



DRAW INSPIRATION FROM THE SACRED
FLOWER OF THE GODS





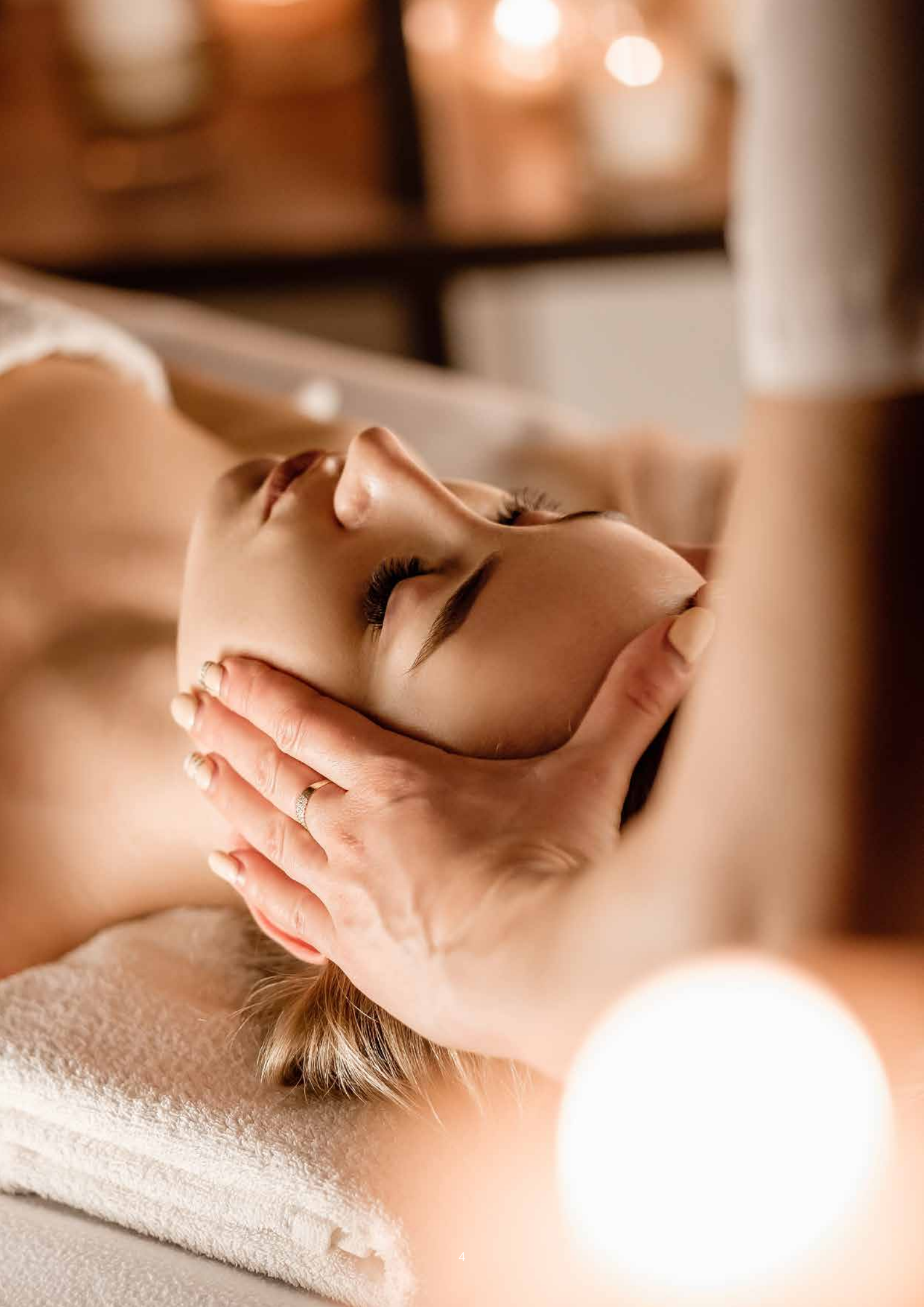


ANANTARA SPA

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. Beautify or reset body and mind with Balance Wellness journeys.

