



# SPA MENU



## A WELLNESS OASIS IN THE HEART OF THE CITY

Born in Thailand, the essence of Anantara's philosophy, 'without end', stems from ancient Sanskrit origins, and is beautifully expressed at Anantara Spa Riverside Bangkok. Escape the bustling pace of the city and retreat to a tropical sanctuary where time stands still, and peace is all-encompassing.

Our spa journeys celebrate the culture and spirit of the Chao Phraya River, once the lifeline of the nation. Indulge in signature treatments that draw from healing practices of East and West, as well as indigenous ingredients. Rejuvenate and reset the body and mind with Balance Wellness journeys.

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





## SPA EXPERIENCES

Our most popular massages are built on award-winning techniques, ancient holistic therapies and indigenous ingredients that have stood the test of time for their healing properties.

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### ANANTARA SIGNATURE MASSAGE

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

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60/90 minutes

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### ORIENTAL RICE COMPRESS MASSAGE

Experience a sensual submersion in the Thai way of life. Your skin is rejuvenated by a specially blended rice bran oil. Traditional Thai massage techniques, including pressure points and stretching, are combined with a heated rice compress to alleviate muscle tension, aches, pains, and stress.

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90 minutes

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### HIMALAYAN THERMAL THERAPY MASSAGE

Drawing from the ancient energy of the Himalayan mountains, we use artisanal, hand-carved salt stones to dissolve mental and physical tension. These ethically sourced stones reintroduce 84 minerals and trace elements to the body, fostering the ultimate state of equilibrium, while supporting the body's natural detoxification. A facial massage using an ice rose quartz gua sha tool relieves muscle tension, enhances circulation, and leaves the skin with a youthful radiance.

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90 minutes



## ROMANTIC RITUAL FOR COUPLES

Discover those treasured moments with friends and loved ones. At Anantara Spa, we provide the perfect haven for rekindling connections and unwinding in a private, healing sanctuary while you immerse yourself in spa treatments. Lay side by side and surrender to skilled hands, savoring a profound sense of bliss and harmony together.

### OPULENT HARMONY, THE DIVINE DUO ESCAPE

Embark on a voyage of rediscovery with your significant other. Merging freshly sourced indigenous ingredients with the exotic fragrances of our signature oil blends, this profoundly relaxing head-to-toe ritual is meticulously crafted to facilitate your reconnection through a shared experience. Mark the completion of this journey with opulent chocolate-dipped strawberries and champagne.

- Foot Ritual
- Choice of Body Scrubs
- Anantara Signature Massage
- Refreshments and Champagne

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150 minutes



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## BALANCED WELLBEING RETREAT PROGRAMME

Reclaim your vitality in our urban oasis with our holistic Anantara Balance Wellness programs.

Choose from for one-day or multi-day well-being journeys, featuring nourishing cuisine, gentle movement, and rejuvenating spa therapies, all complemented by the freedom to explore and indulge.

- Detox & Restart (One Day)
- Recharge & Relax (Tree Days)
- Replenish & Harmonise (Five Days)

\*Please contact us to learn more about our programmes.

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## SIGNATURE RICE RITUAL

Skin is cleansed and polished with a purifying scrub containing antioxidants and vitamins B and E. Tension, pain, and stress are released with a full-body treatment that combines a specially blended rice bran oil, a heated ricecompress, and a pressure point massage with stretching techniques. For an added touch of indulgence, our signature facial combines nourishing plant extracts with traditional Thai ingredients.

120 minutes

Foot Ritual • Purifying Sri Nin Rice Scrub • Oriental Rice Compress Massage

180 minutes

Foot Ritual • Purifying Sri Nin Rice Scrub • Oriental Rice Compress Massage • Pro-Glow Renewal Facial

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## JOURNEY OF SIAM

Experience Thailand's most exquisite wellness ritual. An aromatic Thai herbal steam opens pores and detoxifies. A royal Thai massage reawakens vital energy. A foot massage promotes holistic healing and induces a state of deep relaxation.

