

JOURNEYS INTO  
WELLBEING AND SERENITY.

  
ANANTARA  
SPA

  
ANANTARA  
SPA



## A SERENE GARDEN SPA, EMBRACED BY ANDAMAN COASTAL BEAUTY.

Rooted in Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins, and our luxurious spa brings this philosophy to life through time honoured treatments and heartfelt service.

Escape into a garden spa of lotus pond beauty and Thai inspired luxury, where exotic aromas soothe the senses. Put your beauty and wellness needs in the caring hands of highly skilled therapists, who personalise each journey. Discover the true meaning of relaxation with an extensive menu of wellness traditions that have been handed down through the generations in Thailand, China and India, complemented by a selection of results driven western therapies.

**AT ANANTARA SPA, THE GREATEST JOURNEYS ARE FELT, NOT TOLD.**

Opening hours: 10.00 am – 10.00 pm

# SIGNATURE EXPERIENCES

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

## ANANTARA SIGNATURE MASSAGE

60 / 90 minutes

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



## SIGNATURE FACIAL 90 minutes or 6-session package

### Alternative to Botox for Face, Lips & Eyes

Get the best of both worlds! This is the treatment that everyone is talking about—the ultimate in skin rejuvenation and instant visible results. For even more remarkable results, allow the powers of the Rejuvenate or Opulence and Atoxolene Treatment to combine and instantly hydrate the skin, minimize the appearance of dark spots, enhance brightening, and reduce the appearance of fine lines and wrinkles while tightening and firming for more defined facial contour.

## SEA SHELL AND HERBAL THERAPY 90 minutes

Take a relaxing breath as you tune into the sound and energy of the sea from a shell held close to your ear. Unwind with gentle warm hand strokes and acupressure to coax deep relaxation. Heated sea shells enhance your experience to release aches and pains while calcium ions help firm and regenerate your skin. A heated herbal compress improves circulation, soothes muscle tension and joint stiffness, offering a wealth of remedial benefits. Emerge feeling a serene sense of calm and grounding.

## HIMALAYAN THERMAL THERAPY 90 minutes

Harnessing the ancient energy of the Himalayan Mountains we use artisanal, 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 relieve muscle tension, stimulate circulation and leave your skin with an healthy glow. This full body ritual is crowned with a deeply rejuvenating head massage based on ancient techniques with an Anantara signature twist.

## LAYAN REJUVENATING RETREAT 150 minutes

Enjoy a deeply Gommage body scrub to encourage the regeneration of new cells followed by a velvet body wrap, offering super hydration, quenching a thirsty skin. Complete this Spa Journey with the best Rejuvenating Anti-Aging Facial. Experience how cutting-edge technology delivers super lifting, intense hydration and smoothing results for a youthful looking complexion.

*Floral Foot Ritual • Body scrub • Body wrap • Intraceuticals Rejuvenating Facial Treatment • Refreshment*

## LAYAN ORCHID SIGNATURE RITUAL 120 minutes

Enjoy a private tea service as you soak in a milky bath laced with fresh royal orchids. Experience the remedial power of Thai herbs, and customize your massage with a choice of aromatic oil blends. Stress and anxiety are soothed away in a head massage, which also conditions hair and skin with warm coconut oil.

*Floral Foot Ritual • Layan Orchid Bath • Thai Herbal Compress Massage • Head Massage with warm Coconut Oil • Refreshment*

## IN-VILLA SLUMBER GURU EXPERIENCE 70 minutes

Taking the importance of a good night's rest to a whole new level, this evening ritual in your villa begins with a soak in a luxuriant essential oil bath surrounded by candles. Let go of all tension in a deeply relaxing massage using Ylang Ylang or lavender essential oil. Sip a soothing herbal tea or Italian Eraclea hot chocolate, served with homemade cookies. Unwind to your choice of tranquil music throughout the evening. Sweet dreams then await in a bed dressed in 1000 thread count Egyptian cotton and your personal pillow choice, which is sprayed with a calming mist, accompanied by a silk or cool gel filled eye mask and ear plugs, making drifting away to the land of nod a blissful pleasure.

*Aromatic Bath Ritual • Relaxing Back, Neck, Shoulder & Foot Massage Refreshments • Special Sleep Amenities*

# THE NATURAL HEALING POWERS OF CANNABIS.

The cannabis plant has been utilised in traditional medicines from around the world for centuries. The benefits are many, from calming the mind to soothing the body with its anti-inflammatory and antioxidant properties. Journey with Anantara Spa and explore a whole new world of healing.

