

JOURNEYS INTO
WELLBEING AND SERENITY.



ANANTARA
SPA



WELCOME TO ANANTARA SPA

Honouring Anantara's roots in Thailand and its Sanskrit meaning 'without end', Anantara Spa Rasananda captures Koh Phangan's timeless beauty and embraces some of the world's oldest wellness cultures.

Let the relaxed rhythm of island life soothe your senses. Renew your natural balance with ancient holistic traditions and exotic beauty secrets from Thailand and across Asia. Experience how Anantara Spa's award-winning expertise elevates pampering and lavishes personal attention.

Seclude away in teak wood suites, hidden in lush jungle gardens that echo Koh Phangan's wild nature. Sea views inspire serenity, while skilled hands heal and pamper. Soak up refreshing experiences surrounded by bountiful nature, indulging in our traditional outdoor herbal bath, a tropical al fresco shower and the revitalising Thai herbal steam cave.

Let your cares slip away and your sensual journey begin.....

At Anantara Spa, the greatest journeys are felt, not told

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.

RASANANDA ISLAND BLISS (105 Minutes)

Soothing, exotic and indulgent, this distinctive treatment pampers and heals after a day in paradise. A full body massage relaxes muscles, melts away tension, revives energy and boosts the circulation, while a special floral oil blend nourishes skin and calms the senses. Cooling aloe vera gel and a compress of cold black tea and mint calm sun-kissed skin, helping to nurture a healthy glow.

Floral Foot Ritual • Floral Oil Massage • Cooling After-Sun Soother • Refreshment

ANANTARA SIGNATURE MASSAGE (90 Minutes)

Revered eastern and western massage techniques, combined with a signature oil blend, stimulate the circulation, promote deep relaxation and restore energy flow for supreme wellbeing.

BESPOKE SPA EXPERIENCE (90 Minutes)

Indulge in an exclusive spa journey, designed specifically for your needs and mood. Highlight the areas you wish to focus on or the benefits you would like to receive. Let us tailor the perfect 90 minute treatment, with a choice of luxurious spa products.



SPA JOURNEYS

Escape the limits of space and time with these carefully crafted journeys. Indulge in unique destination-inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.

JOURNEY OF SIAM (200 Minutes)

Experience a sequence of revered Thai wellness traditions. Remedial herb-infused steam relaxes the body and opens pores, in preparation for a healing and moisturising coconut polish. Energising massage techniques stretch and reinvigorate the body, enhancing energy flow and overall wellbeing.

Floral Foot Ritual • Thai Herbal Steam • Essence White Coconut Scrub • Traditional Thai Massage • Refreshment

DAWN RENEWAL (165 Minutes)

Rise to refreshing therapies that purify and invigorate. A green tea polish cleanses, detoxifies and smoothes. A powerful massage stretches, heals and rejuvenates your entire body. Emerge renewed with fresh energy.

Floral Foot Ritual • Detoxifying Green Tea Scrub • Deep Tissue Massage • Refreshment

DUSK RELAXATION (165 Minutes)

End your day with a blissfully soothing sequence. A deeply relaxing massage with a sensual oil blend teases out tension and calms the senses. Ancient foot massage techniques bring holistic benefits, nurturing peaceful harmony.

Floral Foot Ritual • Stress Release Massage • Foot Massage • Refreshment.



BALANCE WELLNESS

HOLISTIC RETREAT

Blossom into wellness with a well-rounded package of holistic exercise, therapeutic spa treatments and wholesome cuisine. Yoga stretches the body and frees your mind. Thai herbal treatments heal and restore tranquillity. Creative, healthy flavours nourish vitality.

- Private Yoga (90 Minutes)
- Thai Herbal Steam (30 Minutes)
- Thai Herbal Compress Massage (60 Minutes)
- Spa Cuisine Lunch
- Raw Juice



MASSAGES

AROMA STONE MASSAGE (90 Minutes)

This indulgent massage harnesses the penetrating warmth of pure essential oils, smoothed over the body using natural, heated volcanic stones to release stored tension.

TRADITIONAL THAI MASSAGE (90 Minutes)

Passed down through 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 a wealth of benefits. Experience how pressure point and stretching techniques release tension, increase flexibility and boost vitality.

