

# Journey into wellbeing and serenity



ANANTARA

SPA





## Welcome to the spa at Anantara New York Palace Hotel

Welcome to Anantara Spa, a sanctuary committed to the well-being of our guests, that promises a refreshing and invigorating experience. If you are in pursuit of peace and serenity, our opulent spa amenities are fashioned to provide a serene haven. Treat yourself to a variety of therapies and treatments, from revitalizing facials to calming body massages, tailored to your unique needs.

Our pool radiates an exceptional charm, creating a captivating environment with its inviting ambiance. Experience the epitome of relaxation in our sauna, where the warmth helps to detoxify your body, imparting a renewed and revitalized feeling. To round off your wellness journey, our relaxation area offers a serene space for unwinding, meditation, or merely relishing in some peaceful solitude.

For further details, contact the spa team at:  
spa.newyorkpalace@anantara-hotels.com  
or by calling (+36 1) 886-6125 (8125 from the room)

## Etiquette

Advance booking prior to the intended treatment time is essential. Please call or visit the spa reception at your earliest convenience so we can accommodate your schedule.

In order to make the most of your spa experience, please arrive at least 15 minutes before your booked appointment.

Bathrobes, towels and slippers are provided upon arrival, however you may arrive already changed from your room. You may wish to wear your own bikini or underwear, however hygienic disposable underwear will also be offered. Our therapists always use appropriate draping techniques to respect your privacy during the treatments.

In case of facial treatment, we kindly ask to remove make-up and recommend shaving prior to the treatment in order to ensure comfort and maximize the benefit of the facial.

As a courtesy to our next guest, late arrivals may result in a reduction of treatment time. In case of being late, please contact the spa reception to reschedule your appointment to a more convenient time.

We request a minimum of 4-hour notice in case you are unable to keep your appointment. No shows or appointments cancelled within 4 hours will result in charging a 100% cancellation fee.

You may charge spa services to your hotel bill or pay at the spa reception.

Children between 2-14 years of age can use the spa facilities every day between 11 am until 3 pm with a supervision of an adult.

## Anantara spa journeys

### ANANTARA SIGNATURE MASSAGE

Our signature blend of oil, combined with purpose designed movements, stimulates the circulation and promotes deep relaxation, all whilst restoring the flow of energy or prana along the meridian lines.

**60 | 90 minutes**

**foot ritual, full body massage**

### HUNGARIAN HÉVÍZ MUD THERAPY

Enjoy the healing power of our mud coming from the thermal lake of Hévíz within the heart of Hungary. The ritual starts with a thorough exfoliation of the back, which is followed by the application of the warm thermal mud to ease muscle tension. A stress relieving back massage is performed to complete your relaxation.

**90 minutes**

**foot ritual, peeling, wrap, back massage**

### ORIENTAL HERBAL COMPRESS

This distinctive style of traditional Thai massage uses a heated compress filled with remedial herbs and warm oil to release muscle tension and stiffness, enhance energy flow and relieve fatigue.

**90 minutes**

**foot ritual, full body massage**

## Massages

### CLASSIC SWEDISH MASSAGE

This treatment is tailored to meet your body's individual needs – let it be releasing stress, a pampering massage after a long day of sightseeing or tackling jetlag.

**60 | 90 minutes**

**foot ritual, full body massage**

### MUSCULAR RELIEF

A powerful, strong massage with a special technique to relieve muscle tension. We are focusing on special areas where stress or training can accumulate discomfort – neck, shoulder, back and the thighs.

**60 minutes**

**foot ritual, strong massage**

### AROMATHERAPY

A relaxing massage that restores the balance and harmony of the body's energies. It is a regenerative, well-being treatment with carefully selected essential oils to complete the experience.

**60 | 90 minutes**

**foot ritual, full body massage**

### SACRED STONES

During this treatment smooth and warm rocks will glide across your body in long, flowing strokes relieving muscle tension and soothing the senses. Stones will also be placed on the body's various points encouraging natural healing processes and energy flow.

**60 | 90 minutes**

**foot ritual, full body massage**

### MOTHER TO BE

A gentle care for mothers-to-be to help relieving the heaviness of the body. This massage includes a light head, face, back and arm massage, suitable during the second trimester (14th to 27th week) of the pregnancy.