## RESTFUL SLUMBER JOURNEY

90 minutes

Soak in a bath filled with cannabis salts and feel stress melt away. An oil massage follows, scented with your choice of cannabis-lavender or cannabis-rice milk to relax from within and beautify from without as your skin is restored and renewed. Return home to the deepest of sleep as your body and mind find peace.

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

## HEAD-TO-TOE CALMING JOURNEY

90 minutes

End a tiring day with head-to-toe relaxation. Begin with an energising foot scrub to reduce any swelling. Breathe in the scent of coconut oil as your scalp is massaged and you switch off and transcend to the tropics. A foot massage with cannabis balm follows to relieve deeper pains and repair dry skin.

*Cannabis Foot Ritual • Scalp Massage • Cannabis Foot Massage • Cannabis & Floral Tea*

## CANNABIS STRESS-RELEASE JOURNEY

90 minutes

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*



# SPA JOURNEYS

## JOURNEY OF SIAM

135 minutes

Immerse yourself in Thailand's exotic beauty and wellness culture. A coconut mint scrub polishes, moisturises and softens skin, while enlivening the senses. Energy flow is enhanced by the skilled acupressure techniques of traditional Thai massage.

*Floral Foot Ritual • Essence White Coconut Mint Scrub • Traditional Thai Massage • Refreshment*

## LAYAN SLIM-DETOX DELIGHT

130 minutes

Feel revived by this cleansing and calming journey. Inhale the healing properties of Thai herbs in a relaxing steam. The therapeutic properties of green tea detox the body and refresh the mind. To conclude, a powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms. Aim to reduce the appearance of cellulite after just one treatment.

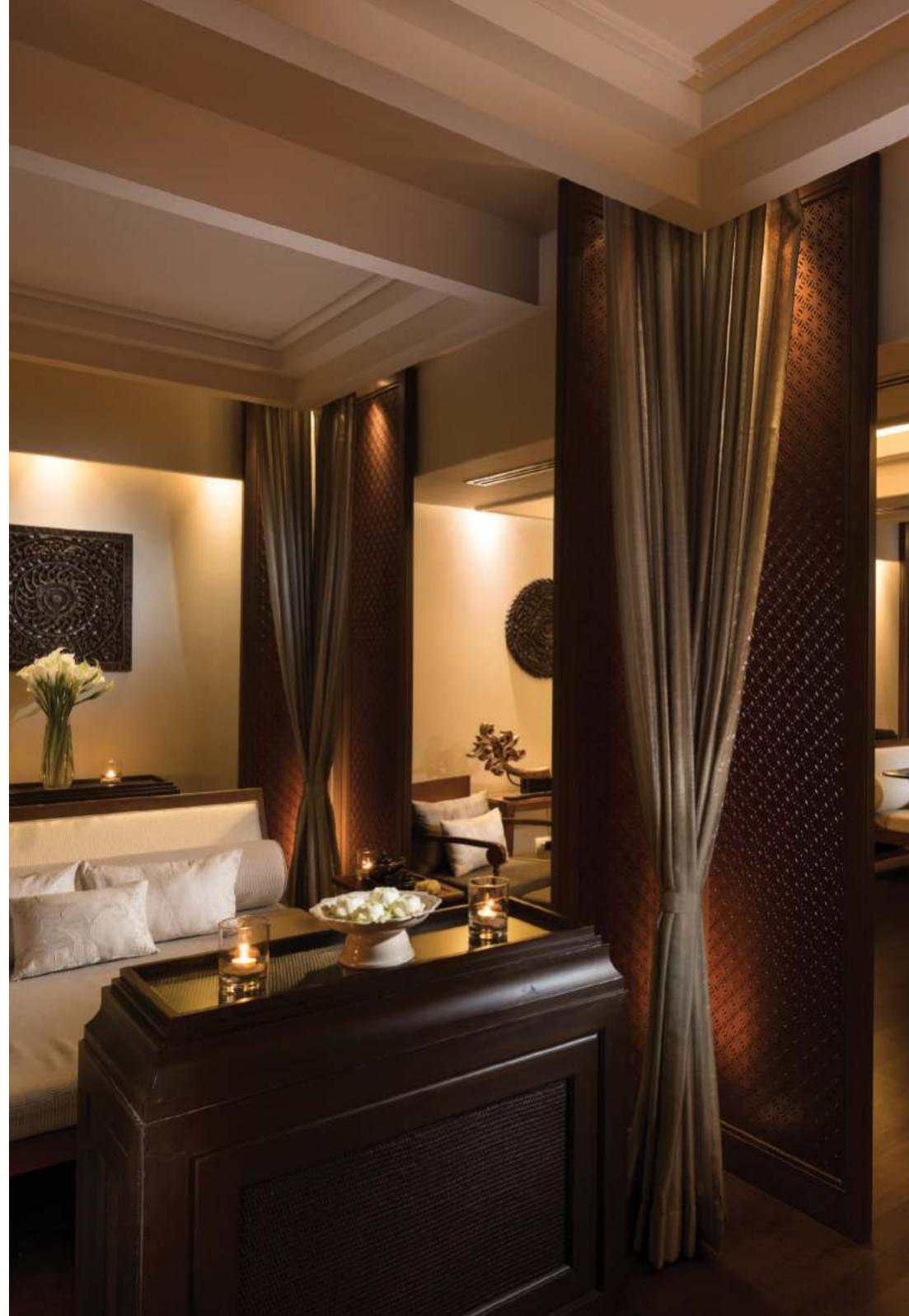
*Floral Foot Ritual • Thai Herbal Steam • Detoxifying Green Tea Scrub • Detoxifying body massage • Refreshment*

