



# Anantara spa wellness therapies



ANANTARA

SPA

# Wellness traditional thai healing treatments

Thai wellness treatments are drawn upon an ancient healing system that works with your body's 'sen' or energy meridian lines, with a combination of acupressure from Chinese Medicine, stretching and posture correction from yogic influences.

The aim of the Thai treatment is to encourage the correct flow of energy around your body, bringing harmony and balance to your physical and mental state. This can help relieve stress and anxiety, raise energy levels, and promote an overall feeling of relaxation.





## Hydracool facial

The ultimate HydraCool machine facial is a patented skin treatment available in four steps: cleansing, exfoliating, extraction, and hydrating the skin with intense moisturising serums that are infused into the skin.

The HydraCool Treatment assists in reducing skin imperfections and anaesthetic brown spots. This potent treatment harmonises your complexion and instantly imparts a deep radiant glow to your skin. It deeply infuses the Lightening Vegetal Complex with the HydraCool Mesophoresis, which promotes skin brightening and offers protection from sun rays and external damage.

The HydraCool Ultrasound application lifts the skin, whilst highly concentrated vitamins and antioxidants provide optimal and immediately visible results in regeneration and anti-ageing.



## Ayurvedic treatment

Ayurveda is an ancient holistic healing philosophy, originating from India over 5,000 years ago. It guides and inspires us in the pursuit of a healthier and more balanced lifestyle. Recognising that each individual is unique, Ayurveda emphasizes nutrition, lifestyle, massage, yoga, and herbal remedies tailored to one's distinct constitution.

Ayurvedic treatments offer both rejuvenating and relaxing experiences, utilising specially chosen therapeutic Ayurvedic oils that correspond to one's individual "doshas". The goal is to naturally balance energies, alleviate muscle fatigue and tension, improve circulation, calm the mind, and uplift the spirit.

‘Abhyanga’ translates as “to anoint”. Specific warm herbal oils are used for the head and body, in accordance with one’s unique constitution. This is a soothing massage with long strokes, stimulating specific Ayurvedic sites to achieve overall health and balance.

ABHYANGA  
MASSAGE  
75/90 MIN

In Shirodhara, the terms “Shiro” (head) and “Dhara” (flow) come together. The therapy involves applying a continuous stream of warm oil to the forehead. It harmonises and calms the mind, body, and spirit, boosting circulation to the brain, enhancing memory, nourishing the hair and scalp, and relieving stress and tension.

SHIRODHARA  
75/90 MIN

This traditional massage utilises herbs to address joint pain, muscle cramps, stress, and arthritis. The poultices, warmed in therapeutic oils, are employed to massage the entire body. This technique fosters better circulation in the affected areas, encouraging increased perspiration, which aids the skin in expelling toxins.

HERBAL POULTICE  
75/90 MIN



# Of The Islands Elements

## Magnesium Body Treatments

Magnesium, one of the seven essential macro-minerals, is best absorbed through the skin. It plays a pivotal role in hundreds of enzymatic reactions and biochemical activities. This includes supporting strong bones, maintaining a normal cardiac rhythm, aiding nerve and muscle function, promoting energy levels, and bolstering a healthy immune system. Our treatments employ high-grade Zechstein magnesium formulations, providing a holistic elevation of your well-being by merging health, beauty, and wellness.

Dive into a natural hydro-bath filled with magnesium crystals. This is an optimal way to kick-start your metabolism, eliminate waste, and provide your skin with essential minerals.

REBIRTH  
MAGNESIUM BATH  
30 MIN

This multifunctional, multisensory magnesium exfoliation removes dead skin cells, unveiling brighter skin. It's detoxifying and wholly rejuvenating.

GLOW MAGNESIUM  
BODY SCRUB  
45 MIN

Experience the pinnacle of body exfoliation. This treatment not only removes dead skin cells but also targets the appearance of cellulite by breaking down underlying fatty deposits.

COFFEE MAGNESIUM  
BODY SCRUB  
45 MIN

A deep aromatherapy massage fortified with magnesium's healing properties. Designed to alleviate muscle fatigue, promote better sleep, detoxify, and create a sensation of overall well-being.