- Foot Ritual
- Thai Herbal Steam
- Royal Thai Massage
- Foot Massage

180 minutes

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## SPA JOURNEYS

These signature journeys are designed to help you escape the limits of space and time. Indulge in destination- inspired therapies created with your supreme well-bring in mind.





## MASSAGES

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### THAI HERBAL COMPRESS

Arouse your senses and balance your mood with the gentle power of herb-infused steam. Relax as a soothing heated compress presses away aches and pains, stored tension and stress.

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90 minutes

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### TRADITIONAL THAI MASSAGE

Revitalising and deeply therapeutic, this regal massage incorporates acupressure techniques and works on the principle of energy pathways running through the entire body.

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60/90 minutes

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### ANANTARA BESPOKE MASSAGE

This exceptional massage offers a wide range of techniques that can be personalised to relieve tension, promote relaxation, and enhance circulation. Your skilled therapist will begin with a consultation to understand your unique requirements and desired outcomes. Whether you seek relief from muscle tension, stress reduction, or to improve blood circulation, we will curate a massage specifically designed to address your concerns.

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60/90 minutes



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### PRENATAL MASSAGE THERAPY

Immerse yourself in a gentle and nurturing massage specifically tailored for expectant mothers. Our skilled therapists use techniques that focus on relieving tension. This massage promotes relaxation, improves circulation, and helps to alleviate muscle soreness, leaving you feeling rejuvenated and at ease. Recommended for mothers-to-be after their first trimester.

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60/90 minutes

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### OUT OF OFFICE

This ultimate stress release experience delivers triple results by targeting three key areas – the back, the face, and the scalp, making it the ideal treatment after an exhausting day.

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60/90 minutes

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### GENTLEMEN'S MUSCLE MELT

Long and deep strokes as well as elbow movements and stretches are used to mobilise all the muscles. This treatment can be tailored to your specific needs, fitness level, or to prepare you for a strenuous physical activity.

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60/90 minutes

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### INDIAN HEAD MASSAGE

Using warm coconut oil, this soothing massage techniques is applied to focuses on pressure points on the head and neck to release tension and regulate the systems of mind and body.

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30/60 minutes

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### REVIVE FOOT MASSAGE

Find physical and spiritual renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to effectively stimulate corresponding organ groups in the upper body.

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30/60 minutes





## SPECIALISED HEALING THERAPIES

Embark on a profound journey of healing and inner harmony with our specialised therapies, designed to restore balance to your mind, body, and spirit. These ancient modalities offer unique and transformative experiences, allowing you to immerse yourself in the therapeutic vibrations and ancient wisdom they hold.



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### ABHYANGA MASSAGE

Ayurveda's most popular massage has roots dating back 5,000 years. Ayurvedic techniques are applied as warm, medicated herbal oil is massaged into the entire body, head to toe, working along the energy channels to release toxins and restore the flow of vital energy, prana, where it has become blocked.

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90 minutes

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### TIBETAN SOUND HEALING MASSAGE

An ancient therapy passed down through the centuries, this full-body massage with warm oil stimulates the pressure points, releasing tension and energy, while herbal poultices are kneaded over the body, hot stones placed along the spine and a singing bowl is sounded for ultimate relaxation.

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90 minutes

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### ABHYANGA AND SHIRODHARA TREATMENT

A combination of an Ayurvedic-style massage and our signature third-eye treatment using warm, herb-infused oils to induce a state of calmness. To begin, warm medicated oil is massaged into the body head to toe, before pouring a steady stream of it onto the forehead in a deeply therapeutic treatment that restores sensations, revitalises the central nervous system, and relieves mental tension.

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90 minutes

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### HERBAL SHIRODHARA

Shirodhara brings instant calm and rejuvenation. The name is derived from the two Sanskrit words 'shiro' meaning 'head' and 'dhara' meaning 'flow'.