## LAYAN COUTURE TOUCH

120 minutes

Condition your skin and muscles with this all-embracing experience. Combine any 1-hour INTRACEUTICALS Oxygen Facial with your personalized Freestyle Deep Tissue Massage.

*Freestyle Deep Tissue Massage • INTRACEUTICALS Oxygen Face Touch • Refreshment*





# LOVE IS IN THE AIR AT ANANTARA SPA

Created for that before-the-big-day glow or to reflect and recharge your body and mind. All our treatments can be enjoyed together in the couples suite.

## IN LOVE – FOR HONEYMOONERS

30 minutes

Perfect for romance, this couple's bath ritual comes with a sweet taste of sensuality. Relax together in a candlelit floral bath, infused with our signature aromatherapy oils. Relish intimacy with two glasses of sparkling wine, strawberries dipped in chocolate, assorted truffles and chocolates, for extra decadence.

## SIDE-BY-SIDE COUPLE'S MASSAGE

60 / 90 / 120 minutes

With a lover or a friend, try our duo massage in one of our intimate couples suites. Create a cozy atmosphere, relaxing alongside your loved one, while enjoying a massage tailored to each of your individual needs to help relieve body tension and encourage relaxation.

## ROMANCE TREATMENT FOR TWO

135 minutes

Steal away with your loved one for a romantic Spa retreat at Anantara Spa Layan and indulge in pampering treatments that will help you reconnect with one another. Enjoy a tropical body scrub with coconut and mint followed by a 90-minute bespoke massage designed to suit your needs and mood. Highlight the areas you wish to focus on or the benefits you'd like to receive. To complete your stress-release romantic retreat, enjoy a glass of Champagne.

*Floral Foot Ritual • Coconut Mint Body Scrub • Bespoke Massage • Glass of Champagne*

## ROMANTIC RENDEZ-VOUS FOR TWO

195 minutes

Embark on a sensual journey, for just the two of you. A scrub of mineral rich salts and hibiscus cleanses and exfoliates. Enjoy a private tea service as you soak in a milky bath. Feel how our Stress Release Massage uses strokes and acupressure techniques, with the signature aromatherapy oil of your choice, to coax your entire being into deep relaxation. To conclude this romantic retreat, a cutting edge facial uses plant actives to lift and firm the complexion.

*Floral Foot Ritual • Anantara Milky Bath • Essence white coconut body scrub  
• Stress release body massage • Biologique recherche facial • Glass of Champagne*



# MASSAGES

## TRADITIONAL THAI MASSAGE

60 / 90 minutes

Passed down through generations, this unique massage 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 massage and stretching techniques effectively release tension, increase flexibility and boost vitality.

## 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.

## 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.

## 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.

## FREESTYLE DEEP TISSUE MASSAGE

60 / 90 minutes

Our therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

## PEACEFUL PREGNANCY MASSAGE

60 / 90 minutes

Performed on a pear-shaped beanbag that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

## EXPRESS MASSAGE

30 minutes

We can offer a 30 minute oil massage focusing on a particular area according to your preference or need.

## BACK, NECK & SHOULDER MASSAGE

45 minutes

Designed to relieve stress and tension by concentrating on specific areas of the back, neck and shoulders, this massage can also be tailored to your specific requirements.

## BESPOKE MASSAGE

60 / 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 would like to receive. Then let us tailor the perfect treatment package for you.

# BODY TREATMENTS

## ESSENCE WHITE COCONUT MINT SCRUB

45 minutes

Healing, refreshing and richly moisturising, this exotic scrub removes dead cells, strengthens new skin and awakens the senses. Skin feels silky smooth and glows with vitality.

