



DRAW INSPIRATION
FROM THE SACRED FLOWER OF THE GODS

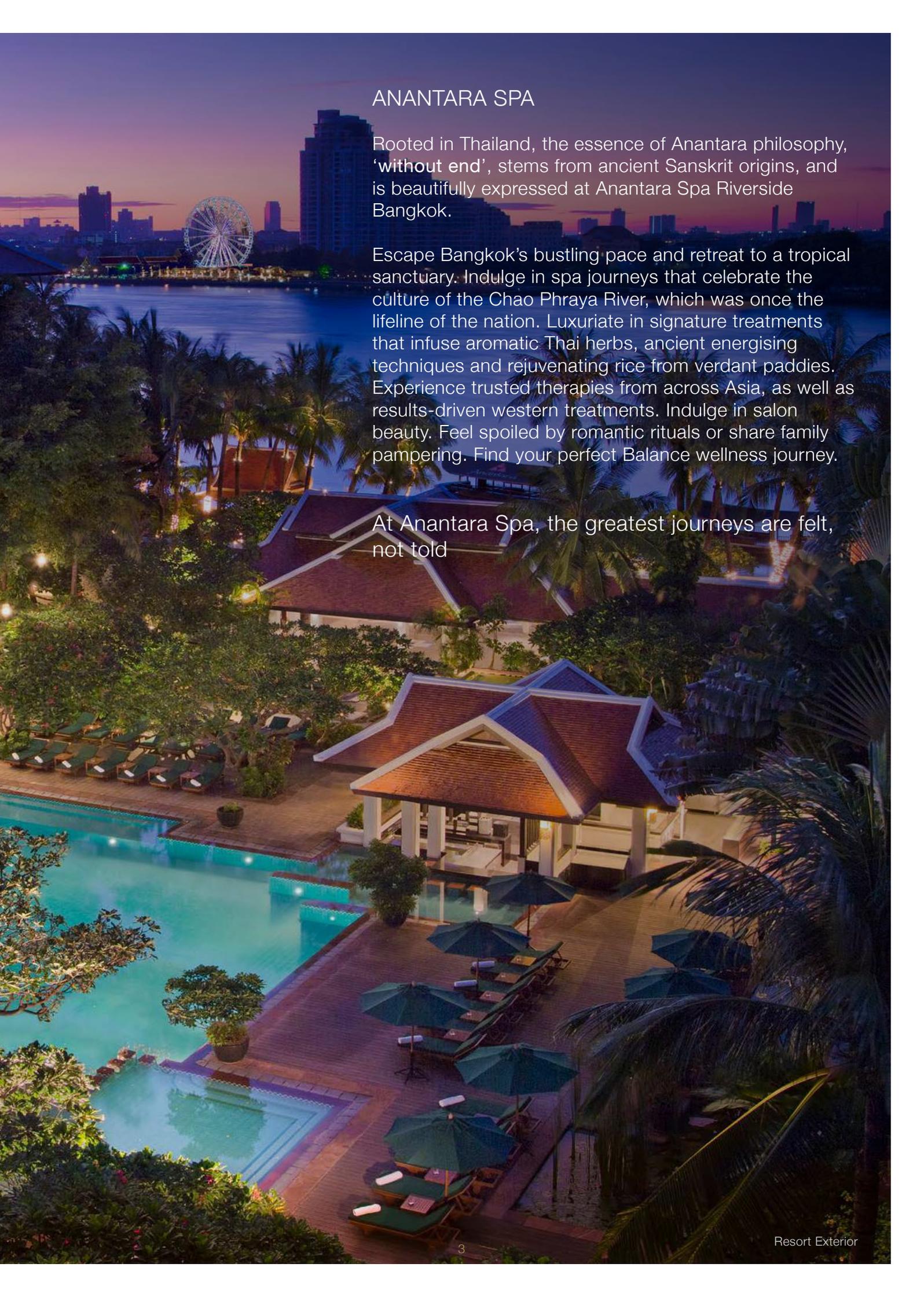


ANANTARA SPA

Rooted in Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins, and is beautifully expressed at Anantara Spa Riverside Bangkok.

