

JOURNEYS INTO
WELLBEING AND SERENITY.

体验健康之旅，探索宁静之地。

Anantara Spa
อนันตรา สปา


ANANTARA
SPA



WELCOME TO ANANTARA SPA BOPHUT

Rooted in Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins and is richly expressed at Anantara Spa Bophut.

Step through towering palatial walls into a 3,000 square metre paradise of tranquil water gardens. Experience an award-winning spa sanctuary that is a true destination in itself. Retreat to one of six glass-walled treatment pavilions with a tropical courtyard garden for al fresco soaks in the bathtub for two and revitalising rain showers.

Choose from an extensive menu of exotic Thai rituals, ancient therapies from across Asia and western spa wisdom. Feel beautifully renewed by treatments that combine Koh Samui's exotic bounty, Thai herbal infusions and aromatic essential oils. Surrender to our time-honoured beliefs, world-class expertise and intuitive healing touch, as you indulge in tailored journeys for serene beauty and wellbeing.

Step into the world of Anantara and experience exceptional luxury in breathtaking surrounds.

AT ANANTARA SPA, THE GREATEST JOURNEYS ARE FELT, NOT TOLD...

欢迎来到波普安纳塔拉奢华水疗中心

安纳塔拉的“无止永恒”哲理根植于泰国哲学，来源于泰国古典梵文，波普安纳塔拉奢华水疗，将这一哲学发挥得淋漓尽致。

走过富丽堂皇的高墙，进入3000平方米的水景园，享受宁静的人间天堂。体验屡获殊荣的水疗护理，让您真正不虚此行。在热带庭院花园的六间玻璃凉亭其中一间休憩放松，在双人浴缸中或雨淋花洒下享受露天泡澡。

这里有各种充满异域情调的泰国养生护理项目供宾客选择，提供源自亚洲的古法保健理疗，并结合先进的西方水疗技术。结合苏梅岛的异域风情、泰国草药和芬芳精油的理疗体验，让您焕若新生，重获美丽。您可以尽情享受我们为您量身定制的健康和静美之旅，感受我们的古老理疗智慧、世界一流的专业技术和舒适的理疗按摩。

步入安纳塔拉的世界，在心醉神迷的环境中体验非凡的奢华享受。

安纳塔拉奢华水疗之旅，万语千言不如亲身体会。

SIGNATURE EXPERIENCES 招牌体验

Drawing on Anantara Spa's world-class expertise, the finest indigenous wellness traditions and unique holistic therapies, our collection of highly specialist rituals blend luxurious pampering with powerful long lasting benefits for body, mind and soul.

安纳塔拉奢华水疗中心拥有世界一流专业技术，最佳的本土养生理念与独特的水疗配方，高水准的专业水疗，无微不至的体贴，让您的身心与灵魂得到永久的呵护。

ANANTARA BOPHUT COCONUT DREAM (105 minutes)

Experience holistic balance through a fascinating ancient Thai treatment, inspired by tropical island wellness. To begin, reflex points on the feet are stimulated by standing on a coconut shell, followed by rhythmic tapping using a coconut stick - bringing overall wellbeing to corresponding organs in the upper body. Then melt into a full body deep tissue massage that uses nourishing heated coconut oil to radiate warmth and energy deeply into the muscles to stretch fibres, release tension and improve flexibility. Emerge renewed and realigned in mind, body and soul.

Floral Foot Ritual • Coconut Reflex Balancing • Anantara Bophut Coconut Dream • Refreshment

波普安纳塔拉极致椰子理疗 (105分钟)

古法泰式理疗灵感源于热带岛屿养生传统，为您来身心合一的放松体验。首先，双足站立在椰壳之上，刺激足底穴位，然后使用椰子棒有节奏地轻轻拍打足底，刺激每个穴位对应的身体部位，促进全身健康。然后进行全身深层组织按摩，使用营养丰富的热椰油为身体带来温暖和能量，深入肌肉，舒展纤维组织，舒缓紧张并提高身体柔韧性，让您重焕活力，身心与灵魂达到和谐宁静。

花瓣足浴 • 椰子穴位按摩 • 波普安纳塔拉极致椰子理疗 • 健康茶点

ANANTARA SIGNATURE MASSAGE (90 minutes)

Revered eastern and western massage techniques, combined with a signature oil blend, stimulate the circulation, promote deep relaxation and restore energy flow for supreme wellbeing.