**30 | 60 minutes**

**foot ritual, gentle massage**

## Instant renewals

### HEAD & FACE MASSAGE

**30 minutes**

### REFRESHING FOOT MASSAGE

**30 minutes**

### BACK MASSAGE

**30 minutes**

### TRADITIONAL THAI MASSAGE

An ancient practice with many benefits using gentle pressure & stretching elements to relax the whole body, lower stress and relieve muscular tension. We are performing this treatment with or without oil.

**60 | 90 minutes**

**foot ritual, full body massage**

### TRADITIONAL THAI FOOT MASSAGE

During this foot treatment we are using gentle acupressure to stimulate, unlock and activate the self-healing mechanism of your body by supporting the detoxification processes, improving blood circulation and enhancing healthy body functions.

**30 | 60 minutes**

**foot ritual, foot massage**



## Anantara spa journeys

### MINERAL TREASURE

This ritual begins with a full body peeling to remove dead skin cells, followed by a full body massage where you will be immersed in a state of ultimate relaxation thanks to Thal-ion's signature technique. We combine touches for deep muscle relaxation and joint flexibility with the power of marine magnesium. Once your body is relaxed we continue your journey with a facial treatment using concentrated minerals including 112 elements from the sea to help your skin to recover its radiance and glow.

**120 minutes**

**foot ritual, body peeling, full body massage, facial care**

### JOURNEY FOR COUPLES

Pamper yourselves to a romantic journey – dare to love and to be loved. The essence of damask rose, jasmine and sweet orange combined with a relaxing massage will allow your soul and body to unwind and celebrate love. Your journey together will be completed with a romantic bath.

**120 minutes**

**foot ritual, full body massage, bath**

### JOURNEY TO SIAM

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.

**120 minutes**

**foot ritual, body peeling, full body massage**

# THALION

Cutting-edge cosmetics from the sea

Balanced by nature, the sea is an extraordinary garden that holds our memories and our history. Home to forms of abundance of life, the sea is a medicinal marvel – as seaweed soaks up the water's nutrients, it uses them to develop substances with extraordinary properties, just like our cells.

In Brittany, France, our laboratories carefully select and harvest the richest seaweeds from the Iroise Sea, a UNESCO World Biosphere Reserve. This unique know-how as a harvester enables us to preserve the original qualities of these precious plants to deliver them in new formulas with the power to create beauty and well-being.

## Thalasso rituals

### INTENSE REVITALIZATION

This iconic Thalion treatment is all about revitalization – a super charger to restore the body's mineral balance. We are using a set of techniques to relax muscles and joints, while putting your body into a state of ultimate relaxation with the power of seawater.

**60 minutes**

**foot ritual, full body massage**

### DETOX RITUAL

This ritual begins with a full body peeling to scrub dead skin cells and toxins away with active marine ingredients followed by a detoxifying body wrap and full body massage to support the body's cleansing mechanism and stimulate blood flow. Recommended for those who would like to renew and reenergize the body. This treatment could be a perfect combination with one of our shaping treatments.

**90 minutes**

**foot ritual, body peeling, wrap, massage**

### OCEAN DIVE

This treatment is composed to recharge the body with minerals and nutrients from the sea of the Atlantic Coast. We start with a full body exfoliation followed by an application of body wrap rich in mineral elements filtered from the sea. The finishing massage is performed with a cream rich in active ingredients extracted from seaweed and algae. Thanks to the gentle, but energizing stretches and touches your body will be relaxed and toned.

**90 minutes**

**foot ritual, body peeling, body wrap, massage**

## Shaping with Thalion

### EXPRESS SLIMMING

This innovative slimming treatment provides immediate visible result and refines the silhouette of the body even after one occasion. Thanks to the double action effect – exfoliating and slimming at the same time – the body is re-sculpted and toned.