Escape Bangkok's bustling pace and retreat to a tropical sanctuary. Indulge in spa journeys that celebrate the culture of the Chao Phraya River, which was once the lifeline of the nation. Luxuriate in signature treatments that infuse aromatic Thai herbs, ancient energising techniques and rejuvenating rice from verdant paddies. Experience trusted therapies from across Asia, as well as results-driven western treatments. Indulge in salon beauty. Feel spoiled by romantic rituals or share family pampering. Find your perfect Balance wellness journey.

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.

ANANTARA SIGNATURE MASSAGE (90 Minutes)

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.

ORIENTAL RICE COMPRESS MASSAGE (90 Minutes)

Experience a sensual immersion into the Thai way of life. Skin is rejuvenated by a specially blended rice bran oil. Pressure point and stretching techniques in a traditional Thai massage are combined with a heated rice compress to melt away muscle tension, aches, pains and stress. Feel refreshed by deep relaxation.

BESPOKE SPA EXPERIENCES (90 Minutes)

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





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.

SIGNATURE RICE RITUAL

Skin is cleansed and polished with a purifying scrub of antioxidants and vitamins B and E. Any tension, pain and stress is released in a full body massage that combines a specially blended rice bran oil, a heated rice compress and pressure point and stretching techniques. For extra indulgence, our signature facial fuses nourishing plant extracts and traditional Thai ingredients to revitalise your complexion.

120 Minutes

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

180 Minutes

Floral Foot Ritual • Purifying Sri Nin Rice Scrub • Oriental Rice Compress Massage • Anantara Signature Facial

JOURNEY OF SIAM (180 Minutes)

Experience Thailand's most exquisite wellness rituals. Aromatic Thai herbal steam opens pores and detoxifies. A royal Thai massage awakens vital energy. Foot massage promotes holistic and induces a state of deep relaxation.

Floral Foot Ritual • Thai Herbal Steam • Royal Thai Massage • Foot Massage

RIVERSIDE RENEWAL (150 Minutes)

Rise to a refreshing ritual. Pamper your personal wellness needs. Begin by cleansing and exfoliating your entire body with the ideal scrub for your skin. Then select the perfect massage to balance, energise or ground.

Floral Foot Ritual • Choice of Body Scrub • Choice of Body Massage

ELEMIS COUTURE TOUCH (120 Minutes)

Condition your skin and muscles with this all-embracing experience. Combine any 1-hour ELEMIS hands-on TOUCH facial with your personalised Freestyle Deep Tissue Massage.

Floral Foot Ritual • Freestyle Deep Tissue Massage • Choice of ELEMIS Facials





MASSAGES

TRADITIONAL THAI MASSAGE (90 Minutes)

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

THAI HERBAL COMPRESS MASSAGE (90 Minutes)

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.

STRESS RELEASE MASSAGE (90 Minutes)

This gentle massage offers the ultimate stress release tonic to completely relax the mind and body. Unwind as skilled hands perform a combination of strokes and classical movement techniques, with your choice of signature aromatherapy oil.



ELEMIS FREESTYLE DEEP TISSUE MASSAGE (60/90 Minutes)

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

RIVER STONE BACK MASSAGE (60/90 Minutes)

Specialist techniques using warm, smooth river stones focus on the shoulders, neck and lower back, providing wonderful relief from aches, pain and stress.

SHIROBHYANGA MASSAGE (60 Minutes)

Using warm coconut oil, this soothing Ayurvedic massage is applied to Marmas points on the head and neck to regulate the systems of mind and body.

FOOT MASSAGE (30/60 Minutes)

Experience holistic balance and deep relaxation. This fascinating treatment provides 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.

EXPRESS MASSAGE (30 Minutes)

Relax into a therapeutic massage that is ideal for those with limited time. Benefit from an experience that is tailored to your needs, with specific attention paid to the feet and legs, back and shoulders, or the neck and head.

BODY SCRUBS

PURIFYING SRI NIN RICE SCRUB (60 Minutes)

Deep cleanse and smooth your entire body, naturally. Unbleached Sri Nin rice powder is rich in antioxidants, as well as nourishing B and E vitamins, to purify skin. Essential oils of rosemary and frankincense relieve mental fatigue and nervous tension. Rice bran oil leaves skin feeling silky smooth and supple.