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



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 wellbeing in mind.

SIGNATURE RICE RITUAL

Skin is cleansed and polished with a purifying scrub of antioxidants and vitamins B and E. Tension, pain and stress are released with 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 with 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 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.

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

NAM OB PONKLAI *(120 minutes)*

Nam Ob is an ancient Thai skin toner that soothes and cools the body and mind. A blend of rare aromatic product prepared from nutmeg, kaffir lime, rose, jasmine and pandan leaves will drive you through a divine and unwinding journey. Begin with a cleansing foot ritual and refreshing exfoliation of your entire body, then let go of all worldly cares with a relaxing full-body massage.

Nam Ob Foot Ritual • Nam Ob Body Scrub • Deep Relaxing Body Massage



SIGNATURE 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.

ANANTARA SIGNATURE *(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 *(90 minutes)*

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

HIMALAYAN THERMAL THERAPY *(90 minutes)*

Harnessing 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 to induce the ultimate state of equilibrium, while encouraging the body's natural detoxification. A facial massage using iced rose quartz gua sha crystals relieves muscle tension, stimulates circulation, and leaves the skin with an eternal glow.




ANANTARA
SPA



MASSAGES

TRADITIONAL THAI *(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 *(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 *(60/90 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 movements, with your choice of signature aromatherapy oil.

BESPOKE DEEP TISSUE *(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 deeply to relieve tension, encouraging optimum circulation.

SHIROBHYANGA *(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 REVIVE *(30/60 minutes)*

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.



HOLISTIC HEALING THERAPIES

ABHYANGA *(90 minutes)*

Ayurveda's most popular massage has roots dating back 5,000 years. A warm, medicated herbal oil is massaged into the entire body, head to toe, as two therapists work in harmony to release tension and increases the blood circulation.

KU NYE *(90 minutes)*

An ancient therapy passed down through the centuries in the canons of Tibetan medicine. A full-body massage with warm oil stimulates the pressure points, releasing tension and energy, while herbal poultices are kneaded over the body and hot stones placed along the spine. Ultimate relaxation is brought about with singing bowl sound healing techniques.

THAI HERBAL COMPRESS *(90 minutes)*

Thai massage is an ancient artform that is therapeutic as well as relaxing. Kneading and stretching release tension, while a heated compress filled with Thai herbs deeply soothes tired muscles.





HEALING CANNABIS THERAPIES

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 healing properties.

RESTFUL SLUMBER JOURNEY *(90 minutes)*

Begin your journey with kaffir lime-infused steam to feel stress melt away. An oil massage follows, scented with your choice of cannabis-lavender or cannabis-rice milk to relax from within and beautify from without as your skin is restored and renewed. Return home to the deepest of sleeps as your body and mind find peace.

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

CANNABIS STRESS-RELEASE JOURNEY *(90 minutes)*

For those suffering from office syndrome or back and neck pain, discover the healing powers of cannabis in essential oil and herbal form. A full-body massage induces deep relaxation, increasing blood flow and detoxification. A warm herbal compress then releases any build-ups of tension along the spine.

HEAD-TO-TOE CALMING JOURNEY *(90 minutes)*

End a tiring day of work or exercise with head-to-toe relaxation. Your journey begins with an energising foot scrub to reduce any swelling. Breathe in the scent of coconut oil as your scalp is massaged and you switch off and transcend to the tropics. A foot massage with cannabis balm follows to relieve deeper pains and repair dry skin.

BODY SCRUBS

CANNABIS UNWIND *(60 minutes)*

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

PURIFYING SRI NIN RICE *(60 minutes)*

Cleanse and polish 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, while rice bran oil leaves skin feeling silky smooth and supple.

