

Spa menu

ANANTARA

SPA

Anantara Spa

YOUR PASSAGE TO WELLNESS IN THE HEART OF BANGKOK

Step away from the rhythm of the city and enter a sanctuary where every experience begins with how you want to feel.

Inspired by Anantara's philosophy of "without end" and rooted in Thailand's rich heritage of wellbeing, Anantara Spa brings together time-honoured healing traditions and modern therapeutic innovation to create meaningful journeys of restoration, balance and renewal.

At Anantara Siam Bangkok Hotel, your passage to wellness is guided by three pathways: Reset, Balance and Grounding. Whether you seek to restore your energy, bring body and mind back into harmony, or reconnect with a deeper sense of calm, each experience is thoughtfully tailored to your individual needs and designed to make wellbeing a natural and sustainable part of everyday life.

Opening hours
10:00 am – 10:00 pm

Late night wellness
Selected treatments are available in the privacy of your guestroom from 10:00 pm until midnight with advance reservation.

@anantarasiamspa





Choose the path that speaks to you.

RESET

Recharge and Renew

For moments when your energy feels depleted and you need to feel restored. These revitalising journeys awaken the senses, release fatigue and replenish vitality, helping you emerge refreshed, re-energised and ready for what lies ahead.

Ideal for:

Fatigue · Jet lag · Travel recovery · Busy lifestyles · Low energy

BALANCE

Restore Your Harmony

When the demands of everyday life leave you feeling out of rhythm, these restorative journeys help bring body and mind back into harmony. Therapeutic touch, mindful movement and sensory rituals ease tension, encourage flow and restore a sense of equilibrium from within.

Ideal for:

Stress · Physical tension · Emotional balance · Recovery · Everyday wellbeing

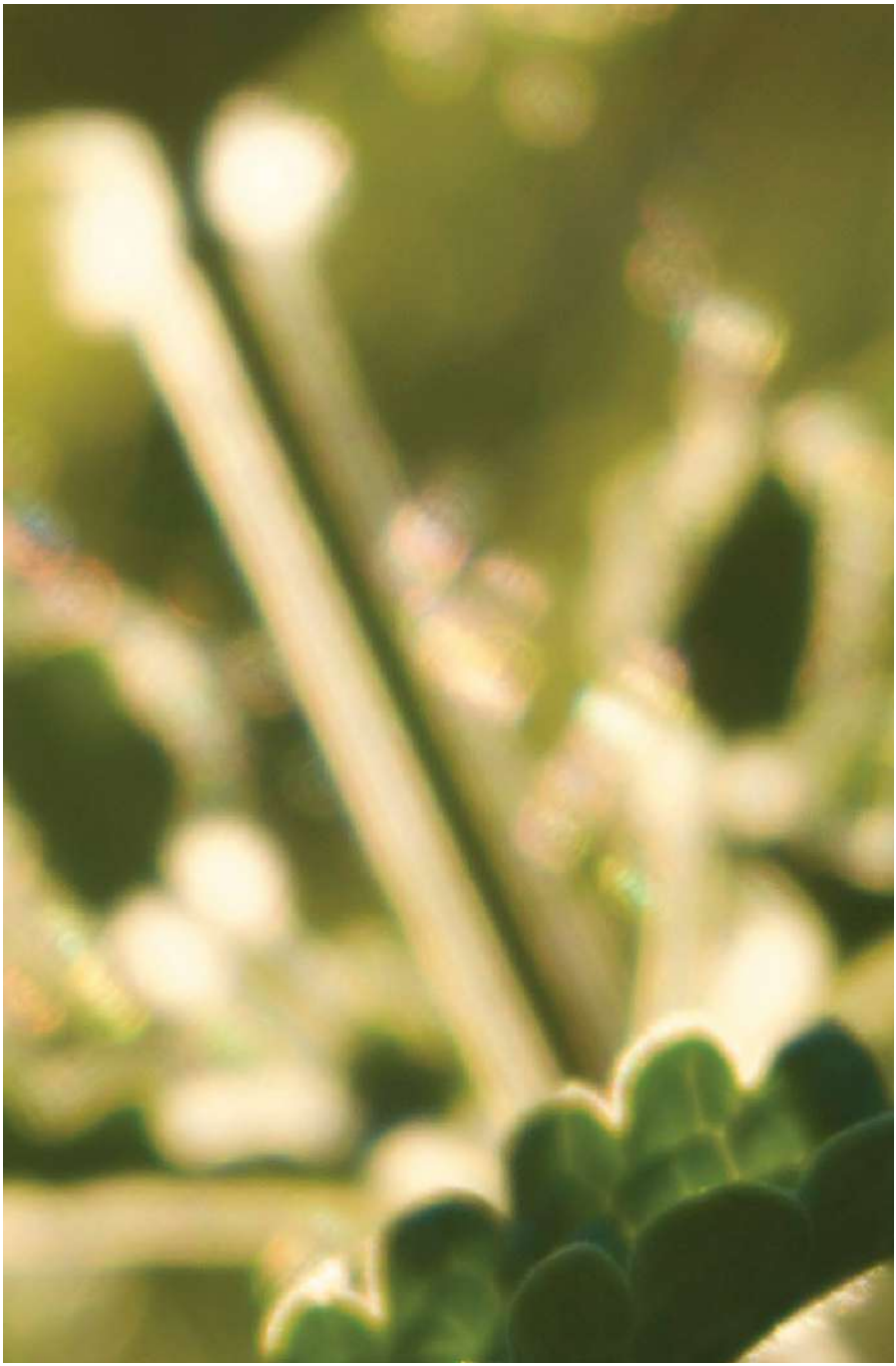
GROUNDING

Return to Yourself

For moments when you need to slow down, become present and reconnect. Inspired by nature and time-honoured healing traditions, these deeply calming journeys quiet the mind, encourage stillness and create space for a more centred sense of self.

