

A SERENE SANCTURY WHERE AYURVEDA FORMS
AN INTRINSIC PART OF THE WELLNESS JOURNEY.



ANANTARA
SPA



FEEL RENEWED BY ANCIENT WELLNESS WISDOM

Rooted in Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins and is richly expressed at our tranquil spa sanctuary through Sri Lanka's ancient heritage of holistic wellness and natural beauty.

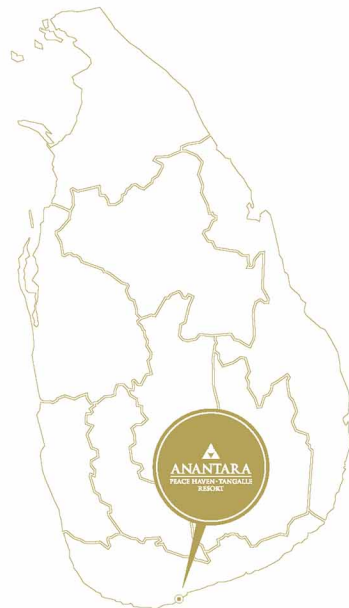
Retreat from the world as we pamper you in a luxurious treatment suite of exquisite indigenous design and signature Anantara comforts. Feel revitalised by an array of facial and body treatments that combine therapeutic ingredients and sensual scents with the tender care of highly skilled therapists.

Trusted ancient therapies hail from Sri Lanka and across Asia. Specialist Ayurvedic and Reflexology rituals balance body, mind and spirit, for luminous vitality that radiates from the inside out. Advanced western spa techniques maximise results. Signature Experiences lavish you with precious attention and a range of Spa journeys invite you to indulge for even longer.

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.

SIGNATURE CEYLON RETREAT (2 Hours 35 Minutes)

Bring your entire being into a state of bliss with a sensory experience that encapsulates Sri Lanka's finest elixirs and wellness practices. Feel relaxed by a foot ritual of cleansing and refreshing black tea and lime. A purifying green tea and exfoliating salt scrub smoothes and softens skin in preparation for a rehydrating coconut cocoon with a heavenly jasmine scent. Surrender to an Ayurvedic massage to enhance vital energy flow and finally a pampering facial to glow with youthful beauty.

Black Tea & Lime Foot Scrub - Green Tea & Salt Scrub - Coconut Body Wrap - Abhyanga Massage - Bespoke Facial

ANANTARA SIGNATURE MASSAGE (90 Minutes)

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

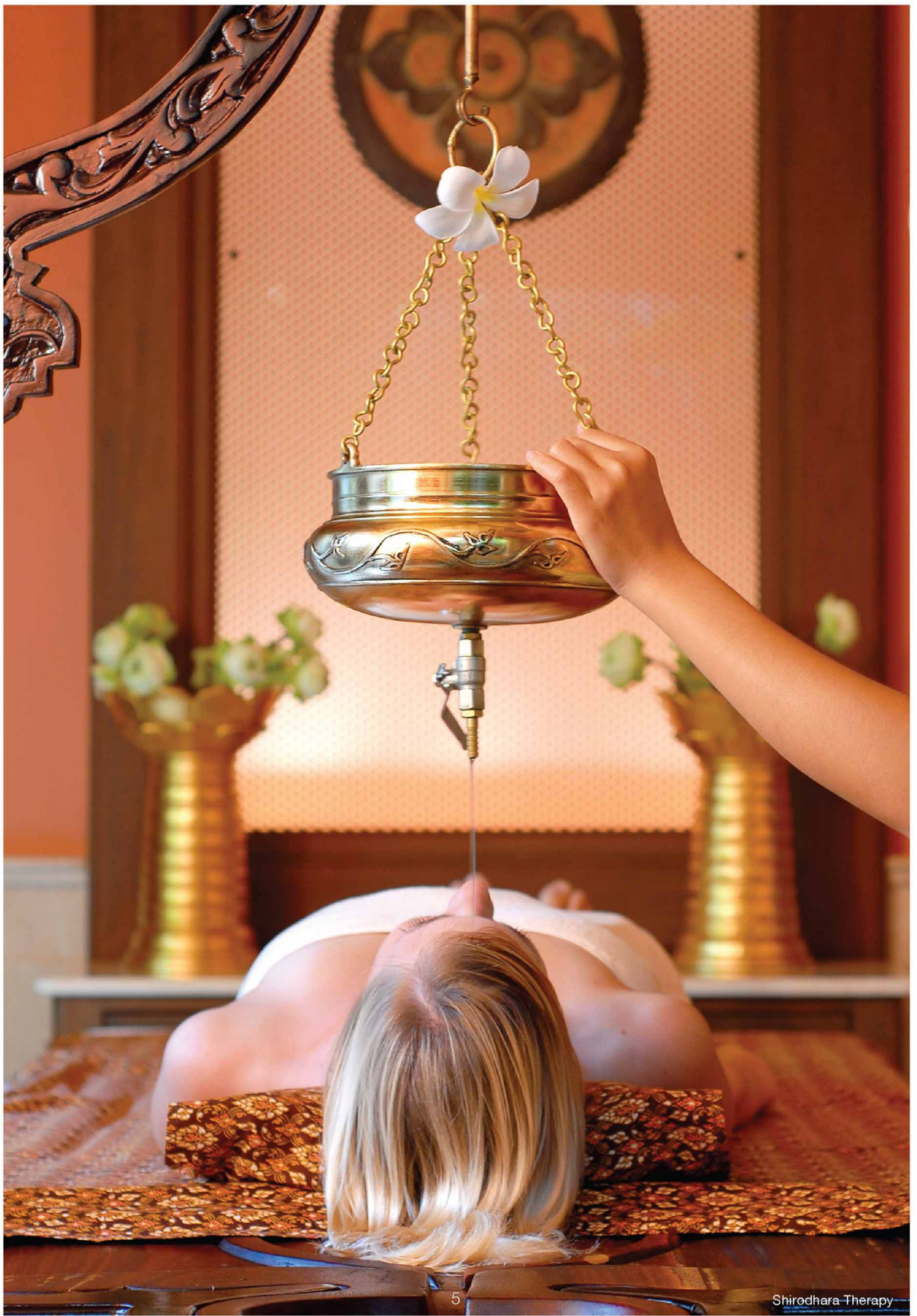
BESPOKE SPA EXPERIENCE (90 Minutes)

