



A TROPICAL LAGOON SANCTUARY  
OF BEAUTIFUL WELLNESS JOURNEYS.



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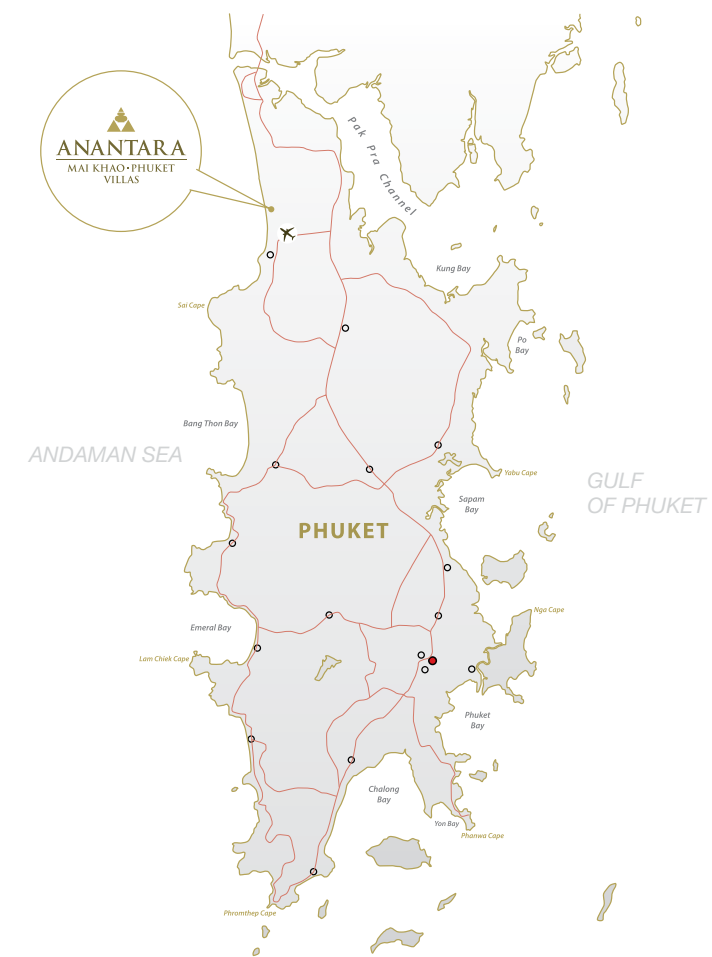
Rooted in Thailand, the essence of Anantara philosophy, ‘without end’, stems from ancient Sanskrit origins and is richly expressed at our island spa sanctuary through the Kingdom’s thriving timeless wellness practices and exotic elixirs.

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...

Opening hours: 10:00 am – 10:00 pm

Spa treatments between 10:00 pm and 12:00 midnight are available with advanced reservation.





## 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 (90 Minutes)

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

### BESPOKE SPA EXPERIENCE (90 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'd like to receive, and we'll tailor the perfect treatment and offer you a choice of luxurious spa products.



Shirodhara Therapy

### CHAKRA CRYSTAL BALANCING (60 Minutes)

Select the crystal infused oil blend that resonates with you. Relax as we surround your body with precious stones, from harmonising Tiger Eye to balance the Solar Plexus Chakra, Citrine's radiance that energises the Navel Chakra, Amethyst's flowing energy that opens your Throat Chakra and the unconditional love of Rose Quartz for your Heart Chakra, to the intuitive qualities of Moonstone that enhance creativity when placed on your Third Eye.

Unwind into 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.

### SHIRODHARA (60 Minutes)

Experience holistic wellbeing through the 5,000 year old science of Ayurvedic natural healing, originating from India. In the trusted ancient practice of Shirodhara, Shiro (head) and Dhara (flow) come together to apply a continuous stream of warm oil to the forehead. This therapy profoundly coordinates and calms the mind, body and spirit, enhances circulation to the brain, improves memory and nourishes the hair and scalp, while releasing stress and tension.





## SPA JOURNEYS

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

### JOURNEY OF SIAM (150 Minutes)

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

Floral Foot Ritual • Essence White Coconut Mint Scrub • Traditional Thai Herbal Compress • Refreshment

### EAST TO WEST ISLAND BLISS (120 Minutes)

Drawing on Phuket's Chinese merchant heritage and Anantara's contemporary expertise, this journey offers a unique pampering duo. Ancient oriental massage techniques and a special oil blend relieve muscle tension through vibratory movements and focus on the meridian lines to clear energy blockages. For a beautiful finale, a dynamic facial treatment combats the effects of modern living to promote natural radiance.