Ideal for:

Restful sleep · Overthinking · Mental clarity · Deep relaxation · Inner calm



Reset

Restore your vitality through experiences designed to awaken body and mind. Whether recovering from travel, easing fatigue or seeking renewed energy, each journey blends therapeutic touch, mindful relaxation and advanced wellness techniques to leave you refreshed, revitalised and ready to step into your day with renewed clarity, energy and momentum.

SOULFUL RECONNECT

105 MINUTES

THB 7,900

Surrender to the synchronised touch of two therapists working in perfect harmony, creating an immersive four-hand massage experience that releases tension and invites the body into profound relaxation. As rhythmic movements flow seamlessly across the body, a Cool and Calm Facial soothes sensitive or reactive skin, helping to reduce visible redness, replenish hydration and strengthen the skin's natural barrier.

Your Journey
Magnesium Foot Ritual · Four-Hand Massage · Oxygenating Facial

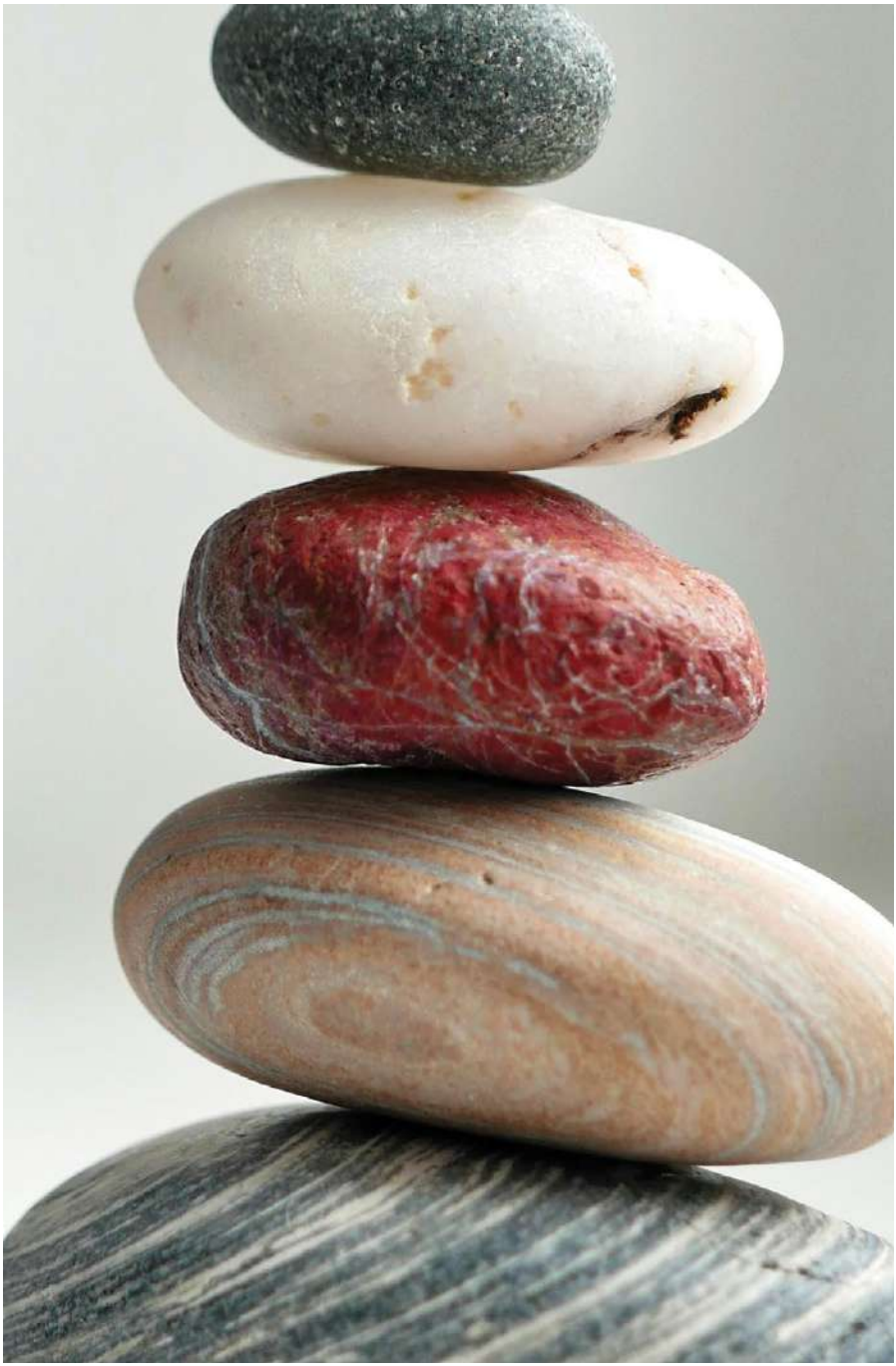
THAI HERBAL REVIVAL

120 MINUTES

THB 7,500

Reconnect with Thailand's healing heritage through a revitalising herbal journey. Begin with a White Coconut Mint Body Scrub to gently polish the skin while coconut nourishes and mint refreshes and awakens the senses. Continue with a traditional Thai Herbal Compress Massage, where warm herbal poultices and rhythmic movements ease muscular tension, improve circulation and relieve fatigue. The aromatic warmth creates a deeply restorative experience rooted in Thai wellness traditions.

Your Journey
White Coconut Mint Body Scrub · Thai Herbal Compress Massage



Balance

Restore your harmony and return to your natural rhythm through a collection of restorative experiences designed to bring harmony to the body, clarity to the mind and balance to your inner energy. Blending therapeutic touch, sensory healing and mindful stillness, each journey helps release tension, quiet the mind and restore a deeper sense of equilibrium from within.

RESTFUL SLEEP RESTORATION

90 MINUTES

THB 5,800

A deeply calming ritual designed to prepare the body for restorative sleep. A soothing cannabis foot cleansing and warm herbal bath ease you into relaxation, followed by a full-body massage with warm cannabis herbal compresses and nourishing cannabis oil to release tension and encourage circulation. Conclude with a calming bath experience and floral tea, leaving you deeply rested and balanced.

