



A TROPICAL LAGOON SANCTUARY  
OF BEAUTIFUL WELLNESS JOURNEYS





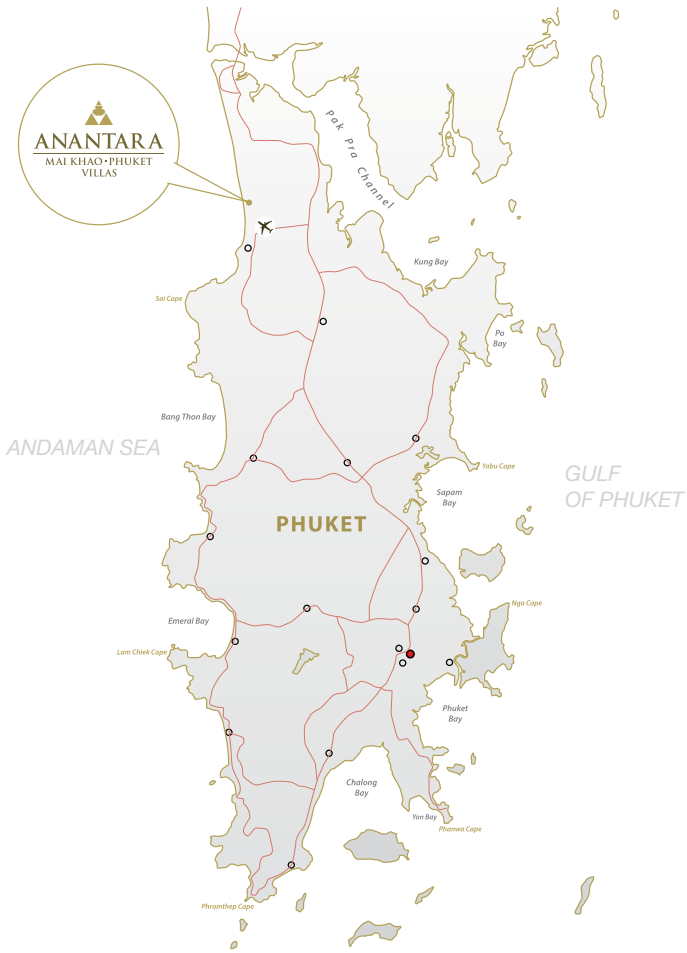
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Rooted in Thailand, the essence of Anantara philosophy, ‘without end’, stems from ancient Sanskrit origins and is richly expressed at our island spa sanctuary through the Kingdom’s thriving timeless wellness practices and exotic elixirs.

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





# MAI KHAO EXPERIENCES

Life is a journey and one we wish to assist you on.

Our chaotic lifestyles today cause restive in our mind and body 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 with our reception 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 breavement 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 the mind and body.

## RECOMMENDED TREATMENTS

- Chakra Crystal Balancing
- Shirodhara
- Marma Abhyanga
- Shirobhyanga
- Peaceful Sleep Bath
- Yoga

## 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

## 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
- Shirobhyanga
- 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)

• *Floral Foot Ritual* • *Anantara Signature Massage*

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

## CHAKRA CRYSTAL BALANCING (90 Minutes)

• *Floral Foot Ritual* • *Chakra Crystal Balancing*

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.

## HIMALAYAN THERMAL THERAPY (90/120 Minutes)

• *Floral Foot Ritual* • *Massage with Himalayan Salt Stones* • *Gua Sha Facial Massage*

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 shall stimulate 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 refreshes the mind.



# 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)

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

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.

## HIMALAYAN BALANCING RITUAL (150 Minutes)

• *Floral Foot Ritual* • *Himalayan Salt Scrub* • *Himalayan Thermal*

Experience the power of the Himalayas and bringing the body back into balance. Enjoy a restoring foot ritual which focuses on reflex zones on the feet followed by a deep cleansing full body exfoliation. This ritual is concluded with a deeply soothing full body massage using hand-carved Himalayan salt stones.