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 90 minute treatment and offer you the choice of a luxurious spa oil blend.

CHAKRA CRYSTAL BALANCING (60 Minutes)

Experience a holistic therapy that combines a body detox massage with the healing power of crystals and singing bowls to balance body, mind and spirit. Select the crystal that resonates with you - Rose Quartz for love and happiness - Amethyst for inner harmony - Tiger Eye for success and personal power - Citrine for wellbeing and balance. Your chosen crystal is placed on the body, as well as a Clear Quartz to balance all seven chakras. Enhanced by the power of your precious stone, a detoxifying massage using crystal infused oil incorporates lymphatic drainage techniques. Stress and tension are released, both physically and emotionally. Fluid retention and toxicity are reduced. Your body's blood circulation and natural detoxification are stimulated. Energy flow is balanced. Coaxing deeper relaxation and a meditative state, the ritual begins and ends with the rhythmic humming of singing bowls.





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.

RESTORATIVE RETREAT

(6 Hours)

Rebalance and recharge with a three day journey to boost physical, emotional and spiritual wellbeing. Thoughtfully created to coax you first into deep relaxation, revitalising treatments then stimulate and nourish, before a final day of head to toe bliss helps you face the world looking beautifully renewed and feeling wonderfully restored.

Day 1: Unwind

Floral Foot Ritual • Welcome Bath Ritual • Stress Release Massage • Refreshment

Day 2: Awaken

Shower • Floral Foot Ritual • Essence White Coconut Wrap • Traditional Thai Massage • Refreshment

Day 3: Rejuvenate

Floral Foot Ritual • Bespoke Facial • Foot Massage • Refreshment

HIS 'N HERS ROMANTIC RITUAL

(2 ½ Hours)

Unwind in harmony with a loved one, relishing the indulgence of side by side treatments. Celebrate femininity with beautiful pampering and enhance the essence of masculinity with powerful rituals.

For him: Shower • Welcome Touch • Deep Tissue Massage • Bespoke Facial • Refreshment

For her: Floral Foot Ritual • Essence White Coconut Wrap • Shower • Bespoke Facial • Refreshment

