



ANANTARA

SPA



Spa & Wellness

M E N U

WELCOME TO ANANTARA SPA

A SANCTUARY OF WELLNESS AND REJUVENATION

At Anantara Sir Bani Yas Island, we invite you to experience a world where ancient traditions meet modern luxury. Each treatment is designed to balance the body, soothe the spirit, and rejuvenate the mind, all within the serene surroundings of our island sanctuary. Our highly skilled therapists blend time-honored healing techniques with the finest natural ingredients, providing you with an unforgettable wellness journey. Whether you seek relaxation, revitalization, or complete renewal, allow yourself to escape into tranquility and let us guide you to a deeper state of well-being.



SPA PROTOCOL

At Anantara Spa, we strive to ensure that every guest experience is peaceful and rejuvenating. To maintain the highest standards of service and serenity, we kindly request your cooperation with the following:

Reservations

Advance booking is recommended to secure your preferred time and treatment. For reservations, please contact our spa reception or concierge team.

Arrival Time

We encourage you to arrive at least 30 minutes prior to your scheduled appointment to enjoy a relaxing pre-treatment experience. This allows time for check-in, consultation, and the opportunity to unwind in our relaxation area. Arriving late may reduce your treatment time, as we must ensure that the treatment of the next guest begins promptly.

Health Consultation

Upon arrival, you will be asked to complete a health consultation form. Please inform us of any medical conditions, injuries, or allergies you may have so we can tailor your treatment to ensure your safety and comfort.

Personal Belongings

For your convenience, lockers are provided to store personal belongings. However, we recommend that you leave valuables in your room as we cannot assume responsibility for lost items.

Quiet Environment

To preserve the peaceful atmosphere of the spa, we kindly ask that all mobile phones and electronic devices are turned off or switched to silent mode upon arrival. Please respect the tranquility of others by speaking softly.

Cancellation Policy

Should you need to cancel or reschedule your appointment, we kindly request at least 24 hours' notice. Any cancellations made less than 24 hours will incur a 50% charge. For no-shows, the full treatment price will be charged.

Attire

We provide robes and slippers for your comfort. During treatments, our therapists are trained to drape you with towels, ensuring your privacy is respected at all times. Disposable undergarments will also be provided for body treatments.

Spa Etiquette

Please communicate with your therapist about your preferences regarding pressure, temperature, or any other concerns during your treatment to ensure an enjoyable experience.

Age Policy

The spa is an adult-oriented environment, and guests must be at least 16 years of age to enjoy our spa facilities and treatments. Children under this age are not permitted in the treatment areas or relaxation lounges unless undergoing a special spa experience for younger guests.