IMMUNITY RECHARGE  
MAGNESIUM BODY  
MASSAGE  
60 MIN

Excessive physical exertion can lead to deep muscle fatigue. This magnesium-enhanced fitness massage, coupled with stretching, addresses stiffness and tension. Ideal post-exercise, it aids rapid recovery of strained muscles. Also included is a relaxing magnesium scalp massage, promoting a healthy scalp, preventing hair thinning and fall, and stimulating new hair growth.

UPLIFT DEEP-TISSUE  
MAGNESIUM BODY  
MASSAGE  
90 MIN

A profoundly detoxifying and rejuvenating treatment, beginning with a 30-minute magnesium hydrotherapy bath. This preps the skin for a subsequent soothing full body massage with a special detoxifying magnesium butter.

MAGNESIUM  
INFINITE DIP  
90 MIN

Begin with a magnesium scrub to exfoliate and cleanse the skin, promoting circulation and detoxification. This is followed by a full body massage for profound relaxation, leaving you feeling replenished with a calm and renewed energy.

MAGNESIUM  
REBALANCE  
90 MIN

A focused anti-cellulite treatment. The deep pressure body scrub, featuring the 'Of the Island Morning Coffee Scrub', targets cellulite's appearance by breaking up fatty deposits beneath the skin. 'Of the Island Top Shape Gel' is then applied as a wrap, stimulating blood and oxygen flow. The overall treatment aids in reducing cellulite formation and appearance, allowing the body to flush toxins through the lymphatic system.

SLIMMING  
MAGNESIUM  
BOOSTER  
90 MIN

# Facials by Of The Islands

Deep magnesium treatment to wake-up circulation, followed by a powerful dose of antioxidants from “lemon of the North” Seaberry along with 6 other synergetic oils to replenish and boost cellular processes. The result is clear, glowing from within skin.

**SUPER NATURE GLOW**  
**60 MIN**

Skin is infused with a potent mix of anti-oxidants from Nordic super berries, juniper berry and seaberry. Moisturizing mask is applied to nourish and plump the skin. The result is brighter skin, even tone, natural glow with the effects of the facial working for the next days to reset the skin on cellular level.

**CELLUAR RESET**  
**FAUCIAL**  
**60 MIN**





# Anantara spa journeys

## COUPLE'S QUALITY TIME

Forge enchanting memories as you both immerse in treatments that encourage profound relaxation, detoxification, and a purified body.



Begin a journey of external well-being and inner contentment with these all-encompassing therapies. Delight in a foot soak before sinking into a romantic bath. Allow our skilled therapists to exfoliate your skin, bringing about a rejuvenated feel. Envelop yourselves in a hydrating body wrap, ensuring skin is soft and radiant. Melt away tension with a calming massage, concluding with an express facial tailored to your skin type.

Craft a memorable moment with your partner and drift into aromatic tranquility. Relish collective relaxation in our inviting bath. Then, be invigorated by our body exfoliation and release tension through our signature stress relief massage.

Experience relaxation in unison with Middle Eastern-inspired treatments. Begin with the Treasures of Moroccan Hammam or opt for a Traditional Turkish Hammam, hosted in an exclusive couple's Hammam chamber. Succumb to the allure of an Arabian massage featuring Frankincense oil for deeply nourished skin.

## PALM RETREAT

*(MICROSILK BATH, BODY  
EXFOLIATION & WRAP,  
MASSAGE AND EXPRESS  
FACIAL)*

**180 MIN**

## DUBAI ROMANCE

*(MICROSILK BATH, BODY  
EXFOLIATION & MASSAGE)*

**120 MIN**

## ANANTARA ROYAL RITUAL

*(HAMMAM & MASSAGE)*

**120 MIN**

# Packages

Relish in Anantara Spa's essence, transported on a journey of enduring impressions with treatments that blend Middle Eastern allure with traditional Thai techniques, captivating mind, body, and spirit.

"Nham Jai", epitomising Thai hospitality, translates to "water from the heart". Dive into the exotic luxury of Anantara Spa, characterised by traditional Thai nuances. Delight in treatments crafted by expert therapists, guiding you on an unparalleled spa journey to pure relaxation.

This sublime relaxation treatment reinvigorates vital energy and alleviates built-up tension. Combining facial and body therapies for pure tranquillity and revitalisation, choose from our distinct facials and pair with a Deep Tissue Massage.