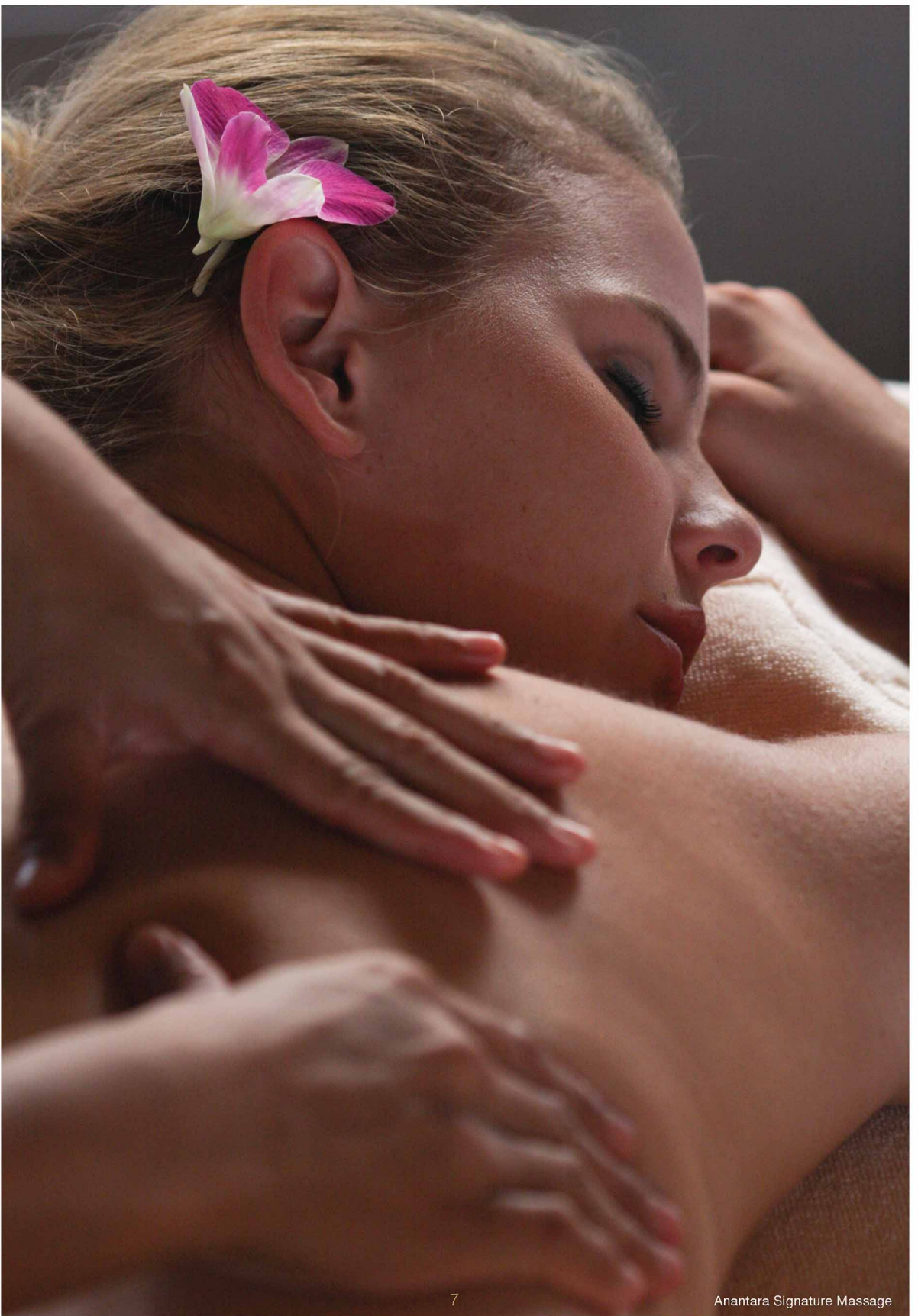
IN-ROOM SLUMBER GURU EXPERIENCE

(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 lavender essential oil. Enjoy an Ayurvedic infused herbal tea. Unwind to soothing music throughout the evening. Sweet dreams then await in a sumptuous bed and your personal pillow choice, which is 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





MASSAGES

TRADITIONAL THAI MASSAGE

(90 Minutes)

Passed down through the generations, this unique and exotic technique is known to many as 'passive yoga', as it offers the ultimate body workout. Let your expert therapist do all the work - while you enjoy the benefits. Experience how pressure point and stretching techniques effectively release tension, increase flexibility and boost vitality.

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.

Hot Stone Massage

(90 Minutes)

This indulgent massage incorporates the penetrating warmth of pure essential oils, which are smoothed over your entire body using natural heated volcanic stones to release the body's stored tension from within muscular tissue.

Foot Massage

(60 Minutes)

This deeply relaxing treatment releases stiffness and tension in the feet and lower legs. Benefit from improved flexibility, blood circulation and energy flow, as your therapist incorporates the reflexology techniques of acupressure, friction, stretching and effleurage to specific points on the feet which stimulate corresponding organs in the upper body to promote overall wellbeing.