THAI HERBAL COMPRESS MASSAGE (90 Minutes)

This age-old Thai treatment removes negative energy and sluggishness, soothes muscle tension and eases out stiffness. The healing session begins with the application of a warm herbal poultice containing therapeutic Thai herbs and spices, followed by a full body massage with carefully selected herbal oils.

DEEP TISSUE MASSAGE (90 Minutes)

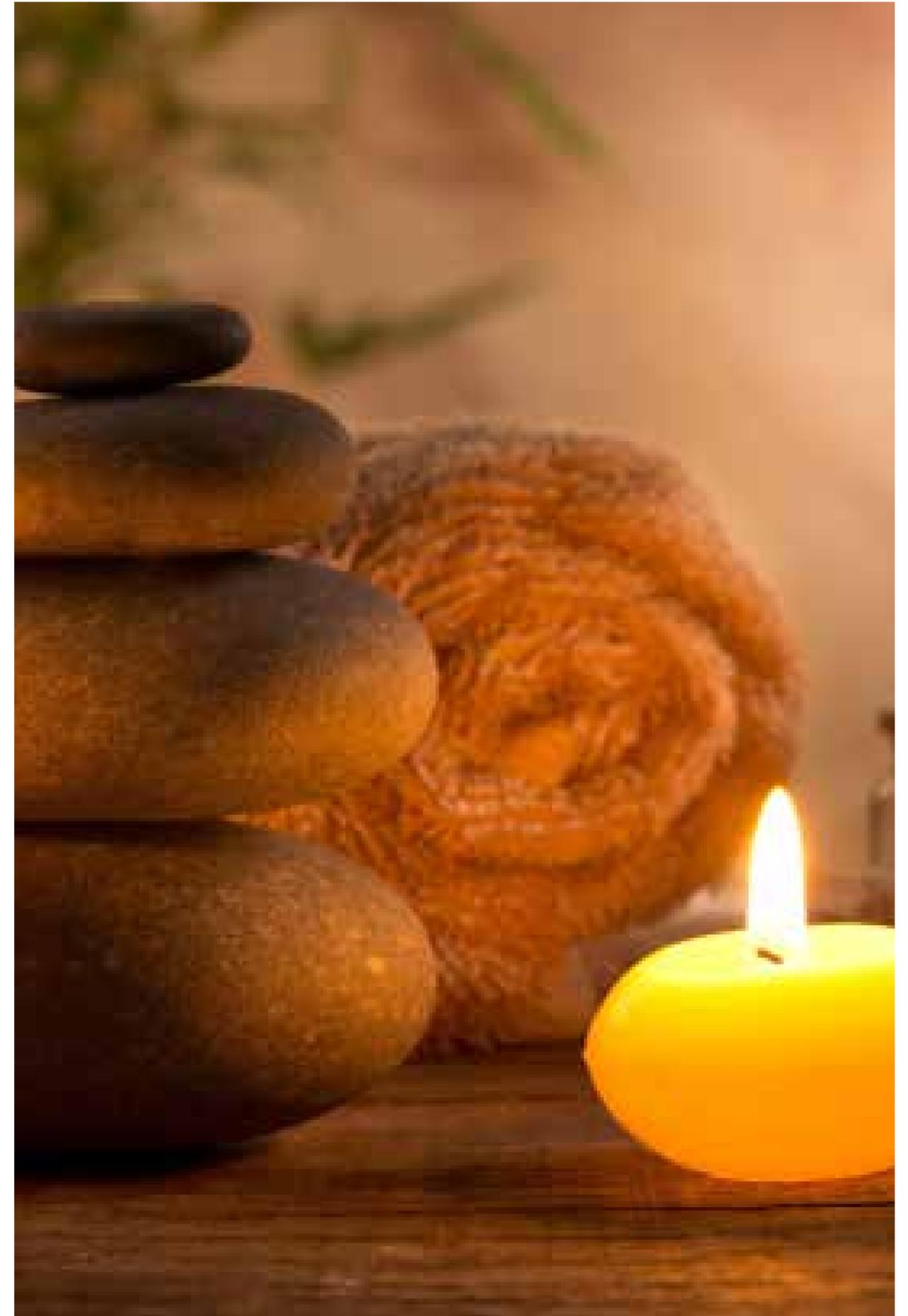
This vigorous yet relaxing remedy uses classic Swedish massage strokes and works deeply into the muscles to stretch the fibres and release tension that may otherwise cause restricted movement and pain. Encouraging blood flow, this treatment improves flexibility and relieves sore or pulled muscles.

