

Spa menu

ANANTARA

SPA

Anantara Spa

A LUXURIOUS SPA SANCTUARY IN THE HEART OF BANGKOK

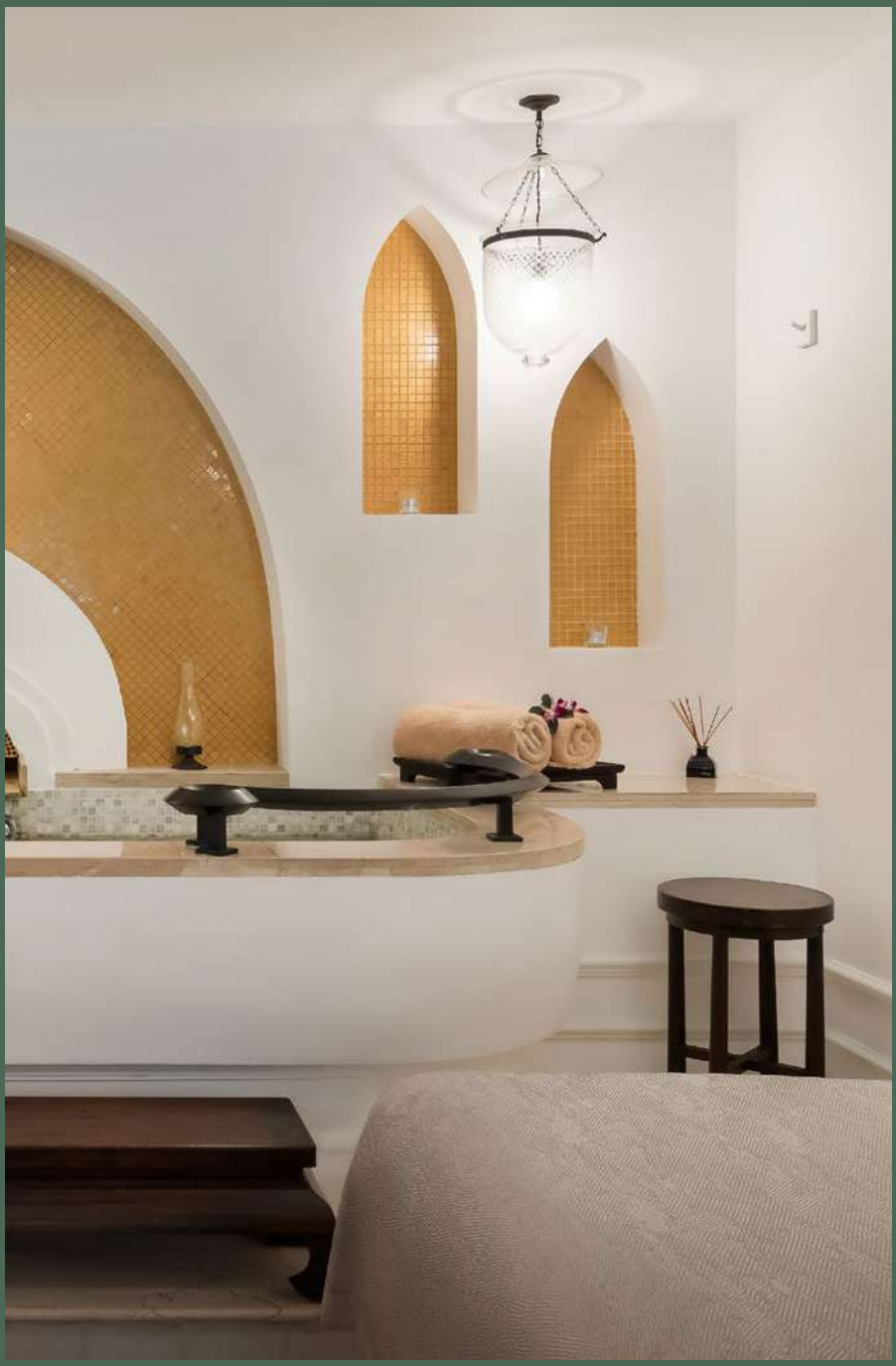
Rooted in Thailand, the essence of Anantara's philosophy, 'without end', has ancient Sanskrit origins, and our renowned spa encapsulates this ethos by paying tribute to Bangkok's rich heritage and multicultural vibrancy.

In an opulent escape from the capital's hustle and bustle, exotic aromas soothe the senses, exquisite Thai design celebrates tradition, and our exclusive service lavishes you with personal attention.

Hide away in a luxury treatment suite and let expert intuitive hands unwind you with Thailand's exotic wellness traditions, trusted ancient therapies from across Asia and advanced Western spa wisdom. Indulge in special packages of carefully crafted treatment journeys for optimal wellbeing, or book one of our heavenly massages to enjoy in the privacy of your room.

At Anantara Spa, the greatest journeys are felt, not told.
Opening hours: 10:00 am – 10:00 pm

Spa treatments between 10:00 pm - 1:00 am are available in guestrooms with advanced reservation





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

THB 5,000

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

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

THB 4,500

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.

BESPOKE SPA EXPERIENCE

90 MINUTES

THB 4,500

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



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

THB 5,500

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.

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

THB 4,500

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.

