



Mai Khao Wellness Rituals



ANANTARA

SPA

Tropical Lagoon Sanctuary of Beautiful Wellness Journeys

Rooted in Thailand, the essence of Anantara philosophy, “without end” stems from ancient Sanskrit origins and is richly expressed at our island spa sanctuary through the Kingdom’s thriving timeless wellness practices and exotic elixirs. Drawing on Thai heritage, island bliss and Anantara’s renowned international expertise, our award-winning spa offers a truly luxurious sanctuary, overlooking an expansive tropical lagoon. Feel renewed by trusted therapies from Asia’s oldest wellness cultures, including ancient Ayurvedic rituals. Restore balance, youthfulness and vitality as we pamper you with advanced western spa wisdom.

At Anantara Spa, the greatest journeys are felt, not told...

ANDAMAN SEA-GULF OF PHUKET

Opening hours: 10.00 am – 10.00 pm

Mai Khao Experiences

Life is a journey and one we wish to assist you on. Our chaotic lifestyles today stress in our minds and bodies resulting in muscular tension and pain, poor digestive systems, insomnia and mental stress to name a few. Whether the cause is due to poor diet, stressful jobs, constant use of our mobile phones or lack of movement, we have selected key treatments to assist you on your journey back to your better self and back to balance and wellbeing. If you have an area of concern which is not mentioned below, please discuss it with our team who can assist you with a tailored treatment plan.

De-Stress Mind

For those who have difficulty sleeping, who have busy minds, suffered a bereavement or are mentally stressed. The following treatments have been selected to quieten the mind, awaken the third eye and bring a sense of calm and peace to your life.

Recommended Treatments

- Chakra Crystal Balancing
- Marma Abhyanga
- Shirobhyanga
- Yoga
- Himalayan Singing Bowl

Relax Body

If your muscles are tired and aching from gym workouts, if you have poor posture from sitting at a computer or have had a long flight. these treatments are recommended to bring ease to the body and soothe areas of tension.

- Anantara Signature Massage
- Himalayan Thermal Therapy
- Detox & Reset
- Thai Herbal Compress Massage
- Thai Warrior Massage
- Nuad Kala

Kick Start

If you are suffering from jet lag, have been eating a poor diet or have been feeling lethargic or sluggish then these treatments will help to rebalance and energise you mentally and physically.

- Recharge & Relax
- Detoxifying Green Tea Wrap
- Detoxifying Green Tea Scrub
- Body Strategist
- Muay Thai





Signature Experiences

Drawing on Anantara Spa's world-class expertise and 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

60/90/120 Minutes

Combining revered eastern and western techniques with Anantara's expertise, purpose designed movements and a signature oil blend to stimulate circulation and deeply relax muscles, while reflexology clears energy blockages to promote overall wellbeing.

BESPOKE SPA EXPERIENCE

60/90/120 Minutes

Indulge in an exclusive spa massage designed to suit your needs and mood. Highlight the areas you wish to focus on or the benefits you would like to receive, and we will tailor the perfect treatment and offer you a choice of luxurious spa products.

CHAKRA CRYSTAL BALANCING

90 Minutes

Unwind with a purifying massage that promotes holistic wellbeing by releasing stress and tension both physically and emotionally, harmonising energy flow, stimulating blood circulation and the body's natural detoxification. While to coax you into a deep state of meditative relaxation, singing bowls are used to begin and conclude this ritual, with the soothing sounds beautifully enhancing the benefits of chakra balancing.

HIMALAYAN THERMAL THERAPY

90/120 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 relaxation, a lymphatic drainage facial massage using Rose Quartz Gua Sha crystals stimulates circulation and leave your skin with an eternal glow. This full body ritual is crowned with a head massage focusing on Marma points, which calm the nervous system and refreshing the mind.

BAMBOO SIGNATURE MASSAGE

90/120 Minutes

Symbolising strength, harmony and longevity, bamboo's unique holistic energy enhances the benefits of massage therapy. Soothing and intensely therapeutic, this distinctive massage uses aromatic oil and a set of warmed bamboo sticks to penetrate more deeply. Experience how stroking and rolling techniques release muscular knots and tension, reduce toxins, heat and fluid retention, and encourage healthy circulation, for powerful, long-lasting benefits.