Your Journey
Cannabis Foot Cleansing Ritual · Warm Cannabis Herbal Bath · Full-Body Massage with Cannabis Herbal Compresses and Cannabis Oil · Cannabis Secret Tea

HIMALAYAN THERMAL THERAPY

90 MINUTES

THB 5,800

Surrender to the therapeutic warmth of Himalayan salt stones as expert massage techniques melt away tension and invite the body into deep relaxation. Rich in natural minerals, the heated stones encourage circulation, soothe tired muscles and restore a sense of ease, leaving you feeling deeply comforted, renewed and balanced.

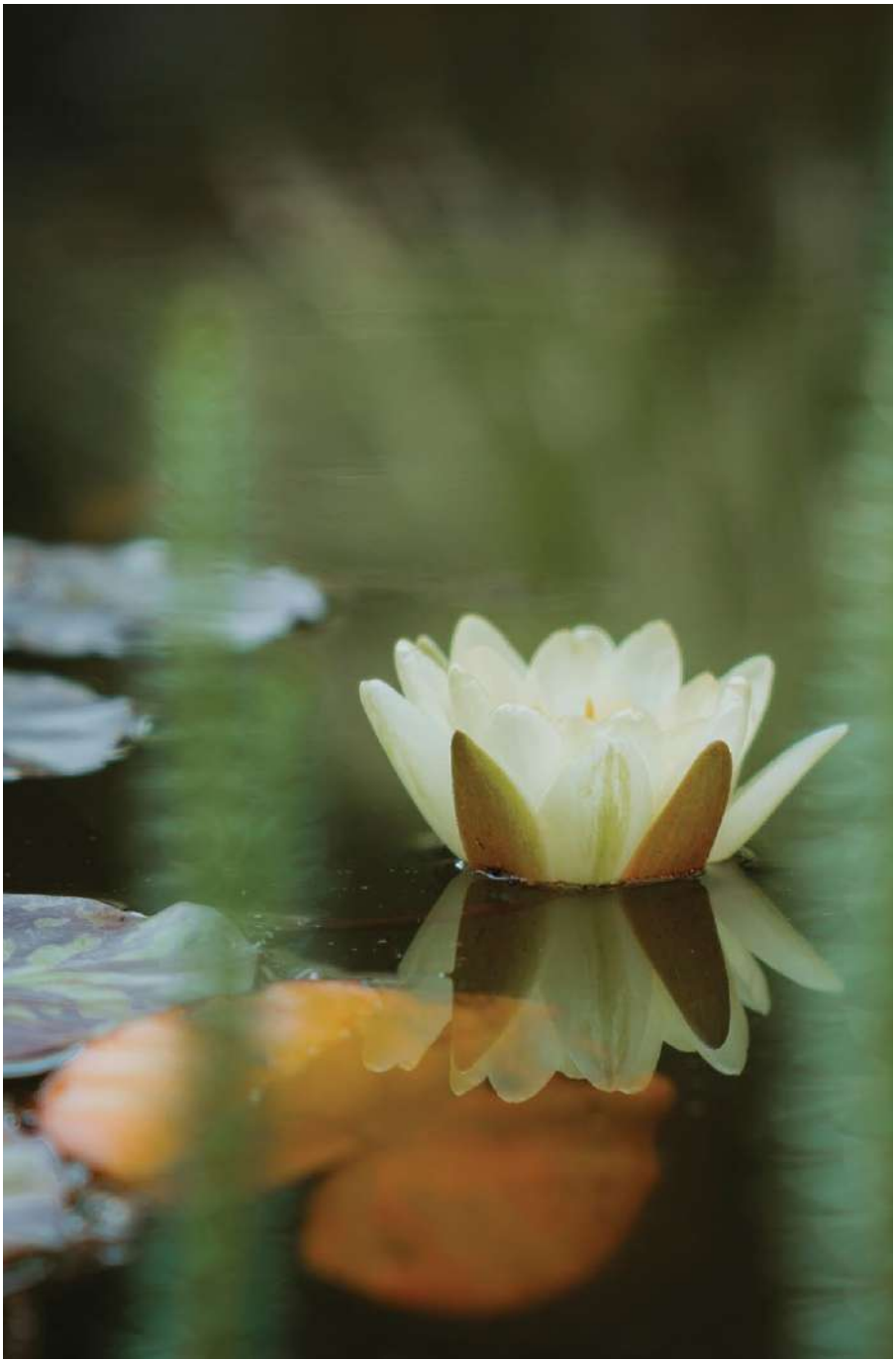
Your Journey
Foot Ritual · Warm Himalayan Salt Stone Body Massage

SOIN LISSANT

90 MINUTES

THB 6,200

This targeted anti-ageing treatment addresses fine lines, wrinkles, and loss of elasticity and firmness, while stimulating the skin's natural defence system. Sculpting movements and pulsing strokes help rebalance and revitalise the skin, leaving the complexion calm, reconditioned and rejuvenated.



DETOXIFYING AND PURIFYING

60 MINUTES

THB 5,200

A clarifying treatment designed for congested and imbalanced skin. Gentle purifying techniques help regulate excess oil, refine the appearance of pores and minimise imperfections while restoring the skin's natural balance. The complexion is left feeling deeply cleansed, refreshed and visibly clearer.

ELEMIS EXPERT™ TOUCH RENEW

60 MINUTES

THB 5,800

An advanced rejuvenating facial designed to deeply hydrate while improving the appearance of firmness and elasticity. Expert lifting massage techniques help soften the look of fine lines and wrinkles, refine facial contours and restore radiance for a complexion that appears smoother, firmer and beautifully renewed.