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

- Cannabis foot ritual
- Cannabis bath
- Cannabis body massage
- Cannabis and floral tea

THB 4,200

HEAD-TO-TOE CALMING JOURNEY

90 MINUTES

- Cannabis foot ritual
- Scalp massage
- Cannabis foot massage
- Cannabis and floral tea

THB 4,200

CANNABIS STRESS-RELEASE JOURNEY

90 MINUTES

- Cannabis foot ritual
- Cannabis herbal compress massage
- Cannabis and floral tea

THB 4,500

THAI HERBAL REVIVAL

120 MINUTES

30-minute Thai herbal steam with 90-minute Thai herbal compress massage.
Experience the natural healing properties of exotic Thai herbs and techniques that have been passed down through generations. This treatment is an artform that is as much healing as it is relaxing.

THB 5,000



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

120 MINUTES

THB 7,500

Give your mind and body a boost with a little bit of everything needed to look and feel just the way you want.
Choice of: scalp massage, hair mask, mini facial, foot massage, back massage, back exfoliation, hand and 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

THB 4,500

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.

STRESS RELEASE MASSAGE

60 MINUTES / 90 MINUTES

THB 3,500 / THB 4,200

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 and balance.

THAI HERBAL COMPRESS MASSAGE

90 MINUTES

THB 4,500

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.

TRADITIONAL THAI MASSAGE

60 MINUTES / 90 MINUTES

THB 3,000 / THB 3,900

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.

HOT STONE MASSAGE

90 MINUTES

THB 5,000

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.

FOOT MASSAGE

60 MINUTES

THB 2,500

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.

REVIVE AND RELIEVE

60 MINUTES

THB 2,500

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

- Tension Relief Back Massage
- Foot Massage

DE-STRESSER

45 MINUTES

THB 2,200

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.

- Tension relief back, neck and shoulder massage



Scrubs

ESSENCE WHITE COCONUT MINT SCRUB

60 MINUTES

THB 2,900

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.

DETOXIFYING GREEN TEA SCRUB

60 MINUTES

THB 2,900

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

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’.





Facials

SOIN OXYGÉNANT VIP

90 MINUTES

THB 6,200

A regenerating and revitalising 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, oxygenates and detoxifies your skin tissue leaving your face, neck and chest smooth, brightened and glowing.

DETOXIFYING AND PURIFYING FACIAL

60 MINUTES

THB 5,200

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.

OXYGENATING FACIAL

60 MINUTES

THB 5,200

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.

COOL AND CALM FACIAL

60 MINUTES

THB 5,200

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 inflammation after sun exposure or laser treatments.

Anti-ageing boosters

SOIN LISSANT
– IMMEDIATE RECONDITIONING TREATMENT

90 MINUTES

THB 6,200

Skin Instants©: sensitive, reactive, stressed and traumatised skin

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

90 MINUTES

THB 6,200

Skin Instants©: undernourished, thin and lifeless skin

This re-plumping, restructuring and renewing treatment has been designed for lifeless, weakened and lacklustre skin with fine lines and wrinkles. Using a revolutionary vibratory massage technique, the MC110 booster will leave your skin feeling smoother and brighter, with your facial contours plumped and redefined.

ELEMIS
LONDON

Elemis

Our globally renowned, hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. This is where intuition meets expertise.



Facials

ELEMIS EXPERT™ TOUCH REVEAL FACIAL

60 MINUTES

THB 4,700

Resurface, Smooth and Glow

Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

ELEMIS EXPERT™ TOUCH RENEW FACIAL

60 MINUTES

THB 4,500

Hydrate, Lift and Firm

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

ELEMIS EXPERT™ TOUCH DEFINE FACIAL

60 MINUTES

THB 3,500

Energise, Rejuvenate and Sculpt

This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin.

ADD-ONS

ELEMIS EXPERT™ COLLAGEN BOOST

15 MINUTES

THB 790

Brighten, Hydrate and Revitalise

Elevate your facial experience with our targeted eye treatment add-on, specially designed to brighten, hydrate and revitalise.

ELEMIS EXPERT™ RESTORATIVE HEAD MASSAGE

15 MINUTES

THB 490

Rebalance, Restore and Relieve

Combined with your main treatment, our restorative head massage, which is performed without the use of oil, helps to alleviate tension in the neck and scalp, leaving you feeling completely rebalanced.



Plant-based natural facial

NATURAL SOOTHING FACIAL

60 MINUTES

THB 3,500

Formulated with the restorative power of snow lotus and vitamin B5, this treatment deeply nourishes and strengthens the skin barrier while promoting calm and strengthen the skin. A cooling mask infused with algae and hyaluronic acid delivers intense hydration, helping to soothe irritation, reduce redness, and replenish moisture levels. The perfect skincare solution for sensitive or sunburnt skin.

MORINGA GUA SHA FACIAL

60 MINUTES

THB 4,000

An exclusive rejuvenating facial designed to restore radiance and vitality to your skin. Infused with our pure moringa oil 100%, celebrated for its powerful healing and nourishing benefits, this treatment combines expert finger massage with a Clear Crystal Gua Sha to boost elasticity, soften fine lines, and promote a natural lifting effect.



Bath and steam rituals

ANANTARA MILKY BATH

30 MINUTES

Enjoy a private tea service as the exotic aromas of our signature Anantara 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 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'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.

ANANTARA SIAM BANGKOK HOTEL

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ANANTARA.COM