Payment and Gratuities

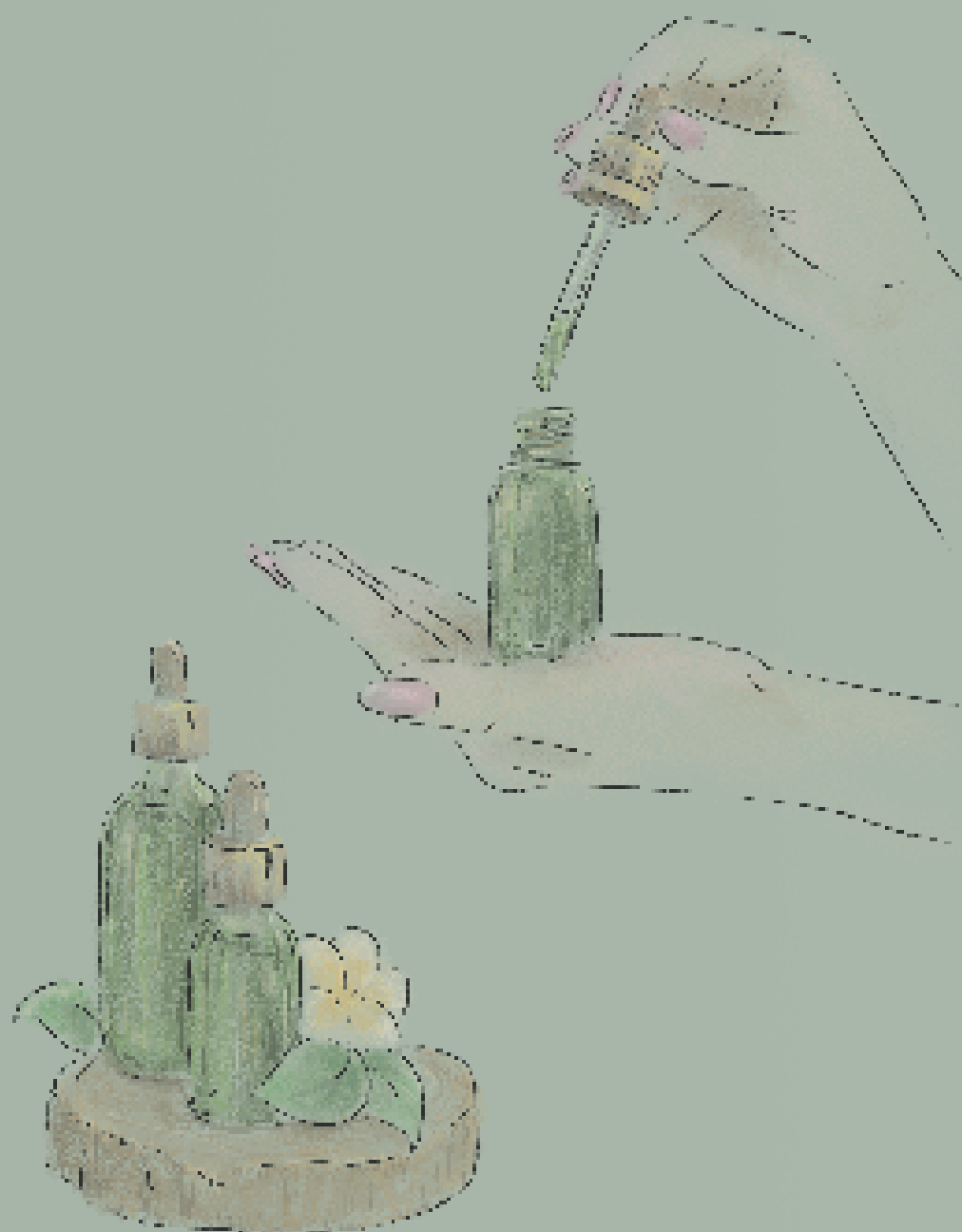
All treatments can be charged to your room or paid directly at the spa reception. Gratuities are at your discretion and are graciously accepted for exceptional service.

Spa Facilities

Guests booking spa treatments are welcome to enjoy our spa facilities, including the relaxation lounge, sauna, and steam rooms, before or after their treatments. Please inquire about facility access when making your reservation.

By observing these simple protocols, we can ensure a harmonious and restful environment for our guests. Thank you for your understanding. We look forward to welcoming you to Anantara Spa, where your journey to wellness begins.







COUPLE EXPERIENCE



Retreat at Bani Yas Island

120 minutes

A soothing, renewing and regenerating journey for outer well-being and inner fulfilment with your loved one. Restore hydration and revitalize with an energizing body exfoliation and nourishing body wrap followed by a holistic couples massage.

Desert Island Journey

120 minutes

Create a memorable occasion with your partner in this aromatic retreat, commence with a gentle full body exfoliation, using indigenous date scrub to remove dead skin cells. Complete the two-hour experience with a 90-minute Desert Fusion Massage with warm sand poultices.

FACE AND BODY TREATMENT BY COMFORT ZONE



Bespoke Facial by Comfort Zone *60 minutes*

Indulge in a personalised facial tailored to meet your skin's unique needs. Whether you seek hydration, soothing, or purification, this bespoke treatment offers the care your skin deserves.

Hydra Glow Facial *60 minutes*

This facial combines Cryo-Globes, Lactic Acid, Hyaluronic Acid, and bioactive Prickly Pear extract to achieve an instant healthy glow, leaving you with a smooth and radiant complexion.