In this intensely relaxing ritual, a consistent flow of warm aromatic oil is poured on the forehead, directly above the third eye – the point believed to be the seat of human consciousness. As the oil flows over the scalp and through the hair, a blissful sensation of calm is experienced.

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60 minutes



## PLANT-BASED POWER THERAPIES

Immerse yourself in the healing power of nature with our plant-based power therapies. Tapping the medicinal and powerful healing properties of cannabis and moringa plants, these treatments offer a gentle and natural alternative for those seeking wellness and vitality in a way that honours the healing power of nature. Each treatment is thoughtfully crafted to enhance your well-being, restore balance, and leave you feeling renewed from the inside out.



### CANNABIS RESTFUL SLUMBER JOURNEY

Begin your journey with kaffir lime-infused steam to help stress melt away. Followed by an oil massage scented with your choice of cannabis-lavender or cannabis rice milk to relax you from within and beautify your skin. Return home for the deepest of sleeps as your body and mind find peace.

- Cannabis Foot Ritual
- Kaffir Lime Steam
- Cannabis Body Massage
- Cannabis Floral Tea

90 minutes

### CANNABIS STRESS- RELEASE JOURNEY

If you suffer from office syndrome or back and neck pain, you can benefit from the healing powers of cannabis in essential oil and herbal form with this full-body massage that induces deep relaxation, increasing blood flow and detoxification. A warm herbal compress then releases any build-ups of tension along the spine.

90 minutes

### MORINGA BLISS THERAPY

Embark on a sensory journey of revitalisation with a blissful therapy that combines a healing touch of a therapeutic massage to invigorate your skin and a revitalising moringa body scrub, followed by refreshing moringa tea. Let the restorative powers of moringa transport you to a state of pure relaxation and bliss.

- Moringa Foot Ritual
- Therapeutic Massage
- Moringa Body Scrub
- Moringa Tea

90 minutes

### MORINGA OASIS RENEWAL

The journey of rejuvenation begins with a therapeutic massage tailored to your specific needs. Then, pure moringa oil is applied to your hair and scalp to restore shine and promote luscious healthy strands, followed by the application of a moringa face mask to deeply hydrate your skin and restore its natural radiance. Surrender yourself to the skilled hands of our experienced therapists as they utilise various techniques to ease tension, release muscle knots, and help you relax.

- Moringa Foot Ritual
- Therapeutic Massage
- Hair Mask
- Face Mask
- Moringa Tea

90 minutes



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## FACIALS

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### PRO-GLOW RENEWAL

#### *For Gorgeous Glowing Skin*

A signature deep-cleaning skin wellness facial from ELEMIS features prebiotics and antioxidant-rich ingredients to deliver a healthy-looking, lit-from-within glow.

In just one treatment, the skin takes on a visibly refreshed and rebalanced appearance.

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60 minutes

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### PRO-GLOW GENIUS

#### *Your Line-Fighting Superhero Facial*

Our clinically tested intelligent skincare, combined with our comprehensive three-tier approach to skin hydration, delivers impressive results in rejuvenating and enhancing your youthful appearance.

Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, the treatment gives you a visibly smoother; more resilient and firmer-looking skin.

Experience refreshingly firmer and smoother skin after just one treatment.

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90 minutes

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### PRO-GLOW SMOOTH

#### *The HIIT Workout for Your Skin*

Using powerful resurfacing technology, this treatment effectively removes dead skin cells to create a smoother, renewed, and refined complexion. It also enhances skin tone and boosts luminosity. The skin is then prepared for a hydration infusion that doubles its moisture content, resulting in a plump and hydrated feel and an immediately visible tightening effect.

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60 minutes

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### PRO-GLOW RESURFACE

#### *Resurfacing for Stunningly Smooth Skin*

Purifying and brighten by transforming your skin's texture. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines and pigmentation.

Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

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60 minutes

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### PRO-GLOW BRILLIANCE

#### *Your Recipe for Radiance*

Turn up the brightness with our triple cleanse, melting away makeup build-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect.

Kissed with a fresh outdoor glow, your skin is left feeling fresh, radiant and healthy.

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60 minutes





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## GENTLEMEN'S COLLECTION - FACIALS FOR MEN

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### ADVANCE CONTROL FACIAL

#### *Brightening & Instant Lift*

Get a firmer, smoother, younger-looking complexion with our cell metabolism-stimulating treatment. Using the latest peptide technology to promote collagen production, cell renewal, and increase hydration, a tonic specially formulated for male skin softens the appearance of fine lines and wrinkles, leaving the skin significantly refreshed, brighter, and instantly lifted.

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60/90 minutes

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### HYDRO MAGNIFYING FACIAL

#### *Nourish & Protect*

This highly effective facial helps nourish and protect the skin from environmental aggressors and excess sun exposure, while improving its overall texture with a carefully selected blend of award-winning cosmeceutical products from Gentlemen's Tonic.

Suitable for all skin types, recommended for dry and flaky skin.

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60 minutes

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### DETOXIFYING FACIAL

#### *Repair & Replenish*

Ideal in Bangkok's humid conditions, this deep cleansing facial uses Gentlemen's Tonics' professional range to unblock pores and improve the skin tone. Invigorating gel cleanser decongest with a blend of botanical extracts rich in naturally occurring AHAs; Facial Focus Complex with fruit enzymes brightens; and kaolin-based clay Eliminator Mask draws out impurities.

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60 minutes

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## BODY SCRUBS AND WRAPS

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### GREEN TEA DETOX BODY SCRUB AND WRAP

This exquisite spa experience combines the invigorating benefits of green tea with luxurious body exfoliation and a body wrap, leaving you feeling refreshed and renewed. The treatment begins with a gentle yet invigorating body exfoliation using our specially formulated green tea scrub, before cocooning you in a comforting body wrap infused with an antioxidant-rich green tea essence to slough away dull, dead skin cells, revealing a smoother and more radiant complexion.

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90 minutes

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### SPIRULINA BODY SCRUB AND WRAP

Embark on a transformative journey that will leave you feeling revitalised, toned, and refreshed. The treatment begins with a meticulous body exfoliation using our specially formulated body scrub with nutrient-rich spirulina algae known for its toning properties. Afterwards, you will be enveloped in a nourishing spirulina body wrap, which aids in improving body contour and combating cellulite. As the treatment concludes, you will emerge with a renewed sense of confidence and a visibly improved body contour.

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90 minutes

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### ANANTARA BESPOKE BODY SCRUB

The ultimate pampering treatment to bring back radiance and stimulate circulation, our bespoke body scrub collection gives you the freedom to choose the perfect product for your individual needs and desires. Choose from the invigorating attributes of coconut for a richly moisturising ritual, detoxify with fragrant green tea rich in antioxidants, find bliss with a nourishing blend of cannabis, or purify and nourish your skin with an indigenous Sri Nin Rice scrub rich in vitamins B and E.

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60 minutes







## PAMPERING SESSION FOR THE LITTLE VIPS

Specially designed for children aged 7-12 years, these specialised treatments use hypoallergenic products that are gentle on young skin. For the little ones under the age of seven, we are pleased to offer a customised experience.

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### NOURISHING MASSAGE

Soothing massage techniques help youngsters to wind down, improve blood circulation and encourage wellbeing. Pure virgin coconut oil moisturises and nourishes with the goodness of nature.

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30/60 minutes

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### PRINCE & PRINCESS MINI FACIAL

Nourish tender and sensitive young skin with an all-natural treatment infused with pure healing honey.

