

JOURNEYS IN WELLBEING AND SERENITY

spa

M E N U



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, including the revered practice of Ayurveda.

For thousands of years, Ayurvedic principles have helped those suffering from physical ailments understand their bodies through better diet, herbal remedies and simple lifestyle adjustments. Undergirding the practice is a focus on restoring inner peace and enhancing daily harmony by rebalancing the elements that fall out of sync due to various factors.

At our jungle spa, teak wood suites, calming sea views and verdant gardens create the perfect setting for your journey of spiritual awakening and conscious living. Discover a beautiful fusion of serenity and energy, two key states for wellbeing, as you soak in a traditional outdoor herbal bath, unwind in a rainforest shower and breathe with the whole body in our Thai herbal steam cave.

As skilled hands pamper and heal, feel your cares slip away and your senses awaken.





AYURVEDIC TREATMENTS

Choose from a collection of focused therapies that address your individual needs. All the products used in our treatments are made with 100% natural, chemical-free ingredients, ensuring they are as good for the environment as they are for your skin.

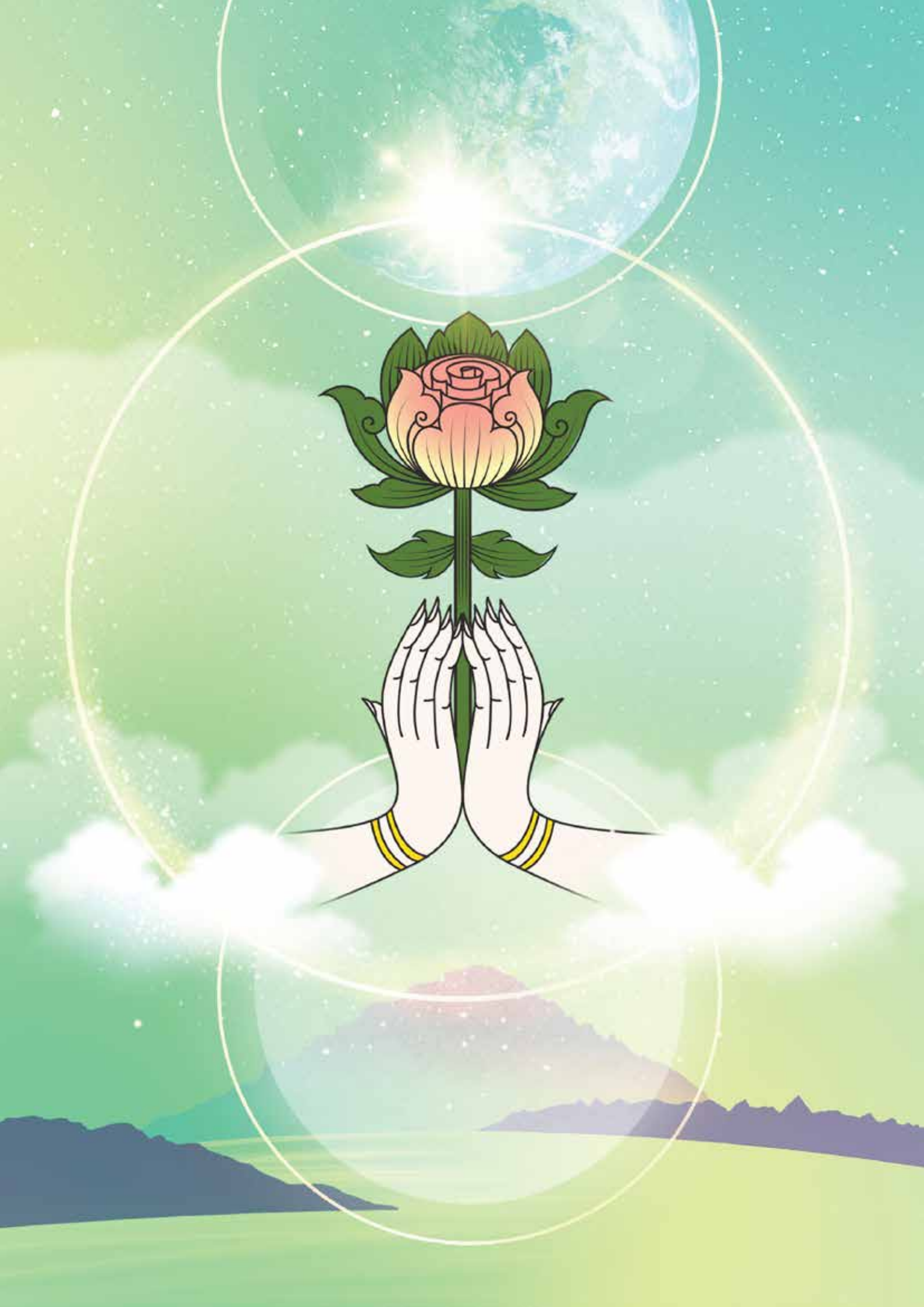
SIGNATURE AYURVEDIC JOURNEYS

ANANTARA KAYA (120 Minutes)

An energising head-to-toe massage and traditional Ayurvedic body scrub, Kaya therapy combines warm oils and carefully selected herbal powders to boost immunity and circulation, relieve fatigue, tone the skin and ease tensions while delaying the signs of ageing.

FOUR-HAND ANANTARA RASAYANA (120 Minutes)

Two therapists work in harmony to provide an exquisite sequence that begins with full body massage, unlocking energy flow throughout your body. Afterwards, Ela Kizhi herbal compress dipped in hot, medicated oil will be applied to affected areas to reduce pain and stiffness. Finally, a soothing herbal oil massage will release stress and toxins, leaving you refreshed and rejuvenated.



AYURVEDIC TREATMENTS

ABHYANGA (60/90 Minutes)

A revitalising full-body massage using warm herbal oils designed to enhance immunity, stimulate circulation, reduce fatigue and slow the ageing process.

SHIRODHARA (60/90 Minutes)

A continuous stream of warm herbal oil is slowly poured onto the 'third eye' on your forehead to promote inner calm, relieve insomnia and nourish the hair and scalp.