STRESS RELEASE MASSAGE (60/90 Minutes)

Using a combination of strokes and classical movement techniques, along with the specially blended signature aromatherapy oil of your choice, this gentle massage offers a wonderful stress release tonic to completely relax the mind and body.

FOOT MASSAGE (60 Minutes)

Experience holistic balance and deep relaxation. This fascinating treatment provides physical renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to stimulate corresponding organs in the upper body.



BODY TREATMENTS

BODY SCRUBS

ESSENCE WHITE COCONUT SCRUB (60 Minutes)

Rich in vitamins and antioxidants, this exotic scrub gently sweeps away dead cells, smoothes and strengthens new skin. Moisturising, healing and protecting, skin is flawless and gloriously fragranced.

DETOXIFYING GREEN TEA SCRUB (60 Minutes)

Purify, nourish and refresh skin with the therapeutic properties of a soothing green tea polish.



BODY WRAPS

ESSENCE WHITE COCONUT WRAP (60 Minutes)

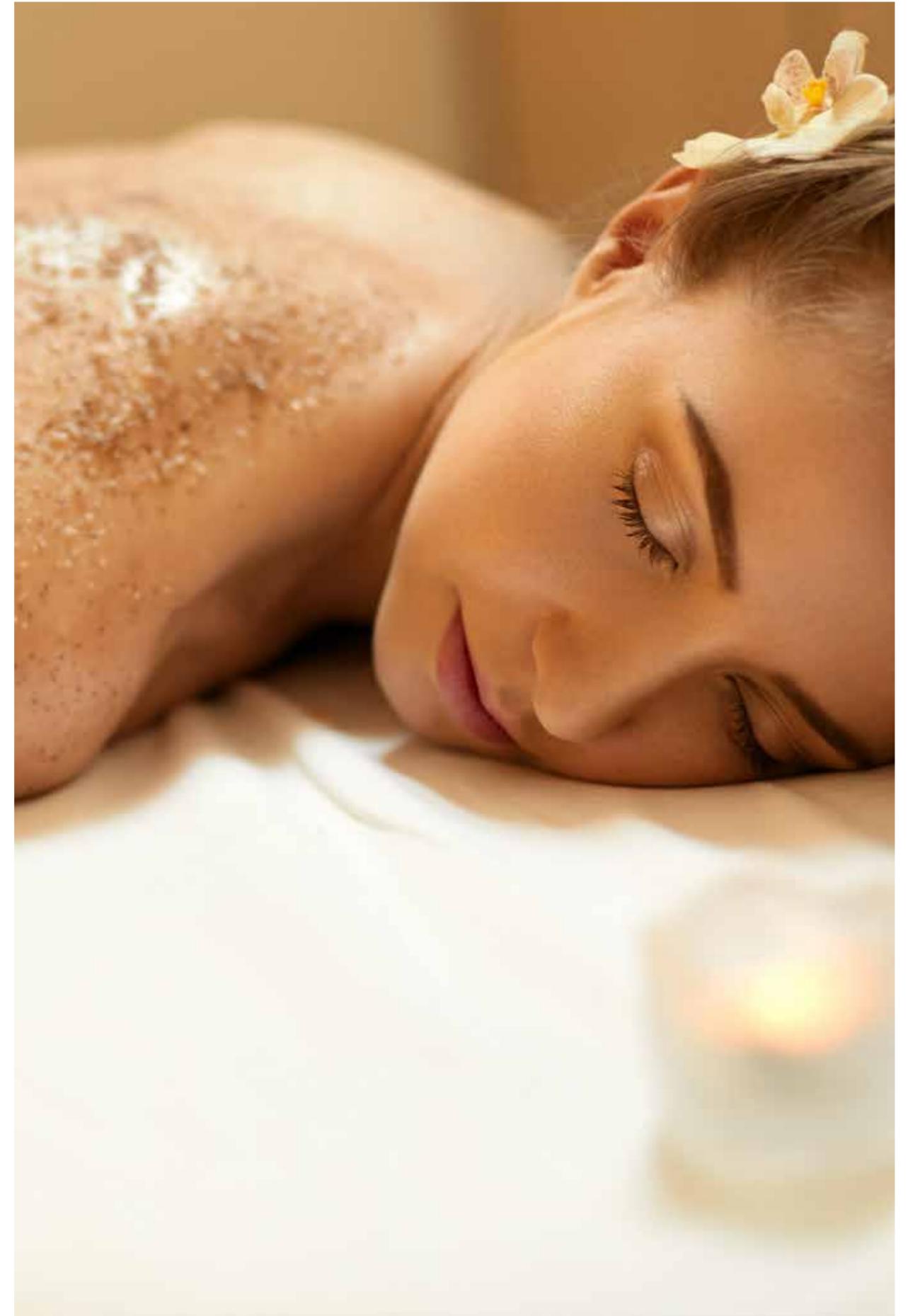
Lavish your body with coconut's revered healing and hydrating abilities. Indulgently rich and gloriously fragranced, this wrap rejuvenates and moisturises skin to be supple and exquisitely soft.

