



An island haven of
inner and outer peace



ANANTARA

SPA

Anantara Spa

Embark upon a pathway to holistic wellbeing that is intrinsically connected to Thailand and Arabia's enriching wonders and steeped in the mystical allure of the world's most precious health and beauty ideals. Let worldly cares slip away and your soulful journey begin as you step into an Anantara experience of exceptional luxury in breathtaking surroundings.





Traditional Thai Wellness

Thai wellness focuses on the body's 'sen', or meridian lines, to bring harmony to your physical and mental state. Infused with techniques like yogic stretching and Chinese-style acupressure, treatments correct the flow of energy around the body, bringing about a deep state of relaxation.

TRADITIONAL THAI MASSAGE

Known to many as ‘passive yoga’, Thai massage uses specific stretching techniques, passed down through the generations, to alleviate strains and stresses, increase flexibility, and promote vitality.

**This is a dry massage, performed without oil, in loose clothing which is provided.*

90 Minutes

QAR 800

THAI HERBAL COMPRESS

Traditional poultices made from Thai herbs and spices are heated then kneaded across the body. A full-body massage with herbal oil follows, soothing tense muscles, easing stiffness, and removing negative energy that causes sluggishness.

90 Minutes

QAR 875





Ayurveda Treatments

ABHYANGA

Abhyanga means “to anoint”. Warm herb-infused oils are lightly massaged into the skin using long, soothing strokes. As the oils penetrate the skin, toxins and impurities are loosened, reducing muscle tension and calming the nervous system. Experience a sense of well-being and harmony after this treatment.

60 / 90 Minutes

QAR 650 / 850

SHIRODHARA

Minutes Shirodhara comes from the Sanskrit words “shiro” (head) and “dhara” (flow). This Ayurvedic healing technique incorporates various Indian herbs and its purifying, rejuvenating therapy is designed to eliminate toxins and mental exhaustion, as well as relieve stress and any ill effects. This therapy helps to enhance the functions of the whole central nervous system.

60 Minutes

QAR 800

Signature Journeys

BANANA ISLAND EXPERIENCE

Luxury decadence in your own private spa suite. Intensive Top to Toe hydration for thirsty skin. A deeply cleansing body scrub that encourages cell regeneration for the softest, smoothest, most nourished skin. A powerful blend of massage techniques for targeted toning and improved circulation. Complete your journey with a facial which leaves your skin feeling replenished and quenched for days.

- 30 minute full body exfoliation
- 60 minute Anantara massage
- 60 minute facial treatment

150 Minutes

QAR 1,450

ROYAL HAMMAM

Relax and experience by enjoying a one hour choices of Turkish or Moroccan hammam and follow by a one hour Anantara massage. The combination of these treatments will clean and detoxify your skin, while the heat of the hammam will start to ease your sore muscles. Signature massage comforts your body and calm your mind.

- 60 minutes Hammam
- 60 minutes Anantara massage

120 Minutes

QAR 1,200

ARABIAN OUD INFUSION

Experience an extraordinary spa journey of a body scrub infused with oud, a highly valued Arabian agarwood, which removes dead skin cells and prepares skin for a decadent 60-minute full body aromatic oud massage.

- 30 minutes Oud body exfoliation
- 60 minute Arabian Oud massage

90 Minutes

QAR 900



Hamмам Ritual

MOROCCAN HAMMAM

Performed in the Hammam facilities, the gentle heat of the steam and stone softens and prepares the skin for a kessa mitt exfoliation, followed by an authentic foam application using the finest handmade olive oil soap.

- Steam • Black Soap application • Kessa Mitt Exfoliation • Rhassoul Mask
- Hair Shampooing and Conditioning

60 Minutes

QAR 700

TURKISH HAMMAM

The Turkish Hammam ritual is an ancient cleansing and relaxation bathing tradition with a foam massage and honey body mask.

- Steam & Sauna • Kese Mitt Exfoliation • Olive Oil Soap Foam
- Honey Mask • Hair Shampoo & Conditioning

60 Minutes

QAR 700

A private Hammam session can be experienced at an additional cost of QAR 100 per person. Inquire from our Spa team about exciting group Hammam options for up to 6 guests

Massage

ANANTARA SIGNATURE MASSAGE

Our signature massage with combination of revered Eastern and Western techniques applied with blend of oils, combined with wringing, kneading and stretching techniques. This stimulates muscle circulation and promotes deep muscle relaxation, while restoring the flow of energy flow along the meridian lines.

60 / 90 Minutes

QAR 650 / 850

BALINESE MASSAGE

The Balinese massage is an authentic massage style influenced by ageless tradition to combination of gentle stretches with palm pressure to relieve tension and improve blood flow.

60 / 90 minutes

QAR 650 / 850

ARABIAN OUD ENCHANTMENT

Aromatic massage with pre-blended oils of oud enchantment to entice the senses and relax the body, mind and soul. Total stress release, soothes achy tired muscles, decompresses to remove lactic acid build-up, and relieves pain and stiffness caused by physical and emotional life stressors.

60 / 90 minutes

QAR 650 / 850

HOT STONE MASSAGE

A unique combination of aromatherapy oils and heated volcanic stones, to ease away deep muscular pain whilst experiencing complete relaxation.