ELA KIZHI (60 Minutes)

Linen bundles filled with leaves of medicinal plants are first dipped into warm herbalised oil and then applied to the affected body parts. The combination of rhythmic tapping and long strokes effectively tones the skin and alleviates symptoms of arthritis and sciatica.

UDVARTHANAM (60/90 Minutes)

A traditional Ayurvedic body scrub using herbal powders to exfoliate the skin, improve circulation, promote lymphatic drainage and enhance skin texture.

SHIRO ABHYANGA (60/90 Minutes)

This soothing head, neck and shoulder massage with warm herbal oils is perfect for those suffering from office syndrome and anyone looking to improve scalp health, promote hair growth and enhance mental clarity.

KATI VASTI (60 Minutes)

By pooling and retaining warm medicated oil in the lower back area, this comforting treatment relieves back pain and stiffness, while also addressing sciatica symptoms and muscle spasms.



AYURVEDIC WELLNESS PROGRAMMES

Our Ayurvedic Wellness Programmes, thoughtfully crafted in consultation with leading Ayurvedic doctors, empower you to maximise the benefits of our therapies based on your unique needs. Optimise your holiday with daily therapies selected for their ability to promote a joyful, healthy and fulfilling life. Whether you seek a vitality boost, visible rejuvenation or a complete transformation, our multi-day programmes are tailored to support your well-being holistically.

3-DAY FOUNDATIONAL PROGRAMME

Harmonising relaxation and revitalisation, our three-day programme will immerse you in classic Ayurvedic therapies, including Abhyanga massage with warm herbal oils, Ela Kizhi and Shirodhara oil stream treatment for inner tranquillity.

Day 1

- Abhyanga (100 minutes)
- Herbal Steam bath (30 minutes)

Day 2

- Abhyanga (60 minutes)
- Ela Kizhi (30 minutes)
- Herbal Steam bath (30 minutes)
- Guided yoga (60 minutes)

Day 3

- Ela Kizhi (60 minutes)
- Shirodhara (60 minutes)
- Kati Vasti (30 minutes)
- Herbal Steam bath (30 minutes)

5-DAY COMPREHENSIVE PROGRAMME

Crafted to promote body healing and inner peace, our five-day programme builds upon the foundational three-day experience. Complementing daily Ayurvedic therapies that remove energy blockages, soothe and heal, the programme includes Udwartanam body scrub – a cleansing ritual which will leave your skin glowing and baby soft.

