



ANANTARA
SPA



A TROPICAL LAGOON SANCTUARY
OF BEAUTIFUL WELLNESS JOURNEYS.

SIGNATURE WELLNESS JOURNEYS

Escape the limits of space and time with carefully crafted journeys designed with your supreme wellbeing in mind.

REST AND REVITALISE

(210 minutes)

Embark on a revitalising journey that will tend to all the senses with this collection of soothing therapies. Get started with an exercise class to stretch out your muscles before indulging in a Revitalising Head and Scalp treatment. That is followed by a Magnesium Glow treatment and Deep Tissue Massage working on your whole body. Your feet are pampered with a stimulating reflexology session before a nourishing meal prepared by our chefs.

Tailored Yoga or Fitness class in your Villa (choose from a set of personalized videos) • Revitalising Head and Scalp Treatment • Magnesium Glow Scrub • Magnesium Deep Tissue Massage • Reflexology • Wellness Lunch/Dinner • Your choice of 'Mental Peak Performance video'



DETOX AND SHINE

(210 minutes)

Wake up your body with a yoga or fitness class before our special Chai TeaTox to rid your body of any unwanted toxins. A polish is applied from head to toe to further cleanse your body before you are wrapped up to relax as a gentle breeze rustles the surrounding trees. Our therapists perform a Mineral Stone Massage before you enjoy a healthy meal to give your body the restart it deserves.

Tailored Yoga or Fitness class in your Villa (choose from a set of personalized videos) • Chai TeaTox (Detox Body Polish and Wrap) • Mineral Stone Massage • Wellness Lunch/Dinner • Your choice of 'Mental Peak Performance video'

REFRESHING ANTI-AGING JOURNEY

(210 minutes)

Unveil your inner radiance with this rejuvenating journey of wellness. Enliven tired muscles with a yoga or exercise class before a Body Contour Treatment to slough away dead skin cells. A Blue Diamond Facial will restore the vigour to your skin before you dine on a delicious nutritious meal that is good for your whole body. Leave with a spring in your step, feeling lighter and younger.

Tailored Yoga or Fitness class in your Villa (choose from a set of personalized videos) • Body Contour Treatment • Blue Diamond Facial • Wellness Lunch/Dinner • Your choice of 'Mental Peak Performance video'

FACIAL REJUVENATION

(9 Days)

Begin your rejuvenation at Anantara Spa and continue your journey even after you return from holiday. This innovative therapy begins with a deep cleanse using our signature cleansing balm, imbued with mineral rich Hungarian moor mud. Then a gentle peel is applied, which harnesses the properties of tropical fruit extracts and copper, to brighten and renew the skin. Relax as your therapist performs the famed Hungarian facial massage, lifting the facial muscles and restoring the vitality to your skin. Feel regenerated after a Lymphatic Drainage Massage using rose quartz. Your skin is optimally prepped for The Cure, which you will receive expert guidance on to perform at home.

Deep Cleanse with Signature Cleansing Balm • Tropical Fruit and Copper Peel • Hungarian Facial Massage • Lymphatic Drainage Massage • Consultation and Tutorial of The Cure



COUPLE'S QUALITY TIME

Spend blissful moments together with a series of wonderfully restorative treatments to promote deep relaxation and harmony between you both.

SUPERFRUIT ACTIVE DETOX

(90 / 120 minutes)

Natural Superfruit Antioxidant body detox which will help to reduce inflammation, breakdown fatty deposits, increase digestion, and supports production of collagen for healthy and happy skin.

A full body polish with Geranium and Grapefruit is followed by peel off cocoon body wrap in Rosemary and Guarana and a super nourishing Coconut hair mask. The treatment is completed with a tailor-made back massage using a remineralising Seaweed Oil and Hydrating Milk combo.



CACAO INDULGENCE

(90 / 120 minutes)

Embark on a deeply nourishing journey that begins with a nectarine and honey body scrub, followed by a self-heating body wrap that cocoons you in cacao, an anti-oxidant that fights off free radical damage. Feel soothed by a warm coconut oil scalp massage and then a warm cocoa oil candle massage will bring waves of intense relaxation.

Nectarine and Honey Body Scrub • Self-heating Cacao Body Wrap • Warm Coconut Oil Scalp Massage • Warm Cocoa Oil Candle Back Massage • Fruit Platter with Healthy Juices • Drinks