Floral Foot Ritual • Traditional Chinese Back Massage • Elemis Modern Skin Facial • Refreshment

### COUPLE'S EXOTIC ROMANCE RETREAT (210 Minutes)

Share a pampering hideaway just for two. Cherish side by side intimacy as we revitalise and smooth skin with a refreshing lime and stimulating ginger polish. Soak together in a luxuriant milky bath that softens and moisturises. A personalised massage focuses on your specific needs, before a tailored facial refreshes the complexion, leaving you glowing from head to toe.

Floral Foot Ritual • Elemis Exotic Lime & Ginger Salt Scrub • Anantara Milky Bath • Bespoke Massage • Elemis Modern Skin Facial • Refreshment

### RAJA OF AYURVEDA (150 Minutes)

Awaken the senses and feel your pores open in a refreshing steam. Relax as a continuous flow of warm oil to the forehead coordinates and calms the mind, body and spirit, enhances circulation to the brain, improves memory and nourishes the hair and scalp. Luxuriating in a blissful Marma Abhyanga massage releases stress and tension.

Ayurvedic Steam • Floral Foot Ritual • Shirodhara • Marma Abhyanga Massage • Refreshment

### IN-ROOM SLUMBER GURU EXPERIENCE (70 Minutes)

Taking the importance of a good night's rest to a whole new level, this in-room ritual begins with a soak in a luxuriant bath infused with essential oils in your candlelit bathroom. You'll then be treated to a relaxing back, neck and shoulder massage using ylang ylang or lavender essential oils.

Enjoy a selection of infused herbal teas served with homemade cookies. Unwind to your choice of soothing music throughout the evening. Sweet dreams then await in a sumptuous bed sprayed with a heavenly mist, accompanied by a silk eye mask and ear plugs, making drifting away to the land of nod a blissful pleasure.

Aromatic Bath Ritual • Relaxing Back, Neck and Shoulder Massage • Refreshments • Special Sleep Amenities



Anantara Signature Massage



Anantara Signature Massage



## MASSAGES

### TRADITIONAL THAI MASSAGE (90 Minutes)

This unique and exotic technique, known to many as 'passive yoga', has been passed down through the generations and offers the ultimate 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 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.

### ELEMIS DEEP TISSUE MASSAGE (90 Minutes)

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

### ELEMIS AROMA STONE MASSAGE (90 Minutes)

Experience the deep penetrating heat and healing power of warm volcanic stone in a full body massage using traditional techniques to release muscular tension and balance the spirit, whilst small stones are placed on key energy points to stimulate and harmonise the chakras.