Brightening Facial *60 minutes*

This trivalent treatment prevents, corrects, and brightens dark spots and uneven skin tone. It is ideal for addressing hyperpigmentation and offers long-lasting results.

Japanese Inspired Pro-Lift Facial *90 minutes*

Experience this facial's firming and natural filler effect, combining a replenishing Peel-off Mask with Kobido techniques to restore fullness and tone.

Tranquility Body Scrub

45 minutes

Indulge in an extraordinary deep-cleansing scrub that enhances cellular oxygenation, microcirculation, and skin vibrancy. This aromatherapy ritual eases mental and physical fatigue, promotes muscle relaxation, and leaves you feeling light and supple.

Thermal Mud Detox Treatment

60 minutes

Rejuvenate with this intensive treatment, which uses thermal waters from Italy for their detoxifying and anti-cellulite properties. Essential oils promote deep tissue purification, while the focus of laminaria algae is to support a lipolytic action to restore the skin's vitality.

Active Toning Massage

60 minutes

Boost your workout results with this sculpting, re-mineralizing massage using bamboo sticks. Brazilian Yellow Clay improves muscle tone and restores essential vitamins and minerals, leaving you revitalized.

3-in-1 Cellulite & Tone Treatment

75 minutes

This three-phase intensive treatment targets cellulite and enhances microcirculation on the legs and abdomen. It starts with thermogenic action to stimulate circulation, followed by a vigorous draining massage, and finishes with cryotherapy and toning techniques—visible results after just one session.

Pregnancy Massage

60 minutes

A gentle, nurturing massage designed to support your body during and after pregnancy. This treatment reduces swelling, improves circulation, and improves skin elasticity and softness.

New Life Mum

30 minutes

Enhance your skin's elasticity with this perfect treatment including a gentle body exfoliation and a nourishing cocoon wrap to prevent stretch marks and deeply hydrates the skin.



For enhanced results with firming and toning action, elevate your treatment with our Cellulite Ampoule add-on.

THE CLASSICS



Anantara Signature Massage

60 / 90 minutes

Embark on a wellness journey inspired by Anantara's global philosophy. This signature massage blends techniques from various traditions with specially formulated oils to balance the body, rejuvenate the mind, and uplift the spirit.

Traditional Thai Massage

60 / 90 minutes

Experience the centuries-old art of Thai healing, which combines acupressure, Indian Ayurvedic principles, and assisted yoga postures. This massage improves flexibility, relieves muscle tension, and balances the body's energy flow.

Hot Stone Massage

90 minutes

Feel the warmth of volcanic stones bathed in aromatic body oil as they are expertly worked into your muscles. This treatment relieves tension, revitalises energy, and deeply hydrates the skin.

Arabian Massage

60 / 90 minutes

Expert therapists work on the body's pressure points using forearms and elbows to stimulate the blood circulation, release muscle tension and enhance vital energy levels.

Deep Tissue Massage

60 / 90 minutes

A powerful massage designed to alleviate deep seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern to ease common discomforts such as a stiff neck, lower back pain, sore and tight shoulders.





UPGRADES



Back, Neck & Shoulder Massage

30 minutes

Unwind with a rhythmic massage that combines targeted pressure and aromatic oils to relieve stress and tension, providing immediate relief and relaxation.

Foot & Ankle Massage

30 minutes

Relieve stress and stimulate circulation with this focused treatment that soothes your feet and ankles.

Scalp Massage

30 minutes

Release tension and improve circulation with this gentle, de-stressing fingertip massage that helps relieve headaches.

Aloe Vera Sun Soother

30 minutes

Pamper your skin after a long day in the sun. Treat sensitive skin with a calming Aloe Vera body wrap, acting as a natural soother, repairer and healer of the skin.

Eye Recovery

15 minutes

Triple action against dark circles, puffiness and wrinkles, providing immediate lifting and luminosity.

Cellulite Ampoule

10 minutes

Body Strategist Caffeine Shot is formulated to intensify the action in body treatments. Featuring a fluid and fast-absorbing texture, it is an effective lipolytic and anti-cellulite action.