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30 minutes

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### LITTLE ME - MANICURE OR PEDICURE

A fun and safe experience for children, Anantara Spa's mani-pedi sessions for kids offer a playful and interactive way for them to learn how to care for their nails.

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30 minutes

## FAMILY SPA GETAWAY

This enchanting experience is designed to foster a deeper bond between parents and children while being pampered head to toe.

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### MOM AND DAUGHTER

Daughter:

- Coconut Body Scrub
- Nourishing Massage
- Little Me (Mani & Pedi)

Mom:

- Anantara Signature Massage
- Anantara Express Facial
- Deluxe Manicure or Pedicure

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150 minutes

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### DAD AND SON

Son:

- Coconut Body Scrub
- Nourishing Massage
- Prince Facial
- Little Me (Mani & Pedi)

Dad:

- Green Tea Body Scrub
- Gentlemen's Muscle Melt Massage
- Choice of Gentlemen's Facial

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150 minutes







## FINISHING STUDIO

Feel and look your best with the ultimate in manicure and pedicure luxury. Enjoy treatments that offer a ritual of cleansing, an exfoliating scrub, nourishing mask, cuticle care, massage, and perfect paint finish.

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### NAIL PAIRINGS

Deluxe Manicure  
and Pedicure  
120 – 150 minutes

Premium Manicure  
and Pedicure  
60 – 75 minutes

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### HAND OR FEET

Deluxe Manicure or Pedicure  
60 – 75 minutes

Express Manicure or Pedicure  
30 – 45 minutes

Regular Nail Polish  
30 minutes

Gel Polish  
Removal and Application  
60 minutes

Gel Polish Removal  
15 minutes

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### WAXING

- Eyebrow / Upper Lip
- Underarm
- Full Arm
- Full Leg
- Bikini
- Half Arm
- Half Leg

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### IN-ROOM SPA EXPERIENCE

All Anantara Spa offerings are also available in the privacy and comfort of your room with an additional surcharge of

THB 1,500++ per person.

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### SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our Spa reservations team at ext 1563 / 1564.

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### ARRIVAL TIME

Please allow sufficient time before your treatment to complete your health assessment form. We recommend you arrive up to 15 minutes in advance so that you can change and enjoy a moment of relaxation in our tranquil surroundings before your treatment.

Please be advised that late arrivals may result in a reduction of your treatment time to ensure timely service for all our guests.

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### CANCELLATION POLICY

We kindly request a minimum of four hours' cancellation notice for individual treatments and 24 hours' notice for packages. Failure to provide this notice may result in a 50% charge to your account, while no-shows will incur a 100% charge. We greatly appreciate your understanding.

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### HEALTH CONDITIONS

Please inform our spa receptionists of any pre-existing medical conditions. Guests who have conditions such as high blood pressure, heart conditions, allergies, pregnancy, or any other medical complications are strongly advised to consult a doctor before booking treatments. Your safety and well-being are of the utmost importance to us, and we appreciate your cooperation.

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### SPA ETIQUETTE

Our spa environment is one for relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. In light of this, kindly be informed that smoking and the use of mobile phones are not permitted within the spa premises.

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### FOR MEN

Please shave prior to all facial treatments to ensure the attainment of maximum results.

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### CHILDREN'S POLICY

In our efforts to maintain a tranquil atmosphere for the benefit of all our guests, the spa is generally unsuitable for babies and small children unless they are receiving treatments. We greatly appreciate your understanding and cooperation.

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### HOMECARE

To continue your spa experience at home, most products used in our treatments are available at reception.

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### VALUABLES

The spa accepts no responsibility for loss of valuables and jewellery at any time on the spa premises. We recommend that you leave all your jewellery in your room before coming to the spa.

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### AFTERCARE

To ensure the best results, we recommend that you refrain from sunbathing after any oil treatments.