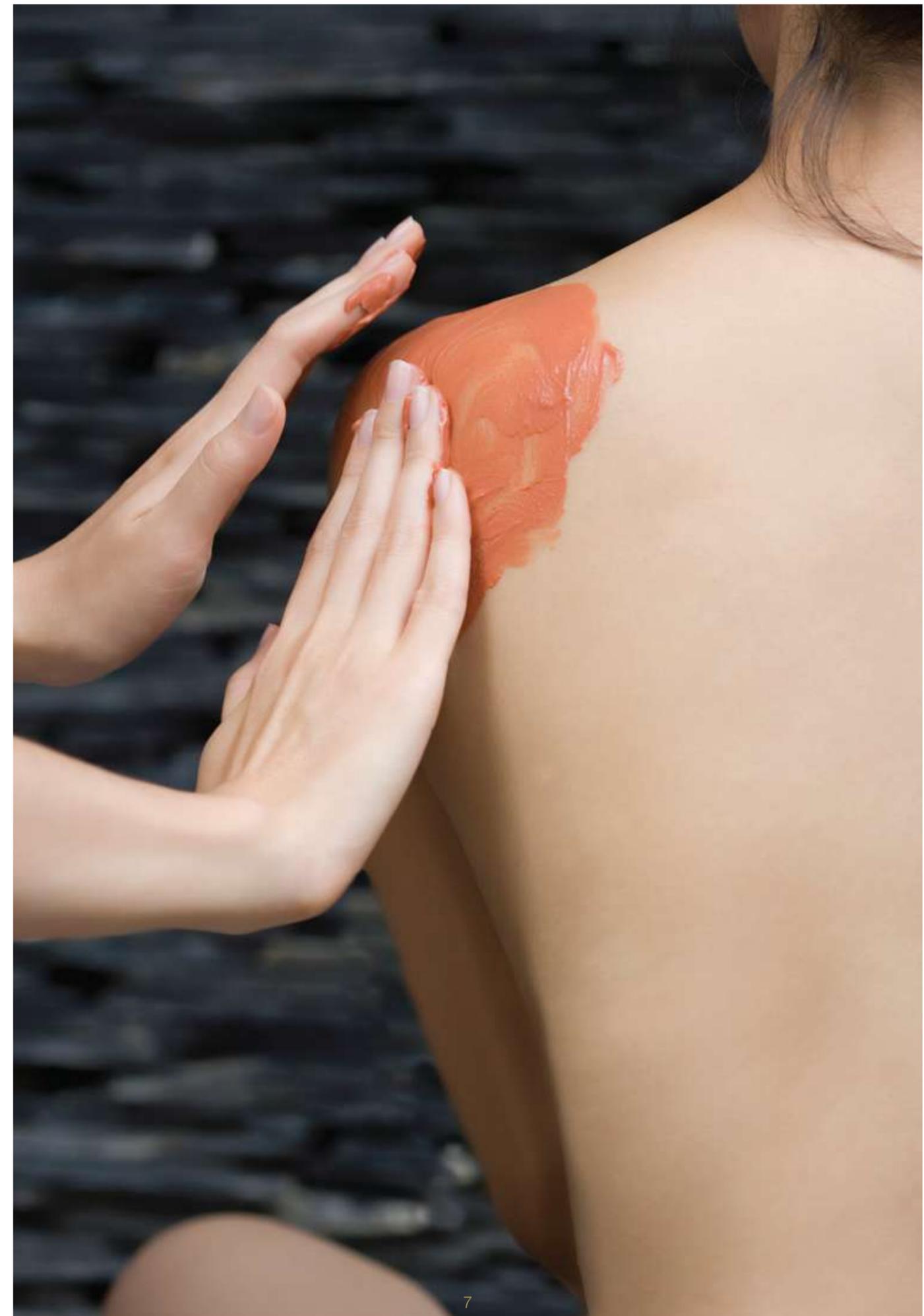


Mini-facial is included in the 120-minute package

COUPLES' FITNESS

(45 minutes)

Have some fun with your partner while training in the privacy of the villa. The session uses movements that encourages interaction and requires couples to assist each other while raising their fitness levels.



MASSAGES

Anantara's therapeutic and stress-relieving massages use authentic techniques inspired by Thai, Indian and Western traditions combined with infusions of exotic, rare ingredients to lead you on a path to ultimate relaxation.

MAIA SIGNATURE MASSAGE

(60 / 90 minutes)

Created exclusively for Maia, this massage is a unique fusion of consistent pressure, long strokes and gentle stretching to ease muscle tension. These are delivered with a soothing, rhythmical flow leaving you feeling refreshed and completely relaxed.

ANANTARA SIGNATURE MASSAGE

(60 / 90 minutes)

Combining revered Eastern and Western techniques with the expertise of Anantara, purpose designed movements and a signature oil blend stimulate the circulation and deeply relax muscles, while restoring the flow of energy along the meridian lines.

HARMONY / FOUR-HAND MASSAGE

(60 minutes)

A firm favourite with spa visitors, this dancing fingers massage is one of the best gifts you can give your body and soul. Two skilled therapists work in harmony, using even consistent pressure to apply long strokes and gentle stretch out your entire body.

MAGNESIUM DEEP TISSUE MASSAGE

(60 / 90 minutes)

A powerful massage designed to relieve deep-seated muscle fatigue, detox and improve sleep. This deep aromatherapy is reinforced by the healing properties of magnesium and promotes overall wellbeing.

REVITALISING HEAD AND SCALP MASSAGE

(60 / 90 minutes)

This enchanting add on begins with acupressure that releases fatigue and tension from neck and head, whilst at the same time nourishing the hair with vital minerals and oils. A refreshing menthol and moor mud mask application on the scalp is followed by a stimulating scalp massage.

TRADITIONAL THAI MASSAGE

(60 / 90 minutes)

Also known as passive yoga, this centuries-old therapy has been passed down through generations. Enjoy the benefits of a workout whilst your therapist does all the work. By using pressure point and stretching techniques on a solid oak Thai massage bed, tension is released, flexibility is improved and vitality increased.

HOT STONE MASSAGE

(90 minutes)

A unique combination of warm essential oils and heated mineral stones ease away deep muscular tension and encourage optimum circulation. The stones are an extension of the therapist's hands soothing away stress and transporting the mind.

FOOT REFLEXOLOGY

(60 minutes)