## DETOXIFYING GREEN TEA SCRUB

45 minutes

Cleanse and polish your body with nature's purifying goodness. The therapeutic properties of green tea nurture beautiful healthy skin, and a refreshing aroma clears the mind.

## ALOE AFTER-SUN SOOTHER WRAP

60 minutes

Pamper sun-kissed skin with a cooling application of fresh Aloe Vera gel and a poultice of cold black tea and mint to decrease redness and pain.

## BIOLOGIQUE RECHERCHE

### P50 or GOMMAGE NEW SKIN SCRUB

60 minutes

This full body scrub eliminates dead skin cells and impurities by improving the epidermis' natural exfoliation process. The highly active ingredients of the P50 promotes skin resurfacing and stimulation of cellular renewal. Restores your skin's hydration for softer more even toned all over healthy glow.





## **BIOLOGIQUE RECHERCHE**

### **DETOXIFYING SEAWEED ALGAE BODY WRAP**

**60 minutes**

The Biologique Recherche slimming body wrap detoxifies the epidermis, tones, eliminates skin's impurities and stimulates the release of excess water. This treatment features a full body energizing exfoliate using a stimulating body glove with the Lotion P50. The highly active ingredients of the P50 promotes skin resurfacing and stimulation of cellular renewal. The heated body wrap helps improve microcirculation and dissolve unwanted adipose fat. The thermal effect of the algae releases marine active ingredients that purify the body of many toxins.

## **BIOLOGIQUE RECHERCHE**

### **ANTI CELLULITE TREATMENT**

**75 minutes**

It is body slimming, anti-cellulite and body firming treatment. During the treatment your body will be exfoliated with Lotion P50 for body. Use of silicone mitten throughout the body treatment will ensure improved blood circulation. Furthermore, massaging movements in synergy with personalized combination of Biologique Recherche body products such as serums, oils and crèmes will contribute to proper lymphatic drainage, breakout of fat deposits and cellulite as well as reduce water retention. The main benefits of Body Contouring Treatment are firming, lifting action, improved blood circulation, your skin feeling smooth, soft and hydrated.

## **BIOLOGIQUE RECHERCHE**

### **LIFT CORPS FIRMING & TONING TREATMENT**

**75 minutes**

A firming and toning treatment that produces a slimmer shape. leave skin texture smoothed and resculpted .

# BODY RETREAT

## 3-DAY LAYAN ANTI-AGING BODY RETREAT WITH BIOLOGIQUE RECHERCHE

### DAY 1: DETOXIFIES, REVIVES, ELIMINATES (2 hrs)

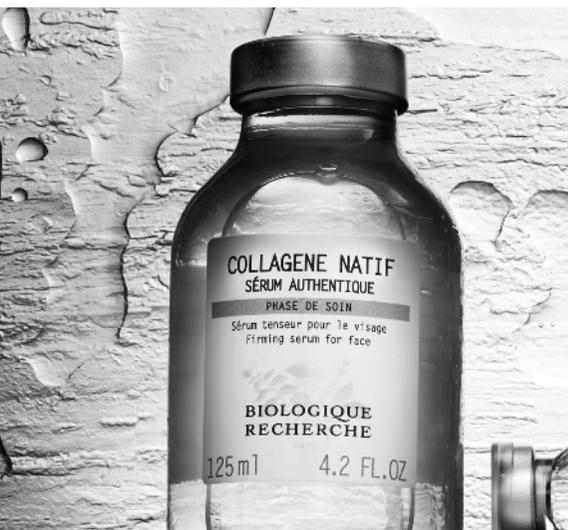
- Thai Herbal Steam & Shower (15 min)
- P50 Gommage New Skin Scrub (30 min)
- Detoxifying Algae Treatment (30 min)
- Slimming, Firming and Toning Massage (45 min)

### DAY 2: SLIMMING (1 hrs 15 min)

- Epidermal preparation: Lotion P50 Body with Glove & Massage (30 min)
- Anti Cellulite & Remodelling Shape (45 min)

### DAY 3: SLIMMING (1 hr 45 min)

- Epidermal preparation: Lotion P50 Body with Glove & Massage (30 min)
- Lift Corps Firming & Toning treatment (75 min)





# BODY RETREAT

## 5-DAY LAYAN ANTI-AGING BODY & FACE RETREAT WITH BIOLOGIQUE RECHERCHE & INTRACEUTICALS

### DAY 1: DETOXIFIES, REVIVES, ELIMINATES (2 hrs 30 min)

- Thai Herbal Steam & Shower (15 min)
- P50 Gommage New Skin Scrub (45min)
- Personalized body massage depending on your needs (30 min)
- BIOLOGIQUE RECHERCHE Facial Treatment (60 min)