Prioritise skin hydration and suppleness. Indulge in a smoothing exfoliation, followed by a pink clay-based body mask for nourishment and rejuvenation. Complemented by an Intense Hydration Facial, this treatment ensures skin remains nourished, soft, elastic, and radiant.

Venture into a tranquil state of mind with our new indigenous offers. The "Desert Escape Massage" uses date seed oil to enrich your body and soul with Middle Eastern traditions. For a deeper cultural journey, "At The Doors of The Desert" combines aromatic 'Bokhour,' a purifying Alum stone exfoliation, a soothing massage, and a tranquil Karkade tea ritual. Embrace these ancient practices for a revitalising experience.

## NHAM JAI RELAXING EXPERIENCE

*(BODY EXFOLIATION, MASK  
AND MASSAGE)*

120 MIN

## DE-STRESS & UPLIFTING EXPERIENCE

*(MASSAGE & FACIAL)*

120 MIN

## REJUVENATING & HYDRATING EXPERIENCE

*(BODY WRAP & FACIAL)*

120 MIN

## DESERT ESCAPE MASSAGE

60 MIN

## AT THE DOOR OF THE DESERT

90 MIN

# Body massages

Massage therapy involves the tactile manipulation of soft body tissues (muscles, connective tissues, tendons, and ligaments) to bolster health and overall well-being.

Blending our distinctive oils with bespoke movements, this massage bolsters circulation and fosters profound relaxation. It also rejuvenates the flow of energy, or ‘prana’, along meridian lines.

ANANTARA  
SIGNATURE MASSAGE  
60/90 MIN

Employing the palms and elbows to activate pressure points, this massage elevates blood circulation, dispels muscle tension, and heightens energy. Rooted in ancient wisdom, it promises time-tested benefits.

ARABIAN MASSAGE  
60/90 MIN

This is an intricate fusion of gentle stretches, acupressure, reflexology, and aromatherapy. It invigorates blood and oxygen flow, as well as the circulation of ‘qi’ (energy), cultivating a sense of deep relaxation and well-being.

BALINESE MASSAGE  
60/90 MIN

Five distinct massage strokes target each body part, igniting the nervous system, improving circulation and flexibility, and nurturing both physical and emotional health.

SWEDISH MASSAGE  
60/90 MIN

Passed down through generations, this ‘passive yoga’ technique by our adept therapists will dispel tension and stress, paving the way for enhanced flexibility and vigour. This dry massage, performed without oil, is delivered in loose clothing.

TRADITIONAL THAI  
MASSAGE  
60/90 MIN



# Body massages

This treatment employs pressure on specific foot zones, known as “reflex areas”, proficient in invigorating the function of internal organs.

FOOT REFLEXOLOGY  
60 MIN

Tailored for each trimester, these meticulously crafted treatments accompany a woman through her pregnancy journey. Experience a gentle, hydrating massage, designed for skin that stretches to nurture the growing baby.

MOTHER TO - BE  
MASSAGE  
60/90 MIN

Your therapist will curate an aromatic oil based on your needs, whether it's for muscle pain, stress relief, relaxation, or balance. This massage penetrates deeply into muscle tension, fostering optimal circulation.

DEEP TISSUE  
MASSAGE  
60/90 MIN

Warm Balinese stones soaked in aromatic body oil are massaged deep into muscles, targeting tension zones. The result is invigorated vitality, complemented by sumptuously hydrated skin.

DEEPER THAN DEEP  
HOT STONE MASSAGE  
90 MIN

Soothe your senses with a rhythmic massage, merging pressure techniques with a curated oil blend, designed to dissipate tension and stress, ushering in tranquility.

BACK MASSAGE  
30 MIN

Revitalise with this treatment, alleviating stress and boosting circulation in the foot and ankle region.

FOOT & ANKLE  
MASSAGE  
30 MIN

This gentle fingertip massage invigorates circulation, alleviates tension, and can mitigate headaches.

SCALP MASSAGE  
30 MIN



# Turkish hammam rituals

Embrace the core of “The Turkish Bath House.” The hammam, pivotal in Ottoman culture, purifies the body, boosts blood circulation, and revitalises the immune system. At Anantara Spa, indulge in this time-honored tradition amid the tranquil allure of our Turkish hammam, equipped with exclusive male, female, and couple’s sections. Entrust your relaxation to our seasoned ‘tellak’, guiding you through the hammam’s ancient wonders.