DETOXIFYING GREEN TEA *(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 AND MINT *(60 minutes)*

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

BODY WRAPS

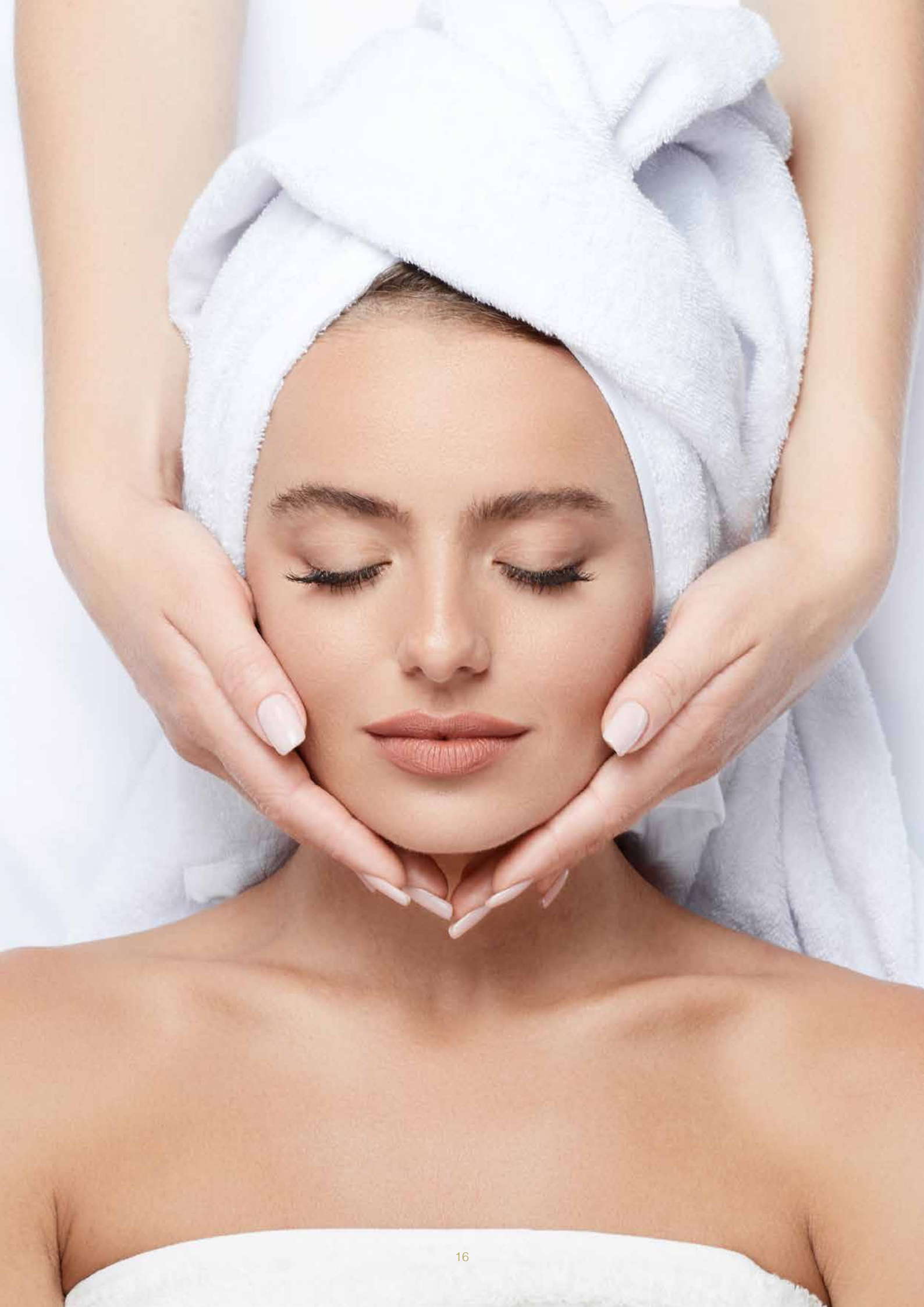
GREEN TEA DETOX *(60 minutes)*

A powerful detoxifying blend to repair the skin and increase its normal rate of rejuvenation. The antioxidant properties in green tea protect the body from free radicals.