NUAD KALA

90/120 Minutes

To present Phuket localised experience, we proudly present “Kala Massage”. Kala means coconut shell in Thai. Kala massage is a type of heat treatment that uses coconut shells as a massage tool. A coconut shell used to be thrown away but are now being recycled and used for Kala Massage and present as a localised treatment - making this a great eco-friendly spa treatment. Kala Massage is greatly enjoyable for anyone with tense muscles. The warm virgin coconut oil combined with coconut shells will help to boost circulation of blood and lymph, sooth aches and pains, reduce swelling and water retention.



Spa Journeys

Carefully curated to bring you a luxurious selection of extended experiences, these special journeys are designed to help you escape the boundaries of space and time. Indulge in unique destination inspired therapies and exclusive rituals, all created with your ultimate wellbeing in mind.

JOURNEY OF SIAM

150 Minutes

Feel renewed on an exquisite journey inspired by Thailand. An exotic scrub sweeps away dead skin cells while strengthening and smoothing new skin. Then an expert therapist relieves all pressure, using a traditional heated compress filled with remedial herbs and healing Thai massage techniques to soothe muscle tension throughout the body.

- Essence White Coconut Mint Scrub (60 minutes)
- Thai Herbal Compress Massage (90 minutes)

ANANTARA JOURNEY

180 Minutes

Indulge in a luxurious package designed to pamper you from head to toe. Using traditional Thai ingredients and delicate jasmine blends to treat and revitalise your skin, a luxurious full-body massage will ensure to bring deep relaxation and a sense of wellbeing.

- Anantara Body Scrub (60 minutes)
- Anantara Signature Massage (60 minutes)
- Anantara Signature Facial (60 minutes)

COUPLE'S EXOTIC ROMANCE RETREAT

At an exclusive hideaway that lends itself to romance, couple massage rituals are a popular commodity. The Couple's Exotic Romance Retreat refreshes skin and uplifts the mood with an Anantara body scrub. A luxuriant soak in an Anantara milky bath cocoons couples in their own private world, while softening and moisturising skin. A bespoke massage provides individual attention and concludes with Oxygenating VIP O2 Anti-Pollution by French brand Biologique Recherche. The treatment starts with a deep cleanse, purifying the skin of tiny particles that are sometimes even smaller than the pores on the face. Its deep-down cleansing action removes urban pollutants that accumulate on the skin's surface. Pristine again, the skin regains its natural radiance and the complexion lights up with a fresh glow.

- Anantara Body Scrub (60 minutes)
- Anantara Milk Bath (30 minutes)
- Bespoke Spa Experience Massage (60 minutes)
- Biologique Recherche VIP O2 Anti-Pollution Facial Treatments (60 minutes)



Wellness Programmes

Designed to purify and renew, our range of wellness treatments and one-day programmes offer a total transformation. A private consultation will help tailor your ideal experience. Raw juice blends and a balanced wellness cuisine will replenish your vitality — whichever retreat you choose.

THAI WARRIOR MASSAGE

60 Minutes

Experience rhythmic strokes, acupuncture, gentle twisting and deep stretching to release tension and promote a sense of wellbeing in the body. The Thai Warrior Massage at Anantara Spa is exclusively offered by Senior Therapists who have been personally trained by award-winning Pathompon Aiyarattanaruk.

AYURVEDIC RETREAT

1 Day

Drawing on ancient Ayurvedic principles rid your body and mind of stress and tension with this 2,000 years old therapy. Experience the herbal steam, designed to restore harmony and balance to both body and mind whilst a Marma massage ensures the body is brought back into balance. The soothing flow of warm oil over the third eye calms the nervous system to complete the ritual.

- Herbal Steam (15 Minutes)
- Green Tea Body Scrub (60 Minutes)
- Marma Abhyanga (60 Minutes)
- Shirodhara (45 Minutes)
- Yoga (60 Minutes)
- Healthy Lunch
- 2 Cleansing Raw Juice Drinks

DETOX & RESET

1 Day

Radiant purity begins from within. Unwind with a purifying massage that promotes holistic wellbeing by releasing physical and emotional tension, harmonising energy flow, stimulating circulation, and supporting the body's natural detoxification—while a luxurious facial restores vitality and glow.