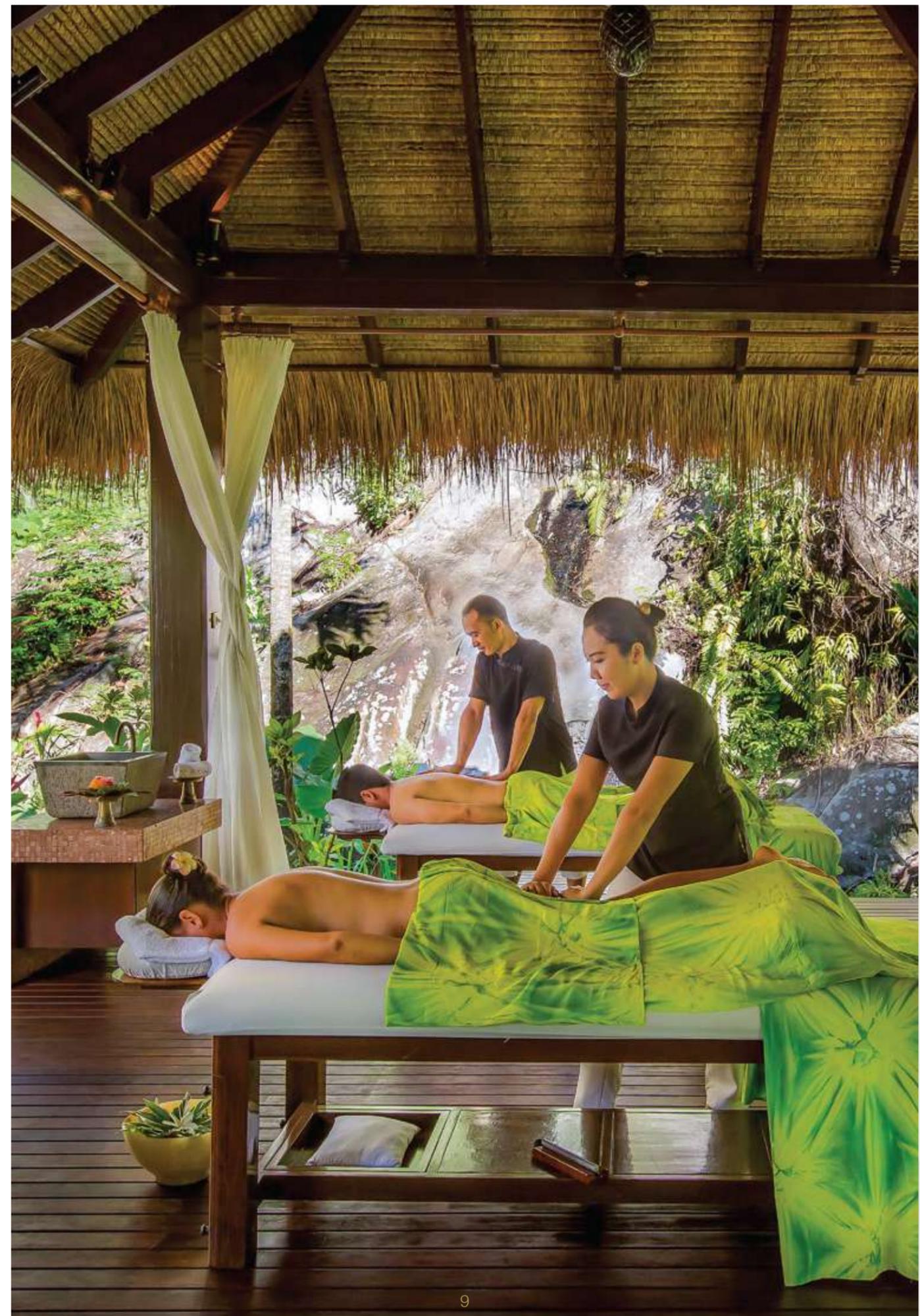
Pamper tired feet with a skilled therapist working on reflex points to relieve stiffness and target problem areas. This stimulates blood circulation and improves your overall health.

BUMPS A DAISY PRE- AND POST-NATAL NURTURE

(60 minutes)

A real treat for Mum and baby. This comforting massage where the therapist uses neroli and mandarin to massage, easing the effects of water retention and promote a better night's sleep. This therapy helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, while calming the mind and uplifting the spirit.

Please note that this massage is not recommended during the first trimester.





VICHY TREATMENTS

We invite you to treat yourself to relaxing spa therapies which will make you drift off under the stream of flowing water.

VICHY CLEANSE AND RELAX (60 / 90 minutes)

Let us cleanse your body from tip to toes in a reviving scrub to remove any impurities. Let your worries drift away as a back massage loosens all your knots. Then the rest of the body will be massaged so you'll feel completely rested and ready for the world again.

Body Scrub • Back Massage / Body Scrub • Full Body Massage

VICHY DELUXE (60 / 90 minutes)

Choose your favourite body exfoliation and feel the relaxing feeling as newer, soft skin is unveiled. Feel revived by an invigorating scalp massage before your back is eased by expert hands.

Body Scrub • Body Wrap • Scalp Massage / Body Scrub • Body Wrap • Scalp Massage • Back Massage



BODY TREATMENTS

SCRUBS

MAGNESIUM GLOW

(30 minutes)

This exfoliating treatment will remove dead cells to reveal bright new skin beneath. Detox and rejuvenate your whole body with this naturally healing therapy.

CHAI TEA POLISH

(30 minutes)

Experience the power of the naturally antioxidant chai tea in this deep cleansing treatment. It begins with a full body polish using green tea and coconut before your whole body is moisturised with green tea and jojoba oil.

CACAO BODY NOURISH

(30 minutes)

Enjoy the gentle aroma of nectarine and honey in a luscious body scrub. Emerge feeling wonderfully fragrant and indulged.

BODY CONTOUR

(60 / 90 minutes)

This all-natural slimming treatment will eliminate excess fluids and restore lost minerals to your body. Feel stimulated by a zesty Lime and Lemongrass Body Buff that smooths skin, removing any surface toxins. Then you are wrapped in laminara, a potent sea plant contained high mineral elements that jumpstart circulation, increase fat absorption and improve waste elimination.

WRAPS

CHAI TEATOX WRAP

(30 minutes)

Indulge in this intensely calming and deep cleansing body treatment. Experience a natural antioxidant body detox that will help reduce inflammation, increase digestion, kidney function and cell metabolism. A green tea, white tea, red tea and mint wrap is applied. Then your skin will be lathered with a green tea and jojoba oil from head to toe. Emerge feeling revived.