安纳塔拉特色按摩 (90分钟)

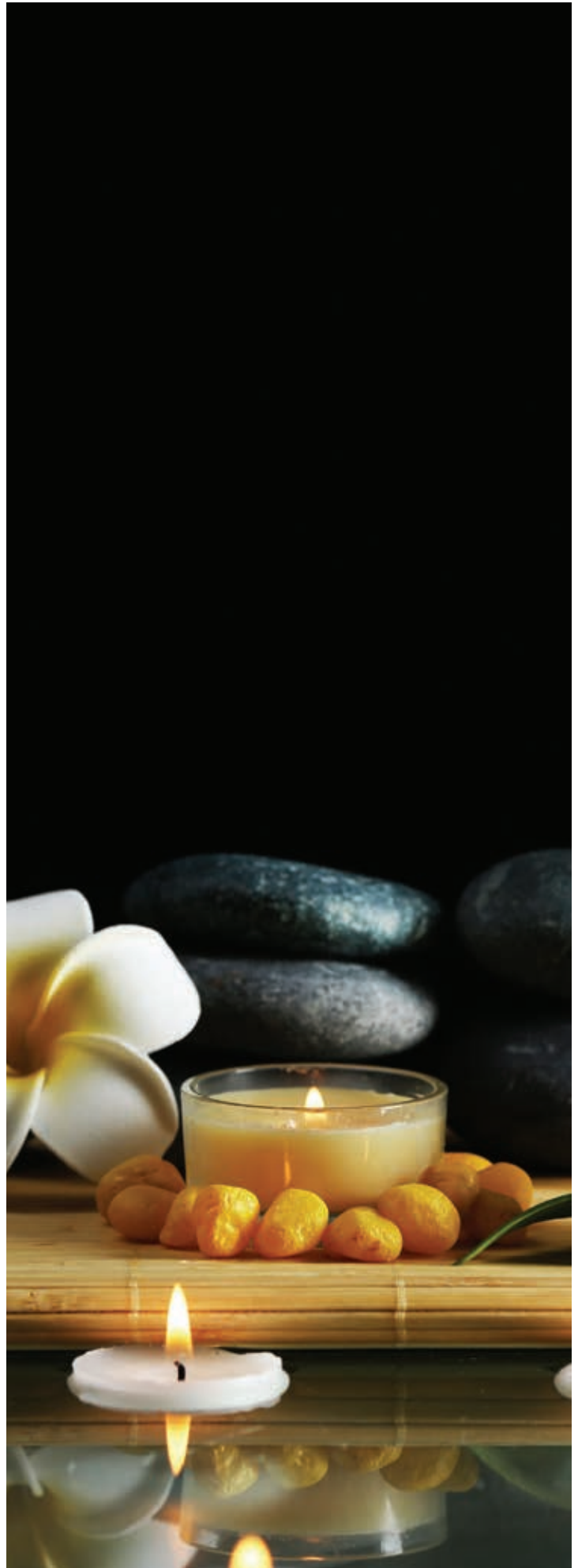
集东西方手法于一体，使用安娜塔拉特色精油，刺激血液循环，让您彻底放松，恢复精力，身心达到极致康宁。

BESPOKE SPA EXPERIENCE (90 minutes)

Indulge in an exclusive spa journey, designed specifically for your needs and mood. Highlight the areas you wish to focus on or the benefits you would like to receive. Let us tailor the perfect 90 minute treatment for you.

个性化定制奢华水疗 (90分钟)

根据您的需要专为您设计适合的水疗，打造独一无二的体验。按照您的要求重点关注需要的身体部位或效果。90分钟皆为您设计，完美体验尽在个性化服务中。



SPA JOURNEYS 奢华水疗之旅

Escape the limits of space and time with these carefully crafted journeys. Indulge in unique destination-inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.

摆脱时空的束缚，尽享梦中之旅的独特理疗。健康至上，至尊养生。

ANANTARA BOPHUT GOLFER INDULGENCE (225 minutes)

Relieve tired muscles, unwind competitive minds and cool down after time on the fairways with this rejuvenating series. Let ancient techniques restore your body's vital energy and unwind your tired mind.