Grounding

Return to yourself. In a world that rarely slows down, Grounding offers a gentle invitation to pause, reconnect and simply be. Inspired by holistic healing traditions and the restorative power of nature, these deeply nurturing experiences soothe the senses, release physical tension and guide you towards stillness, presence and a deeper connection with yourself.

RETURN

120 MINUTES

THB 7,500

Reconnect with the restorative power of the earth through a grounding ritual inspired by ancient Himalayan healing traditions. A mineral-rich Dead Sea Mud Cocoon purifies and replenishes the skin, followed by a warm Tibetan KuNye Massage to release tension and invite deep calm. Juniper berry body oil leaves the skin nourished and the senses grounded.

Your Journey
Grounding Foot Ritual · Dead Sea Mud Cocoon · Tibetan KuNye Massage · Juniper Berry Body Oil

SHIRODHARA RESET RITUAL

90 MINUTES

THB 5,800

Journey into stillness with a ritual inspired by the ancient tradition of Shirodhara. A warm herbal oil massage releases tension before a continuous stream of oil flows over the forehead to quiet the mind and encourage deep relaxation. A soothing head massage completes the experience.

Your Journey
Magnesium Foot Ritual · Warm Herbal Oil Body Massage · Shirodhara · Head Massage

ROOT AND RESTORE

90 MINUTES

THB 5,900

Reconnect with the grounding energy of the earth through a restorative body ritual. A mineral-rich Himalayan Salt Body Polish gently smooths and renews the skin before a soothing full-body massage with nourishing Palo Santo oil releases tension, calms the senses and brings you back to a more centred state.

Your Journey
Magnesium Foot Ritual · Himalayan Salt Body Polish · Soothing Body Massage with Palo Santo Oil

TIBETAN HEALING THERAPY

90 MINUTES

THB 5,500

Inspired by centuries-old Tibetan healing traditions, this restorative ritual combines warm botanical oils and therapeutic acupressure with the resonant vibrations of sound healing. Slow, intentional touch releases accumulated tension while encouraging a sense of ease throughout the body, allowing the mind to settle into a profound state of calm.

Your Journey
Foot Ritual · Warm Juniper Berry oil · Therapeutic Acupressure · Sound Healing

MORINGA GUA SHA FACIAL

60 MINUTES

THB 4,500

A nurturing facial ritual combining 100% pure Moringa oil with the gentle sculpting touch of Clear Crystal Gua Sha. Richly nourishing Moringa oil replenishes the skin while expert facial massage and Gua Sha techniques encourage circulation, soften the appearance of fine lines and enhance facial contours, revealing a naturally lifted and luminous complexion.

COOL AND CALM FACIAL

60 MINUTES

THB 5,200

A soothing SOS treatment created for sensitive and reactive skin, including complexions prone to visible redness. This deeply comforting facial helps calm irritation, replenish hydration and support the skin's natural barrier, providing immediate relief when the complexion feels compromised. Ideal for soothing skin following sun exposure or suitable aesthetic treatments.

NATURAL SOOTHING FACIAL

60 MINUTES

THB 4,000

Restore comfort to sensitive or moisture-depleted skin with a deeply calming facial enriched with snow lotus and vitamin B5. A cooling algae and hyaluronic acid mask delivers an infusion of hydration to soothe visible redness and replenish moisture while supporting the skin's natural barrier. Ideal for sensitive, reactive or sun-exposed complexions.

MAGNESIUM MINERAL BODY POLISH

60 MINUTES

THB 3,500

Reconnect with your body through a mineral-rich ritual combining magnesium and Himalayan pink salt to gently exfoliate and smooth the skin. Nourishing coconut oil and an aromatic blend of lavender, cedarwood, ylang ylang and peppermint envelop the senses, followed by grounding juniper berry oil to leave the skin soft, replenished and beautifully nourished.

Your Journey
Magnesium Foot Ritual · Mineral Body Polish · Juniper Berry Nourishing Body Oil



Revitalising facial collection

MC110 BOOSTER FACIAL

90 MINUTES

THB 6,200

A replenishing and renewing treatment created for weakened, devitalised skin showing signs of fine lines and wrinkles. Combining targeted skincare with the innovative MC110 vibratory massage technique, this intensive facial helps restore vitality while smoothing and brightening the complexion.

Skin feels visibly re-plumped and revitalised, while facial contours appear more defined for a fresher, more radiant appearance.

OXYGENATING FACIAL

60 MINUTES

THB 5,200

Designed for skin affected by pollution, stress and travel, this revitalising facial combines gentle micro-exfoliation with specialised bio-energy massage techniques to help oxygenate the skin and restore its natural vitality. The complexion is left refreshed, energised and visibly more luminous.

SOIN OXYGÉNANT VIP

90 MINUTES

THB 6,200

A regenerating and revitalising facial designed to restore the skin's natural balance while addressing the effects of pollution and environmental stress. Targeted techniques help oxygenate and purify the complexion, renewing the appearance of the face, neck and décolleté.

ELEMIS EXPERT™ TOUCH DEFINE FACIAL

60 MINUTES

THB 4,500

A results-driven facial combining clinically proven ELEMIS skincare with expert touch to energise, rejuvenate and sculpt the complexion. Targeted techniques help restore radiance and vitality while enhancing the appearance of facial contours for skin that looks refreshed, smooth and beautifully revitalised.



Body revivals

ESSENCE COCONUT AND MINT SCRUB

60 MINUTES

THB 3,500

Refresh and renew the skin with coconut and mint. This nourishing exfoliation buffs away dull skin, leaving the body smooth and refreshed. Jasmine body lotion replenishes moisture and scents the skin.