## ANANTARA JOURNEY (180 Minutes)

• *Floral Foot Ritual* • *Anantara Body Scrub* • *Anantara Signature Massage* • *Anantara Facial*

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

# WELLNESS PROGRAMMES

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

## THAI WARRIOR MASSAGE

(60 Minutes)

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

## AYURVEDIC RETREAT

(1 Day)

- *Ayurvedic Steam (15 Minutes)* • *Marma Abyanga (90 Minutes)* • *Shirodhara (45 Minutes)*
- *Yoga (60 Minutes)* • *Healthy Lunch* • *2 Cleansing Raw Juice Drinks*

Drawing on ancient Ayurvedic principles rid your body and mind from stress and tension with this 2,000-year-old therapy. The dosha balancing herbal steam prepares the body 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.

## DETOX & RESET

(1 Day)

- *Indian Head Massage (30 Minutes)* • *Healthy Lunch* • *6 Cleansing Raw Juice Drinks*
- *Thai Herbal Compress Massage (90 Minutes)* • *Anantara Mini Facial (30 Minutes)*

Radiant purity shines from the inside out. Ancient Indian and Thai wellness therapies soothe and rejuvenate body and mind, while a luxury facial restores vitality.

## RECHARGE & RELAX

(1 Day)

- *Private Muay Thai Boxing (90 Minutes)* • *Healthy Lunch* • *2 Cleansing Raw Juice Drinks*
- *Thai Herbal Steam (30 Minutes)* • *Bespoke Spa Experience (90 Minutes)*

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

## SHIRODHARA

(60 Minutes)

- *Floral Foot Ritual* • *Shirodhara*

Calm the mind and spirit with this gentle Ayurvedic treatment. 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.

## MARMA ABHYANGA

(90 Minutes)

- *Floral Foot Ritual* • *Abhyanga Massage*

Based on Ayurvedic principles this full body massage incorporates a variety of movements to balance all three doshas or states. Experience blissful balance as the Vata is calmed, Pitta is soothed and Kapha is stimulated.

## SHIROBHYANGA

(60 Minutes)

- *Floral Foot Ritual* • *Indian Head Massage*

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 can also help to relieve insomnia, chronic headaches, migraines and sinusitis.





# MASSAGE

## TRADITIONAL THAI MASSAGE (60/90/120 Minutes)

• *Floral Foot Ritual* • *Traditional Thai Massage*

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.

## DEEP TISSUE MASSAGE (60/90 Minutes)

• *Floral Foot Ritual* • *Deep Tissue Massage*

Your therapist will select an aromatic oil according to your concerns, whether muscle pain, stress relief, relaxation or to energize. The flowing massage works deeper into the areas of tension, encouraging optimum circulation and relief.

## THAI HERBAL COMPRESS MASSAGE ( 90/120 Minutes)

• *Floral Foot Ritual* • *Thai Herbal Compress Massage*

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.

## FOOT MASSAGE (30/60 Minutes)

• *Floral Foot Ritual* • *Foot Massage*

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.



### ADD ONS

The following treatments are recommended to enhance your spa experience:

- Hot Stone
- Lava Shell
- Cleansing Back Ritual
- Body Scrub
- Steam
- Bath





# BODY TREATMENTS

## ESSENCE WHITE COCONUT MINT SCRUB

- *Floral Foot Ritual* • *Full Body Scrub* • *Body Moisturiser*

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.

## DETOXIFYING GREEN TEA SCRUB

- *Floral Foot Ritual* • *Full Body Scrub* • *Body Moisturiser*

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

### ADD ONS

The following treatments are recommended to enhance your spa experience:

- Full Body Massage
- Head Massage
- Facial

# WRAPS

## BODY STRATEGIST [ comfort zone ] (60/90 Minutes)

An intensive treatment with thermal water from Bagni di Pisa, with detoxifying and anti-cellulite actions. A blend of essential oils encourages a profound purification of the tissues, while fucus and laminaria algae promote lipolytic action.