DETOXIFYING GREEN TEA SCRUB (60 Minutes)

Indulge the senses and renew your entire body to a vibrant glow. Fine granules with potent antibacterial and detoxifying qualities polish and deep cleanse skin to be healthier, smoother and softer.

ESSENCE WHITE COCONUT & MINT SCRUB (60 Minutes)

Rich in vitamins and antioxidants, coconut strengthens new skin to leave it feeling completely clear and flawlessly smooth, while mint enlivens and refreshes.

ELEMIS INTENSELY CLEANSING SALT SCRUB - LIME AND GINGER (30 minutes)

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.



BODY WRAPS

ELEMIS TARGETED TONING TIGHTENER (90 Minutes)

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms.

FACIALS

ANANTARA SIGNATURE FACIAL (60 Minutes)

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to encourage cell renewal and oxygenation. Lapse into a state of pure relaxation with a gentle massage. Let our herbal mask restore the natural balance of your skin.

FACE: TOUCH

ELEMIS PRO-COLLAGEN AGE DEFY (60 Minutes)

Tackle 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)

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Leave skin plumper, radiant and lit up with good health.

ELEMIS SENSITIVE SKIN SOOTHER (60 Minutes)

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

ELEMIS ANTI-BLEMISH MATTIFY AND CALM (60 Minutes)

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

ADD-ONS

Enhance your spa experience with extra pampering. Let us recommend the ideal treatment to combine with a facial or massage.

EYE TREATMENT (20 Minutes)

Using lactic and L-Arginine, this peel is placed around the eyes to lighten dark circles, reduce puffiness and diminish fine lines.

ANTI-AGEING EYE AND LIP TREATMENT (25 Minutes)

This specialist treatment hydrates dry lips, and also moisturises and smoothes lines, while reducing puffiness and dark circles around the eyes.

FIRMING NECK & BUST TREATMENT (30 Minutes)

Revitalise, smooth and lift the neck and chest area to look more youthful.

EXPRESS FACIAL (30 Minutes)

Treat your complexion to a ritual of cleansing, a warm compress, scrub and toning, followed by an application of moisturiser using a gentle facial massage.

MEN'S GROOMING

ELEMIS HIGH PERFORMANCE SKIN ENERGISER (60 Minutes)

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

WET SHAVE (45 Minutes)

Feel brand new with a smooth, close shave.

MEN'S CHEST WAX (30 Minutes)

MEN'S BACK WAX (45 Minutes)









ANANTARA BLISSFUL COLLECTIONS

THAI HERBAL STEAM (30 Minutes)

Inspired by the healing properties of Thai herbs, this exotic ritual stimulates the circulatory system, nourishes the body, and can be enjoyed as a prelude to any of our spa treatments.

ANANTARA MILKY BATH (30 Minutes)

Soak up the sensual relaxation of Anantara's signature Romance Milky Bath. Enjoy a private tea service as the exotic aromas of this floral bath balance your mind, body and spirit.

AROMATIC FLORAL BATH (30 Minutes)

An enchanting combination of local flowers and essential oils instill a blissful state of inner calm.

ENERGISING MUD BATH (30 Minutes)

A therapeutic blend of natural moor mud extract and pine needle essential oil work together to relieve sore muscles, joint inflammation and physical stress, while enhancing the immune and respiratory systems.

BEAUTY SALON SERVICES (10.00 am – 7.00 pm)

NAIL SPA

Feel beautifully pampered 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.

DELUX MANICURE OR PEDICURE WITH NAILS COLOR (60 - 75 mins)

DELUX MANICURE OR PEDICURE WITH GELCOLOR (60 - 75 mins)

SIMPLY NAILS

PAINT CHANGE OR FRENCH FINISH

MANICURE OR PEDICURE

GELCOLOR CHANGE ONLY

GELCOLOR REMOVAL ONLY

WAXING

Experience easy treatments that are virtually pain free with superb results. A complete premium waxing system from Australia uses Lycon wax to remove hairs as short as 1mm.

ABSOLUTE ROMANCE

Time out together is so precious. Let us create a romantic retreat, for just the two of you. Then relax into a sensual ritual that feels exclusive and blissfully serene.