Your Journey
Body Scrub · Body Rinse · Jasmine Body Lotion

DETOXIFYING GREEN TEA SCRUB

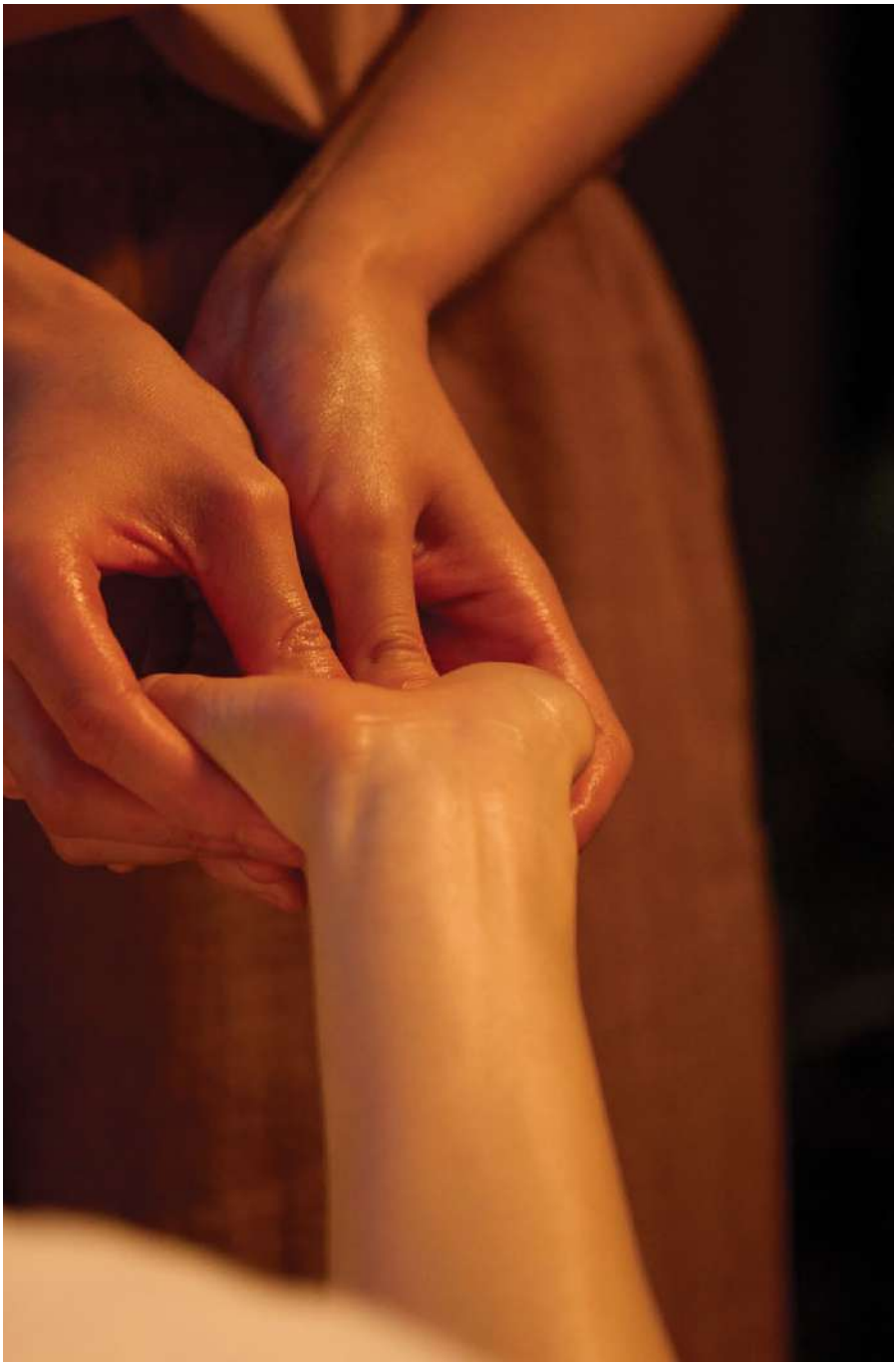
60 MINUTES

THB 3,500

Purify and renew the skin with an antioxidant-rich green tea scrub. It removes dull surface skin, leaving the body smooth, soft and refreshed. Jasmine body lotion nourishes and lightly scents the skin.

Your Journey
Body Scrub · Body Rinse · Jasmine Body Lotion





Signature massage experiences

Rooted in Thailand's rich healing traditions and refined through Anantara's signature approach to wellbeing, these timeless experiences bring together intuitive touch and therapeutic techniques to release tension, restore vitality and nurture body, mind and spirit.

THE SOUL OF SIAM

90 MINUTES

THB 5,800

Inspired by the cultural heritage of ancient Siam, this signature journey weaves together healing traditions from Thailand, Myanmar, Laos and China. Bamboo massage encourages circulation, while stretching and pressure-point techniques release tension and enhance flexibility. A warm herbal compress wrapped in healing indigo fabric is followed by a soothing herbal oil massage and foot reflexology. The experience concludes with a mindful gold-leaf ritual, placed upon traditional points of intention to invite stillness and reflection.