Day 1

- Abhyanga (100 minutes)
- Herbal Steam bath (30 minutes)

Day 2

- Abhyanga (60 minutes)
- Ela Kizhi (30 minutes)
- Herbal Steam bath (30 minutes)
- Guided yoga (60 minutes)

Day 3

- Udwartanam (90 minutes)
- Ela Kizhi (60 minutes)
- Herbal Steam bath (30 minutes)

Day 4

- Abhyanga (60 minutes)
- Shirodhara (60 minutes)
- Herbal Steam bath (30 minutes)
- Guided yoga (60 minutes)

Day 5

- Abhyanga (60 minutes)
- Shiro abhyanga (60 minutes)
- Herbal Steam bath (30 minutes)

7-DAY ADVANCED PROGRAMME

For a truly transformative experience, we recommend our advanced seven-day programme that seamlessly blends healing, natural detoxification, rejuvenation and lasting harmony. These benefits, delivered through timeless Ayurvedic principles, will accompany you long after your return home and become a foundation for a healthier, more balanced life.

Day 1

- Abhyanga (100 minutes)
- Herbal Steam bath (30 minutes)

Day 3

- Udwartanam (90 minutes)
- Ela Kizhi (60 minutes)
- Herbal Steam bath (30 minutes)

Day 5

- Udwartanam (60 minutes)
- Shirodhara (60 minutes)
- Kati Vasti (30 minutes)
- Herbal Steam bath (30 minutes)

Day 7

- Abhyanga (60 minutes)
- Ela Kizhi (30 minutes)
- Shirodhara (60 minutes)
- Herbal Steam bath (30 minutes)

Day 2

- Abhyanga (60 minutes)
- Ela Kizhi (30 minutes)
- Herbal Steam bath (30 minutes)
- Guided yoga (60 minutes)

Day 4

- Four-hand Anantara Rasayana (120 minutes)
- Herbal Steam bath (30 minutes)
- Guided yoga (60 minutes)

Day 6

- Abhyanga (60 minutes)
- Ela Kizhi (60 minutes)
- Herbal Steam bath (30 minutes)
- Guided yoga (60 minutes)



SIGNATURE WELLNESS JOURNEYS

A 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 and refreshments

ROMANCE IN HEAVEN (120 Minutes)

This deeply relaxing couple's experience invites you to slow down, unwind and connect with your partner on a deeper level. You will start with a floral milk bath to replenish and reset the nervous system and nourish the skin, followed by a personalised aroma oil massage for complete relaxation, and a soothing facial to repair, restore and strengthen the complexion.

Floral milk bath, aroma oil massage and facial massage

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 (60/90 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 (60/90 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 (60/90 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.



CANNABIS-BASED WELLNESS JOURNEYS

The cannabis plant has been utilised in traditional medicines from around the world for centuries. The benefits are many, from calming the mind to soothing the body with its anti-inflammatory, antioxidant and deeply relaxing properties.

RESTFUL SLUMBER JOURNEY (60/90 Minutes)

Soak in a footbath filled with cannabis salts and melt your stress away with a full-body massage using cannabis-lavender oil or cannabis-rice milk to improve skin elasticity and moisture retention. Finish the treatment with a CBD-rich cannabis tea to relax the mind and body, ridding you of anxious thoughts and preparing you for a night of deep and restful sleep. Perfect for jet-lagged travellers.

Cannabis foot ritual, cannabis body massage, cannabis and floral tea

CANNABIS STRESS-RELEASE JOURNEY (90 Minutes)

Reverse the effects of Office Syndrome and soothe back and neck pain with a treatment drawing on the anti-inflammatory powers of cannabis and healing effects of traditional Thai herbal compress ball, Luk Pra Kob, to induce deep relaxation, melt away deep-seated tension along the spine, improve postural alignment and blood circulation.