**30 minutes**

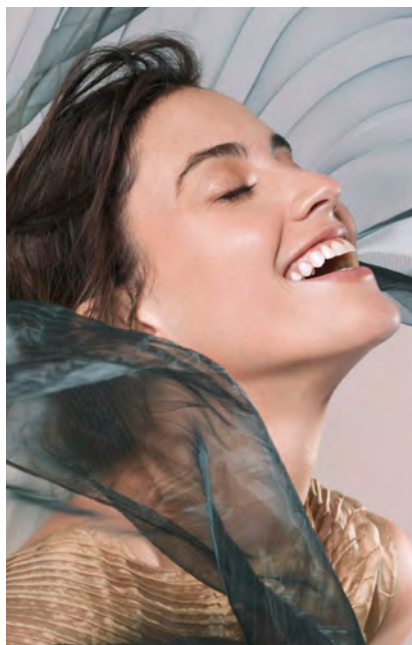
**peeling, cellulite massage**

### THALISVELT CELLULITE 3D PROGRAM

We start this treatment with a cellulite-type diagnosis in order to use the most effective product tailored to the individual's needs. We apply products in 4 layers with slimming, draining and firming ingredients. We continue with Thalion's signature cellulite massage and the treatment is finished with the application of a draining mask.

**60 minutes**

**cellulite massage**





# Facials

## BEAUTY ENHANCER

This instant facial care fills the skin with concentrated active ingredients providing a visible immediate result. The skin is left relaxed, radiant and recovers its original beauty and elasticity. Ideal for all skin types or when in search of freshness and beauty.

30 minutes

cleansing, mask, hydration

## HYDRA-MINERAL

This treatment brings life to the dehydrated and devitalized skin. We use moisturizing, active ingredients, minerals and marine trace elements to infuse to the epidermis of the skin. The result is a plumped, healthy and revitalized skin. This treatment combines a double marine mask containing 112 trace elements from the sea. Ideal for all skin types or when in search for softness and radiance.

60 minutes

cleansing, peeling, mask, hydration





# Enhancements

## BODY SCRUBS

We suggest to intensify your treatment with one of the following body peelings. Can be added to any of our basic massages or facial treatments.

20 minutes

coconut, herbal, candy

## BATHS FOR COUPLES

Enhance your couple treatment with a romantic bath afterwards. Float in a scented and pampering bath and enjoy a glass of sparkling wine or a cup of tea with your loved one.

20 minutes





# ANANTARA

## SPA

	Duration (min) Időtartam (perc)	EUR	FT
<b>ANANTARA SIGNATURE EXPERIENCES / ANANTARA SIGNATURE ÉLMÉNYEK</b>			
Anantara Signature Massage / Anantara Signature masszázs	60   90	150   176	57 000   68 000
Hungarian Hévíz Mud Therapy / Hévízi iszap terápia	90	184	70 000
Oriental Herbal Compress / Keleti gyógynövényes masszázs	90	184	70 000
<b>SPA JOURNEYS / SPA UTAZÁSOK</b>			
Mineral Treasure / Ásványi kincsek ereje	120	242	92 000
Journey for couples / Spa utazás párok számára	120	350	133 000
Journey to Siam / Utazás Siam-ban	120	242	92 000
<b>MASSAGES / MASSÁZSOK</b>			
Classic Swedish Massage / Klasszikus svéd masszázs	60   90	127   152	48 000   58 000
Muscular Relief / Sport masszázs	60	131	50 000
Aromatherapy / Aromaterápia	60   90	121   147	46 000   56 000
Sacred Stones / Lávaköves masszázs	75   90	150   166	57 000   63 000
Mother to be / Kismama masszázs	30   60	74   121	28 000   46 000
<b>INSTANT RENEWALS / AZONNALI MEGÚJULÁS</b>			
Head & Face Massage / Fej- és arcmasszázs	30	74	28 000
Refreshing Foot Massage / Frissítő talpmasszázs	30	74	28 000
Back Massage / Hátmasszázs	30	74	28 000
<b>THAI MASSAGES / THAI MASSÁZSOK</b>			
Traditional Thai Massage / Tradicionális Thai masszázs	60   90	147   184	56 000   70 000
Traditional Thai Foot Massage / Tradicionális Thai talpmasszázs	30   60	89   123	34 000   47 000
<b>THALASSO RITUALS / THALASSO RITUÁLÉK</b>			
Intense Revitalization / Intenzív revitalizálás	60	150	57 000
Detox Ritual / Méregtelenítő rituálé	90	187	71 000
Ocean Dive / Megmártózás az óceánban	90	187	71 000
<b>SHAPING WITH THALION / ALAKFORMÁLÓ THALION KEZELÉS</b>			
Express Slimming / Expressz karcsúsítás	30	116	44 000
<b>FACIALS / ARCKEZELÉSEK</b>			
Beauty Enhancer / Expressz szépség	30	100	38 000
Hydra-Mineral / Abszolút hidratálás	60	153	58 000
<b>ENHANCEMENTS / KIEGÉSZÍTŐ KEZELÉSEK</b>			
Body Scrub / Testradír	20	60	23 000
Bath / Fürdő	20	68	26 000