ANANTARA SIGNATURE MASSAGE

90 MINUTES

THB 5,500

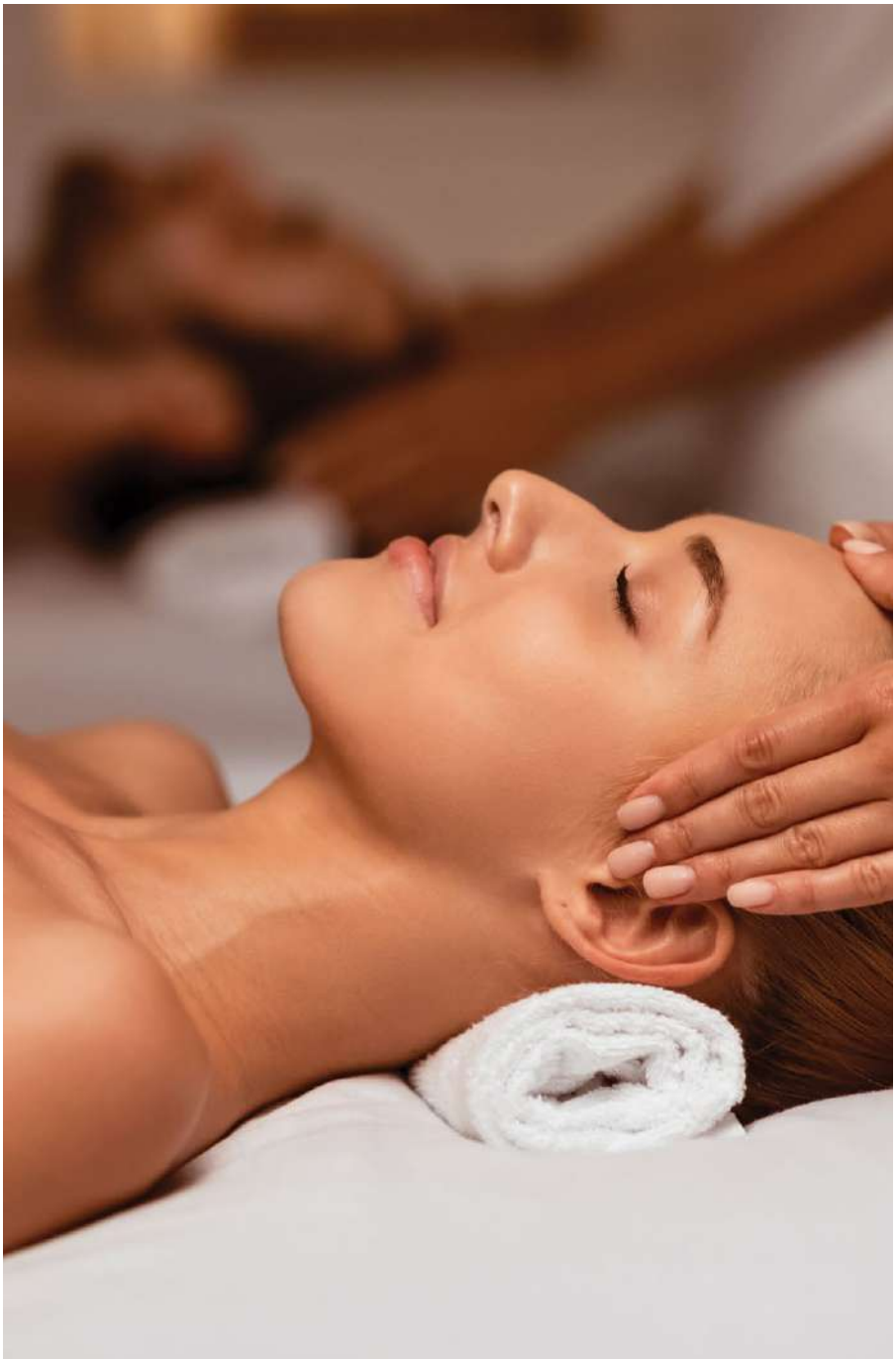
Experience Anantara's signature approach to therapeutic touch, bringing together revered Eastern and Western techniques with purpose-designed movements and our signature oil blend. Flowing massage techniques ease muscular tension and encourage circulation, while reflexology completes the journey, leaving the entire body in a state of deep relaxation.

HASTA SAWAN

90 MINUTES

THB 7,500

Surrender to the extraordinary touch of four hands as two therapists move in perfect harmony. Seamlessly synchronised movements flow across the body, creating an immersive rhythm that melts away tension, quiets the mind and allows you to surrender completely to the experience.



TOGETHER RESTORED

180 MINUTES

THB 18,000
PER 2 PERSONS

Signature Couple Retreat

Reconnect through an intimate wellness journey created to be experienced together. Begin with meditation, inviting a moment of shared stillness before a revitalising body polish renews the skin. A soothing steam and private aromatic bath with herbal tea prepare the body for a restorative side-by-side massage, before the resonant vibrations of sound healing bring your journey to a peaceful close.

Your Journey
Meditation · Body Polish · Steam · Private Aromatic Bath and Herbal Tea · Couples Full-Body Massage · Sound Healing



Thai traditional treatments

THAI HERBAL COMPRESS

90 MINUTES

THB 5,800

Experience the restorative warmth of a traditional Thai herbal compress. A therapeutic blend of aromatic Thai herbs is wrapped in muslin, gently steamed and applied to the body using rhythmic pressing, circular and rolling movements. The comforting heat and herbal aromas help ease muscular tension, encourage circulation and invite the body into a state of deep relaxation.

TRADITIONAL THAI MASSAGE

60 MINUTES/
90 MINUTES

THB 4,000/
THB 4,800

Passed down through generations, Traditional Thai Massage combines rhythmic pressure, assisted stretching and mindful movement to release tension and restore freedom to the body. Often described as “passive yoga”, this oil-free therapy allows your therapist to guide you through a sequence of stretches and pressure-point techniques designed to enhance flexibility and leave the body feeling energised and renewed.

Classic treatments

DEEP TISSUE

90 MINUTES

THB 5,500

A powerful, customised massage using deep rhythmic pressure and targeted techniques to work into areas of muscular tension. Combined with a therapeutic blend of essential oils, this treatment focuses on your individual needs to ease tightness, release accumulated tension and restore greater freedom of movement.

STRESS RELEASE

60 MINUTES/
90 MINUTES

THB 4,500/
THB 5,200

Unwind with a soothing combination of flowing massage strokes and acupressure techniques, complemented by your choice of signature aromatherapy oil. Designed to ease everyday tension and calm the senses, this restorative massage invites the body and mind into a deeper state of relaxation.

HOT STONE

90 MINUTES

THB 5,800

Surrender to the comforting warmth of smooth volcanic stones in a deeply relaxing full-body massage. Heated stones and flowing massage techniques work together to ease muscular tension and encourage relaxation, while smaller stones are placed on selected energy points to create a sense of harmony throughout the body.