Kindly make your reservation two days in advance for the romantic packages below.

SPA BY DESIGN

Fall in love again with a two and a half hour spa package combining a private and romantic dining experience at Thai Sala overlooking The Chao Phraya River

Floral Foot Ritual • Anantara Signature Massage • Anantara Signature Facial • Celebrate Romance With Dining By Design

SENSUAL SPA ESCAPE (3 Hours)

Rediscover the true meaning of sensuality. Escape the limits of space and time. Let us relax, refresh and rejuvenate. You together with a treatment series of luxurious romance.

Floral Foot Ritual • Aromatic Floral Bath • ELEMIS Lime & Ginger Salt Scrub • ELEMIS Freestyle Deep Tissue Massage • Elemis Touch

FAMILY SPA EXPERIENCES

Spa time is full of pampering fun that feels even more wonderful shared with family.

MUM & DAUGHTER (150 Minutes)

For Daughter: Body Treatment Fruity Scrub • Sweet Almond Massage Oil • Princess Facial • One choice of grooming session

For Mum: Anantara Signature Massage • Anantara Signature Facial • Simply Manicure or Pedicure

DAD & SON (150 Minutes)

For Son: Body Treatment Fruity Scrub • Sweet Almond Massage Oil • Rock Star Facial •

One choice of grooming session

For Dad: Anantara Signature Massage • Anantara Signature Facial • Simply Manicure or Pedicure

JUST FOR LITTLE ONES

For little treasures aged 7 – 12 years, these specialist spa treatments use customised hypo-allergenic products that are gentle on young skin. For little ones under the age of 7 years, we are pleased to customise experiences.

BUBBLE BATH (30 Minutes)
Strawberry & Vanilla Bubble Bath

BODY TREATMENT (30 Minutes)
Fruity Body Scrub

PRINCESS AND ROCK STAR FACIAL (30 Minutes)

Young skin is moisturised and naturally protected with a special blend of vitamin E, milk protein, aloe vera and chamomile extract. The pampering sequence includes a cleanse, scrub, mask, toning and gentle massage.

MASSAGE (60 Minutes)

A relaxing massage, using long strokes and soft pressure with a chocolate and orange blossom oil, is the perfect way to wind down a busy mind and energetic body.