Cannabis foot ritual, cannabis herbal compress massage, cannabis and floral tea

BODY SCRUBS & WRAPS

ESSENCE WHITE COCONUT SCRUB OR WRAP (60 Minutes)

Rich in vitamins and antioxidants, this exotic scrub gently sweeps away dead cells and strengthens newly revealed skin, while the coconut wrap restores moisture in dehydrated and damaged skin, leaving it flawless and gloriously fragranced.

DETOXIFYING GREEN TEA SCRUB OR WRAP (60 Minutes)

Purify, nourish and refresh skin with the therapeutic properties of a soothing green tea – a powerful antioxidant that revitalises and invigorates.

ALOE AFTER-SUN SOOTHER (60 Minutes)

A wonderful tonic after spending time in the sun, fresh aloe vera gel cools and calms. Additionally, a poultice of cold black tea and mint is applied to decrease redness, soothe pain and provide instant comfort to your skin.

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.

ELEMIS EXPERT TOUCH™ RENEW FACIAL (60 minutes) HYDRATE, LIFT & FIRM

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

ELEMIS EXPERT TOUCH™ REVEAL FACIAL (60 minutes) RESURFACE, SMOOTH & GLOW

Powered by our patented Tri-Enzyme technology this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

ELEMIS EXPERT TOUCH™ DEFINE FACIAL (60 minutes) ENERGISE, REJUVENATE & SCULPT

This innovative facial captures the power of clinically proven intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted looking skin.



SPA DELIGHTS FOR YOUNG GUESTS

Allow our expert, nurturing touch to soothe busy young minds and gently unwind their energy levels. Explore a selection of specially crafted spa treatments designed to pamper and delight our younger guests. We recommend that children be accompanied by parents during their spa experience. Customised treatments are available for children aged six years and under. For those aged 7 to 13 years, special children's prices apply, while youngsters aged 14 years and above enjoy adult pricing.

- Body-Soft Touch (30 Minutes)
- Warm Coconut Oil Scalp Massage (30 Minutes)

SPA ETIQUETTE

Please arrive 15 minutes prior to your treatment 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 jewellery 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.

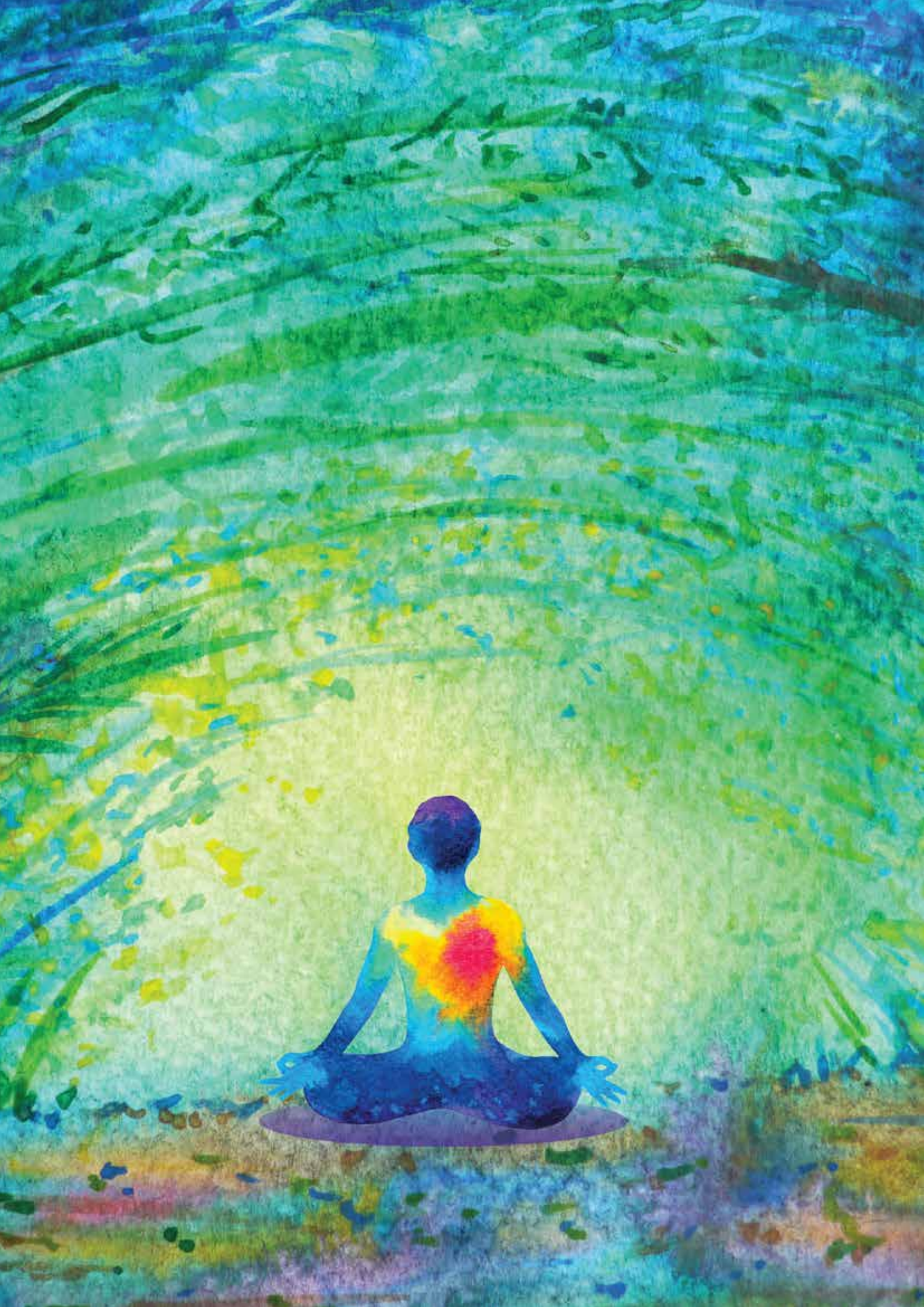
If you are late for your scheduled appointment, we will accommodate you to the best of our ability, but your treatment may be shortened or rescheduled.

