



Spa menu



ANANTARA

SPA





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 blends luxurious unwinding with powerful, long-lasting benefits for body, mind and soul.

THE SOUL OF SIAM

(90 MINUTES)

Inspired by ancient Siam's diverse cultural heritage, this unique massage incorporates healing traditions from Thailand, Myanmar, Laos and China.

THB 5,000

A bamboo stick massage stimulates the circulation, while stretching and pressure point techniques enhance flexibility and energy flow. A herbal compress in a fabric of healing indigo is followed by a herbal oil massage and foot reflexology.

This signature experience concludes with a mindfulness ritual where gold leaf patches are placed on the wish area of the left arm and the left side of the chest to encourage a quiet mind.

ANANTARA SIGNATURE MASSAGE

(90 MINUTES)

With a combination of revered Eastern and Western techniques applied with purpose-designed movements and our signature oil blend, this massage stimulates the circulation and deeply relaxes muscles. Additionally, reflexology clears blockages of energy and promotes overall wellbeing.

THB 4,500

BESPOKE SPA EXPERIENCE

(90 MINUTES)

Indulge in an exclusive spa journey, designed specifically for your needs. Let us tailor the perfect 90-minute treatment for you. Highlight the areas you wish to focus on or tell us your end goal & post-treatment objectives and let us tailor the perfect 90 minutes for you!

THB 4,500



Wellness Journeys

Carefully crafted to bring you a luxurious selection 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.

HIMALAYAN THERMAL THERAPY

(90 MINUTES)

Harnessing the ancient energy of the Himalayan Mountains we use artisan, hand-carved Himalayan salt stones to dissolve all your 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.

THB 5,500

As you transcend into a state of total relaxation, a facial massage using iced Rose Quartz Gua Sha crystals will relieve muscle tension, stimulate circulation and leave your skin with an eternal glow. This full body ritual is crowned with a deeply rejuvenating head massage focusing on Marma points which destress the nervous system and refresh the mind.

TIBETAN HEALING THERAPY

(90 MINUTES)

Anantara Spa introduces an ancient therapy passed down through 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.

THB 4,500

Let go of all worldly distractions and heal the body and mind.



Plant Based 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 nourishing properties. Journey with Anantara Spa and explore a whole new world of healing.

RESTFUL SLUMBER JOURNEY (90 MINUTES) THB 4,200
Cannabis Foot Ritual – Cannabis Bath – Cannabis Body Massage – Cannabis & Floral Tea

HEAD-TO-TOE CALMING JOURNEY (90 MINUTES) THB 4,200
Cannabis Foot Ritual – Cannabis Bath – Cannabis Body Massage – Cannabis & Floral Tea

CANNABIS STRESS-RELEASE JOURNEY (90 MINUTES) THB 4,500
Cannabis Foot Ritual – Cannabis Bath – Cannabis Body Massage – Cannabis & Floral Tea

THAI HERBAL REVIVAL (120 MINUTES) THB 5,000
Cannabis Foot Ritual – Cannabis Bath – Cannabis Body Massage – Cannabis & Floral Tea

Spa Packages

COCO - NUTS (120 MINUTES) THB 7,500
Coconuts in Thailand are known the world over and has also been called the “tree of life” for its many uses and for its importance to Thai culture. Join us for 2 hours as we indulge your skin with the incredible beauty benefits of this humble fruit!
Full Body Coconut Scrub - Coconut Oil Massage - Mini Facial

HEAD-TO-TOE CALMING JOURNEY (90-150 MINUTES) STARTS FROM THB 7,500
Give your Mind & Body a boost with a little bit of everything needed to look & feel just the way you want! Choice of: Scalp massage, Hair mask, Mini facial, Foot massage, Back massage, Back exfoliation, Hand & arm massage

ROMANTIC GETAWAY - COUPLES (3.5 HOURS) THB 19,000 PER COUPLE
Experience the journey of relaxation with a side-by-side relaxing full body massage with your loved one.
Floral Foot Bath - Aromatic Steam - Coconut Body Scrub - Aromatic Bath
- Aromatherapy Massage - Choice of Facial



Massages

DEEP TISSUE MASSAGE

(90 MINUTES)

Unwind with a powerful, customised massage that combines deep rhythmic pressure and a dynamic blend of essential oils to alleviate stress, ease aching muscles and target individual needs.

THB 4,500

STRESS RELEASE MASSAGE

(60 MINUTES /
90 MINUTES)

Using a combination of strokes and acupressure techniques, along with the signature aromatherapy oil blend of your choice, this massage delivers waves of deep relaxation and promotes harmony & balance.

**THB 3,500 /
THB 4,200**

THAI HERBAL COMPRESS MASSAGE

(90 MINUTES)

A selection of therapeutic Thai herbs are wrapped in a muslin compress, steamed and then applied to the body in gentle, circular and rolling movements. The herbs assist in healing ailments such as sore muscles, back pain, migraines, stress and anxiety.

THB 4,500

TRADITIONAL THAI MASSAGE

(60 MINUTES /
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, without any effort. Let your expert therapist do all the work while you enjoy the benefits. Experience how pressure point and stretching techniques effectively release tension, increase flexibility and boost vitality.