Prices in EUR were calculated with 1 EUR = 380 HUF currency, however when charging the prices we calculate with the daily exchange rate. All prices are VAT Inclusive.



# ANANTARA

SPA

## Membership rates

	Monday – Thursday	Friday – Sunday
Daily entrance	EUR 32	EUR 37
Daily entrance for kids	EUR 16	EUR 19

	Monday – Thursday 10 am – 5 pm	Monday – Sunday 9 am – 9 pm
10 occasions	EUR 200	EUR 284
1 month	EUR 158	EUR 231
3 months	EUR 368	EUR 526
6 months	EUR 684	EUR 895
Yearly	EUR 1000	EUR 1474

## Belépők & bérletek

	Hétfő – Csütörtök	Péntek – Vasárnap
Napi belépő	12 000 Ft	14 000 Ft
Napi gyermek belépő (2-14)	6 000 Ft	7 000 Ft

	Hétfő – Csütörtök 10 – 17 óráig	Hétfő – Vasárnap 9 – 21 óráig
10 alkalmas bérlet	76 000 Ft	108 000 Ft
1 havi bérlet	60 000 Ft	88 000 Ft
3 havi bérlet	140 000 Ft	200 000 Ft
6 havi bérlet	260 000 Ft	340 000 Ft
Éves bérlet	380 000 Ft	560 000 Ft

Prices in EUR were calculated with 1 EUR = 380 HUF currency, however when charging the prices we calculate with the daily exchange rate. All prices are VAT Inclusive.



# Benefits of membership

## DAILY PASS

- Kids access: everyday between 11 am and 3 pm

## 10 VISITS (VALID FOR 3 MONTHS)

- 30-minute complimentary massage  
(available between Monday – Thursday)

## 1 MONTH

- Complimentary 60-minute massage (available Monday – Thursday)
- 10% discount on further spa treatments (special offers excluded)

## 3 MONTHS

- Complimentary 60-minute massage (available Monday – Thursday)
- 15% discount on further spa treatments (special offers excluded)
- 1-time free access for 2 accompanies (available Monday – Thursday)
- 15% discount on the next 3-month long or longer passes

## 6 MONTHS

- 2 complimentary 60-minute massages (available Monday – Thursday)
- 20% discount on further spa treatments (special offers excluded)
- 1-time free access for 3 accompanies (available Monday – Thursday)
- Spa gift package
- Voucher for 2 guests in the Átrium for a coffee & cake
- 15% discount on the next 3-month long or longer passes

## 1 YEAR

- 3 complimentary 60-minute massages (available Monday – Thursday)
- 20% discount on further spa treatments (special offers excluded)
- 10% discount on retail products (special offers excluded)
- 1-time free access for 3 accompanies (available Monday – Thursday)
- Spa gift package
- Voucher for 2 for a free night at Anantara New York Palace Hotel Budapest (subject to availability and public holidays are excluded)

All passes include gym and spa usage.

All passes include 50% discount on parking in our garage.

We provide complimentary towels, bathrobes and refreshments.

Treatments require booking in advance.

Memberships can be used by one person.







**ANANTARA NEW YORK PALACE BUDAPEST HOTEL**

Erzsébet krt. 9/11, 1073 Budapest

T: (+36 1) 886-6125 (8125 from the room)

E: [spa.newyorkpalace@anantara-hotels.com](mailto:spa.newyorkpalace@anantara-hotels.com)

[anantara.com](http://anantara.com)