- Detoxifying Green Tea Body Scrub (60 Minutes)
- Chakra Balancing Massage (90 Minutes)
- Anantara Facial (60 Minutes)
- Healthy Lunch
- 6 Cleansing Raw Juice Drinks
- Optional IV Drip (40 Minutes) with Supplement Charge of 3,800 THB

RECHARGE & RELAX

1 Day

Thai boxing enhances flexibility, coordination and stamina while a relaxing spa journey pampers you with therapeutic benefits.

- Private Muay Thai Boxing (60 Minutes)
- Thai Herbal Steam (30 Minutes)
- Bespoke Spa Experience (90 Minutes)
- Biologique Recherche Oxygenating VIP O2 & Anti - Pollution Facial (60 Minutes)
- Healthy Lunch
- 2 Cleansing Raw Juice Drinks
- Optional IV Drip (40 Minutes) with Supplement Charge of 3,800 THB

SHIRODHARA

60 Minutes

Calm the mind and spirit with this gentle Ayurvedic therapy. Warm oils are poured over the forehead, opening the third eye in a soothing flow. This treatment improves memory, reduces stress and anxiety, relieves insomnia and nourishes the hair and scalp with this profoundly relaxing therapy.

INDIAN HEAD MASSAGE

60 Minutes

This soothing yet energising Indian head massage combines pressure point techniques and stretching movements to relieve tension in the head and neck. At the same time as restoring tranquillity, this massage also helps alleviate insomnia, chronic headaches, migraines and sinusitis.

CHI NEI TSANG

60 Minutes

Inspired by ancient Chinese healing traditions, this therapeutic massage focuses on the navel and surrounding abdominal area—where negative emotions are believed to gather. Gently stimulating this vital center helps restore inner balance, release tension, and promote emotional harmony. For the most effective results, we recommend enjoying this treatment on an empty stomach.



Cannabis Journey The Natural Healing Powers of Cannabis

Embark on a journey a whole new world of healing with our cannabis spa treatments. It helps to calm your mind and soothe the body with its anti-inflammatory, antioxidant and deeply soothing properties.

FULL BODY CALMING JOURNEY

90 Minutes

End a long day of work or exercise with head-to-toe relaxation. Your journey begins 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
- Cannabis Oil Massage
- Scalp 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 built-up tension along the spine.

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



Massage

TRADITIONAL THAI MASSAGE

60/90/120 Minutes

This unique and exotic technique, often referred to as ‘passive yoga’, has been passed down through the generations and offers the ultimate full-body workout. Let your therapist do all the work using pressure point and stretching techniques to release tension and increase vitality and flexibility – while you enjoy a wealth of benefits.

THAI HERBAL COMPRESS MASSAGE

90/120 Minutes

This distinctive style of traditional Thai massage uses a heated compress filled with remedial herbs to release muscle tension and stiffness, enhance energy flow and relieve fatigue, followed by a full-body massage using an aromatic herbal oil blend.

FREESTYLE DEEP TISSUE MASSAGE

60/90/120 Minutes

Your therapist will select an aromatic oil tailored to your needs, whether muscle pain, stress relief, relaxation or to energise. The flowing massage works deeply into the areas of tension, encouraging optimum circulation and relief.

ANANTARA HOT STONE MASSAGE

90 /120 Minutes

Hot Stone massage is a natural therapy that offers a highly effective healing experience for both mind and body. Warmth supplied by natural volcanic rock can help release built up tension, increase fresh nutrient rich blood through the muscle tissue and can relieve chronic pain enabling a deeper level of relaxation.

PEACEFUL PREGNANCY MASSAGE

60/90 Minutes

Mothers-to-be are restored to optimal wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

ORIENTAL FOOT MASSAGE

30/60 Minutes

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



Sound Healing Therapy

Himalayan singing bowls are an ancient form of regeneration. The bowls are made on full moon nights in Nepal using seven metals. Singing bowls are used for deep relaxation and released blockage to encourage energy flow. Each bowl has its own unique tone and aids in treating mental or emotional of worries, anxiety, depression and insomnia while also stabilising blood pressure.

BALANCING SOUND HEALING

60 Minutes

This singing bowl therapy begins with an aura cleansing session to rid the body of negative energy. The treatment is designed to rebalance full body functions. The calming and resonant sounds help reduce stress, anxiety, migraines, and hypertension, as well as improve the sleep cycle and overall sense of well-being.