YOUNG STAR GROOMING

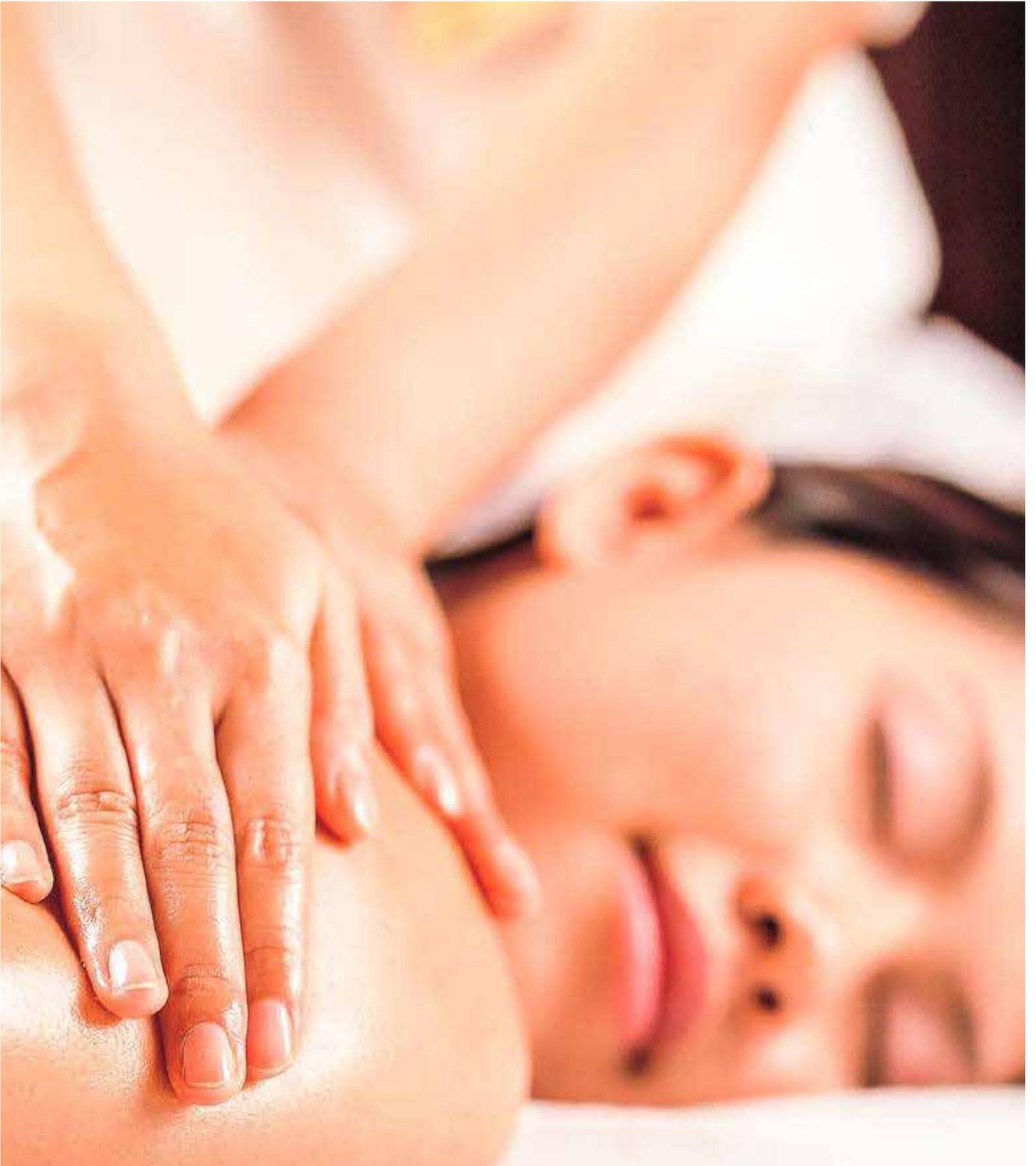
For Girls

PEDICURE AND MANICURE (60 Minutes)
HAIR BRAIDING (30 Minutes)

For Boys

Nail Care (60 Minutes)





PRIVATE SPA RETREATS

Reserving our spa sanctuary as your private haven offers a world of possibilities. Take advantage of exclusive pampering to enhance your wedding, a birthday or any other special occasion. Host corporate spa events, seminars and DIY workshops in luxurious surrounds.

Reservations must be made 3 weeks in advance.



BALANCE

Our urban oasis is the perfect sanctuary for Anantara's Balance wellness concept. Discover a uniquely flexible approach to feeling good with a range of experiences for health and wellbeing, matched by the freedom to explore and indulge in between.

RAW JUICE MENU

Packed with natural goodness, our raw fruit and vegetable juice blends offer revitalising pick-me-ups, as well as the option of a detoxifying cleanse.

WELLNESS CUISINE

Enjoy healthy eating choices, from a range of special Balance wellness dishes, to a variety of nutritious options on our main restaurant menus.

PRIVATE FITNESS & HEALTH CONDITIONING

Following a private fitness consultation to ascertain body fat percentage, cardio endurance and flexibility, benefit from a customised exercise programme that can incorporate private fitness training in the gym and at the Muay Thai Academy.

HOLISTIC EXERCISE

Find your natural flow, increase flexibility and enhance vital energy in our dedicated yoga and stretching classes.

SPA 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 before your treatment.
- Please note that the spa is unsuitable for small children and babies, unless receiving treatment, as we try to ensure that all our guests benefit from the tranquil surroundings.
- We recommend that you leave all jewelry in your villa before coming to the spa.
- All treatments will be charged to your villa and will appear on your account at the time of check-out.
- Please give 4 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 any oil 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 who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications are advised to consult a doctor before signing up for any treatments.
- Please notify our spa receptionists of any existing medical conditions.

Anantara Spa is open from 10 am to 10 pm. Spa treatment between 10 pm and midnight are available upon advance reservation.

For more information and reservation, please contact Anantara Spa Ext. 1563.



ANANTARA

SPA

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