### ELEMIS NURTURING MOTHER-TO-BE TREATMENT (60 Minutes)

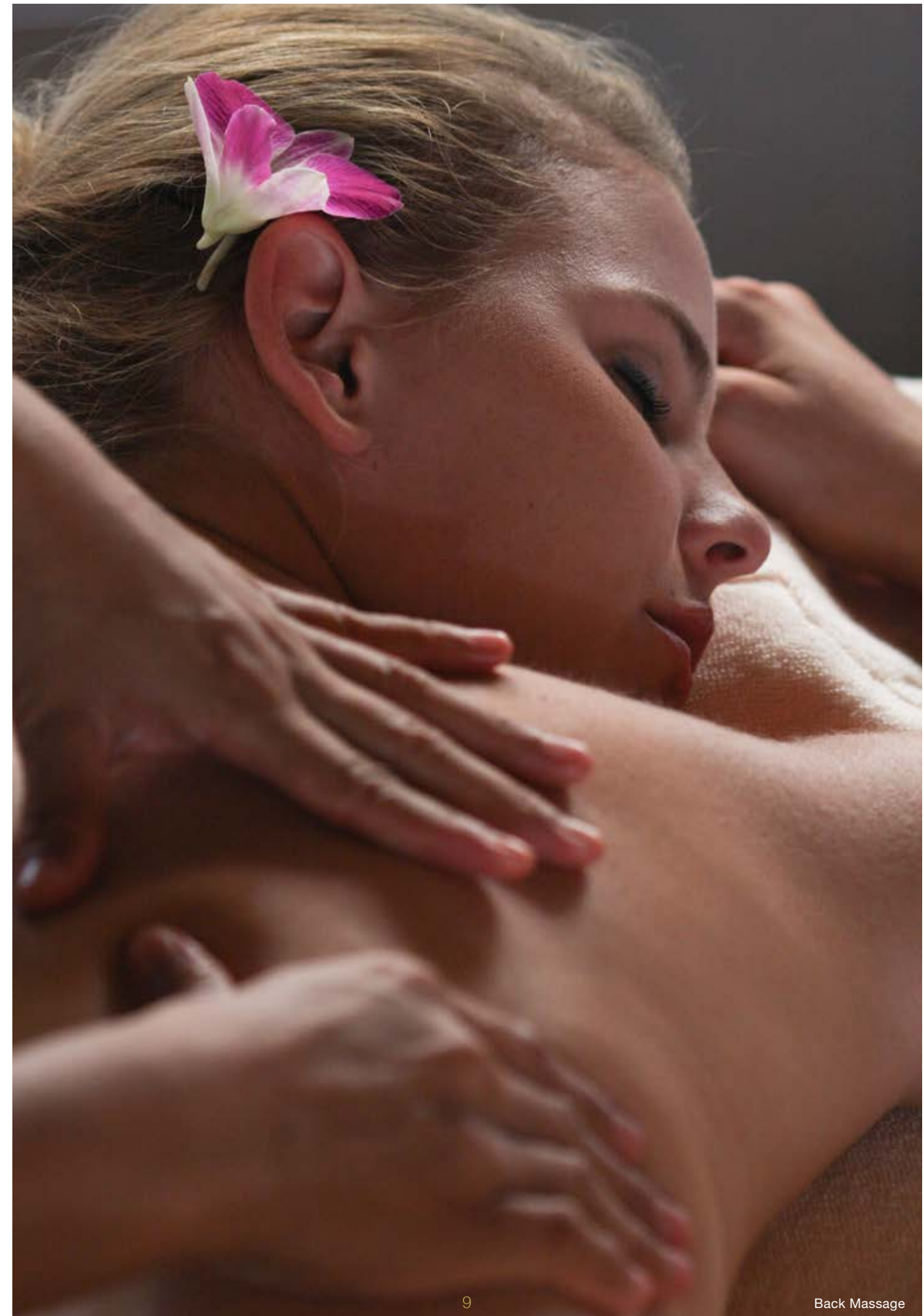
This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Adapted to each stage of pregnancy, specialised positioning ensures safety, comfort and relaxation. Designed to relieve tension in the back and alleviate swelling in the hands and feet, this harmonious massage eases the mind and uplifts the spirit.

### INDIAN HEAD MASSAGE (60 Minutes)

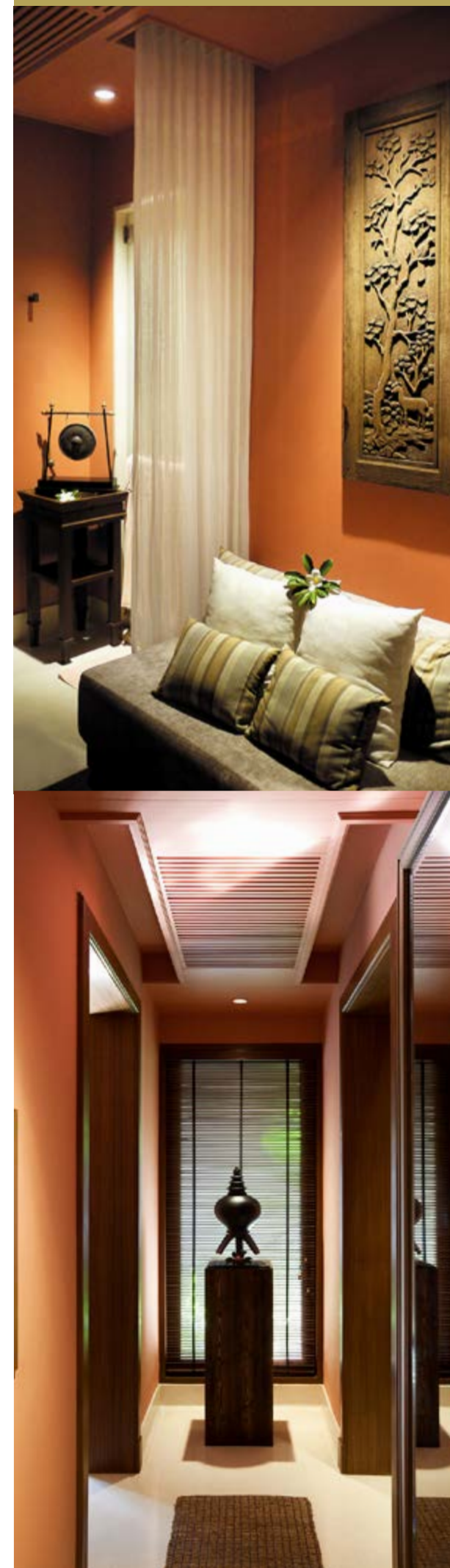
Based on Ayurvedic principles, this soothing yet energising massage combines pressure point techniques and coconut oil to relieve tension in the head and neck. At the same time as restoring tranquillity, this massage can also help to relieve insomnia, chronic headaches, migraines and sinusitis.