Areas:

- Legs and glutes (60 Minutes)
- Stomach and waist (60 Minutes)
- Two areas (90 Minutes)

## DETOXIFYING GREEN TEA WRAP (60 Minutes)

- *Floral Foot Ritual* • *Body Moisturiser*
- *Full Body Scrub*

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

## ALOE AFTER-SUN SOOTHER (60 Minutes)

- *Floral Foot Ritual* • *Body Moisturiser*
- *Full Body Scrub*

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.

## ESSENCE WHITE COCONUT WRAP

- *Floral Foot Ritual* • *Full Body Scrub*
- *Body Moisturiser*

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.





# FACIALS

## ANANTARA SIGNATURE FACIAL (60 Minutes)

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.

## HYDRAMEMORY [ comfort zone ] (60/90 Minutes)

The ultimate treatment for deep hydration and radiance, ideal for skin stressed by central heating and air conditioning. Precious Moringa oil and Hyaluronic Acid biomimetic fragments are massaged and deeply absorbed into the skin for maximum hydration.

## ACTIVE PURENESS [ comfort zone ] (60/90 Minutes)

A deep cleansing treatment with an innovative mattifying peel-off spirulina algae mask. Ideal for oily skin, those prone to congestion, enlarged pores and black heads. Using Mandelic Acid, green and white clays, this facial gives a fresh and bright appearance to the skin, leaving it fresh and toned.

## SUBLIME ACTIVE LIFT [ comfort zone ] (60/90 Minutes)

An anti-aging treatment for the face, neck and décolleté which lifts, plumps and brightens the skin. Combining an innovative lifting biphasic peel-off mask for immediate rejuvenation and the Active Lift Massage™, inspired by Kobido techniques, softens wrinkles and invigorates skin tone for active lifting from within.

### ADD ONS

The following treatments are recommended to enhance your spa experience:

- Full Body Massage
- Body Scrub
- Body Wrap
- Manicure
- Pedicure





# FOR MEN

## DEEP TISSUE MASSAGE (60/90 Minutes)

• *Floral Foot Ritual* • *Deep Tissue Massage*

This stress relieving massage alleviates muscle tension and tightness ensuring that the body is completely relaxed.

## CLEANSING BACK RITUAL (90 Minutes)

• *Floral Foot Ritual* • *Back Cleanse and Exfoliation*  
• *Back, Neck and Shoulder Massage*

This treatment begins with a deep cleansing and exfoliating back treatment followed by a bespoke back, neck and shoulder massage to relieve muscle tension in the areas which need it the most.

## GROOMING HANDS (60 Minutes)

Nail file, cuticle work, nail buff, hand exfoliation and massage.

## GROOMING FEET (60 Minutes)

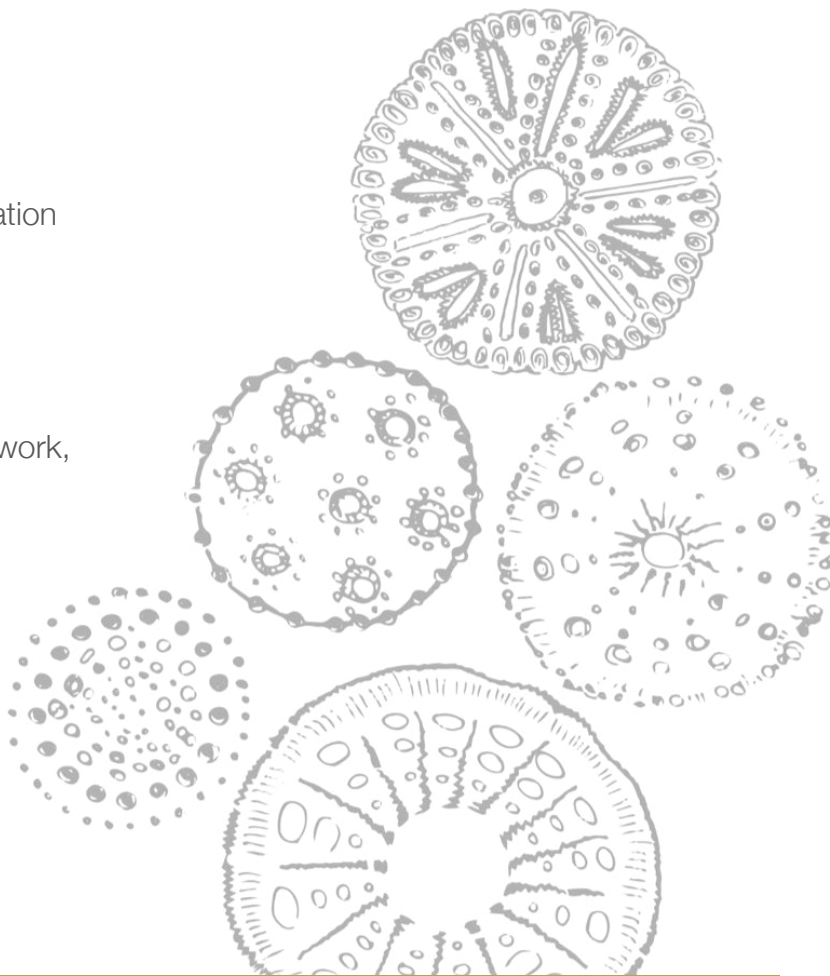
Foot soak, foot file, scrub, nail file, cuticle work, massage and nail buff.