Floral Foot Ritual • Deep Tissue Massage • Foot Massage • Refreshment

波普安纳塔拉高尔夫尊享 (225分钟)

让您在高尔夫球场上挥杆运动后放松疲劳的肌肉，舒缓紧绷的情绪，重新焕回活力。使用古老技法，帮您恢复无限活力，舒缓劳累心绪。

花瓣足浴 • 深层组织按摩 • 足部按摩 • 健康茶点

JOURNEY OF SIAM (205 minutes)

Experience a sequence of revered Thai wellness traditions. Remedial herb-infused steam relaxes the body and opens pores, in preparation for a moisturising coconut polish. Energising massage techniques stretch and reinvigorate the body, enhancing energy flow and overall wellbeing.

Floral Foot Ritual • Thai Herbal Steam • Essence White Coconut Scrub • Traditional Thai Massage • Refreshment

暹罗之旅 (205分钟)

体验传统泰式养生。理疗草药熏蒸放松身心，打开全身毛孔，为涂抹保湿椰油做好准备。按摩技法让身体舒展并重焕活力，加速能量流动，促进全身健康。

花瓣足浴 • 泰式草药熏蒸 • 白色椰果精华角质护理 • 传统泰式按摩 • 健康茶点

DAWN RENEWAL (165 minutes)

Rise to a ritual of revitalising therapies. Smooth, renew and hydrate skin with refreshing green tea exfoliation. Reawaken with a gentle massage that soothes away all tension.

Floral Foot Ritual • Detoxifying Green Tea Scrub • Stress Release Massage • Refreshment

黎明焕活 (165分钟)

晨间焕活疗法。绿茶角质护理，让皮肤更加光滑、焕新，备受滋养。舒缓的按摩，缓解所有紧张情绪，让您精神焕发。

花瓣足浴 • 绿茶排毒护理 • 释压按摩 • 健康茶点

DUSK RELAXATION (165 minutes)

End your day with a soothing total body and foot massage. Experience the healing power of deep tissue work. Let ancient techniques restore your body's vital energy.

Floral Foot Ritual • Deep Tissue Massage • Foot Massage • Refreshment

薄暮放松 (165分钟)

在一天结束时享受全身和足部按摩，舒缓一天的疲劳。体验深层组织的疗愈能力。采用古法技艺，为您的身体注重健康活力。

花瓣足浴 • 深层组织按摩 • 足部按摩 • 健康茶点



BALANCE WELLNESS 平衡保健

1-DAY FITNESS, SPA & HEALTHY LUNCH

Restore energy, let go of stress and boost vitality with a one-day programme of well-rounded wellness. Reconnect body and mind as you find your natural flow in yoga. Or take up the boxing challenge of getting Muay Thai fit. Tension melts away with soothing herbal spa therapies. Radiance shines from the inside out with nutritious wellness cuisine.

Muay Thai Boxing or Yoga (30 minutes)
Thai Herbal Steam (30 minutes)
Thai Herbal Compress Massage (60 minutes)
3-Course Spa Cuisine Meal with a choice of starter, main and dessert
1 Healthy Raw Juice from a selection of freshly squeezed juice and vegetable recipes

1日健身、水疗和健康午餐

为期1日的全面健康项目，让您恢复能量，释放压力，重焕精彩活力。在瑜伽的自然律动中达到身心的合一。或者，也可以选择体验泰拳。舒压草药水疗疗法让您的紧张情绪一扫而光。健康营养美食，让您由内而外焕发活力。

健康营养菜肴，让您从内而外容光焕发（30分钟）
泰式草本蒸气浴（30分钟）
泰国草药热敷按摩（60分钟）
三道水疗风味餐，自选开胃菜、主菜、甜点
一杯健康天然果汁，现榨果蔬

3-DAY HOLISTIC SPA & WELLNESS RETREAT

Give yourself the space, time and expert care you need to free your mind, tone up your body and uplift your spirit. Enjoy the professional guidance and motivation of a personal trainer with a choice of revitalising exercise. Nourish good health with vitamin-packed raw juices and wholesome spa cuisine. Surrender to spa treatments that purify, de-stress and pamper.