SPIRULINA *(60 minutes)*

Enjoy this deeply moisturizing wrap with softening effect as well as it improves body contour, and combat cellulite.





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.

REJUVENATE ANTI-AGEING OXYGEN TREATMENT *(60 minutes)*

A non-invasive treatment that targets the appearance of fine lines and wrinkles. Perfect for all skin types, with a professional serum containing vitamins and antioxidants that dramatically lift, tone and hydrate.

OPULENCE BRIGHTENING OXYGEN TREATMENT *(60 minutes)*

Soothing, relaxing and suitable for all skin types, in just one treatment, your skin will look younger and more luminous. Uneven skin tone is balanced, skin looks and feels hydrated, radiant and fresh.

CLARITY REFINING OXYGEN TREATMENT *(60 minutes)*

Refines the appearance of blemish-prone skin with the ultimate weapon against impurities and irritation. This gentle treatment clears oil build-up, leaving skin clarified and refreshed, while vitamins and antioxidants protect against further outbreaks.

ULTIMATE OXYGEN TREATMENT WITH ATOXELENE *(90 minutes)*

A natural enhancer and alternative to more invasive treatments. Reduce the appearance of fine lines and wrinkles by adding a professional-strength serum with peptides and botanical actives.

FAMILY SPA EXPERIENCES

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

MUM & DAUGHTER *(150 minutes)*

For Daughter: Coconut Body Scrub • Sweet Almond Massage Oil • Princess Facial • Grooming of Choice

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

DAD & SON *(150 minutes)*

For Son: Coconut Body Scrub • Sweet Almond Massage Oil • Rock Star Facial • Grooming of Choice

For Dad: Ginger & Salt Body Scrub • Anantara Signature Massage • Anantara Signature Facial

JUST FOR LITTLE ONES

For kids aged 7-12 years, these specialised treatments use hypoallergenic products that are gentle on young skin. For little ones under the age of 7 years, we are pleased to customise experiences.

NOURISHING MASSAGE *(30/60 minutes)*

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

HERBAL STEAM THERAPY

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.





BEAUTY SALON SERVICES

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.

- Deluxe manicure or pedicure with nail polish (*60-75 minutes*)
- Deluxe manicure or pedicure with gel colour (*60-75 minutes*)
- Express manicure or pedicure with nail polish (*30-45 minutes*)
- Hand and foot nail polish (*45 minutes*)
- Hand and foot gel colour – removal included (*60 minutes*)

WAXING

Experience easy treatments that are virtually pain free with superb results. A premium waxing system from Australia, LYCON can remove hairs as short as 1 mm.

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 at least three weeks in advance.

BALANCE WELLNESS

Our urban oasis is the perfect sanctuary for Anantara's Balance Wellness concept. Discover a uniquely flexible approach to feeling good on holiday, with one-day or multi-day journeys of healthy cuisine, gentle movement and rejuvenating spa therapies, matched by the freedom to explore and indulge in between.

Kindly contact us to learn more about our programmes.

SPA ETIQUETTE

- Please arrive 15 minutes prior to your appointment time in order to complete your health assessment form and take time to relax in our tranquil surroundings before your treatment.
- Arriving late will shorten the time of your treatment.
- 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.
- Please notify our spa receptionists of any existing medical conditions. 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 reserving treatments.
- Please note that the spa is unsuitable for babies and small children, unless receiving treatment, as we try to ensure that all our guests benefit from the peaceful atmosphere.
- Smoking and the use of mobile phones is not permitted in the spa.
- We recommend that you leave all jewellery in your room before coming to the spa.
- For men: please shave prior to all facial treatments to ensure that maximum results are achieved.
- We recommend that you do not sunbathe after any oil treatments.
- All treatments will be charged to your room and will appear on your account upon check-out.

For more information or reservations, please contact Anantara Spa at ext. 1563.