HOT CHOCOLATE WRAP

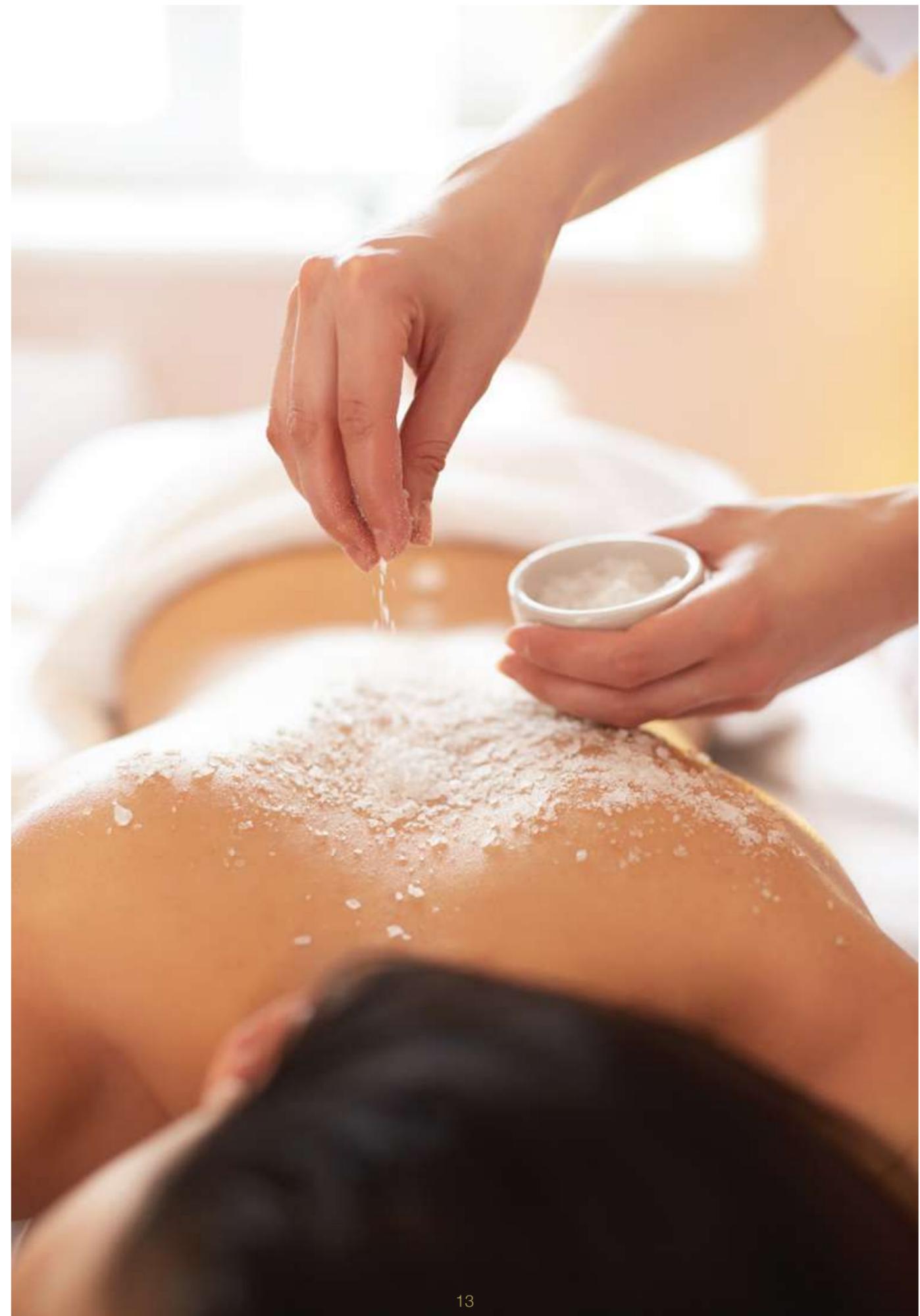
(30 minutes)

Indulge in a detoxifying self-heating body wrap before warm coconut oil is applied in a comforting scalp massage to leave you feeling wonderfully peaceful.

DETOX MUD WRAP

(30 minutes)

A gentle body wrap cocoons you in total comfort. Feel stress melt away as an expert scalp massage is delivered. A rich blend of essential oils applied to the skin adds a soothing finishing touch.



FACIALS

DEEP CLEANSING AND PORE REFINING FACIAL (60 / 90 minutes)

This mineral-rich moor mud facial draws out impurities to ensure deep cleansing. Thorough exfoliation encourages sensitive skin to appear smoother and brighter while natural ingredients reduce pores. A classic Omorovicza massage firms and lifts the skin to finish.

GOLD HYDRALIFT AFTER-SUN FACIAL (60 / 90 minutes)

Sooth and repair sun burnt skin with a colloidal gold treatment that harnesses the anti-inflammatory properties of colloidal gold. Nourishing hyaluronic acid reduces damage and restores plumpness to the skin.

ILLUMINATING C FACIAL (60 / 90 minutes)

Brighten up your skin for a special occasion. Relax as a mild lactic acid and copper peel is applied, along with Vitamin C products suitable for all skin types. Enjoy the results of luminous skin.