### DAY 2: SLIMMING (2 hrs)

- Lotion P50 Body with Glove & Massage (30 min)
- Detoxifying Algae Treatment (30 min)
- Slimming, Firming and Toning Massage (60 min)

### DAY 3: SLIMMING (2 hrs 45 min)

- Lotion P50 Body with Glove & Massage (30 min)
- Lift Corps Firming & Toning treatments (75 min)
- BIOLOGIQUE RECHERCHE Facial treatment (60 min)

### DAY 4: FIRMING & TONING (2 hrs)

- Lotion P50 Body with Glove & Massage (30 min)
- Detoxifying Algae Treatment (30 min)
- Slimming, Firming and Toning Massage (60 min)

### DAY 5: FIRMING & TONING (2 hrs)

- Personalized body massage depending on your needs (60 min)
- INTRACEUTICALS Oxygen Facial Treatment (60 min)



# TOUCH: ANTI-AGEING

## INTRACEUTICALS OXYGEN TREATMENT

Intraceuticals Oxygen Treatment is the must-have treatment of the stars and beauty enthusiasts alike. Unique to any other treatment in the market, Intraceuticals Oxygen Treatment uses therapeutic-grade oxygen and hyaluronic acid, an ingredient naturally found in the skin, to deliver specialised active serums to the skin. The unique technology and specially formulated procedure leaves skin looking noticeably brighter, firmer, and more flawless immediately following treatment. Even more lift and lustre can be seen as results intensify in the following hours post treatment. Depending on individual skin types, treatments can also be focused to address individual issues such as wrinkles, hyper-pigmentation or blemishes.

## CLARITY TREATMENT

60 minutes

In just one treatment, your skin will look and feel clarified and calm. Acne affected skin is comforted and visibly refined while oil free nourishers ensure moisture balance is maintained to help defend against future breakouts. Soothing botanicals naturally help reduce bacteria to calm inflammation and redness. Helps control excessive cellular build-up and oil production while clarifying and refining the skin.

One treatment is recommended every three days. On completion of a six treatment course, skin will look and feel smoother, clarified and calm. The appearance of blemishes is diminished and pore aggravation is minimised. Maintain this positive change with a Clarity Treatment every four to six weeks.

**Skin types:** *oily and blemish-prone*

**Targeted results:** *congested/blocked pores · blemishes · visible redness · stressed skin · premature ageing*

## REJUVENATE TREATMENT

60 minutes

This skin quenching treatment provides the ultimate in intense hydration. Perfect for all skin types, the Rejuvenate Serum contains vitamins and antioxidants that dramatically lift, tone and hydrate the skin, while enhancing volume and facial contour and reducing the appearance of fine lines and wrinkles. Results are not only instant but continue to improve in the following days.

**Skin types:** *all*

**Targeted results:** *premature ageing · fine lines · wrinkles · dehydration dryness · sagging · loss of elasticity · dark circles · puffy eyes · visibly stressed skin*

## OPULENCE TREATMENT

60 minutes

Reveal a more radiant you! The Opulence Treatment combines botanical brighteners and super-concentrated Vitamin C to brighten and balance dull, uneven skin tone. Pigmentation is minimised, leaving your skin luminous, toned and more radiant. Results are not only instant but continue to improve in the following days.

**Skin types:** *uneven and dull skin*

**Targeted results:** *dark spots · pigmentation · premature ageing · fine lines · wrinkles · dehydration · dryness · sagging · loss of elasticity · dark circles · puffy eyes · visibly stressed skin*



### SIGNATURE FACIAL

90 minutes

Alternative to Botox for Face, Lips & Eyes

This is the treatment that everyone is talking about—the ultimate in skin rejuvenation, total anti-aging with instant visible results. The treatment allows the powers of the Rejuvenate or Opulence and Atoxylene Treatment to combine and instantly hydrate the skin, minimise the appearance of dark spots, enhance brightening, and reduce the appearance of fine lines and wrinkles while tightening and firming for more defined facial contour.

**Skin types:** all

### ATOXELENE TREATMENT

30 minute add-on

Alternative to Botox

This targeted treatment is a non-surgical alternative to more invasive procedures designed specifically to refine the forehead, soften eye contour and immediately plump and smooth the lips. The skin instantly looks smoother and feels tighter and firmer. The Atoxylene Serum contains natural amino acids which instantly firm, lift and plump your skin for a dramatically reduced appearance of fine lines and wrinkles.

**Skin types:** all

**Targeted results:** premature ageing · fine lines · wrinkles · sagging · loss of elasticity

# TOUCH: SKIN SOLUTIONS

The Biologique Recherche methodology is based on nearly forty years of experience using innovative products and meticulous protocols. The products are formulated with high concentrations of active ingredients derived from natural or biotechnological compounds and are fragrance-free. Skin care is provided following a personal dermocosmetic diagnosis (suitable for both men and women) using a Skin Instant® analysis for each individual.