## PURE PERFORMANCE FACIAL [ **comfort zone** ] (60/90 Minutes)

A purifying and rebalancing treatment for oily and congested skins. Characterized by a mask rich in green and white clays, which counteract the excess production of sebum to help give the skin a clear, matte appearance.

## HYDRA PERFORMANCE FACIAL [ **comfort zone** ] (60/90 Minutes)

A hydrating skin care treatment perfect for those with dry skin. Excellent for those concerned with the early signs of fine lines and wrinkles, post-travel or those who received too much sun.



### ADD ONS

The following treatments are recommended to enhance your spa experience:

- Hot Stone
- Lava Shell
- Cleansing Back Ritual
- Body Scrub
- Steam
- Bath



## STEAM AND 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 steam combines a unique blend of Ayurvedic herbs to rid the body of toxins, a wonderful complement to any body treatment.

### ANANTARA MILKY BATH

(30 Minutes)

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

### PEACEFUL SLEEP BATH

(30 Minutes)

Relax and unwind with the power of aromatherapy. This relaxing blend of oils will help switch off your mind and assist a deep and peaceful sleep. Ideal at the beginning of your holiday or for those experiencing jet lag.

## 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.

### KIDS MANICURE

(30 Minutes)

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

### COCONUT HAIR TREATMENT & BUBBLE BATH

(45 Minutes)

Enjoy a soothing scalp massage using warm coconut oil, followed by a nourishing hair mask to leave locks moisturised, soft and glowing with health. Then step into a fun and foamy bubble bath with toys to play with.

### KIDS PEDICURE

(30 Minutes)

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

### PAMPER PARTY

(30 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 minute nail treatment.





# BEAUTY SALON SERVICES

## MANICURE

(60 Minutes)

Nail file, cuticle work, nail buff, polish

## DELUXE MANICURE

(90 Minutes)

All of the above including exfoliation, hydrating mask and massage

## GEL MANICURE

(60 Minutes)

Nail file, cuticle work, nail buff, gel polish

## GEL REMOVAL

(30 Minutes)

Gel soak off, nail buff and nail file

## WAXING AND HAIR SERVICES ARE ALSO AVAILABLE

Please contact spa reception for more information

## PEDICURE

(60 Minutes)

Foot wash, nail file, cuticle work, nail buff, polish

## DELUXE PEDICURE

(90 Minutes)

All of the above including foot bubble bath, foot filing, exfoliation, hydrating mask and foot and leg massage

## GEL PEDICURE

(60 Minutes)

Nail file, cuticle work, nail buff, gel polish

# 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 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.
- 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 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.

For more information and reservation, please contact Anantara Spa Ext. 4851 or dial "0" for guest service centre.







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