable government tax.





## Spa Etiquette

- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and enjoy time to relax.
- Please note that the spa is unsuitable for small children and babies unless receiving treatment.
- We recommend that you leave all jewellery in your room before coming to the spa.
- All treatments will be charged to your room and will appear on your account at the time of check-out.
- We recommend that you do not sunbathe after an aromatherapy treatment.
- Men – please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones is not permitted in the spa.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications are advised to consult a doctor before signing up for any treatments.
- Please notify the spa receptionist of any existing medical conditions.
- Appointments cancelled with less than 4 hours' notice will incur a cancellation fee of 50% of the reserved treatment price.
- In the event you are late for your scheduled appointment, we will accommodate you to the best of our abilities, but your treatment may be shortened or rescheduled.

Treatments are available from 10.00 a.m. – 10.00 p.m.

For reservations, please contact Anantara Spa at tel: 077- 960333 Ext: 4 or email: [als\\_spa@anantara.com](mailto:als_spa@anantara.com)