### FOOT MASSAGE (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.







## BODY SCRUBS

### ESSENCE WHITE COCONUT MINT SCRUB (60 Minutes)

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

### ELEMIS EXOTIC LIME AND GINGER SALT GLOW (45 Minutes)

Indulge in a ritual that cleanses, polishes and invigorates. After light body brushing, warm oil is dripped luxuriously over the entire body, preparing your skin for the Elemis Exotic Lime and Ginger Salt Glow to leave you gleaming, nourished and flawless.

## BODY WRAPS

### 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.

### 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.



## FACIALS

### ELEMIS PRO-COLLAGEN QUARTZ LIFT FACIAL (75 Minutes)

An anti-wrinkle facial with proven results, this exceptional facial has been independently tested with phenomenal results - clinically proven after just one treatment to reduce wrinkles by up to 94% and improve skin firmness by up to 57%. Specialised lifting massage techniques and professional strength anti-ageing formulations leave skin firmer, uplifted and more youthful.

### ELEMIS VISIBLE BRILLIANCE FACIAL (75 Minutes)

To combat ageing, stressed and slackened skin. Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.



### ELEMIS OXYGEN SKIN CALM FACIAL (75 Minutes)

Offering pure soothing heaven for sensitive skin, gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask impregnated with Absolute Skin Calm Booster Serum, helping to rebalance delicate, fragile and sensitive complexions. Relieving redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin.

### ELEMIS MODERN SKIN FACIAL (60 Minutes)

Designed for skin that is challenged by modern living. Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum to reveal a renewed complexion.





## STEAM & BATH RITUALS

### THAI HERBAL STEAM (30 Minutes)

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.

### AYURVEDIC STEAM (30 Minutes)

Ayurveda is one of the oldest known medical practices and this is one of the simplest and most comfortable ways to rid the body of toxins. A wonderful complement to any body treatment.

### ANANTARA MILKY BATH (30 Minutes)

Enjoy a private tea service as the pretty aromas of our signature Romance Milky Bath balance your body, mind and spirit.