DETOXIFYING GREEN TEA WRAP (60 Minutes)

Relax in a calming cocoon of gently cleansing and hydrating green tea. Emerge pure and beautifully refreshed.

ALOE AFTER - SUN SOOTHER (60 Minutes)

A wonderful tonic after time in the sun. Fresh aloe vera gel cools and calms. A poultice of cold black tea and mint decreases redness and pain. Skin feels instantly comforted and soothed.



FACIAL TREATMENTS

ANANTARA SIGNATURE FACIAL (60 Minutes)

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to treat and revitalise your skin. Delicate blends of jasmine oil, white orchid extract, green tea, pandan leaf and pink lotus encourage cell renewal and oxygenation. A gentle massage induces relaxation and a herbal mask restores skin's natural balance.

FACE: TOUCH ANTI-AGEING

ELEMIS PRO-COLLAGEN AGE DEFY (60 Minutes)

Treat fine lines and wrinkles with the age-defying benefits of marine charged padina pavonica and red coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

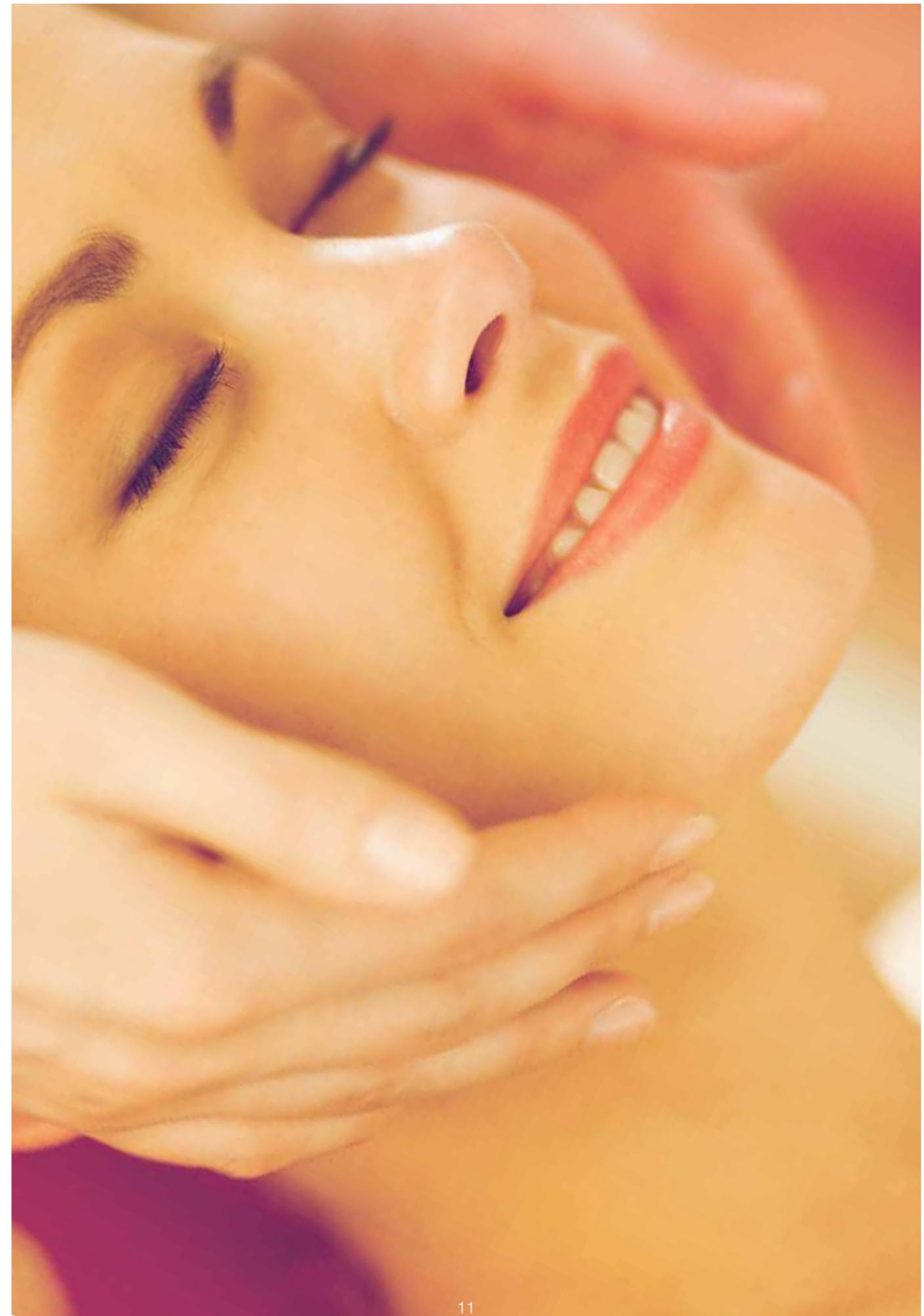
ELEMIS SUPERFOOD PRO-RADIANCE (60 Minutes)