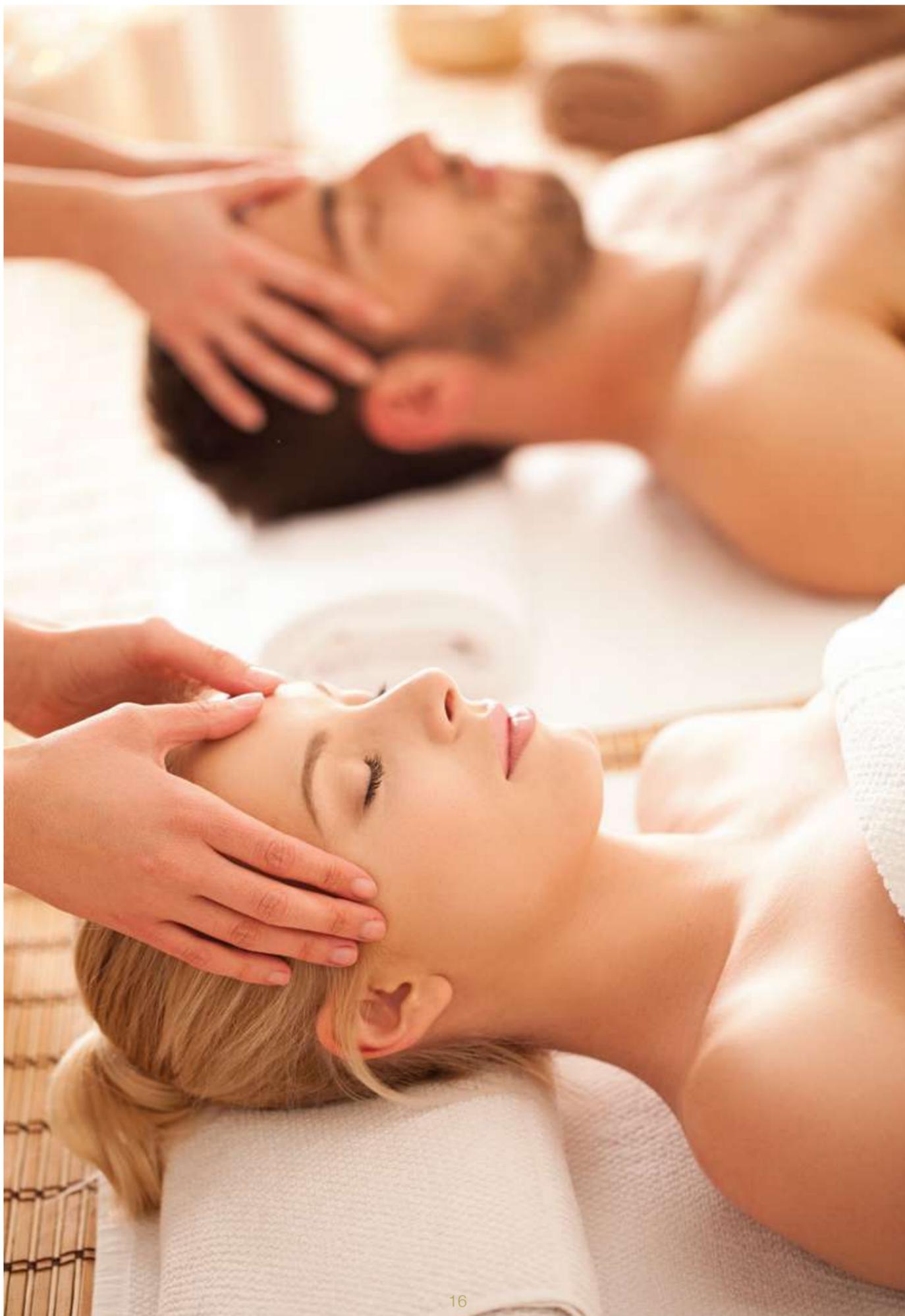
BLUE DIAMOND FACIAL (60 / 90 minutes)

A firming and brightening facial designed to renew the skin, containing key Blue Diamond ingredients that increase elasticity, along with copper and amino acids to revive tired skin cells.

VEGAN-FRIENDLY FACIAL (60 / 90 minutes)

Get that glow with environmentally friendly, plant-based products to put the plumpness back into your skin. Rice bran, alpine plants and white flowers are blended together in this illuminating facial that leaves you with the brightest face to show the world.





ADDITIONAL TOUCHES

These treatments can be booked as add-on treatments only, and are not available individually.

EYE AND LIP CARE

(20 minutes)

This treatment targets the delicate area around the eyes and lips, which needs extra special care. Fill in the fine lines and wrinkles, brighten and tighten the eye area with the help of a powerhouse cocktail made of anti-oxidants and regenerating ingredients.

EXPRESS FACIAL

(30 minutes)

A total face solution for a perfect skin. Simple, ready to use, clean, practical protocol with visible results after the first session. Also available as a Home Care Kit.

BACK, NECK AND SHOULDER MASSAGE

(30 minutes)

Unwind with a massage that combines rhythmic pressure and a blend of oils to alleviate tension and stress and provide immediate relief and relaxation.

FOOT MASSAGE

(30 minutes)

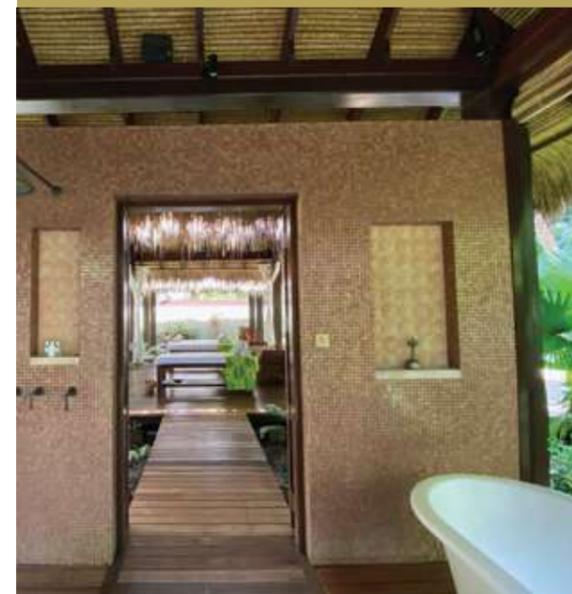
Pamper your tired feet with a combination of reflex point movements to relieve stiffness and stimulate blood circulation, whilst improving energy flow throughout the body.