RELAXING SINGING BOWL THERAPY

60 Minutes

Our body is not only physical and mental but energetic. The chakra system holds our body's energy, "Prana" or life force 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.

BACKACHE THERAPY WITH SOUND HEALING

60 Minutes

With the sound wave and vibration of rolling techniques, pain is relieved in targeted areas. This restorative treatment is ideal for office syndrome, back, neck and shoulder pain. A soothing back massage is combined with sound healing to treat muscle tension and pain.



Body Therapy

BODY TREATMENTS ESSENCE WHITE COCONUT MINT SCRUB

60 Minutes

Rich in vitamins and antioxidants, lotus and apricot seed granules remove dead skin cells while coconut oil and shea butter keeps skin nourished and feeling smooth.

DETOXIFYING GREEN TEA SCRUB

60 Minutes

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

ESSENCE WHITE COCONUT WRAP

60 Minutes

Indulgently rich and gloriously fragranced, this clay-based wrap rejuvenates the skin and combats the effects of modern life through the healing benefits of coconut.

DETOXIFYING GREEN TEA WRAP

60 Minutes

A Calming cocoon of gently cleansing and hydrating green tea cocoons your body for a soothing and revitalising experience.

ALOE AFTER-SUN SOOTHER

60 Minutes

Wonderfully soothing and calming, an expert therapist applies fresh, cooling aloe vera gel and a poultice of cold black tea and mint to decrease redness and pain.



Slimming and Body Contouring

Biologique Recherche

SOIN P50 PEAU NEUVE NEW SKIN EXFOLIATION

60 Minutes

This treatment combines body exfoliation and a moisturising massage that restore a healthy stratum corneum, leaving the skin effectively protected against harsh climatic conditions (sun, wind, cold). We strongly recommend applying this treatment before other body care treatments. This treatment helps keep your skin moisturised, toned and healthy.

SOIN LIFT CORPS – FIRMING

90 Minutes

A lifting treatment featuring an exfoliating session followed by a bio-reflex massage using a moisturising and dermo-protective complex. A targeted serum or a firming oil that prevents from slackening then is applied to tone the epidermis and refine your skin's texture. The techniques used with Lift C.V.S. Corps were developed to treat areas where the skin tends to lose its elasticity, like the inner arm or thighs. This result-driven anti-aging treatment helps reduce cellulite aspect and reshape the body.

SOIN BOOSTER MINCEUR – SLIMMING

60/90 Minutes

A slimming treatment that works to break down fats and eliminate excess water from tissue. Booster Minceur is part of a slimming treatment program intended to prepare the slimming action and increase the performance of body-contouring creams used. Rich in enzymes including lipase, the formula promotes lipolysis (fat breakdown) and reduction in adipocyte volume. It is combined with hyaluronidase, which works to help eliminate excess water from tissue while horsetail extracts work to boost tissue-clearing action.

Body Contouring Package 3-Day Mai Khao Body & Face Retreat with Treatments by Biologique Recherche

DAY 1: DETOXIFIES, REVIVES, ELIMINATES

165 Minutes

- Thai Herbal Steam & Shower (15 Minutes)
- Soin P50 Peau Neuve New Skin Exfoliation (60 Minutes)
- Slimming Soin Booster Minceur (90 Minutes)

DAY 2: FIRMING OR SLIMMING SOIN BOOSTER MINCEUR

150 Minutes

- Green Tea Body Wrap (60 Minutes)
- Slimming Soin Booster Minceur (90 Minutes)

DAY 3: ANTI- AGING

180 Minutes

- Soin Lift Corps – Firming (90 Minutes)
- Soin Restructurant Et Lissant (90 Minutes)