Day 1

- Private Fitness or Pilates Class with Personal Trainer (60 minutes)
- Thai Herbal Steam (30 minutes)
- Detoxifying Massage (60 minutes)
- Raw Juice

Day 2

- Private Yoga or Tai Chi Class (60 minutes)
- Detoxifying Green Tea Scrub (30 minutes)
- Detoxifying Green Tea Wrap (30 minutes)
- Spa Cuisine Lunch
- Raw Juice

Day 3

- Private Muay Thai Boxing Class (60 minutes)
- Stress Release Massage (60 minutes)
- Raw Juice

3日全套水疗保健组合

给自己充足的空间、时间与专业呵护，放飞心灵，美体健身，超凡脱俗。由私人教练为您提供专业指导，多种运动项目任您选择。富含维他命的天然果汁和丰富的水疗风味餐，为您补充营养，益于健康。享受奢华水疗，让您的身心变得愈加纯净，释放压力，放松身心。

第一天

- 私教健身或普拉提课程（60分钟）
- 泰式草药熏蒸（30分钟）
- 排毒按摩（60分钟）
- 天然果汁

第二天

- 私人瑜伽或太极课程（60分钟）
- 绿茶排毒护理（30分钟）
- 绿茶排毒裹体（30分钟）
- 水疗风味午餐
- 天然果汁

第三天

- 私人泰拳课程（60分钟）
- 释压按摩（60分钟）
- 天然果汁



MASSAGES 按摩

STRESS RELEASE MASSAGE (60/90 minutes)

Using a combination of strokes and classical movement techniques, along with the specially blended signature aromatherapy oil of your choice, this gentle massage offers a wonderful stress release tonic to completely relax the mind and body.

释压按摩 (60/90分钟)

自选特色精油，揉抚与穴位按压相结合的手法，柔缓而放松，彻底释放压力，让身体与心灵达到完全放松。

DEEP TISSUE MASSAGE (60/90 minutes)

Benefit from a vigorous yet relaxing massage that works deeply into the muscles to stretch fibres and release tension, resulting in improved mobility and flexibility, relief from sore or pulled muscles and the restoration of healthy circulation.

深层组织按摩 (60/90分钟)

按摩功效深入肌肉，可伸展纤维组织，释放紧张压力，让您身心放松，精力充沛，提高身体灵活性和柔韧性，缓解肌肉酸痛，恢复健康的血液循环。

THAI HERBAL COMPRESS MASSAGE (60/90 minutes)

This age-old Thai treatment removes negative energy and sluggishness, soothes muscle tension and eases out stiffness. The healing session begins with the application of a warm herbal poultice containing therapeutic Thai herbs and spices, followed by a full body massage with carefully selected herbal oils.

泰国草药热敷按摩 (60/90分钟)

这是一种泰国古老的保健方式，能够祛除负能量和倦怠感，让紧张的肌肉放松不再僵直。先以泰国草药膏热敷，然后再用精选草本精油按摩。

TRADITIONAL THAI MASSAGE (60/90 minutes)

This unique and exotic technique, passed down through generations, is known by many as 'passive Yoga' and offers the ultimate body workout. Let our expert therapists take all the pressure away, while you enjoy a wealth of stretching, flexibility and vitality benefits.

传统泰式按摩 (60/90分钟)

传统泰式按摩相传久远，风格独特，素有“懒人瑜伽”之称——理疗师替您承担活动之苦，您只需轻轻松松，就能体会到伸展技术的放松作用，按摩后身体柔韧性的增加，活力的四射。

FOOT MASSAGE (60 minutes)

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

足部按摩 (60分钟)

体验全方位平衡与彻底放松。使用特殊手法按压足部反射区，有效刺激对应的各个身体器官，效果神奇，令全身感到焕然一新。

SHIROBHYANGA MASSAGE (60 minutes)

Using the medicated oil of your choice, this soothing Ayurvedic massage is applied to the Marmas points on the head and neck to regulate the systems of mind and body.

头耳部按摩 (60分钟)

自选理疗精油，印度草药按摩按压头部与颈部马尔玛穴位，调理身体与大脑系统。

SHIRODHARA (60 minutes)

Discover how a continuous flow of luxuriant warm oil to the forehead profoundly coordinates and calms the mind, body and spirit, enhances blood circulation to the brain, improves memory, nourishes the hair and scalp, and gently releases tension.

精油理疗 (60分钟)

奢华温热的精油伴随着按摩在额间游走，让心灵、身体和精神达到彻底的宁静，促进大脑血液循环，提高记忆力，为头发和头皮提供养分，舒缓紧张情绪。

MARMA ABHYANGA MASSAGE (90 minutes)

Marma Abhyanga is a wonderful combination of Ayurvedic massage which focuses on the Marmas - the significant Ayurvedic sites on the body that can be stimulated to achieve overall health and balance.