TRADITIONAL AYURVEDIC TREATMENTS

Experience holistic wellbeing through the 5,000 year old science of Ayurvedic natural healing. Originating from India, this trusted ancient system promotes health and vitality by realising the balance between body, mind and soul. Sri Lanka's Ayurvedic traditions have been practiced for thousands of years and enjoy a thriving place in modern spa wellness, offering radiance that shines from the inside out.

Marma Abhyanga

(90 Minutes)

This unique massage focuses on the Marmas, the various junctions of the body where blood and lymph vessels, muscle and bone tissue and nerves meet. The therapist draws attention to each of the main Marmas from the feet up to the base of the head, stimulating through rhythm and pressure to achieve health and balance.

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 balance and tranquillity, this massage can also help to relieve insomnia, chronic headaches, migraines and sinusitis.

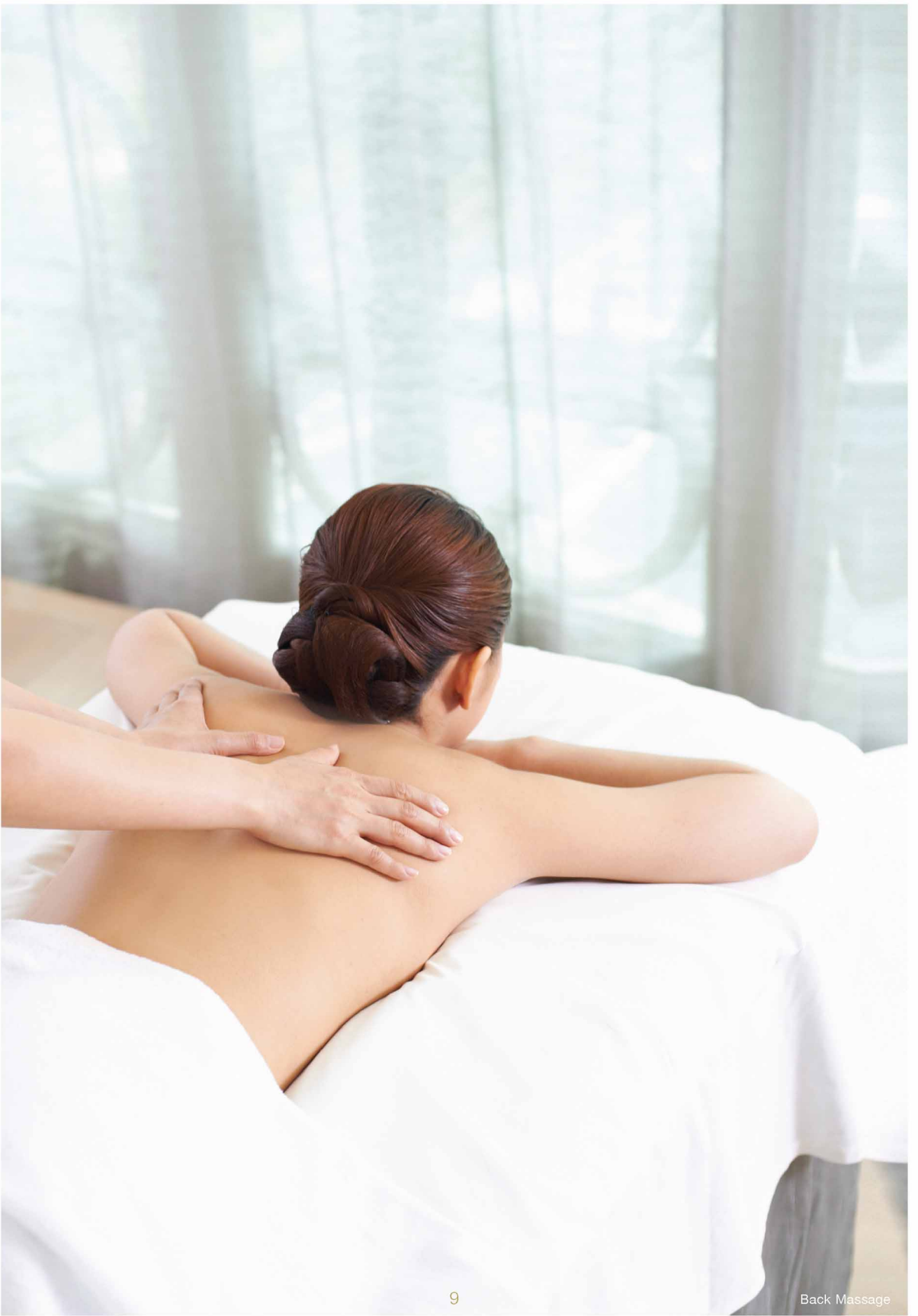
Shirodhara

(60 Minutes)

"Shiro" (head) and "Dhara" (flow) come together in Shirodhara, the practice of applying a continuous flow 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.