Body Contouring Package

5-Day Mai Khao Body & Face Retreat

DAY 1: DETOXIFIES, REVIVES, ELIMINATES <ul style="list-style-type: none">• Thai Herbal Steam & Shower (15 Minutes)• Soin P50 Peau Neuve New Skin Exfoliation (60 Minutes)	75 Minutes
DAY 2: SLIMMING SOIN BOOSTER MINCEUR <ul style="list-style-type: none">• Green Tea Body Wrap (60 Minutes)• SLIMMING Soin Booster Minceur (90 Minutes)	150 Minutes
DAY 3: ANTI-AGING <ul style="list-style-type: none">• Soin Lift Corps – Firming (90 Minutes)• Soin Restructurant Et Lissant (90 Minutes)	180 Minutes
DAY 4: BODY CONTOURING FIRMING <ul style="list-style-type: none">• Soin Lift Corps for exfoliation and firming (90 Minutes)• Choice of Back and Shoulder Massage (30 Minutes) or Foot Massage (30 Minutes)	120 Minutes
DAY 5: FACE LIFT <p>Choice of</p> <ul style="list-style-type: none">• Soin Lift C.V.S Exfoliates the skin and lifts and re-sculpts the face (90 Minutes)• Soin Restructurant Et Lissant for sagging skin. Smooths and softens fine lines and wrinkles (90 Minute)	90 Minutes



Facials

ANANTARA SIGNATURE FACIAL

Let nourishing plant extracts revitalise your skin. Carefully blended jasmine oil, white orchid extract and green tea, encourage cell renewal and oxygenation. A gentle massage induces deep relaxation, while our herbal mask restores a natural balance.

60 Minutes

BIOLOGIQUE RECHERCHE ADVANCED FACIAL TREATMENTS

The Biologique Recherche methodology is based on over 45 years of experience using innovative products and meticulous protocols. The products are formulated with high concentrations of active ingredients from natural or biotechnological compounds and are fragrance-free. “Skin is the reflection of ourselves; it isn’t consistent, but multiple over the course of a day, of a life. Everyone has different Skin Instants. Biologique Recherche’s Methodology treats each person’s epidermis in a personally tailored way.

SOIN RESTRUCTURANT ET LISSANT

(For plumped skin, smoothest and softens fine lines and wrinkles.)

Hydrating, soothing effects of hyaluronic acid with silk and royal jelly applying by unique smoothing, sculpting and pulsing techniques into your skin. Boost the repair capacity for sensitive, stressed skin with draining and renewing actions.

90 Minutes

SOIN MC110 (For minimising wrinkles)

A treatment that reduces wrinkles and fine lines, designed for lackluster Skin Instants. It leaves the skin on your face, neck and cleavage toned and redefined.

90 minutes

SOIN LIFT C.V.S. (Non-invasive face lift)

90 Minutes

An exfoliating and firming treatment combined with a unique manual technique designed to treat Skin Instants that are thick, slack or lacking tone. The skin is revitalized, more toned, as if it has had a lift.

SOIN MASQUE EXFOLIANT P50 VISAGE (For deeply purified skin)

60 Minutes

An exfoliating and regenerating treatment for keratinised skin Instants and skin with an irregular micro-profile. It evens out skin tone, leaving your face smooth and glowing.

ACNE FACIAL TREATMENT (Detoxifying and Purifying)

60 Minutes

This facial treatment provides intense regeneration, specifically targeting acne-prone skin. It promotes cell regeneration to diminish the appearance of imperfections caused by acne, deeply nourishing skin tissue through biomimicking the properties of the human placenta. Acne scarring starts to heal and the skin surface becomes more even with less redness.

OXYGENATING VIP O2 & ANTI-POLLUTION

60 Minutes

The treatment starts with a deep cleanse, purifying the skin of tiny particles that are sometimes even smaller than the pores on the face. Its deep-down cleansing action removes urban pollutants that accumulate on the skin's surface. Pristine again, the skin regains its natural radiance and the complexion lights up with a fresh glow.

Enhancements

EYE BRIGHTENING MASQUE

Patches Défatigants are pre-infused with a potent formula enriched with active ingredients designed to target puffiness, dark circles and fine lines. Their natural biocellulose structure and innovative ‘pinch’ shape ensure a precise fit around the eye contour, delivering a comprehensive and effective treatment. Results are visible immediately — puffiness is reduced, the skin appears smoother, and fine lines are visibly softened for a more rested and revitalised look. Ideal for tired, puffy eyes.

EYE CONTOUR MASQUE

Formulated for sensitive skin, this soothing masque provides instant hydration and comfort while helping to diminish the appearance of dark circles around the eyes. Perfect for guests seeking a gentle yet effective eye treatment.

CAVIAR MASQUE

Powered by green caviar, a seaweed rich in essential minerals, this face mask offers an immediate tightening effect to smooth fine lines and wrinkles, while the collagen segment helps to increase skin’s firmness for a fuller, more youthful appearance.

