



# Welcome to Anantara Spa

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.

Leave your worries at the door of the award-winning Anantara Spa and allow our Wellness Specialists to provide you with a personalised journey of improved health. Fusing ancient Ayurveda with modern Spa rituals for ultimate inner peace has won us the recognition of the world’s leading travel aficionados such as Conde Nast.

Indigenous herbs and spices are incorporated into our treatments and our teas to ensure the healing earth of Sri Lanka nourishes your body and mind. Meet our Ayurvedic Doctor, a sixth generation Practitioner for a complimentary consultation. Learn about your dosha, your DNA blueprint according to Ayurveda, and how to improve your wellness and increase your longevity.

**Opening hours: 9.00 am - 8.00 pm daily**



# Signature Experiences

Drawing on the world class expertise, the finest indigenous ingredients and wellness traditions, our collection of signature experiences blend highly specialist rituals and luxurious pampering with powerful, long lasting benefits for body, mind and soul.



## SIGNATURE CEYLON RETREAT

120 Minutes

A sensory experience that encapsulates Sri Lanka's finest elixirs and wellness practices. Powerful antioxidants are released on Ceylon teas finest inspired spa journey.

- Black Tea & Lime Foot Scrub
- Green Tea & Salt Scrub
- Marma Abhyanga Massage
- Ceylon Signature Facial
- Ceylon Tea Refreshment

## KING COCONUT DELIGHT

90 Minutes

Inspired by the healing powers of exotic island wellness, the golden-hued coconut is indigenous to Sri Lanka and a treasured natural resource. Hydrating, healing and richly moisturising.

- Coconut Milk Foot Ritual
- King Coconut Scrub
- King Coconut Massage
- King Coconut Refreshment

## CHAKRA CRYSTAL BALANCING

60 Minutes

Select your crystal-infused oil blend as precious stones surround your body.

A purifying massage works to release stress and harmonise energy flow. To coax you into a deep state of meditative relaxation, singing bowls are used to begin and conclude. Choose from Rose Quartz, Amethyst, Tiger Eye or Citrine.

# Massages

Anantara's therapeutic and stress-relieving massages use authentic Asian-inspired techniques combined with infusions of exotic, rare ingredients to lead you on a path to relaxation and eliminate the tensions of everyday life



## **ANANTARA SIGNATURE MASSAGE**

**60/90 Minutes - Light to Medium  
Pressure**

A signature oil blend and purpose-designed movements stimulate the circulation, promote deep relaxation and restore the flow of energy, or prana, along the meridian lines.

## **DEEP MUSCLE MASSAGE**

**60/90 Minutes - Firm Pressure**

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on common discomforts such as a stiff neck, lower back pain and sore, tight shoulders.

## **STRESS RELEASE MASSAGE**

**60/90 Minutes - Light to Medium  
Pressure**

Using a combination of strokes and acupressure techniques, along with a signature aromatherapy oil blend of your choice, this gentle massage delivers waves of deep relaxation and pure pleasure.

## **TRADITIONAL THAI MASSAGE**

**60/90 Minutes - Firm Pressure**

This unique 'passive yoga' massage combines pressure point and stretching techniques to release tension, increase flexibility and boost vitality.

## **HOT STONE MASSAGE**

**90 Minutes - Medium Pressure**

A unique combination of aromatherapy oils and heated volcanic stones, to ease away deep muscular tension and encourage optimum circulation.

## **FOOT MASSAGE**

**60 Minutes - Medium Pressure**

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 for overall wellbeing.



# Couples' Quality Time

Create captivating shared memories as you lay side by side and submit to healing hands and a deep sense of bliss and harmony.





## SRI LANKAN ROMANCE

(160 Minutes)

Create a wonderful special occasion with your loved one and retreat to a state of aromatic bliss. Spend quality time together while relaxing in our bath. Then, feel renewed and refreshed with our body exfoliation and release all your muscle tension and aches with our signature Anantara Signature Massage.

- Floral Foot Ritual
- Aromatic Blossom Bath
- Choice of Body Scrub or Body Wrap
- Shower
- Anantara's Signature Massage
- Refreshments

## COUPLES' RETREAT

(120 Minutes)

This ultimate relaxing treatment promises to activate vital energy and soothe accumulated tension. Combining face and body therapies for pure relaxation with maximum results.