Indian Head Massage



MASSAGES cont.

Pizhichil (90 Minutes)

A gentle flow of warm oil all over the body is aimed to keep you fit and healthy, and also to prevent premature ageing, providing a fresh surge of energy that leaves you feeling relaxed and refreshed.

Pinda Swedana (60 Minutes)

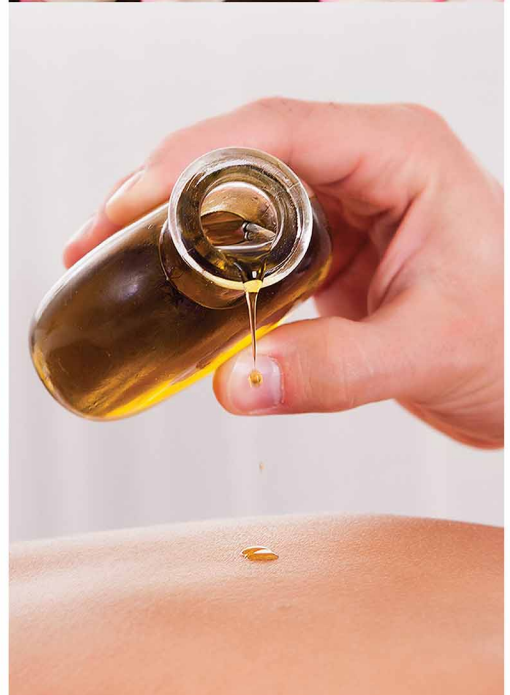
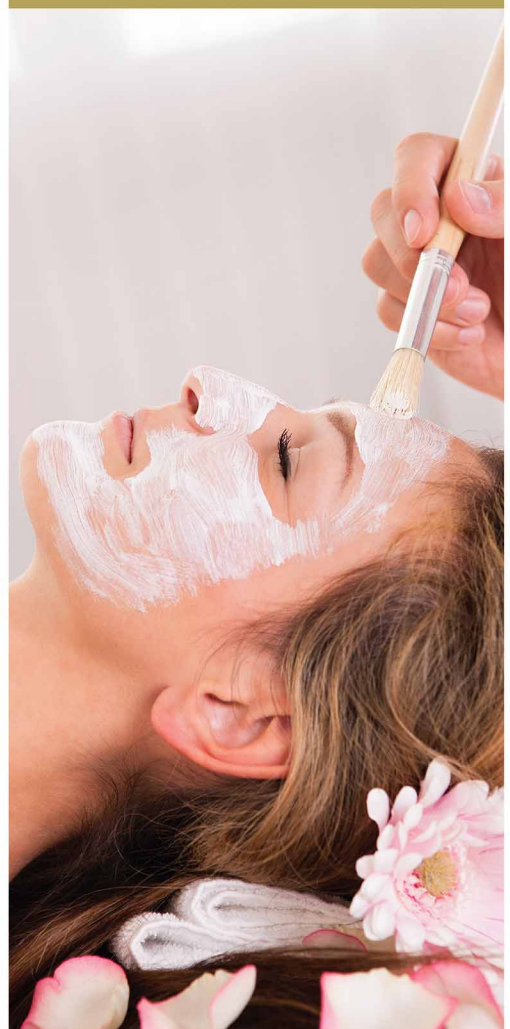
Pinda Swedana is a comforting therapy in which hot herbal pouches filled with medicinal herbs are applied to the entire body to open channels, whereby the herbs can easily enter underlying tissues. This leaves the body with improved blood circulation and neuromuscular conditions, soothed pain in the joints and a feeling of restored vitality throughout the whole body.

Udwarthanam (60 Minutes)

This dry massage using herbal powder acts as a natural scrub, which increases overall circulation to the skin and removes dead cells, resulting in a renewed appearance.

Kati Vasti (60 Minutes)

Practiced to ease lower back pain. A small circle of paste made from black gram or wheat flour is placed strategically on the lower back. Warmed oil is then poured into the depression created by the ring of paste. This soothes muscular tissue, alleviates pain and lubricates the discs and nerves.



DOCTOR'S SPECIALTY REMEDIES FOR SPECIFIC AILMENTS

Ayurvedic treatments help to balance the energetic constitution of the entire body as a preventative measure. If you are experiencing specific areas of discomfort or symptoms that you would like to address, our resident doctor offers Ayurvedic treatments that provide swift relief from a range of ailments. Treatment times range from 3 to 7 days, depending on the severity of your condition.