THAI HERBAL COMPRESS

(30 minutes)

A classic massage using an herbal poultice to soothe joint pain, muscle cramps, stress and arthritis. The poultices are warmed in therapeutic oils and used to massage the entire body. The massage promotes better circulation within the affected area, leading to increased perspiration, which helps the skin to eliminate toxins.





BATHING RITUALS

These rituals can be enjoyed in the serenity of Anantara Spa, or in the privacy of your villa.

MAGNESIUM BATH

(30 minutes)

Boost your immunity as you indulge in a magnesium bath that will help you drift off while it re-mineralises your body.

MAIA ROMANTIC BATH

(30 minutes)

Share some time in the bubbles with you loved one, inhaling the sensual blend of ylang-ylang, sandalwood and bergamot that gently caresses you both.

EDEN BATH

(30 minutes)

Recuperate from your jetlag with this aromatic bath that is created with a blend of lavender, eucalyptus and geranium.

BEAUTY

LVL LASH TREATMENT WITH TINT

(30 minutes)

Perfect for every day, special occasions and holidays alike, this treatment lifts lashes from the root and gives the appearance of added length and volume for 6 to 8 weeks.

MEDIHAND BY ELIM

(30 / 60 / 75 minutes)

Manicure / Polish / French-Polish

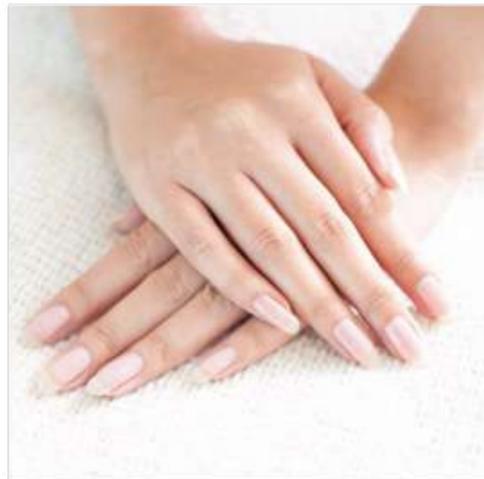
By utilising cutting-edge technology, Medihand is an anti-ageing, anti-pigmentation and UV-protecting manicure that uses active ingredients to deliver consistent results. Commencing with an illuminating nail cleanser, this manicure also includes a hydrothermal exfoliant, dark spot serum and anti-bacterial cuticle rescue blend with 10 oils.

MEDIHEEL BY ELIM

(45 / 75 / 90 minutes)

Pedicure / Polish / French-Polish

This restorative treatment has been tailored for compromised feet and addresses dry areas, calluses as well as cracked heels. Utilising tonic, PH neutralisers, alpha hydroxyl foot exfoliants, cuticle blends and a vitamin-rich foot perfecter, it may also be enjoyed as a preventative measure.



GELISH

(30 / 45 minutes)

WAXING

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

LEGS (45 minutes)

BACK (45 minutes)

HALF LEGS / ARMS / CHEST (30 minutes)

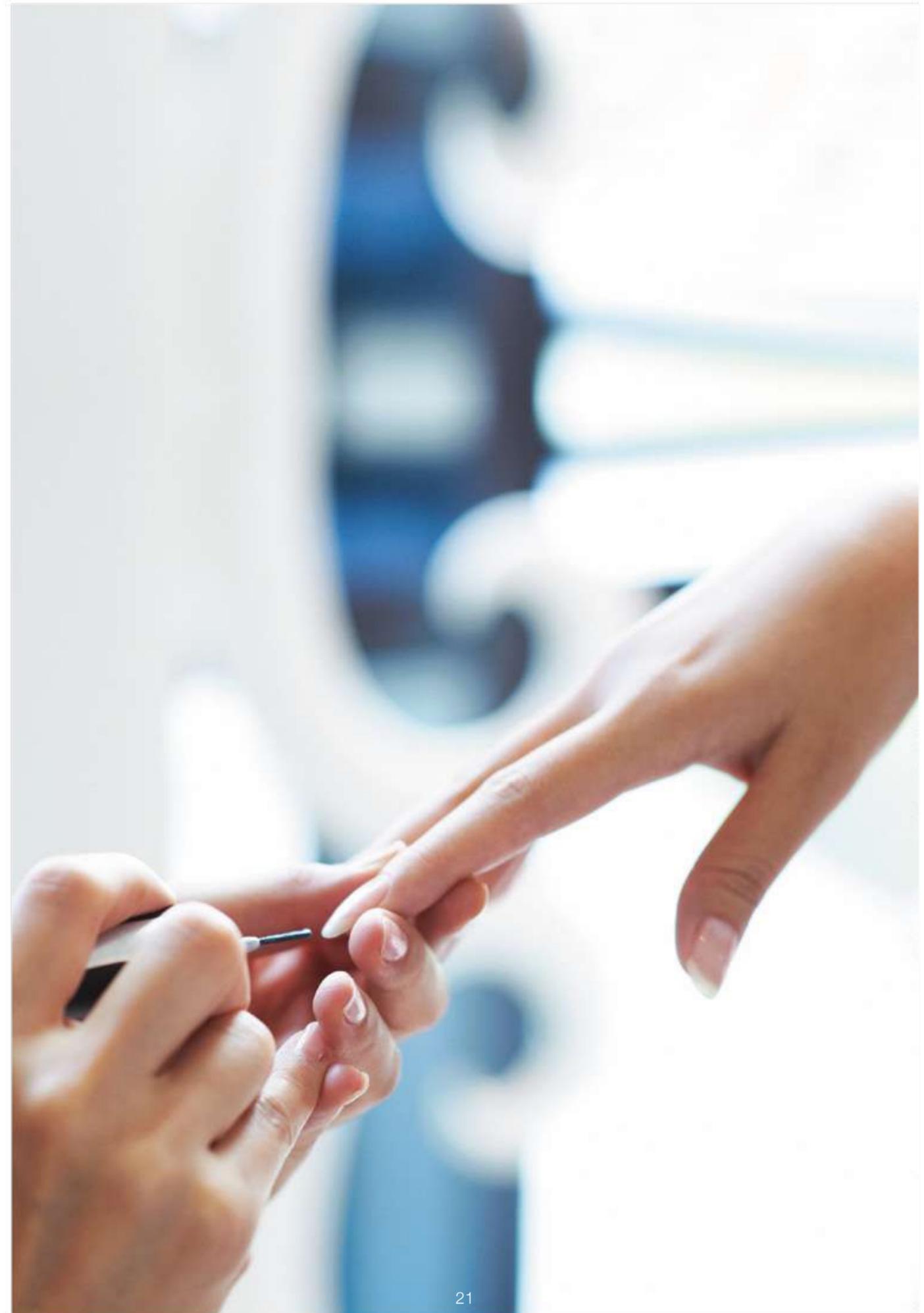
UNDERARMS (20 minutes)