## IN-VILLA MASSAGES

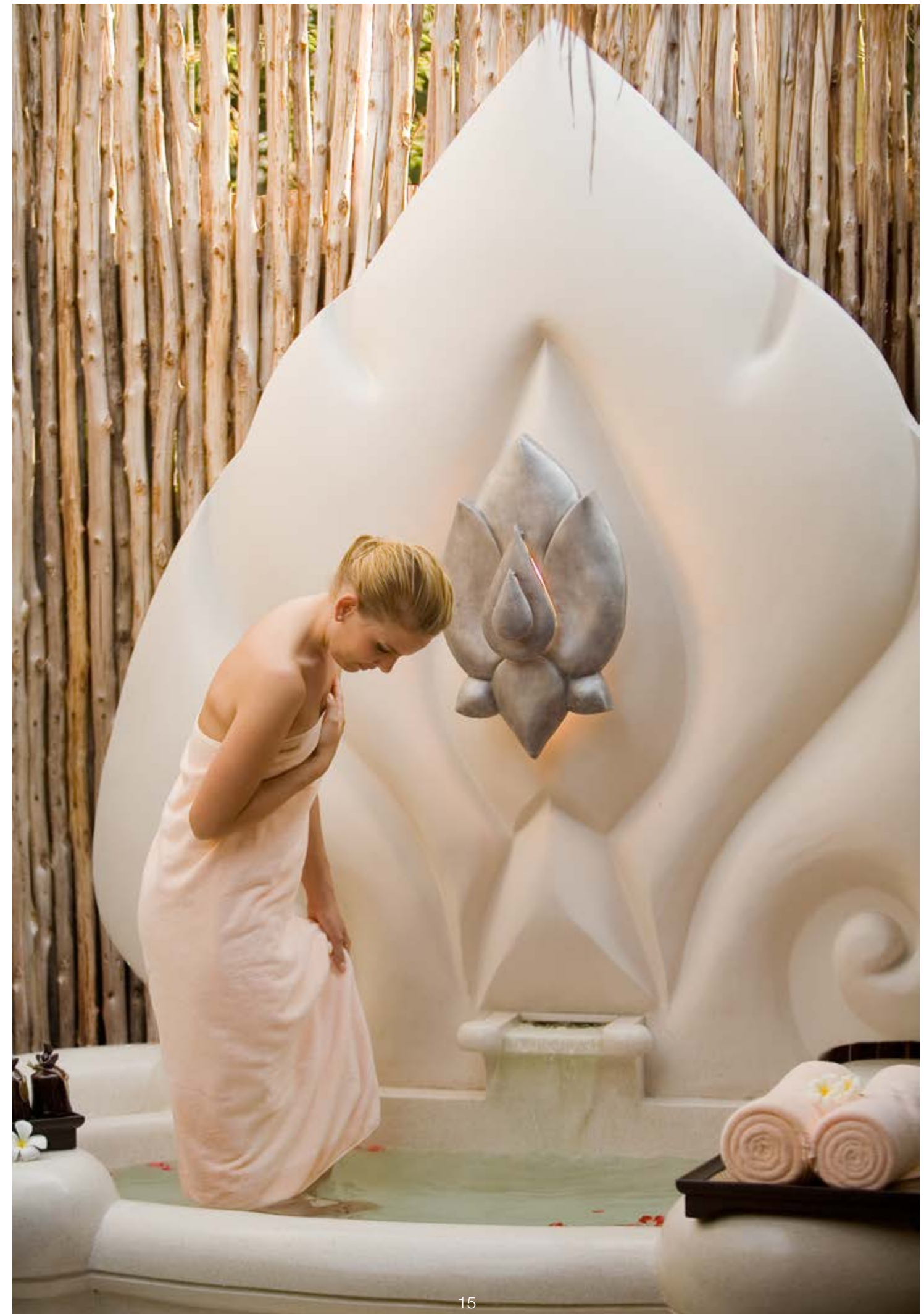
Enjoy these heavenly massages in the comfort and privacy of your villa:

### ANANTARA SIGNATURE MASSAGE (90 Minutes)

### TRADITIONAL THAI MASSAGE (90 Minutes)

### ELEMIS DEEP TISSUE MASSAGE (90 Minutes)

### FOOT MASSAGE (60 Minutes)





## BEAUTY SALON SERVICES

Feel beautifully pampered with the ultimate in manicure and pedicure luxury. Enjoy treatments that offer a ritual of cleansing, exfoliating scrub, nourishing mask, cuticle care, massage and perfect paint finish.

### NAIL SPA

#### DELUXE MANICURE AND PEDICURE

##### DELUXE MANICURE WITH OPI GELCOLOR (75 Minutes)

Nail Preparation • Cuticle Care • Scrub • Mask • Gelcolor

##### DELUXE PEDICURE WITH OPI GELCOLOR (75 minutes)

Nail Preparation • Cuticle Care • Scrub • Mask • Gelcolor

##### MANICURE WITH OPI GELCOLOR (60 minutes)

Nail Preparation • Cuticle Care • Gelcolor

##### PEDICURE WITH OPI GELCOLOR (60 minutes)

Nail Preparation • Cuticle Care • Gelcolor



### WAXING

A full range of waxing treatments using premier brand products are available.