Weight Loss (3 – 5 Days)

A specialist Ayurvedic scrub, massage techniques and yoga help to detoxify the body, increase circulation and reduce cellulite, whilst removing energy blockages, encouraging metabolism of fat and actually breaking down fat in the body to combat weight issues.

Abhyanga - Udwarthanam - Pinda Swedana

Yoga Joint Mobility, Muscular Tension & Strains (3 – 7 Days)

Specific Ayurvedic treatments work to improve flexibility, tone the muscles, increase circulation, loosen blocked joints and reduce muscle tension.

Abhyanga - Pinda Swedana - Shirodhara - Pizhichil

Yoga High Blood Pressure (3 – 5 Days)

High blood pressure can be caused by stress and over work. This series of specialist Ayurvedic treatments alleviate high blood pressure by working directly on the brain to reduce abnormal hyper actives of the brain and body, and to relax the blood circulation.

Abhyanga Massage - Shirodhara - Yoga

Headaches (3 – 5 Days)

Stress and over use of sensory organs can cause headaches, and Ayurveda helps to relieve symptoms by removing the strain and improving the circulation, resulting in a better oxygen supply to the brain and removal of impurities.

Abhyanga Massage - Shirodhara - Nasyam





BODY TREATMENTS

BODY SCRUBS

DETOXIFYING GREEN TEA SCRUB (60 Minutes)

Nourish and rejuvenate your body with purifying and cleansing green tea.

ESSENCE WHITE COCONUT MINT SCRUB (60 Minutes)

Rich in vitamins and anti-oxidants, walnut shell removes dead cells and strengthens new skin to leave it feeling completely clear and smooth.

BODY WRAPS

ESSENCE WHITE COCONUT WRAP (60 Minutes)

Indulgently rich and gloriously fragranced, this wrap rejuvenates the skin and combats the effects of modern life.

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.

DETOX CEREMONY (90 Minutes)

This treatment starts with a detoxifying wrap and a foot and scalp massage for instant relaxation. It continues with lymphatic drainage and finishes with a back relaxation to relieve muscular tension. The body will regain all its vitality, the back will be deeply relaxed and you will leave feeling fully revitalised.

BATH RITUALS

ANANTARA MILKY BATH (30 Minutes)

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

DE-STRESS BATH (30 Minutes)

Nourish the body and calm the mind with a fusion of skin soothing sandalwood bath oil and Ceylon green tea.



FACIALS

LIFT & REJUVENATE CEREMONY (90 Minutes)

Diminish fine lines and wrinkles with this lifting and firming treatment, which results in visibly younger looking skin. Our signature facial massage techniques help firm the skin naturally while our results oriented skincare help give you a refreshed and vibrant look.

PURITY SKIN RENEWAL (60 Minutes)

This is our classic deep cleansing facial. Your skin is deeply cleansed, exfoliated and steamed to prepare for a deeply detoxifying mask enriched with our 4 Teas Elixir and Lupine flower extract. Our signature facial massage leaves skin oxygenated, purified and renewed.