COLD MASQUE

This calming mask delivers an immediate cooling sensation to soothe reactive or redness-prone skin. Designed to relieve discomfort and restore skin balance, it is exclusively applied by our expert therapists during in-salon treatments for optimal results.

HERBAL COMPRESS

Herbal compresses offer a range of therapeutic benefits due to the combination of heat and herbal properties. They can relieve muscle pain and tension, improve circulation, reduce inflammation, and promote relaxation. The heat helps to relax muscles and increase blood flow, while the herbs can have anti-inflammatory, antiseptic, and antioxidant effects.



Steam and Bath Rituals

THAI HERBAL STEAM

Inhale the healing properties of Thai herbs, enjoying an exotic ritual that stimulates the circulatory system and opens pores. A refreshing prelude to any of our spa treatments.

30 Minutes

ANANTARA MILKY BATH

Enjoy a private tea service and indulge in some pampering as the aromas of our signature Milky Bath balance your body, mind and spirit.

30 Minutes



Kids Spa

Our kids' spa menu is designed for those between 5 and 12 years old. Using products that are safe and luxurious for kids, Choose between chocolate & orange oil or strawberry & vanilla oil for the ultimate pampering.

MINI ME MASSAGE

60 Minutes

A soothing massage to calm the body and mind. Using long strokes and a soft pressure with chocolate and orange oil for delicious relaxation. Great for those with trouble sleeping.

STRAWBERRY BODY SCRUB

30 Minutes

A gentle exfoliating treatment specially formulated for children's delicate skin. Enriched with natural strawberry extracts, it features a light, fruity fragrance that kids adore. The scrub helps to remove dead skin cells, leaving the skin soft, smooth and feeling refreshed.

COCONUT HEAD MASSAGE AND BUBBLE BATH

60 Minutes

Enjoy a soothing scalp massage with warm coconut oil, a wonderful remedy for dry hair that helps promote softness and a healthy, radiant shine. Then, step into a fun, foamy bubble bath filled with playful toys for an extra touch of relaxation and joy.

PAMPER PARTY

90 Minutes

Enjoy quality time with your mini me. This package includes a relaxing full body massage followed by your choice of bubble bath or 30 minutes body scrub.

KIDS MANICURE

30 Minutes

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

KIDS PEDICURE

30 Minutes

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



Beauty Salon Services

DELUXE MANICURE

Nail file, cuticle work, exfoliation, hydrating mask and massage, nail buff and polish.

DELUXE PEDICURE

Foot wash, nail file, cuticle work, foot filing, exfoliation, hydrating mask, foot massage, nail buff and polish.

DELUXE GEL MANICURE

Nail file, cuticle work, exfoliation, hydrating mask and massage, nail buff and gel polish colour.

DELUXE GEL PEDICURE

Foot wash, nail file, cuticle work, foot filing, exfoliation, hydrating mask, foot massage, nail buff and gel polish.

GEL REMOVAL

Gel soak off, nail buff and nail file.

NAIL POLISH

Light maintenance with a buff and polish change for your hands or toes.

GEL NAIL POLISH

The nails are carefully cleansed and lightly buffed if required, with any existing polish removed to prepare the surface. A gel polish is then applied for a flawless, glossy finish with even, full-colour coverage.

WAXING SERVICES

Please contact spa reception for more information.

Spa Etiquette

- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings before your treatment.
- Please make your reservation at least two hours in advance for the Nuad Kala, Anantara Hot Stone Massage, Bamboo Signature Massage, and Himalayan Thermal Therapy, as these treatments require additional preparation time.
- Please note that the spa is unsuitable for small children and babies unless receiving treatment, as we try to ensure all our guests benefit from the tranquil surroundings.
- Please leave all valuables in the safe in your villa.
- All treatments will be charged to your villa and will appear on your account at the time of check-out.
- Please give 4 hours' cancellation notice on individual treatments and 24 hours' notice on package otherwise, 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after any oil treatments.
- For 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.
- Arriving late will decrease the time of your treatment.
- 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 our spa receptionists of any existing medical conditions.
- The Kids Spa and Beauty Salon service cannot be combined with any other promotion or discount
- All prices are subject to local tax and service charge.

For more information and reservation, please contact Anantara Spa Ext. 4851 or dial "0" for Guest Service Centre