## DETOXIFYING & PURIFYING FACIAL

60 minutes

**Skin Instants:** problematic, congested and dull skin

This soothing treatment rectifies congestion and imperfections caused by circulation imbalances. In addition to purifying and rebalancing the skin, the Detoxifying and Purifying Facial assists in the regulation of oil secretion to prevent breakouts, tighten pores and brighten a dull complexion.

## COOL & CALM FACIAL

60 minutes

**Skin Instants:** sensitive, reactive skin

Specifically designed for sensitive, reactive skin which may be prone to rosacea, this SOS Treatment helps, repair, stabilize and protect the skin's surface. The skin's structure will be soothed and nourished, resulting in reduced sensitivity and a stronger epidermis, providing immediate relief and rebalance. Excellent for calming inflammation after sun exposure or laser treatments.

## OXYGENATING FACIAL

60 minutes

**Skin Instants:** devitalised and stressed skin

Recommended for devitalised, sluggish skin which can be caused by city pollution, stress and travelling. A perfect combination of micro-exfoliation and bio-energy massages will oxygenate the epidermis, relax your facial muscles and leave your skin glowing.

## EXPRESS FACIAL

30 minutes

Renew and maintain a healthy complexion for the client on the go. Deeply hydrating treatment to rejuvenate the skin in a flash.



## FACE: ANTI-AGING BOOSTERS

**SOIN LISSANT –**

**90 minutes**

**IMMEDIATE RECONDITIONING TREATMENT**

**Skin Instants: sensitive, reactive, stressed and traumatised skin**

This unique treatment specifically targets all signs of ageing, including fine lines, wrinkles, as well as loss of elasticity and firmness. Soin Lissant helps to stimulate the skin's natural defence system by working in harmony with the lymphatic and circulatory system. In order to reconstruct and rebalance the skin, the technique utilises sculpting movements and pulsing strokes. An excellent anti-stress treatment that will leave your skin feeling calm, reconditioned and rejuvenated.

**MC110 BOOSTER**

**90 minutes**

**Skin Instants: undernourished, thick and lifeless skin**

This re-plumping, restructuring and renewing treatment has been designed for lifeless, weakened and lacklustre skin with fine lines and wrinkles. Using a revolutionary vibratory massage technique, the MC110 Booster will leave your skin feeling smoother and brighter, with your facial contours plumped and redefined.

**SOIN OXYGÉNANT VIP O2**

**90 minutes**

A regenerating and revitalizing treatment for the epidermis that works on all Skin Instants©, especially for those living in polluted cities. It restores the natural balance of your skin, oxygenizes and detoxifies your skin tissue leaving your face, neck and chest smooth, brightened and glowing.



# BALANCE WELLNESS

## ANANTARA WELLBEING PACKAGE

Designed to purify, renew and recharge, our exclusive 270 minutes package brings a total transformation – and the perfect post-festive tonic. Boost vital energy with mindful holistic exercise. Nurture radiance from the inside out with nutritious wellness detox juice. Relax into rejuvenating spa treatments. Enhance your stay with a beautiful new balance.

### PACKAGE INCLUDES:

- Thai Herbal Steam (30 mins)
- Private Yoga or Thai Hermit class (60 mins)
- Detoxifying Green Tea Scrub (30 mins)
- Anantara Signature Massage (90 mins)
- Biologique Recherche Facial (60 mins)
- 2x Detox Juice Shots
- Herbal Tea Refreshment

## ANANTARA 5-DAY WELL-BEING RETREAT

Begin your path towards a balanced mind, body and soul with this holistic retreat. Unwind and forget about your worries under the healing hands of our therapists. Pamper yourself, bringing out your inner glow with beautifying rituals. Delicious and nutritious cuisine will leave you invigorated. Leave revitalised, renewed and completely harmonised.

### Day 1: Awakening

- Relaxing Bubble Bath (30 minutes)
- Anantara Body Scrub (30 minutes)
- Anantara Signature Massage (90 minutes)

### Day 2: Holistic Wellbeing

- Thai Hermit Stretching Class
- Himalayan Thermal Therapy (90 minutes)
- Healthy Refreshment

### Day 3: Beautifying

- Healthy Spa Cuisine
- Detox Drink

### Day 4: Cleansing

- Floral Foot Ritual
- Biologique Recherche P50 or Gommage New Skin Scrub(60 minutes)
- Sea Shell & Herbal Therapy 90 minutes
- Healthy Refreshment

### Day 5: Rejuvenating

- Basic Yoga
- Signature Facial – Alternative to Botox (90 minutes)
- Healthy Refreshment & Spa Gift

# JUST FOR HIM

## FREESTYLE DEEP TISSUE MASSAGE

60 / 90 minutes

A dynamic blend of essential oils are rhythmically applied to the pressure points your body needs, using firm massage techniques. It's the perfect way to revive your body after a busy week.