BESPOKE SPA EXPERIENCE

60 MINUTES/
90 MINUTES

THB 4,700/
THB 5,500

A personalised massage created entirely around you. Following a consultation, your therapist will tailor a combination of techniques to your individual needs — whether you seek deep relaxation, targeted tension relief, recovery or improved mobility. Every experience is uniquely curated, ensuring your treatment is as individual as you are.



FOOT MASSAGE

60 MINUTES

THB 3,500

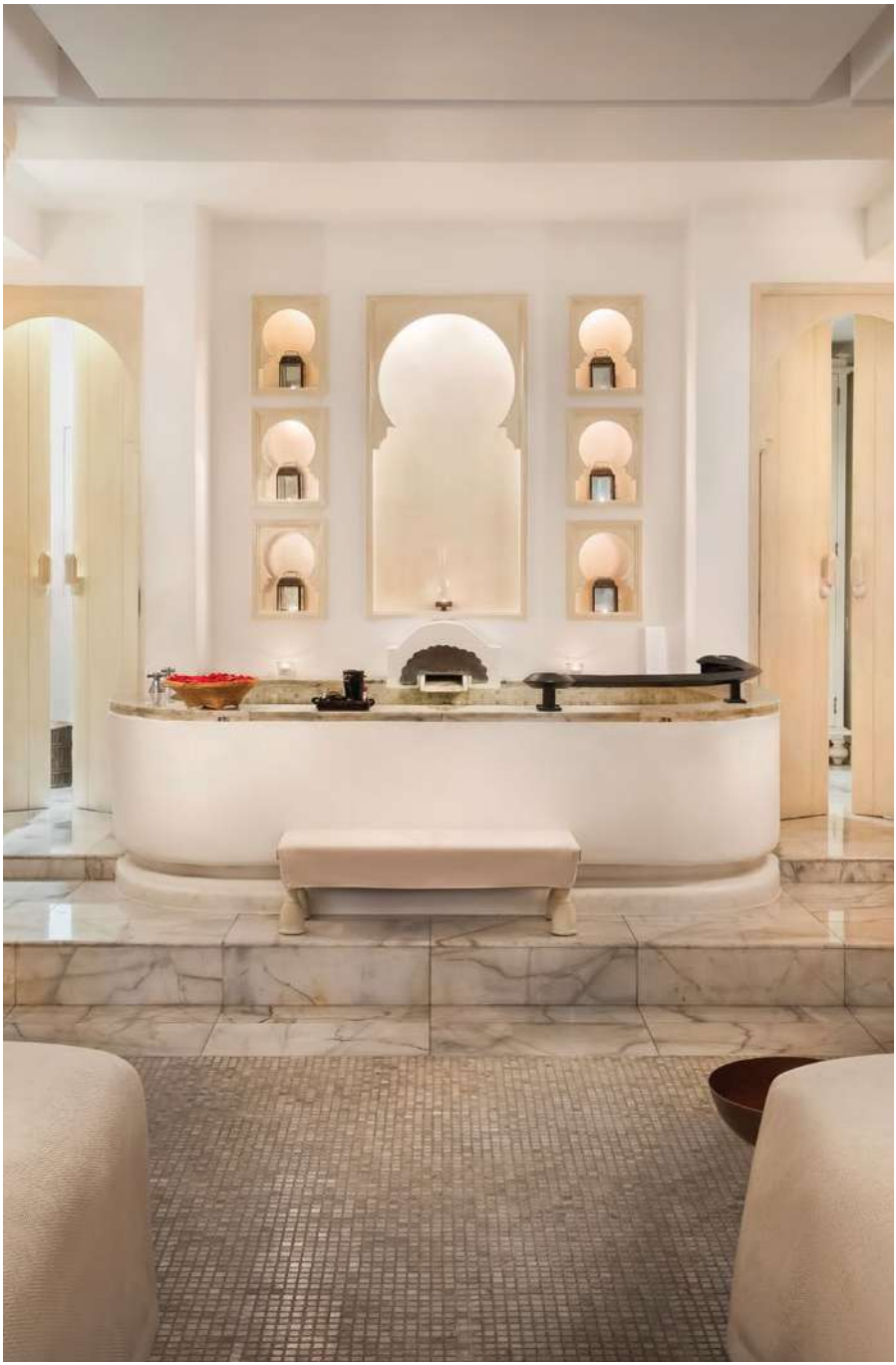
Give tired feet and the lower body a moment of restorative care. Therapeutic foot reflexology and targeted massage techniques help release accumulated tension, soothe fatigue and encourage circulation, leaving your feet and body feeling lighter and refreshed.

RESTORE YOUR WAY

60 MINUTES

THB 3,900

Release everyday tension with a targeted therapy focused on where your body needs attention most. Choose from a therapeutic scalp massage with Back, Neck and Shoulder Massage, or a restorative Foot and Lower Back Massage. Each experience is designed to ease localised muscular tension, reduce fatigue and encourage deep relaxation.



Bath and steam rituals

MAGNESIUM RECOVERY BATH

45 MINUTES

THB 2,900

Sink into a mineral-rich magnesium bath designed to ease tired muscles, release tension and encourage deep relaxation. Warm water and replenishing minerals envelop the body, creating a restorative pause that leaves you feeling relaxed, renewed and ready to move with greater ease.

ANANTARA ROYAL MILK BATH

45 MINUTES

THB 2,900

Surrender to a luxurious milk bath infused with aromatic essential oils to soften the skin, calm the senses and invite the body into deep relaxation. Warm, soothing waters create a cocoon of comfort, leaving the skin beautifully nourished and the mind peacefully at ease.

THAI HERBAL STEAM

30 MINUTES

THB 2,500

Breathe deeply and unwind in the aromatic warmth of a traditional Thai herbal steam. Infused with a fragrant blend of Thai botanicals, the gentle heat encourages circulation, relaxes the body and awakens the senses — an ideal prelude to your chosen spa experience.