Surrender to the hammam’s ambient warmth, where steam and stone tenderise the skin. A kese mitt exfoliates, making way for an authentic foam massage, crafted from the finest handmade olive oil soap.

TRADITIONAL  
TURKISH BATH  
RITUAL  
45/60 MIN

# Moroccan hammam rituals

Indulge in a Moroccan Hammam experience, combined with luxurious collection of signature treatments. Each journey reveres a unique element, representing age-old traditions and cultures. Luxuriate in exclusive treatments, bolstered by a 100% organic certified product range. Bespoke fragrances and aromatherapy evoke the mesmerising scents of the Maghreb and the East.







# Moroccan hammam rituals

Begin with invigorating steam, proceeding to a deep exfoliation using lavender-infused black soap and a traditional Kessa mitt. The body is enveloped in a fragrant rose blossom mask, while feet experience a refreshing citrus exfoliation and hair enjoys a green tea cleanse. Conclude with a gentle rose spritz and a nurturing sandalwood body oil application.

TRADITIONAL  
PURIFICATION  
45 MIN

A rejuvenating ritual to stimulate circulation and refresh the skin. Peppermint black soap aligns with a kessa mitt and honey scrub for thorough exfoliation. Lemon hand and foot exfoliations harmonise with an atlas verbena body mask for profound skin renewal. Savor an argan oil facial paired with a green tea and argan hair treatment, culminating in a revitalising orange blossom body mist and sweet orange body oil.

TREASURES OF  
MOROCCO  
60 MIN

A majestic fusion of traditional Hammam rituals with a touch of opulence. Commence with steam, leading to a Bakhour Black Soap exfoliation with a hand-embroidered Kessa mitt. A luscious honey exfoliation joins a Neroli body mask and an argan-infused facial polish with a green clay mask. Feet are pampered with minted bath salts. An age-reversing prickly pear elixir enhances the organic Argan oil hair serum. Conclude with an Oud body mist, harmonised by a final sandalwood oil embrace.

THE ANANTARA  
ROYAL HAMMAM  
90 MIN



# Luxurious facials by 'Margy's' – Monte Carlo

The highly concentrated and active ingredients of the Stem Cells Illuminating Facial stimulate cellular renewal and circulation, minimising fine lines and imperfections, and brightening the skin, leaving it radiant. The quality of the skin is improved; the complexion is brighter and pores are minimised, leaving the skin nourished, luminous, and revitalised.

MARGY'S STEM CELLS  
ILLUMINATING FACIAL  
60/90 MIN

A true rejuvenation for all skin types, this treatment constitutes a wonderful moment of relaxation. Thanks to pure and valuable active ingredients and the beneficial effects of collagen, this facial leaves the skin radiant, firm, plumped, and rehydrated with highly active face masks featuring Pure Collagen, Hyaluron Collagen, Vitamin C Collagen, or Botolift Collagen. Wrinkles are smoothed, offering instant and lasting results.

MARGY'S PRESTIGE  
COLLAGEN FACIAL  
90 MIN

This anti-ageing treatment treats the skin whilst deeply nourishing and replenishing all layers. Redefining radiance and facial contouring, it delivers instant results and accumulative skincare benefits. Ideal for any skin type showing signs of ageing, the skin will appear ultra-luminous, firmer, and tighter.

MARGY'S BRIGHTNESS  
REVEALING FACIAL  
60 MIN

# Body treatments by ‘Phytomer’

This deeply relaxing, reenergizing signature massage includes both a full body exfoliating scrub and a massage. The session provides a unique sensory experience thanks to OLIGOMER, PHYTOMER’s legendary active marine ingredient, and its extraordinary remineralizing and strengthening benefits. The head-to-toe exfoliating scrub and massage provide instant rejuvenation and incomparable relaxation.

OLIGOMER SPA WELL  
- BEING MASSAGE  
90 MIN

A full-body slimming treatment, perfect for wellness retreats. This treatment blends a toning massage with an exclusive alga wrap, sculpting curves, reshaping, and toning the body. Results after just 4 sessions speak volumes: an 11% reduction in belly bulge and an 8% decrease in thigh circumference.