PRICE LISTS

SIGNATURE EXPERIENCES

ANANTARA SIGNATURE (90 MIN)	4,000
ORIENTAL RICE COMPRESS (90 MIN)	4,000
HIMALAYAN THERMAL THERAPY (90 MIN)	4,500

SPA JOURNEYS

SIGNATUR RICE RITUAL (120 MIN)	5,200
SIGNATURE RICE RITUAL (180 MIN)	8,000
JOURNEY OF SIAM (180 MIN)	6,000
NAM OB PONKLAI (120 MIN)	4,800

BODY MASSAGES

TRADITIONAL THAI (60 MIN)	2,700
TRADITIONAL THAI (90 MIN)	3,200
STRESS RELEASE (60 MIN)	3,700
STRESS RELEASE (90 MIN)	4,200
BESPOKE DEEP TISSUE (90 MIN)	4,200
SHIROBHYANGA (60 MIN)	2,400
FOOT REVIVE (30 MIN)	1,900
FOOT REVIVE (60 MIN)	2,400

HOLISTIC HEALING THERAPIES

ABJAYANGA (90 MIN)	6,000
KU NYE (90 MIN)	4,500
THAI HERBAL COMPRESS (90 MIN)	4,000

HEALING CANNABIS THERAPIES

RESTFUL SLUMBER JOURNEY (90 MIN)	4,000
CANNABIS STRESS-RELEASE JOURNEY (90 MIN)	4,000
HEAD-TO-TOE CALMING JOURNEY (90 MIN)	4,000

BODY SCRUBS

CANNABIS UNWIND (60 MIN)	2,400
PURIFYING SRI NIN RICE (60 MIN)	2,400
DETOXIFYING GREEN TEA (60 MIN)	2,400
ESSENCE WHITE COCONUT MINT (60 MIN)	2,400

BODY WRAPS

GREEN TEE DETOX (60 MIN)	2,500
SPIRULINA BODY MASK (60 MIN)	2,500

FACIALS

ANANTARA SIGNATURE FACIAL (60 MIN)	3,200
REJUVENATE- ANTI AGAING OXYGEN THERAPY (60 MIN)	5,000
OPULENCE BRIGHTENING OXYGEN TREATMENT (60 MIN)	5,000
CLARITY REFINING OXYGEN TREATMENT (60 MIN)	5,000
ULTIMATE OXYGEN TREATMENT WITH ATOXELEMNE (90 MIN)	6,900

All above prices are Thai baht and subject to government tax and 10% service charge

PRICE LISTS

FAMILY SPA EXPERIENCES

MUM & DAUGHTER (150 MIN)	7,000
DAD & SON (150 MIN)	7,000

JUST FOR LITTLE ONES

NOURISHING MASSAGE (30 MIN)	1,200
NOURISHING MASSAGE (60 MIN)	1,600

HERBAL STEAM THERAPY

HERBLE STEAM THERAPY	1,000
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BEAUTY SALON SERVICES

DELUXE MANICURE OR PEDICURE WITH NAIL POLISH 60 - 75 MINUTES	1,500
DELUXE MANICURE OR PEDICURE WITH GEL COLOUR 60 - 75 MINUTES	1,700
EXPRESS MANICURE OR PEDICURE WITH NAIL POLISH 30 MINUTES	1,000
HAND AND FOOT NAIL POLISH 45 MINUTES	1,500
HAND AND FOOT GEL COLOUR – REMOVAL INCLUDED 60 MINUTES	1,000
GEL POLISH REMOVAL 60 MINUTES (HAND OR FEET)	700

WAXING

EYEBROWS OR CHIN OR LIPS 15 MINS	500
UNDERARMS 30 MINS	1000
HALF LEGS 30 MINS	1700
FULL LEGS 45 MINS	2100
BIKINI 30 MINS	1500
ADD-ON WAXING	500

ADD ON

NOURISHING HAIR MASK	400
FACE MASK	400
SOFTENING FOOT MASK	400
BRIGHTENING EYE MASK	900
ANTI-AGEING EYE & LIP TREATMENT	1,200
NECK & BUST FIRMING	1,500
KIDS' NAIL SPA	1,200



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