## BACK, NECK & SHOULDER MASSAGE

45 minutes

Designed to relieve stress and tension by concentrating on specific areas of the back, neck and shoulders, this massage can also be tailored to your specific requirements.

## EXPRESS MASSAGE

30 minutes

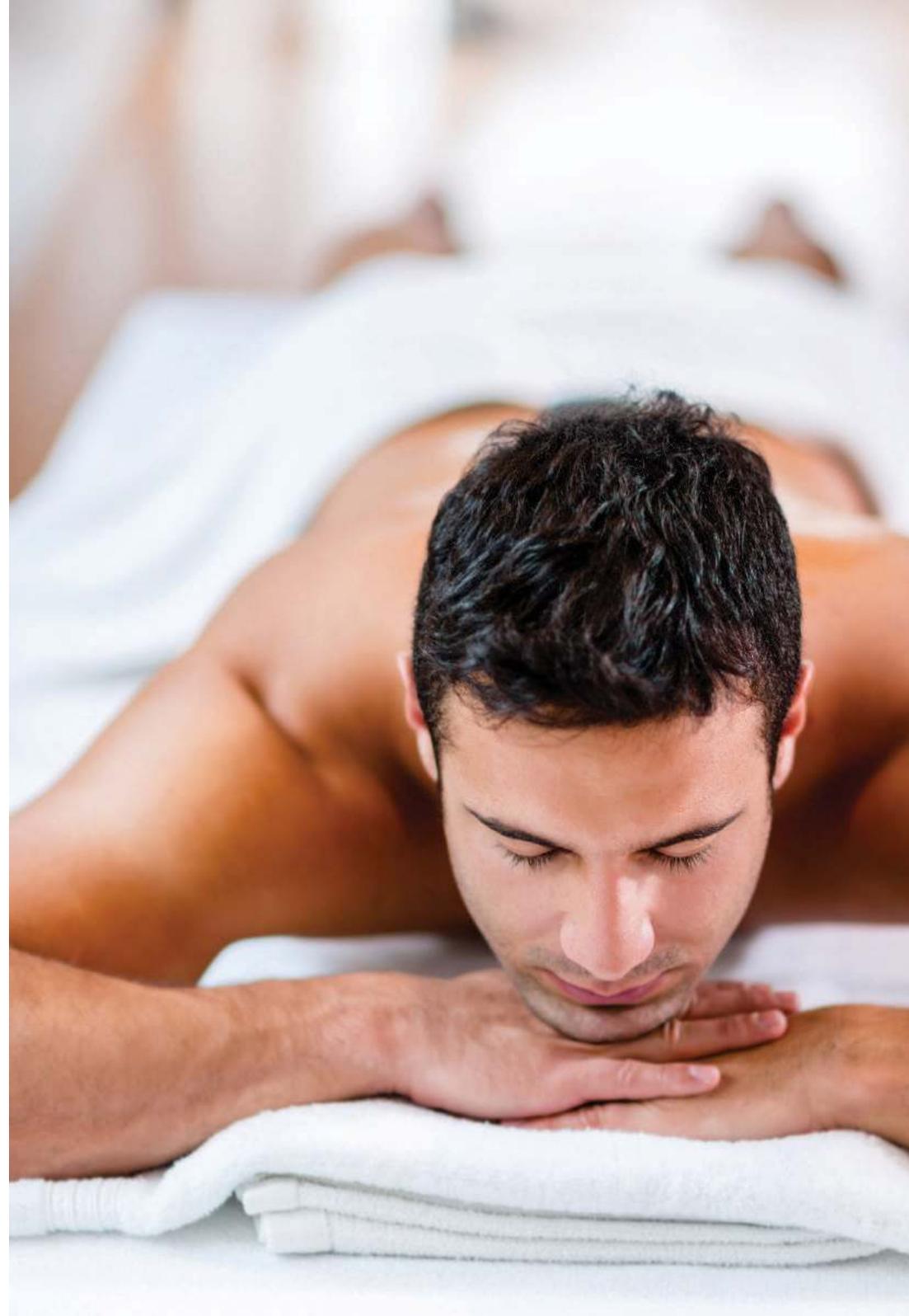
A 30-minute oil massage focusing on a particular area according to your needs.