马尔玛穴位按摩 (90分钟)

马尔玛穴位按摩甄选印度草药按摩精粹，刺激身体上的重要阿育吠陀穴位——马尔玛穴，调理身体平衡，促进全身健康。





BODY TREATMENTS 身体护理

BODY SCRUBS 身体磨砂

ESSENCE WHITE COCONUT MINT SCRUB
(60 minutes)

Rich in vitamins and antioxidants, this exotic scrub gently sweeps away dead cells, smoothes and strengthens new skin. Moisturising, healing and protecting, skin is flawless and gloriously fragranced.

白色椰果薄荷精华角质护理
(60分钟)

异域磨砂富含维他命和抗氧化剂，轻缓去除死亡细胞，让娇嫩新肤更加健康顺滑。为皮肤提供润泽、修复和保护，让皮肤光洁无瑕，光彩照人。

DETOXIFYING GREEN TEA SCRUB
(60 minutes)

Purify, nourish and refresh skin with the therapeutic properties of a soothing green tea polish.

绿茶排毒护理
(60分钟)

绿茶磨砂排毒能为肌肤提供养分，让肌肤更加洁净，重焕活力。

BODY WRAPS 身体裹敷

ESSENCE WHITE COCONUT WRAP
(60 minutes)

Indulgently rich and gloriously fragranced, this wrap rejuvenates the skin and combats the effects of modern life, thanks to coconut's restorative and moisturising qualities.

白色椰果精华裹敷
(60分钟)

椰果具有复原和保湿功效，芬芳四溢，能够修复现代忙碌生活造成的肌肤问题，让肌肤重新充满活力。

DETOXIFYING GREEN TEA WRAP
(60 minutes)

Immerse yourself in a calming cocoon of gently cleansing and hydrating green tea.

绿茶裹敷排毒
(60分钟)

在温润洁肤保湿的绿茶裹敷里尽情放松。

SKIN COOLING SUN SOOTHER
(60 minutes)

Enriched by indigenous marula oil, mint and cucumber, this treatment is the perfect soothing tonic for sun-kissed or sun burnt skin.

冰凉日晒舒缓护理
(60分钟)

富含本土马鲁拉树精油、薄荷和黄瓜成分，舒缓并修复晒后受损肌肤。



FACIAL TREATMENTS 面部护理

ANANTARA SIGNATURE FACIAL (60 minutes)

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to treat and revitalise your skin. Delicate blends of jasmine oil, white orchid extract, green tea, pandan leaf and pink lotus encourage cell renewal and oxygenation. A gentle massage induce deep relaxation, while a herbal mask restores the natural balance of your skin.

安纳塔拉特色面部护理 (60分钟)

安纳塔拉招牌面部护理融合滋养植物精华和传统泰式成分，令您的肌肤得到呵护，重焕活力。提取茉莉精油、白兰花精华、绿茶、香兰叶和粉红莲多种植物精粹混合物，加快细胞再生和氧化功能。舒缓的按摩让您彻底放松，草本面膜修复您肌肤的天然平衡。

FACE: TOUCH 面部：抚触

ELEMIS PRO-COLLAGEN AGE DEFY (60 minutes)

Treat fine lines and wrinkles with the age-defying benefits of marine charged padina pavonica and red coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

榄香脂原胶原蛋白抗衰老 (60分钟)

深海扇藻和红珊瑚减少皮肤细纹，抗衰老，定位按摩滋养肌肤，优化细胞功能，令皮肤焕发青春光彩。

ELEMIS SUPERFOOD PRO-RADIANCE (60 minutes)

Stressed or dull skin is revived by energising and detoxifying actives. Experience how a nutritional boost, rich in superfoods and essential minerals, leaves skin plumper and glowing with radiance.

榄香脂亮采超级营养护理 (60分钟)

富含补充能量和排毒的活性成分，缓解肌肤压力，修复肌肤暗沉问题，让肌肤重焕光彩。富含肌肤所需的超级养分和矿物精华，让肌肤变得柔嫩饱满，青春焕发。

STEAM & BATH RITUALS 洗浴熏蒸礼典

ANANTARA MILKY BATH COLLECTION (30 minutes)

Choose from Anantara's signature Milky Bath Collection - Romance, Balance or Rejuvenating. Enjoy a private tea service as the exotic aromas of a relaxing floral bath balance your mind, body and spirit.