#### EYEBROW/LIP

#### UNDERARM

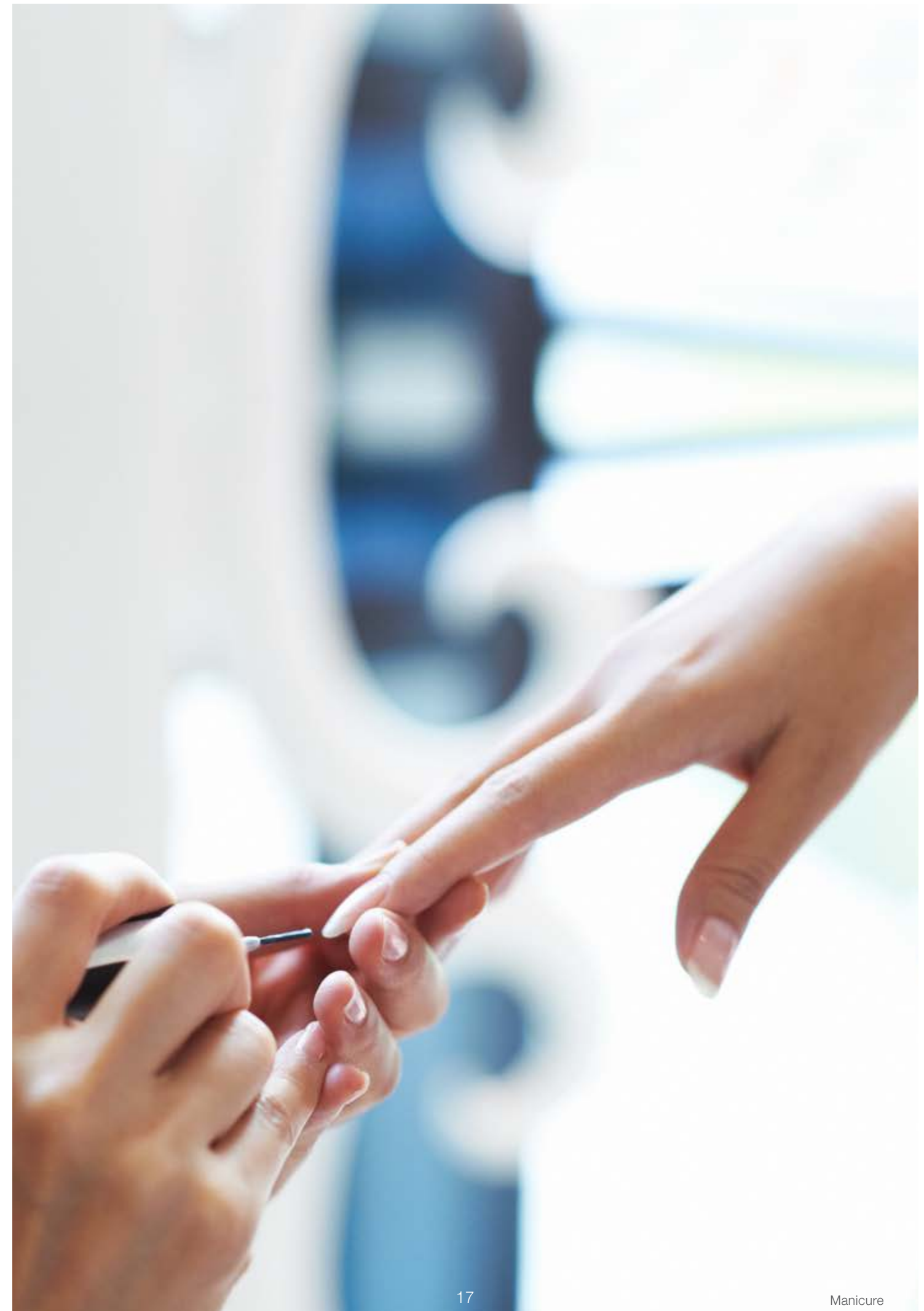
#### BIKINI

#### HALF LEG

#### FULL LEG

#### HALF ARM

#### FULL ARM





## 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 note that the spa is unsuitable for small children and babies, unless receiving treatment, as we try to ensure that all our guests benefit from the tranquil surroundings.
- We recommend that you leave all jewelry in your villa before coming to the spa.
- All treatments will be charged to your villa and will appear on your account at the time of check-out.
- Please give five hours cancellation notice on individual treatments and 24 hours notice on packages, 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.





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