Mindfulness

SOUND BATH EXPERIENCE

40 MINUTES

THB 2,500

Immerse yourself in the resonant vibrations of crystal singing bowls as layers of sound gently guide the mind towards stillness and the body into deep relaxation. Soothing frequencies create space to release tension, quiet mental noise and reconnect with a more centred state of being.

BIOLOGIQUE RECHERCHE
PARIS

Biologique Recherche 40 Years of passion

Over more than four decades, Paris-based Biologique Recherche has gained an unrivalled reputation based on a clinical approach to skincare using concentrated and pure ingredients, as well as innovative and meticulous procedures. Moving away from the traditional method of categorising skin into basic skin types such as ‘dry’ and ‘oily’, the Biologique Recherche methodology recognises that skin changes year to year, season to season and day to day. Subsequently, treatments are customised to your own individual ‘Skin Instant’.




S.S.C
The Siam Sport Club
AT ANANTARA SIAM

WELLNESS AT YOUR OWN RHYTHM

Discover a holistic approach to movement and wellbeing at our state-of-the-art The Siam Sport Club. Equipped with the latest Technogym equipment, dedicated functional training areas and purpose-built studios for yoga and Pilates, every element is designed to support your individual fitness journey.

Build strength, mobility and endurance through personalised experiences including private yoga, Pilates, Muay Thai and functional training, guided by our experienced instructors.

After your workout, transition seamlessly from movement to recovery with an infrared sauna, steam room, ice plunge and revitalising shower experiences, designed to refresh the body and restore energy.

Complete your journey at the Healthy Living Corner, where nutritious cuisine, freshly pressed juices, protein shakes and wellness-focused refreshments complement a curated retail collection to support conscious living beyond your visit.

Whether your focus is performance, recovery or simply feeling your best, discover a space where movement, recovery and mindful living come together.

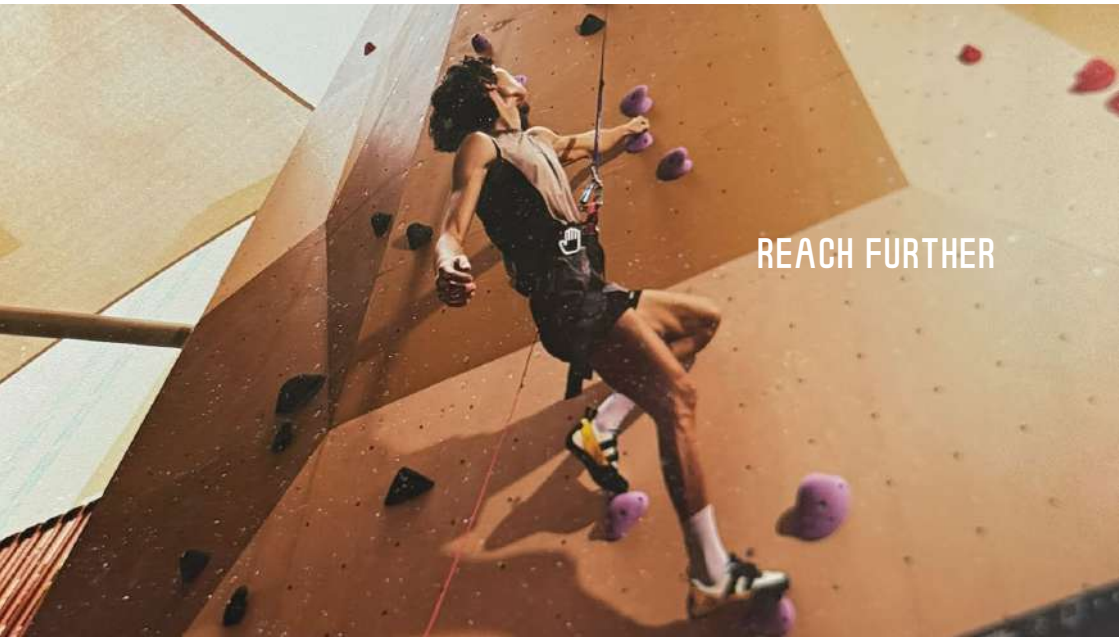
The Siam Sport Club
Open 24 hours

Assistance and classes
6:00 am – 10:00 pm


TECHNOGYM

For more information or membership enquiries, please call +66 2 126 8866 or scan QR code to discover our exclusive membership package.

ELITE LIFESTYLE
MEMBERSHIP





VIVID Bangkok Siam

Discover a contemporary approach to wellbeing at VIVID Bangkok Siam, where personalised IV therapies meet clinical expertise in a refined and comfortable setting.

Guided by qualified practitioners, each IV experience is tailored to individual wellness needs, with carefully selected infusions designed to complement your lifestyle and wellbeing goals. From moments of recovery to feeling refreshed and replenished, VIVID offers a personalised approach within your wider wellness journey.

Opening hours
Daily, 10:00 am – 8:00 pm

Telephone
+66 2 003 4918 or dial '0' for assistance from
your in-room telephone.

E-mail
vividsiam@vividdripbar.com

@vividbyverita

VIVID by Verita

@vividbangkoksiam

Spa etiquette

- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form.
- We have a wonderful selection of refreshing teas for you to enjoy after your treatment.
- All Anantara Spa offerings are also available in the privacy and comfort of your room with an additional surcharge of THB 500++ per person.
- Please note that the spa is unsuitable for children.
- We recommend that you leave all jewellery in your room before coming to the spa.
- All treatments will be charged to your room and will appear on your account at check-out.
- Please provide 5 hours' cancellation notice on individual treatments and 24 hours' notice on packages to avoid a 50% cancellation fee.
- We recommend that you do not sunbathe after an aromatherapy treatment.
- 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 your treatment duration.
- Guests with high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications, are advised to consult a doctor before undergoing any treatments.
- Please notify the spa receptionists of any existing medical conditions.
- Prices are subject to 10% service charge and 7% applicable government tax.

ANANTARA SIAM BANGKOK HOTEL

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ANANTARA.COM