安纳塔拉牛奶浴系列 (30分钟)

安纳塔拉特色牛奶浴系列包括浪漫洗浴、平衡调理和修复洗浴，可任意挑选。平衡身心与灵魂，是安纳塔拉的特色洗浴项目，沐浴同时还可以享受静谧、芳香的品茶时光。

ELEMIS SENSITIVE SKIN SOOTHER (60 minutes)

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

榄香脂敏感肌舒缓护理 (60分钟)

脆弱娇嫩的肌肤需要用心呵护。舒缓的按摩技法，有助于消除肌肤红块，保护肌肤免受日常压力损害，让肌肤变得更加柔顺湿润，光滑舒适，舒缓镇静。

MEN: TOUCH 男士：抚触

ELEMIS HIGH PERFORMANCE SKIN ENERGISER (60 minutes)

This hard-working facial for ageing, dehydrated skin and tired eyes maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massages deeply relax.

榄香脂高度活肤 (60分钟)

强力抗衰老、防干燥，缓解视力疲劳。精华熏蒸解决皮肤阻塞问题，最大限度提升皮肤的再生能力。多元活力面部按摩促进血液循环，同时还有令人深度放松的头皮按摩和足部按摩。

THAI HERBAL STEAM WITH COLOUR THERAPY (30 minutes)

Balance your doshas in a steam of healing Thai herbs and the energy vibrations of red, blue and green.

泰式色彩疗法草药蒸汽浴 (30分钟)

利用泰式草药疗效，平衡红、蓝、绿三种身体能量。

RAINBAR SHOWER (30 minutes)

Blissfully relaxing, a soothing rainbar shower offers a refreshing prelude to any of our body wraps and scrubs.

淋浴 (30分钟)

让身心完全放松，为身体裹敷和磨砂护理做好充足准备。



BEAUTY 美丽之旅

Hair Trim 理发

Shampoo & Blow Dry 洗发与吹干

Shampoo: Set & Blow Dry 洗发: 造型与吹干

Shampoo: Cut & Blow Dry 洗发: 理发与吹干

Spa Manicure 水疗美甲

Spa Pedicure 温泉修脚

French Finish 法式甲片亮光处理

Paint Change 指甲油涂擦上色

Upper Lip 上唇

Under Arm 腋下

Bikini 比基尼

Brazilian 巴西式脱毛

Half Leg 小腿

Full Leg 大小腿

Back 背部

Eye Brow 眉毛

Chest 胸部

Chin 下巴



SPA ETIQUETTE 水疗规范

- Please arrive 15 minutes prior to your appointment time in order to complete a health assessment from and relax before your treatments.
- Please note that spa is unsuitable for small children and babies, unless receiving treatment, as we try to ensure that all our guests benefit from the tranquil atmosphere.
- We recommend that you leave all jewelry in your room before coming to the spa.
- All treatments will be charged to your room and will appear on your account at the time of check-out.
- Please give four hours' cancellation notice on individual treatments and 24 hours' notice on packages, otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after any oil treatments.
- For men – please shave prior to all facial treatment to ensure that maximum results are achieved.
- Smoking and the use of mobile phones are not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- Guest who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications, are advised to consult the doctor before signing up for any treatments.
- Please notify the spa receptionist of any existing medical conditions.
- 请在水疗开始前15分钟到达，以便填写您的健康评估表。水疗前先休息一会儿，以保证充分的放松。
- 请注意，温泉水疗不适合幼童和婴儿，除非他们接受水疗服务，我们也希望尽可能为所有客人提供安静的环境。
- 建议您来水疗中心之前把所有的首饰放在您的客房内。
- 所有的水疗费用都将计入您的房费中，并在退房时写入您的账单里。
- 单次温泉水疗需提前4小时取消，水疗套餐需提前24小时取消，否则将收取50%的费用。
- 建议您在精油护理之后不要晒太阳。
- 男士在面部护理之前请修面，以保证达到最好的效果。
- 水疗馆内不得吸烟，不允许使用手机。
- 客人如未按时到达，护理项目的时间也会相应缩短。
- 高血压、心脏病、过敏、怀孕或有其他并发症的客人，请在预约之前咨询您的医师。
- 如果目前身体有任何不适，请知会水疗馆接待人员。

All prices are in Thai Baht and subject to 10% service charges and applicable government tax. Prices are subject to change without prior notice.

所有价格均以泰铢计算，另加收10%的服务费和适用政府税。价格如有变化，恕不提前通知。

Treatments are available from 10.00 a.m. – 10.00 p.m.
For reservations, please contact Anantara Spa at tel: 077- 428300 Ext: 1801-2.

开放时间 上午10时-晚间10时。
如需预约，请拨打电话安纳塔拉奢华水疗中心座机：077- 428300 分机：1801-2。







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