90 minutes

QAR 875

DEEP TISSUE MASSAGE

Combines firm and slow pressure aiming at the deeper tissue structures of the muscles, more intense and designed to alleviate deep-seated muscular tension and relieve chronic pain such as a stiff neck, lower back pain, and sore, tight shoulders.

60 / 90 minutes

QAR 700 / 900

ORIENTAL FOOT MASSAGE

Combination between foot massage and reflexology points along the meridians of the feet, restoring balance and harmony in the body and releasing tension. This detailed foot treatment helps facilitate a deep state of relaxation, calm the emotions, and produce a serene mind.

45 minutes

QAR 500

PEACEFUL PREGNANCY MASSAGE

A calming massage that is suitable to every mother-to-be where the therapist uses tried and tested techniques, which are adapted to each stage of pregnancy. The massage helps to relieve tension in the lower and upper back, as well as hydrates skin that is expanding to accommodate a growing baby.

75 minutes

QAR 750

Facial Therapies

OXYGENATING FACIAL

RECOMMENDED FOR PIGMENTATION, UNEVEN SKIN TONE, AND BRIGHTENING

This skin brightening and anti-pollution ritual features a perfect combination of micro-exfoliation and oxygenation of the epidermis. By combining the mini glove with the Booster VIPO2 complex, a wonderful technique is skillfully applied to intensify, hydrate, and soften the skin. This treatment leaves the skin truly revitalized and regenerated.

60 minutes

QAR 700

OPTIMUM HYDRATION FACIAL

RECOMMENDED FOR DEHYDRATED, SENSITIVE, AND THIN SKIN TYPES

This reconditioning treatment stimulates the epidermal defense system, assisting the skin in maintaining its youthful appearance. It effectively hydrates, softens irregularities, and calms stressed skin, providing a lifting effect and long-lasting moisture retention. The skin will appear refreshed, smoothed, and radiantly healthy.

60 minutes

QAR 700

PLUMPING & RESTRUCTURING FACIAL

RECOMMENDED FOR DEVITALISED, LIFELESS SKIN TYPES

This treatment exfoliates, purifies, refines skin texture, optimises epidermal functions, plumps up and volumises wrinkles and fine lines while toning and moisturising the skin. It leaves the skin with a brighter complexion, redefined contour, and a more youthful glow.

60 minutes

QAR 700

EXPRESS FACIAL

In a rush but in need of a beauty special touch. Express facial can fit your tight schedule.

30 minutes

QAR 400

Kids Spa

For our young spa enthusiasts, from 4 to 14 years old. (Children should be accompanied by one parent or adult guardian.)

CHOCOLATE SCRUB

Sweeten your senses with a chocolate scrub which gently cleanses and smoothens the skin.

30 minutes

QAR 350

TROPICAL KIDS MASSAGE

Soothing massage using coconut oils help our junior spa guests unwind, increase healthy blood circulation and releasing the “happy” endorphins.

30 minutes

QAR 350

PRINCE & PRINCESS FACIAL

Pure and natural ingredients are used to comfort, protect and calm the young and sensitive skin with a healthy glow.

30 minutes

QAR 350

Add-on Treatments (Only available as add-on)

ORIENTAL FOOT MASSAGE

Experience holistic balance and deeply relaxing treatment releases stiffness and tension in the feet and lower legs.

30 minutes

QAR 275

HEAD MASSAGE

The effectiveness of head massage is based on principles specifically those surrounding energy flow. It is believed that when the energy does not flow properly, negative energy is likely to build up, causing common ailments, including stress, pain and aches.

30 Minutes

QAR 275

BACK NECK & SHOULDER

30-minute back, neck and shoulder massage is an excellent treatment to release muscle pains and tension.

30 minutes

QAR 275

BODY EXFOLIATION

An intensive exfoliation to deep clean and retexture your body for softer, suppler skin. In turn, this treatment will help you look, fresher, brighter, and toned.

30 minutes

QAR 275



HOURS OF OPERATION

The Anantara Spa is open daily from 10:00 am to 9:00 pm. Cancellation policy and additional charges apply for treatments booked outside of regular opening hours.

RESERVATIONS

We recommend booking in advance to secure your preferred treatment schedule. Please dial 5158 or visit the Anantara Spa, and one of our receptionists will assist you.

PREPARATION

When you arrive at the spa, you will be provided with a robe and slippers, as well as a closet in which to place your belongings. We recommend that you leave all valuables in your in-room safe, as the spa accepts no responsibility for lost items.

ARRIVAL

You are encouraged to arrive 15 minutes prior to your treatment schedule. This will allow for a smooth check-in and the opportunity to relax before your session. Late arrivals will be subject to reduced treatment times. Mobile phones and smoking are not permitted inside the facility at any time.

HEALTH CONCERNS

If you are pregnant or have any pre-existing conditions or allergies, please consult a doctor before booking any spa treatments or using our spa facilities. Kindly advise your therapist before your treatment commences to ensure your safety.

BEHAVIOUR

Any sexual harassment or aggressive behavior towards our team members will not be tolerated. Any form of verbal, physical or sexual harassment will result in legal action.

CANCELLATION POLICY

Should you need to cancel your Anantara Spa treatment, we require a minimum of 12 hours' notice to avoid being charged 100% for your treatment time. Alternatively, we require a minimum of 6 hours to reschedule without any charges.

