

JOURNEY INTO WELLBEING
AND SERENITY

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 Thalion'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

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

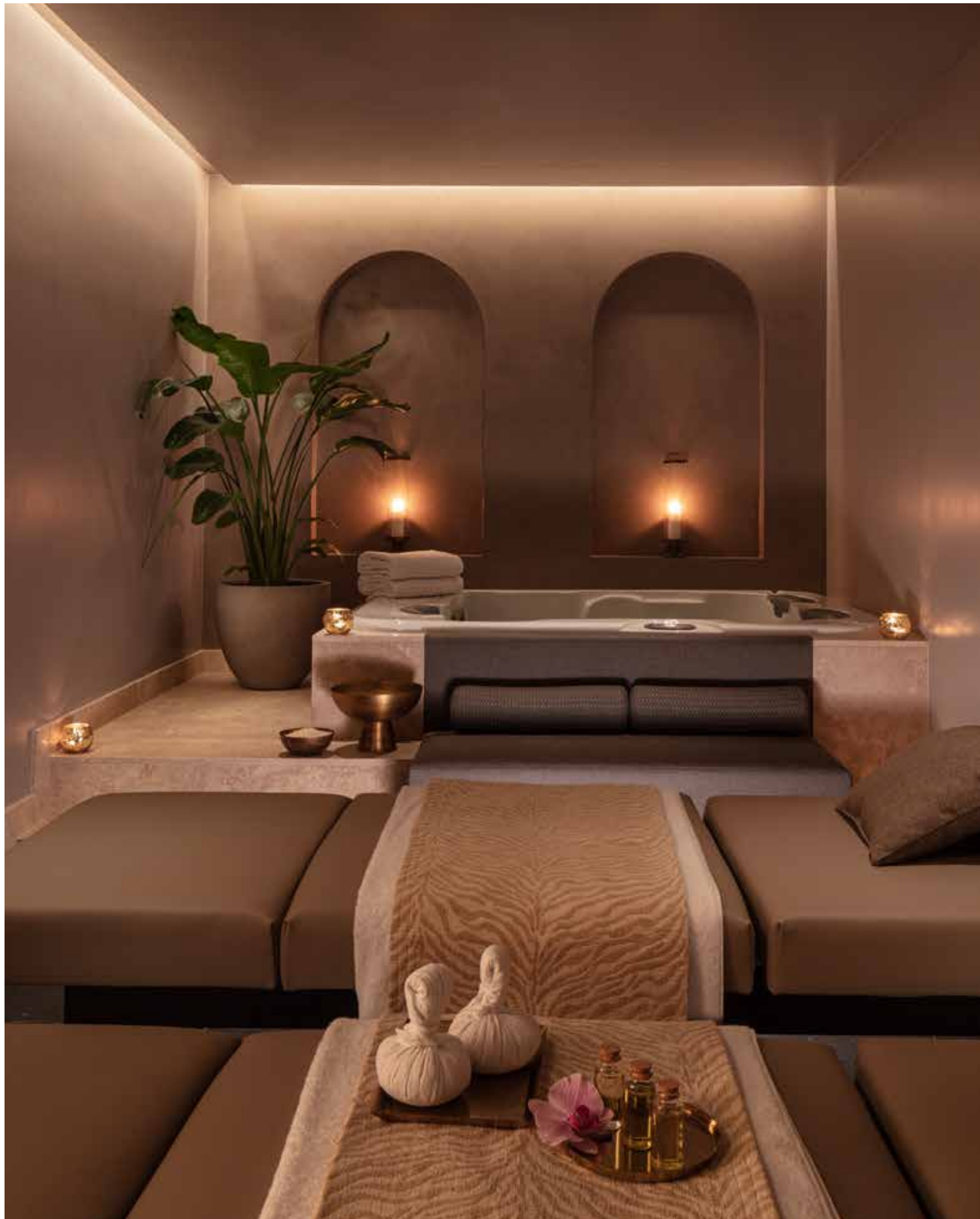
BATHS FOR COUPLES

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

20 minutes







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