Stressed or dull skin is revived by energising and detoxifying actives. Experience how a nutritional boost, rich in superfoods and essential minerals, leaves skin plumper and glowing with radiance.

MEN: TOUCH

ELEMIS HIGH PERFORMANCE SKIN ENERGISER (60 Minutes)

This hard-working facial for ageing, dehydrated skin and tired eyes maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax.



STEAM & BATH RITUALS

THAI HERBAL STEAM (30 Minutes)

Inspired by the healing properties of Thai herbs, this therapeutic steam stimulates the circulatory systems, opens pores, relaxes muscles and quiets the mind. Enjoy this refreshing ritual as a prelude to any of our spa treatments.

ANANTARA MILKY BATH COLLECTION (30 Minutes)

Choose from Anantara's signature Milky Bath Collection - Romance, Balance or Rejuvenating. Enjoy a private tea service as the exotic aromas of a relaxing floral bath balance your mind, body and spirit.

JUST FOR LITTLE ONES

Let our expert, caring touch sooth busy young minds and wind down energy levels. Choose from a range of special spa treatments, designed to pamper and delight our younger guests.

Body Soft Touch (30 Minutes)
Relaxing Foot Massage (30 Minutes)
Coconut Hot Oil Scalp Massage (30 Minutes)

We recommend that children are accompanied by parents.
Customised spa experiences available for children aged 6 years and under.
For children aged 7 – 13 years, special children's prices apply
For youngsters aged 14 years and above, adult prices apply.



BEAUTY SALON SERVICES

Available from 10.00 am – 3.00 pm

Enjoy a professional range of nail and depilatory salon services.