## EXPRESS FACIAL

30 minutes

Renew and maintain a healthy complexion for the client on the go. Deeply hydrating treatment to rejuvenate the skin in a flash.

*Men can also opt for an Intraceuticals Oxygen Treatment facial. Please see 'Touch: Anti-Ageing' section for more information.*



# JUST FOR KIDS

We want your child to experience spa in the same way you know and love. The following menu of select services is designed exclusively for children from the ages of 5 to 12 years old.

## MINI ME MASSAGE\*

30 / 45 minutes

A relaxing massage using long strokes and soft pressure with a chocolate & orange blossom massage oil. After an action-packed day, this treatment helps calm the body and mind.

*\* Child must be accompanied by an adult.*

## MANICURE FOR PRINCESS

30 minutes

This fun strawberry spa manicure is a delightful experience. Your child's hands are soaked and cleaned with a fruity strawberry cleanser and massaged before a strawberry mask is applied. After a neat nail trim, your little princess chooses a color to paint her fancy nails.

## PEDICURE FOR PRINCESS

30 minutes

Little feet are soaked and cleaned with a fruity strawberry cleanser and massaged before a strawberry mask is applied. Nails are trimmed and painted with your little girl's choice of colour before they step out in style.

## BUBBLES FOR THE YOUNG OR YOUNG AT HEART

30 minutes

Anantara's secret recipe offers fun in the tub just for kids. Bubbles and toys to play with keep little ones happily entertained, while they soak up the natural goodness of lavender oil and aloe vera gel. A strawberry float with fresh fruit and marshmallow chocolate fondue makes bath time a delicious treat.



## HAND & FOOT CARE

- Spa Manicure (60 minutes)
- Spa Pedicure (60 minutes)
- Spa Manicure with OPI Gelcolor (75 minutes)
- Spa Pedicure with OPI Gelcolor (75 minutes)
- Paint Change with OPI Gelcolor (45 minutes)
- Gentlemen's Manicure (45 minutes)
- Gentlemen's Pedicure (45 minutes)

## WAXING

- Full Arm (60 minutes)
- Half Arm (45 minutes)
- Underarm (45 minutes)
- Full Leg (60 minutes)
- Half Leg (45 minutes)
- Bikini Line (60 minutes)
- Brazilian (60 minutes)
- Full Leg with Bikini (100 minutes)

## SALON SERVICE – HAIR CARE

- Hair Wash and Blow Dry (60 minutes)
- Woman's Hair Cut with Blow Dry (60 minutes)
- Men's Hair Cut with/without Blow Dry (60 minutes)
- Hair Conditioning Treatment (90 minutes)





# SPA ETIQUETTE

## SPA HOURS

Anantara Spa Layan is open from 10:00 am to 10.00 pm daily.

## ARRIVAL

Please arrive 15 minutes before your scheduled treatment time in order to complete your health assessment form and take time to relax in our tranquil surroundings before your treatment.

## LATE ARRIVAL

If you arrive late for your appointment, you will receive the best treatment possible within the remaining appointment time. Full treatment costs apply.

## CANCELLATION POLICY

We require 5 hours's notice for a cancellation or re-scheduling of any appointment, otherwise 50% of the price may be charged to your account , less than"5 hours' notice" or a "No Show" will incur full payment.

## HEALTH

Please advise us of any health conditions , allergies, injuries and pregnancy. Our Receptionists are well versed and will recommend the desired treatment which will delight your senses. Smoking is not permitted in the spa.

## CHILDREN

Please note that the spa is unsuitable for small children and babies, unless receiving treatment from our Kid's Spa Menu, as we try to ensure that all our guests benefit from the tranquil surroundings.

## MEN

Please shave 4 hours prior to all facial treatments to ensure that maximum results are achieved.

## MOBILE PHONES

As a courtesy to other guests, please switch Off your mobile phone or place it in silent mode at all times whilst in Anantara Spa Layan.

## SPA ATTIRE

Your privacy will be respected at all times. Disposable underwear is available and should be worn during the treatment. Robes and slippers are provided for your comfort.

## WEDDING PLANNER

In preparation for your special day, we will be delighted to create personalised packages to ensure that you achieve the results you desire or you can choose from our Love Essentials.

## COUPLES' SUITE

Enjoy treatments with a partner in Anantara Spa Layan's marvellous couples' suite, which has its own bath, steam and changing room.

## HOMECARE

Retail items are available and cannot be returned or exchanged after the day of purchasing.

## RESERVATIONS

For reservations, please contact Anantara Spa at Ext. 541.



**ANANTARA**

SPA

Anantara Layan Phuket Resort

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