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 to 8:00 pm.

Spa treatments between 8.00 pm and 10.00 pm are available with advance reservation. For reservations, please contact Anantara Spa.





ANANTARA

RASANANDA KOH PHANGAN
VILLAS

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ANANTARA.COM

TREATMENTS PRICE LIST

Duration
(Minutes)

Price

SIGNATURE AYURVEDIC JOURNEYS

Anantara Kaya	120	5,900
Four-Hand Anantara Rasayana	120	7,900

CLASSIC AYURVEDIC TREATMENTS

Abhyanga	60/90	3,200/3,900
Shirodhara	60/90	4,200/4,900
Ela Kizhi	60	3,900
Udvarthanam	60/90	3,200/3,900
Shiro Abhyanga	60/90	3,200/3,900
Kati Vasti	60	3,900

AYURVEDIC WELLNESS PROGRAMMES

3-Day Foundational Programme		21,900
5-Day Comprehensive Programme		39,900
7-Day Advanced Programme		59,900

SIGNATURE WELLNESS JOURNEYS

A Journey of Siam	200	6,900
Romance in Heaven (1 person)	120	6,900
Romance in Heaven (2 persons)	120	11,900

MASSAGES

Aroma Stone Massage	90	4,900
Traditional Thai Massage	60/90	2,900/3,600
Thai Herbal Compress Massage	60/90	3,200/3,900
Deep Tissue Massage	60/90	3,900/4,600
Stress Release Massage	60/90	3,200/3,900
Foot Massage	60	2,200

CANNABIS-BASED WELLNESS JOURNEYS

Restful Slumber Journey	60/90	3,200/3,900
Cannabis Stress-Release Journey	90	4,900

BODY SCRUBS & WRAPS

Essence White Coconut Scrub or Wrap	60	2,600
Detoxifying Green Tea Scrub or Wrap	60	2,600
Aloe After-Sun Soother	60	2,600

FACIALS

Anantara Signature Facial	60	2,900
Elemis Expert Touch™ Renew Facial	60	3,900
Elemis Expert Touch™ Reveal Facial	60	3,900
Elemis Expert Touch™ Define Facial	60	3,900

SPA DELIGHTS FOR YOUNG GUESTS

Body-Soft Touch	30	1,600
Warm Coconut Oil Scalp Massage	30	1,600

All prices are in Thai Baht and are subject to 10% service charge and applicable government tax.
Prices are subject to change without prior notice.