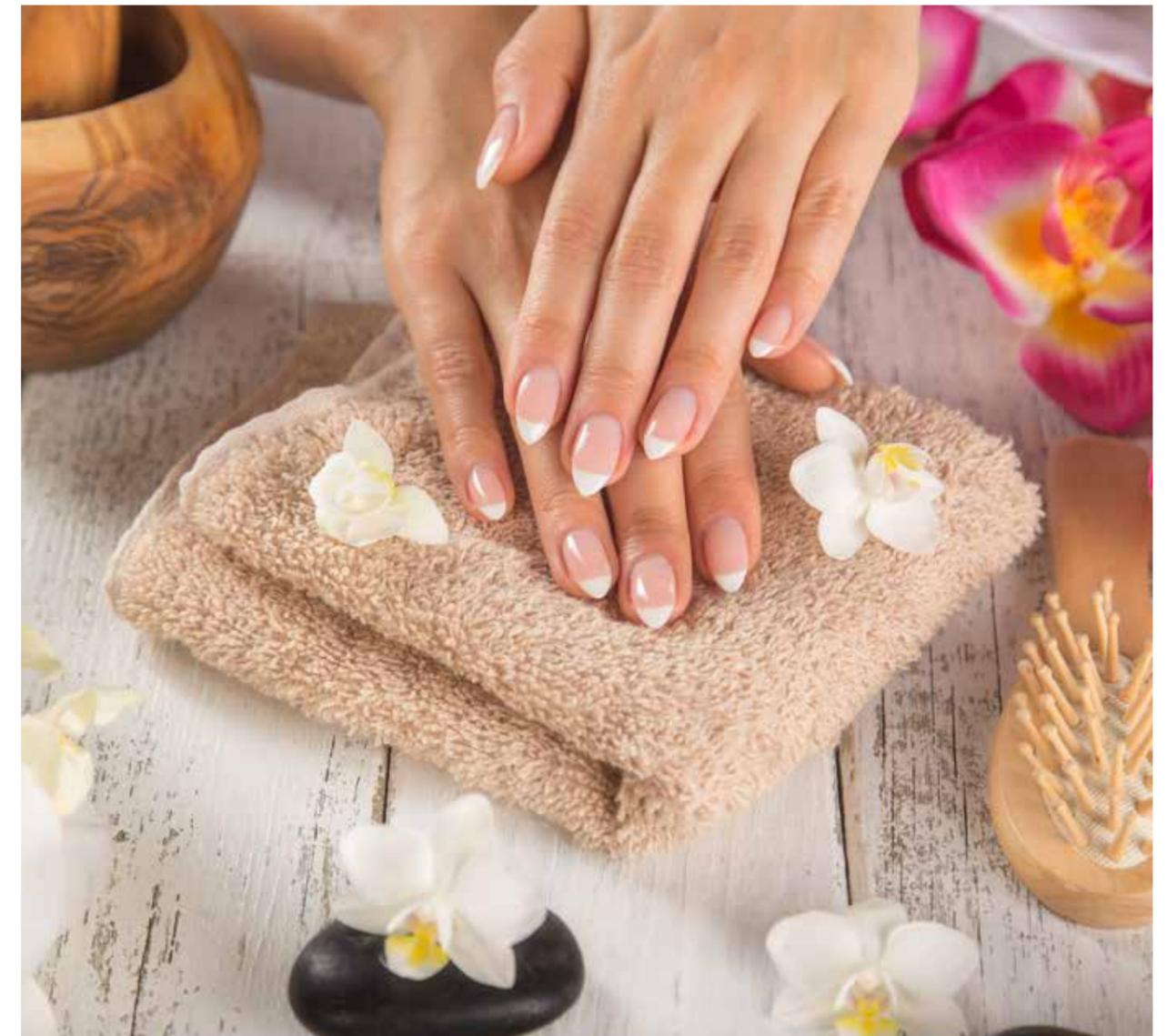
MANICURE & PEDICURE TREATMENTS

Spa Manicure with Regular Polish
Spa Manicure with French Finish
Spa Manicure with Gel Polish

Spa Pedicure with Regular Polish
Spa Pedicure with French Finish
Spa Pedicure with Gel Polish

WAXING

Underarm
Half Legs
Full Legs
Bikini
Brazilian
Chest
Back



SPA ETIQUETTE

- Please arrive 15 minutes prior to your treatment in order to complete the health assessment form and take time to relax in our tranquil spa setting.
- Please note that the spa is unsuitable for small children and babies, unless receiving treatment, as we try to ensure that all guests benefit from the tranquil surroundings.
- We recommend that you leave all jewelry in your suite or villa before coming to the spa.
- All treatments will be charged to your suite or villa, and will appear on your account at check-out.
- Please give four 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 an aromatherapy treatment.
- 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.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications, are advised to consult a doctor before booking treatments.
- Please notify the spa receptionist of any existing medical conditions.
- Advanced booking is highly recommended to ensure availability.
- If you are late for your scheduled appointment, we will accommodate you to the best of our ability, but your treatment may be shortened or rescheduled.

All prices are in Thai Baht and subject to a 10% service charge and applicable government tax.

Prices are subject to change without prior notice.

Anantara Spa is open from 10.00 am – 8.00 pm. Spa treatments between 8.00 pm and 10.00 pm are available with advance reservation.

For reservations, please contact Anantara Spa.



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