EYEBROWS (20 minutes)

CHIN / UPPER LIP (15 minutes)

BIKINI (30 minutes)

BRAZILIAN (45 minutes)



V.I.K (Very Important Kids) SPA

LITTLE ONES FACIAL

(30 minutes)

Experience an aromatic facial that supplies young skin with the nutrients needed. This treatment uses cleansing techniques, exfoliation and hydrates the skin.

HAPPY FEET

(30 / 45 minutes)

Pamper those dancing feet with a soothing combination of foot scrub and foot massage.

HEAVENLY HANDS

(30 / 45 minutes)

Enjoy a gentle hand scrub and massage to leave skin feeling beautifully soft to the touch.

GOLDBLOCKS AND THE BEAR

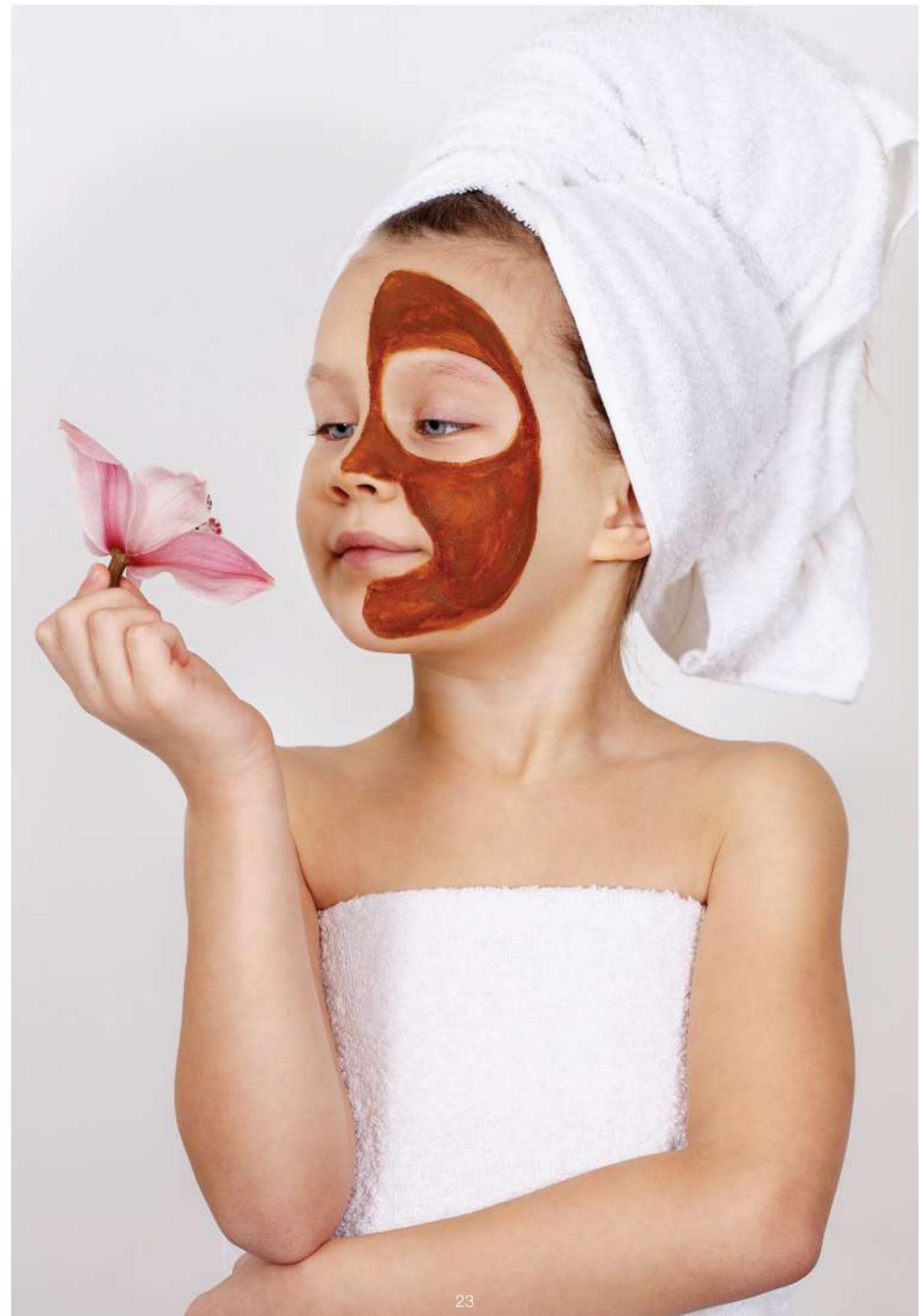
(30 minutes)

This conditioning treatment detangles hair and delivers replenishment after an active day in the sun. We further pamper our young guests with a shoulder, neck and head massage