- Floral Foot Ritual
- Choice of 60 Minute Massage
- Ceylon Signature Facial
- Refreshments

## COUPLES' PRIVATE TIME

(90 Minutes)

Unwind in harmony with a loved one, relishing the indulgence of a bespoke spa journey to relax you both.

- Floral Foot Ritual
- Choice of 90 Minute Massage
- Refreshments

## IN-ROOM SLUMBER GURU EXPERIENCE

(45 Minutes)

Unwind into relaxing foot reflexology followed by a soak in a luxurious bath infused with essential oil in your room. Slip into your bed dressed in luxurious sheets fragranced with a heavenly mist, accompanied by a silk or cool gel filled eye mask and ear plugs. Drift away to the land of nod in blissful pleasure where sweet dreams await.

- Aromatic Bath Ritual
- Foot Massage

# Facials

Combining the latest research with ancient healing ingredients, allow us to transform your skin. Your Skin Specialist shall customize your treatment to ensure you achieve the quickest results and deepest relaxation.



## **SOTHYS YOUTH INTENSIVE TREATMENT**

**(ANTI - AGEING)**

**90 Minutes**

Combined with a scientific approach, Sothys Anti-ageing Intensive Treatment uses the P3 tri-complex of saffron, sophora and peptides to combat the signs of ageing. Wrinkles and the contours of the face and jawline are lifted and re-defined. Exfoliating, stimulating massage and double dermo-filling mask leaves the skin feeling fresh, plump, and youthful.

## **SOTHYS HYDRADVANCE**

**(DRY SENSITIVE SKIN)**

**90 Minutes**

An original concept combining chronobiology and delicious aromas to reveal the skin's radiance, season by season. A dose of oxygen, vitamins and minerals to boost the skin's defense system against all types of weather.

## **SOTHYS SEASONAL FACIAL**

**(AROMATHERAPY / RADIANCE)**

**60 Minutes**

This treatment combines ultra-comfortable textures with high-performance active ingredients to promote water flows within the skin and provide it with absolute hydration. Specially recommended for sensitive and sun damaged skin.

## **CEYLON SIGNATURE FACIAL**

**60 Minutes**

Pay homage to the healing earth of Sri Lanka with this customized treatment. Fresh herbs and nourishing plant extracts are chosen based on your skin assessment. This indigenous ceremony for the skin shall leave you looking radiant and feeling relaxed.

## **SOTHYS ILLUMINATING PROFESSIONAL**

**(PIGMENTATION)**

**90 Minutes**

Specially developed a radiance beauty routine to target and treat all type of dark spots. At the heart of routine lies organic white nettle extract, inspired by Sothys Les Jardins and derived from Sothys advanced research. This 6 step treatment provide the triple answer: dark spots, hydration and an even complexion.

## **SOTHYS ORGANIC FACIAL**

**45 Minutes**

An express treatment with a fresh scent awakens the skin and gives it instant radiance. It dives into the heart of nature accompanied by unique music. Enjoy a moment of deep relaxation thanks to a deeply relaxing face and scalp cocooning massage. Organic treatment is all skin even sensitive and this good to normal to combination skin. Hawthorn is the main active ingredient in the organic facial.

# Body Treatments

As the Sri Lankan sun nourishes the soul, allow us to nourish your body with a range of prescriptive body treatments. Using wild crafted indigenous ingredients we shall scrub, smooth or soak your stress away.



## **BODY SCRUB**

**(30 Minutes)**

Intensive exfoliation deep cleanses and retextures for a body that's super soft, supple and smooth so skin will look fresher, brighter and more toned.

- Choice of Detoxify Green Tea or White
- Coconut Mint Scrub

## **BODY WRAP**

**30 Minutes**

Nourish your skin with a revitalising body wrap. Feel skin renewed and glowing as you emerge.

- Choice of White Coconut Wrap or Aloe Vera After Sun.

## **AROMATIC BLOSSOM BATH**

**30 Minutes**

Filled with colourful local flowers and floral essential oil, inhale its beauty and immerse yourself in the beautifully perfumed pampering bath to rebalance and instill a blissful state of inner calm.

# Ayurvedic Treatments

## The Science of Life

Ayurveda is the oldest form of medicine known to date back over 5,000 years. Originating in India and Sri Lanka, this ancient holistic lifestyle has recently surged in popularity. Due to increasing awareness of the dangers of urban toxicity and chemical overload, more people are looking for an alternative way to increase their wellness.