**THB 3,500 /
THB 3,900**

HOT STONE MASSAGE

(90 MINUTES)

Experience the deep penetrating heat and healing power of warm volcanic stones in a full body massage using traditional techniques to release muscular tension and balance the spirit. Small stones are placed on key energy points to stimulate and harmonise the chakras.

THB 5,000

FOOT MASSAGE

(60 MINUTES)

Experience holistic balance and deep relaxation. This invigorating treatment provides physical renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to stimulate corresponding organ groups in the upper body.

THB 2,500

REVIVE AND RELIEVE

(60 MINUTES)

Revive tired feet and relax an aching back with a dual therapy session that extends your day of unwinding bliss.

THB 2,500

Tension Relief Back Massage – Foot Massage

DE-STRESSER

(45 MINUTES)

The perfect reward at the end of a busy day, this sequence melts away pent-up stress and fatigue by focusing on the back, neck and head for immediate and long-lasting relaxation.

THB 2,200

Tension Relief Back, Neck & Shoulder Massage



Scrubs

ESSENCE WHITE COCONUT MINT SCRUB

(60 MINUTES)

Healing, refreshing and richly moisturising, this exotic scrub removes dead cells, strengthens new skin and awakens the senses. Skin is left feeling silky smooth and glowing with vitality.

THB 2,900

DETOXIFYING GREEN TEA SCRUB

(60 MINUTES)

Polish, nourish and rejuvenate your body with the therapeutic properties of an exfoliating green tea scrub.

THB 2,900



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’.



Facials

SOIN OXYGÉNANT VIP

(90 MINUTES)

A regenerating and revitalizing treatment for the epidermis that works on all Skin Instants©, especially for those living in polluted cities. It restores the natural balance of your skin, oxygenizes and detoxifies your skin tissue leaving your face, neck and chest smooth, brightened and glowing.

THB 6,000

DETOXIFYING AND PURIFYING FACIAL

(60 MINUTES)

Skin Instants: Problematic, congested and dull skin

This soothing treatment rectifies congestion and imperfections caused by circulation imbalances. In addition to purifying and rebalancing the skin, the Detoxifying and Purifying Facial assists in the regulation of oil secretion to prevent breakouts, tighten pores and brighten a dull complexion.

THB 4,500

OXYGENATING FACIAL

(60 MINUTES)

Skin Instants: Devitalised and stressed skin

Recommended for devitalised, listless skin which can be caused by city pollution, stress and travelling. A perfect combination of micro-exfoliation and bio-energy massages will oxygenate the epidermis, relax your facial muscles and leave your skin glowing.

THB 4,500



COOL AND CALM FACIAL

(60 MINUTES)

specifically designed for sensitive, and reactive skin which may be prone to rosacea. This SOS treatment helps repair, stabilise and protect the skin's surface. The skin's structure will be soothed and nourished, resulting in reduced sensitivity and a stronger epidermis, providing immediate relief. Excellent for calming in inflammation after sun exposure or laser treatments.

THB 4,500

Anti - Ageing Boosters

SOIN LISSANT - IMMEDIATE RECONDITIONING TREATMENT

(90 MINUTES)

Skin Instants: Sensitive, reactive, stressed and traumatised skin

THB 6,000

This unique treatment specifically targets all signs of ageing, including fine lines, wrinkles, as well as loss of elasticity and firmness. Soin Lissant helps to stimulate the skin's natural defence system by working in harmony with the lymphatic and circulatory system. In order to reconstruct and rebalance the skin, the technique utilises sculpting movements and pulsing strokes. An excellent anti-stress treatment

that will leave your skin feeling calm, reconditioned and rejuvenated.

MC110 BOOSTER

Skin Instants: Undernourished, thin and lifeless skin

(90 MINUTES /
120 MINUTES
WITH REMODELLING
FACE OPTION)

This unique treatment specifically targets all signs of ageing, including fine lines, wrinkles, as well as loss of elasticity and firmness. Soin Lissant helps to stimulate the skin's natural defence system by working in harmony with the lymphatic and circulatory system. In order to reconstruct and rebalance the skin, the technique utilises sculpting movements and pulsing strokes. An excellent anti-stress treatment

that will leave your skin feeling calm, reconditioned and rejuvenated.

**THB 6,000 /
THB 7,000**

NATURAL SOOTHING FACIAL

(60 MINUTES)

Using a formula of Snow Lotus and Vitamin B5 to nourish skin, and a mask infused with Algae and Hyaluronic acid to hydrate & calm. The perfect skincare solution for sensitive or sunburnt skin!

THB 3,500



Bath and Steam Rituals

ANANTARA MILKY BATH

(30 MINUTES)

Enjoy a private tea service as the exotic aromas of our signature Romance Milky Bath balance your body, mind and spirit.

THB 1,500

AROMATHERAPY BATH

(30 MINUTES)

Treat yourself to a deeply relaxing bath. Perfect for bedtime, this indulgent treat will allow you to switch off an overactive mind and prepare for a tranquil and relaxing night's sleep.

THB 1,500

THAI HERBAL STEAM

(30 MINUTES)

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

THB 1,500

AROMA STEAM

(30 MINUTES)

Feel stress melt away with floral steam that offers a deep sense of relaxation and soothes the mind. We recommend this indulgent treatment before any massage.

THB 1,500

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 1,500++ 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 cancellation fee of 50% of the treatment price.
- 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's 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.