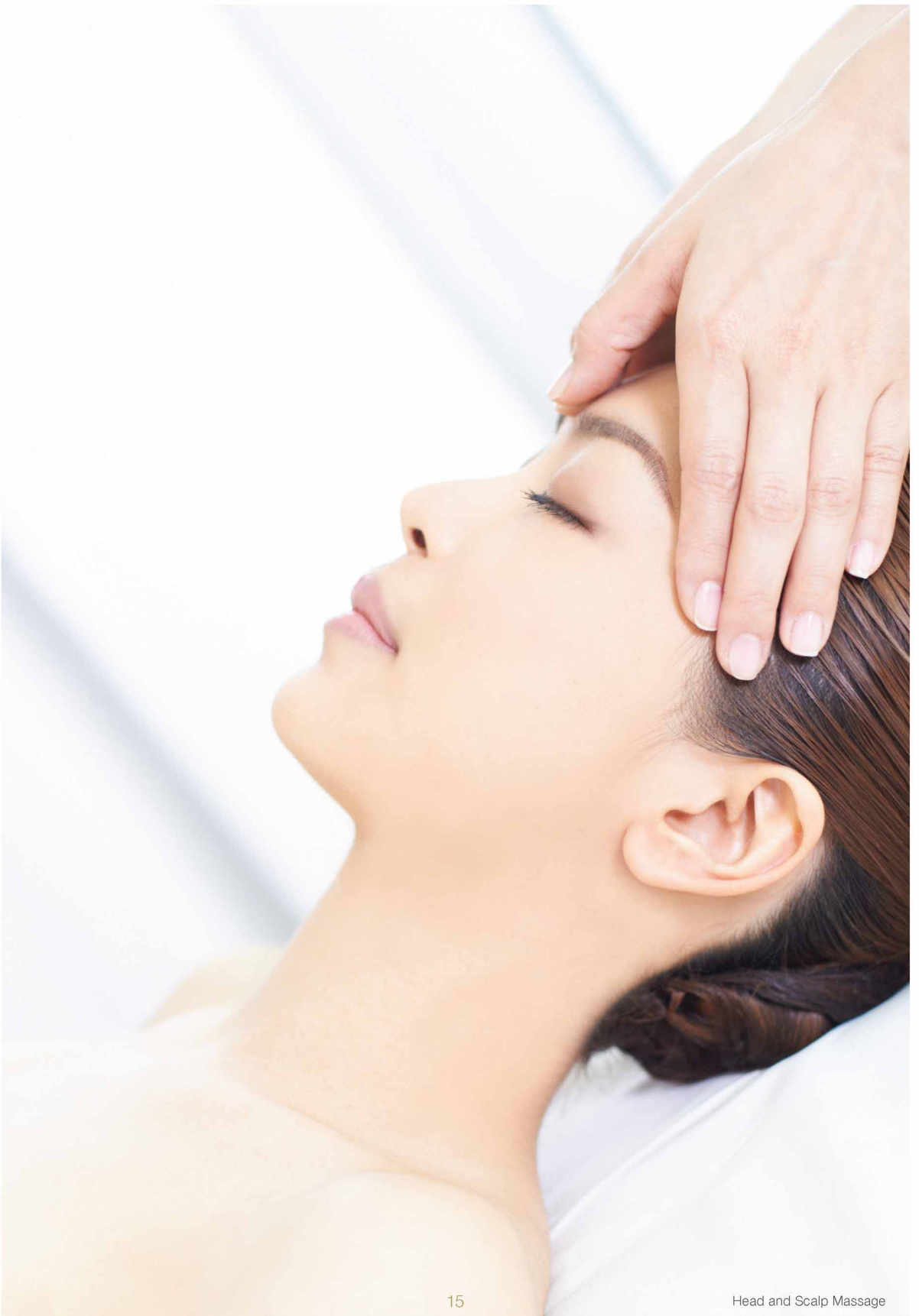
QUENCH HYDRATION FACIAL (60 Minutes)

This treatment is the perfect escape for tired, dull skin. A main focus in this facial is our exclusive facial massage techniques combined with Shiatsu. We focus on deep relaxation and hydration in this facial, breathe deeply and emerge restored.

GENTS FUEL FACIAL (60 Minutes)