P5 SLIMMING  
TREATMENT  
60 MIN

An intensive exfoliating scrub, targeted massage, and innovative thermo-sculpting wrap act swiftly to reduce curves and cellulite. The outcomes are remarkable, with over a 1 cm reduction in waist size after just 4 sessions.

SCULPT ZONE  
TREATMENT  
60 MIN

A high-performance gel wrap is applied and massaged into the skin, aiming to lift, tighten tissue, and stave off sagging. The result is a body that’s comprehensively firmed and toned.

BODY FIRMING  
TREATMENT  
60 MIN

Select between a detox or energising marine wrap, then indulge in a tranquil body massage.

MARINE BODY WRAP  
60 MIN

This targeted massage is formulated to alleviate and relax weary, strained legs, restoring their attractive curves and contours.

LEG REVIVAL  
45 MIN

An exfoliation treatment using sea salt crystals, combined with a moisturising massage, makes for a swift beautifying treatment that leaves the skin feeling satin-smooth.

SATIN SHIMMER  
45 MIN

## Face treatments by ‘Phytomer’

A lifting mask paired with an ultra-concentrated biotech lotion delivers top-tier anti-ageing performance, restoring the skin’s soft, youthful glow. PHYTOMER’s advanced facial massage technique is unmatched in relaxation, producing immediately visible results. The tailored lip treatment plumps the lips and smooths wrinkles around the lip line. Our self-heating mud pack is gently applied along the spine, offering a relaxation experience that reinvigorates the body’s energy.

PIONEER TREATMENT  
FACE- LIPS –  
DÉCOLLETÉ  
90 MIN

This ultra-comprehensive anti-ageing treatment brightens the skin tone, reduces dark spots, and smooths wrinkles. The ideal combination of a 20% acid facial peel and a smoothing cloth mask enriched with OLIGOMER immerses the skin in radiance.

OLIGOFORCE  
LUMINATION FACIAL  
60/75 MIN

A nourishing treatment that soothes sensitive skin and reinforces its defences, achieving smooth, hydrated results.

DOUCEUR MARINE  
FACIAL  
60/75 MIN

A cleansing regimen specifically targeting blemishes, revealing a visibly clearer, healthier complexion.

ACNIPUR FACIAL  
60/75 MIN

This introductory facial provides a quick and immediate uplift for dull, lifeless skin.

EXPRESS FACIAL  
30 MIN



## CBD body treatment by Kloris

A journey of the senses with this head-to-toe experience combining stretching, lymphatic drainage, muscle release and shiatsu acupressure points to allow the body to relax and the mind to drift away.

A deeply relaxing treatment focusing on the whole body with destress oil (KLORIS) and hot pouch balms are applied to specific areas of concern providing relief and relaxation. Medium massage techniques incorporate effleurage foot soak sound therapy breathe work to calm the mind at the beginning of the treatment.

KLORIS CBD REFOCUS  
TREATMENT  
60/90 MIN

KLORIS CBD REFOCUS  
TREATMENT  
60/90 MIN

# Additional touches

To enhance your visit to Anantara Spa and to provide a comprehensive Spa experience, the following options have been meticulously chosen to complement your Spa journey. Please note that these treatments cannot be booked separately and must be added to other treatments.

A first in the region, MicroSilk Technology utilises special bath “shells” with microbubbles to intensify overall skin cleansing, exfoliating, and hydration. Revel in the oxygen-rich bath that supersaturates the water with billions of bubbles, elevating oxygen levels up to 70% higher than ordinary tap water, bolstering metabolism, and fostering the proliferation of skin cells.

## MICROSILK BATH

30 MIN

# Additional benefits for spa guests

During your Anantara Spa experience, your children can delight in our Tuk Tuk Kid’s Club.

*Terms and Conditions apply.*

## Terms and conditions for Tuk Tuk Kids Club:

- Guests may bring a maximum of two children aged between 4 and 12 years to the Kids Club.
- Children under four years must be accompanied in the Kids Club by their personal babysitter.
- Spa treatments should conclude by 7:00 pm
- Parents should arrive 30 minutes before their treatment to register their children at our Tuk Tuk Kids Club.