# TREATMENT PRICE LIST

## SIGNATURE EXPERIENCES

	MINS	THB
Anantara Signature Massage	60/90	3,800/4,300
Oriental Rice Compress Massage	90	4,300
Himalayan Thermal Therapy	90	4,300

## ROMANTIC RITUAL FOR COUPLES

Opulent Harmony, The Divine Duo Escape	150	14,000
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## SPA JOURNEYS

Balance Detox & Reset One-Day Programme	1-Day	8,000
Balance Recharge & Relax Three-Day Programme	3-Day	19,000
Balance Replenish & Harmonise Five-Day Programme	5-Day	32,000
Journey of Siam	180	6,800
Signature Rice Ritual	120/180	5,500/8,500

## MASSAGES

Thai Herbal Compress	90	4,200
Prenatal Massage Therapy	60/90	3,700/4,200
Anantara Bespoke Massage	60/90	3,700/4,200
Gentlemen's Muscle Melt	60/90	3,700/4,200
Gentlemen's Out of Office	60/90	3,500/4,000
Traditional Thai Massage	60/90	3,500/4,000
Indian Head Massage	60/30	2,800/1,900
Revive Foot Massage	60/30	2,800/1,900

## SPECIALISED THERAPEUTIC HEALING THERAPIES

	MINS	THB
Abhyanga Shirodhara Treatment	90	4,300
Abhyanga Massage	90	4,300
Tibetan Sound Healing Massage	90	4,300
Herbal Shirodhara	60	3,800

## PLANT- BASED POWER THERAPIES

Cannabis Restful Slumber Journey	90	4,300
Cannabis Stress Release Journey	90	4,300
Moringa Oasis Renewal	90	4,300
Moringa Bliss Therapy	90	4,300

## FACIALS

Pro-Glow Genius Facial	90	7,500
Pro-Glow Smooth	60	5,500
Pro-Glow Resurface	60	5,500
Pro-Glow Brilliance	60	5,500
Pro-Glow Renewal Facial	60	4,500
Gentlemen's Advance Time Control Facial	60/90	4,500/5,000
Gentlemen's Detoxifying Facial	60	4,500

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

## TREATMENT PRICE LIST

### BODY SCRUBS AND WRAPS

	MINS	THB
Green Tea Detox Body Scrub& Wrap	90	3,300
Spirulina Body Scrub & Wrap	90	3,300
Anantara Bespoke Body Scrub	60	2,800

### SPA ENHANCEMENTS AND ADD-ONS

Anantara Express Facial	30	1,900
Bespoke Skin Polish	30	1,900
Face Acupressure	30	1,900
Herbal Steam Therapy	30	1,200
Nourishing Hair Mask	30	1,200
Softening Foot Mask	30	1,200
Herbal Compress Enhancement	30	1,000
Himalayan Stone Enhancement	30	1,000
Face Mask Enhancement	30	1,000

### FAMILY SPA GETAWAY

Harmony Bond - Mom and Daughter	150	10,800
Harmony Bond - Father and Son	150	10,800

### PAMPERING SESSION FOR LITTLE VIPS

Nourishing Massage	30/60	1,500/2,000
Prince & Princess Mini Facial	30	1,900
Little Me - Mani or Pedi	30	1,000

### SALON SERVICES

	MINS	THB
Premium Manicure and Pedicure	60-75	4,800
Deluxe Manicure and Pedicure	120-150	3,600
Deluxe Pedicure	75	2,000
Deluxe Manicure	60	1,800
Express Manicure or Pedicure	30-45	1,200
Gel Polish - Removal Included (Hands or Feet)	60	1,000
Regular Nail Polish (Hands or Feet)	30	600
Gel Polish Removal (Hands or Feet)	15	500

### WAXING

Full Leg	45	2,100
Half Leg	30	1,700
Full Arm	45	1,900
Half Arm	30	1,500
Bikini	30	1,500
Underarm	30	1,000
Eyebrow / Upper Lip	15	700

*All prices are Thai Baht and subject to government tax and 10% service charge.*





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