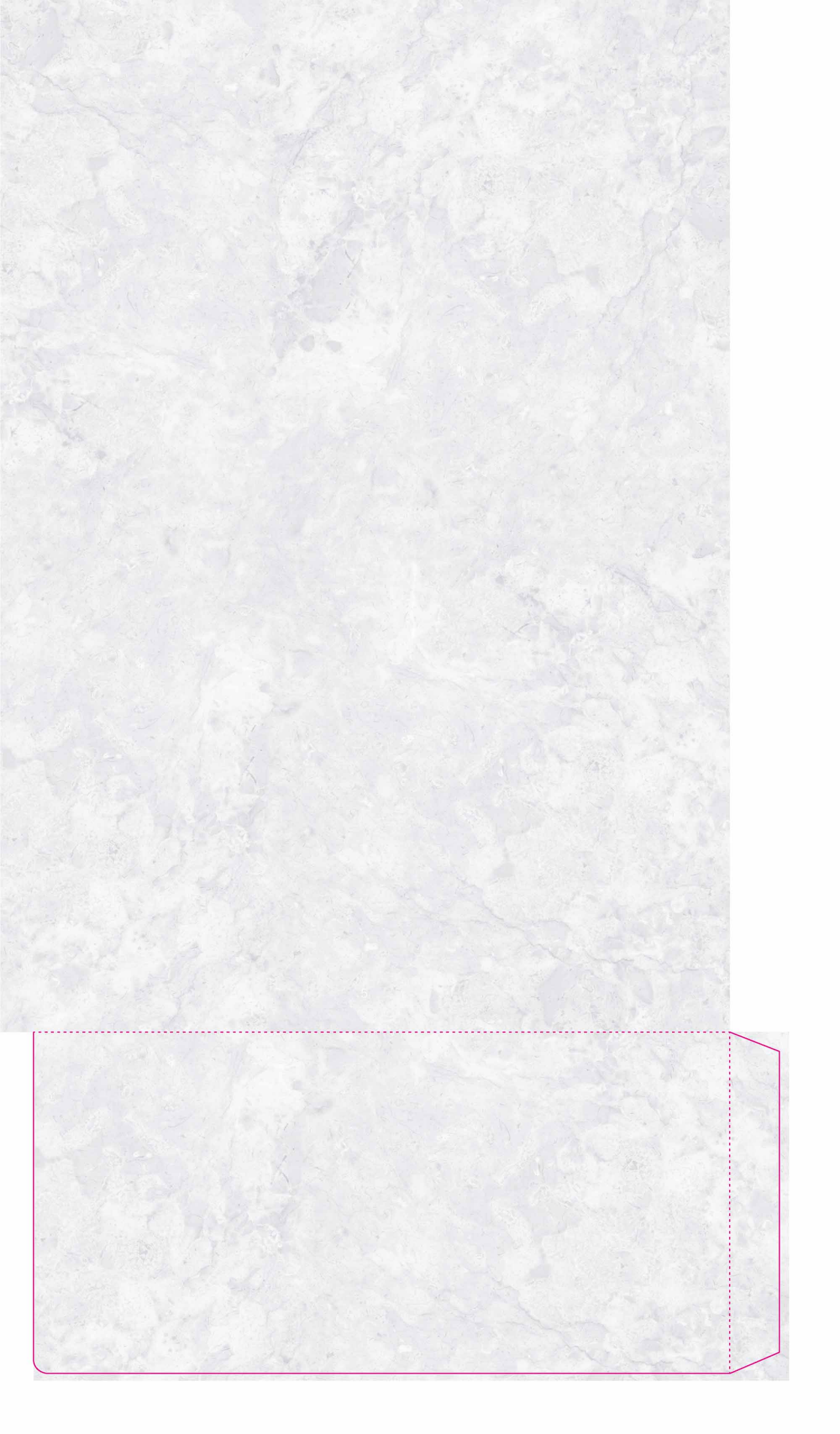
Our specially designed facial just for men. This facial diminishes the effects of stress and fatigued on male skin by deeply detoxifying and replenishing moisture to the skin.





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.
- Please note that the spa is unsuitable for small children and babies, as we try to ensure that all our guests benefit from the tranquil surroundings.
- We recommend that you leave all jewellery in your room before coming to the spa.
- All treatments will be charged to your room and will appear on your account at 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 aromatherapy and waxing 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 with high blood pressure, heart conditions, allergies, who are pregnant, or have any other medical complications, are advised to consult a doctor before undergoing any treatments.
- Please notify the spa receptionists of any existing medical conditions.





ANANTARA PEACE HAVEN TANGALLE RESORT
Goyambokka Estate, Tangalle, Sri Lanka
T: +94 47 224 4455 F: +94 47 224 4488 E: tangalle@anantara.com
spa.anantara.com

TREATMENT PRICE LIST

	Mins	Rs.
SIGNATURE EXPERIENCES		
Signature Ceylon Retreat	155	60,000
Anantara Signature Massage	90	18,500
Chakra Crystal Balancing	60	18,500
Bespoke Spa Experience	90	20,000
SPA JOURNEYS		
Restorative Retreat	360	78,750
His 'n Hers Romantic Ritual	150	35,000 (per person)
In-Room Slumber Guru Experience	70	35,000
MASSAGES		
Traditional Thai Massage	90	18,500
Deep Tissue Massage	90	18,500
Hot Stone Massage	90	18,500
Foot Massage	60	15,500
TRADITIONAL AYURVEDIC TREATMENTS		
Marma Abhyanga	90	18,500
Head Massage	60	15,500
Shirodhara	60	18,500
Pizhichil	90	20,000
Pinda Swedana	60	18,500
Udwarthanam	60	18,500
Kati Vasti	60	18,500
BODY TREATMENTS		
BODY SCRUBS		
Detoxifying Green Tea Scrub	60	17,500
Essence White Coconut Mint Scrub	60	17,500
BODY WRAPS		
Essence White Coconut Wrap	60	17,500
Aloe After Sun Soother	60	17,500
Detox Ceremony	90	25,000

	Mins	Rs.
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BATH RITUALS		
Anantara Milky Bath	30	17,500
De-stress Bath	30	17,500
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FACIALS		
Lift & Rejuvenate Ceremony	90	20,000
Purity Skin Renewal	60	17,500
Quench Hydration Facial	60	17,500
Gents Fuel Facial	60	17,500
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All prices are in Sri Lankan Rupees and subject to 10% service charge and applicable government tax. Prices are subject to change without prior notice. Advance booking is highly recommended to ensure the availability. Anantara Spa is open from 10am to 10pm.