FAMILY TIME

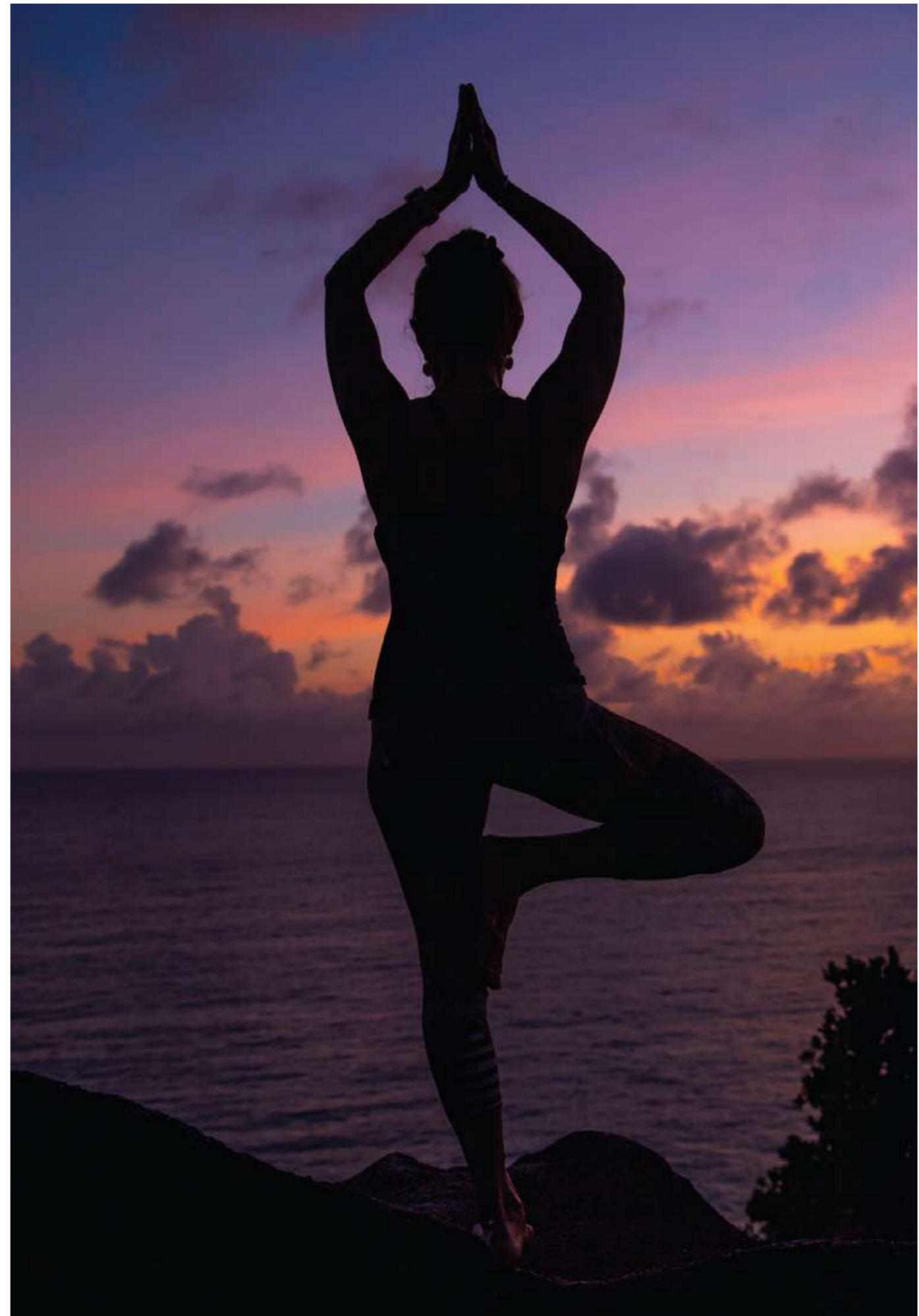
(60 minutes)

Spend quality time with your child as you unwind with any 60 minutes massage or treatments of your choice, while your child can mix and match any 2 specially crafted treatments from our Anantara Spa V.I.K Menu.



ETIQUETTE

- Anantara Spa is open from 11.00 am – 8.00 pm daily. Treatments can be arranged outside of these times; however extra charges will apply.
- Your Villa Host can assist with bookings.
- Yoga is offered to all guests that wish to participate from 8h00-9h00
- Please book in advance to ensure that your preferred time is available. Visit the spa or dial 382 or contact your Villa Host.
- We request that you arrive 5 – 10 minutes prior to your treatment for your utmost comfort and so there are no delays for later guests.
- Should you need to cancel, please do so at least three hours in advance. If it is less than three hours, a cancellation fee of 100% is applicable. No shows are charged at 100%.
- We will provide you with Spa attire including a choice of disposable underwear and robes or sarongs. Alternatively, you may prefer to use your own, choose what is most comfortable. Our therapists will always use draping techniques to respect your privacy. We recommend you leave all valuables in your Villa, as Anantara Maia cannot assume responsibility for lost items
- Please communicate any health conditions such as allergies, high blood pressure, pregnancy or other health-related concerns you may have when making your reservation. We do not recommend the consumption of alcohol before or directly after spa treatments.
- We do not tolerate any sexual harassment or aggressive behaviour towards our team members; any form of verbal, physical or sexual harassment will result in legal action.
- Anantara Spa offers gift vouchers which are the ideal gift for that special someone. Our receptionists will gladly assist you with creating the perfect spa treatment gift. All gift vouchers must be presented at the time of the booking are non-refundable and cannot be exchanged for cash value.
- Anantara Spa offers a number of internationally respected brands. Your spa care professional will recommend the product range most suited to your specific requirements. Kindly note that products purchased are non-refundable.





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