## SAMBARA - BALANCE

### 3 days of wellness inspiration

In local Sinhalese language, “samabara” means “balance”. Understand the right lifestyle, dietary and movement choices for your unique Dosha makeup. Relieve stress and learn steps that ensure restful sleep.

- Resident Ayurveda Doctor’s Consultation
- Personalised Dosha Constitution
- Lifestyle Coaching and Eating Session
- Sleep and Nutritional Guidance
- Tour of Herbal, Spice & Vegetable Garden
- One 90 Minute Ayurvedic Treatment
- Choice of Two 60 Minute Ayurvedic Treatments
- Choice of Two 30 Minute Ayurvedic Treatments
- Choice of One Herbal Bath or Herbal Steam Bath
- Technology Wind-down Every Evening
- Life Guidance

## SUWAYA – COMPASSION

### 1 day of self care

In local Sinhalese language, “suwaya” means “compassion, generosity and selfcare”. This introduction to Ayurveda inspires a new ritual of self-care into your own wellbeing.

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## MARMA ABHYANGA

60/90 minutes

This unique massage focuses on the Marmas, energy meridians of healing. 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

## NASYA

60 minutes

Nasya is a healing therapy that combats the pollution we inhale. It is also highly effective in treating headaches, sinusitis and migraines, as well as hormonal and physiological problems.

*Complimentary Ayurveda Doctor's consultation required prior*

## 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. Not only relaxing, this massage can also help to relieve insomnia, chronic headaches, migraines and sinusitis.

## SHIRODHARA

60 minutes

“Shiro” (head) and “Ohara” (flow) come together in Shirodhara, the practice of applying a continuous flow of warm oil to the forehead. This therapy enhances circulation to the brain, improves memory and nourishes the hair and scalp with a head massage releasing stress and tension.

## PINDA SWEDA

60/90 minutes

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.

## KATIVASTHI

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.

*Complimentary Ayurveda Doctor's consultation required prior*



## UDWARTANA

30 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.

## HERBAL STEAM BATH

30 minutes

A special steam bath where medicinal plant leaves are simmered whilst the body is exposed to steam. Good for flushing out impurities, reducing obesity as well as excess fat and the treatment of skin diseases.

## HERBAL BATH

30 minutes

Herbal bath is infused with a herbal decoction which opens the pores, is detoxifying and reduces muscle tension and skin irritations.

## YOGA

Private Class – 60 minutes

Whether a beginner or regular practitioner, our teachers will help you find new paths to inner peace.

## MEDITATION

Private Class – 30 minutes

Your guided private mindful meditation class encourages you to find a state of internal peace.

## PERSONAL CONSULTATION

90 minutes

This in-depth session with the Resident Ayurveda Doctor includes a complete emotional, physical and lifestyle analysis to determine your prakruti (your natural state) and vikruti (your current imbalances). The consultation provides a total view of your constitution.

## INTRODUCTORY CONSULTATION

30 minutes

Learn the basics of what being in balance means to you during a complimentary consultation with our Resident Ayurveda Doctor.

Immerse yourself in Sri Lanka's ancient heritage of natural ayurvedic healing. Experience a tailored approach to wellness – expertly guided by our Resident Doctor of Ayurveda, who is passionate about helping each guest attain optimum health and happiness.

Discover how the sun, sea air and nature in luxurious coastal seclusion provide an ideal environment to disconnect from modern stress, restore peace and vitality. Each ayurvedic retreat offers a holistic journey of distinct benefits. Collectively these programmes encompass an ideal of happiness – a healthy balance of body, mind and spirit.

## Choose Your Ayurvedic Programme

Please speak with our spa team to learn more about the following five to seven-day wellness programmes.

### INNER HARMONY

Calm your mind and body to create emotional and spiritual balance

### NATURAL WEIGHT

Discover the ayurvedic approach to healthy weight management and vitality.

### DEEP SLEEP

Give yourself well-deserved time to relax, heal and rebuild

### A REBUILDING DETOX

Detoxify physically and mentally, and rebuild your natural energy



# Spa Etiquette

- Please arrive 15 minutes before your treatment to complete your health assessment form and take time to relax in our tranquil surroundings.
- 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.
- 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 leaving all jewellery in your room before coming to the spa.
- All treatments outside your package inclusions will be charged to your room and appear on your account at check-out.
- We recommend that you do not sunbathe after aromatherapy and waxing treatments.
- Smoking and the use of mobile phones are 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 who 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.

