

DISCOVER AYURVEDIC WELLNESS
AND A HAVEN OF SPA JOURNEYS.



ANANTARA
SPA



WELCOME TO ANANTARA SPA

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

Relax in harmony with nature, surrounded by the majestic Indian Ocean and serene Kalu Ganga River. Inspired by Sri Lanka's ancient wellness wisdom with its diverse history of cultures and heritage, and vast abundance of natural resources, our health rituals will take you on a journey of rejuvenation. Highly skilled therapists offer their expert, intuitive touch and personalises your every experience.

Pursue holistic wellness through the 5,000 year-old science of Ayurvedic healing. Discover unique and exotic therapies from across Asia. Indulge in revered Western spa practices. Let us restore your skin's youthful brilliance with natural elixirs and renowned spa products that deliver dramatic results. Refresh in the steam room. Seek inner peace in the yoga and meditation pavilion. Enjoy a cup of calming tea in our wellness relaxation area, where tranquil lotus-filled waterways reflect Sri Lanka's spiritual beauty. Feel renewed by ancient wellness wisdom.

At Anantara Spa, the greatest journeys are felt, not told...

Opening hours: 10.00 am – 8.00 pm

Spa treatments between 8.00 pm and 10.00 pm are available with advanced reservation.



SIGNATURE EXPERIENCES

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

KALUTARA KING COCONUT DELIGHT (130 Minutes)

Hydrating, healing and richly moisturising, the golden-hued king coconut is indigenous to Sri Lanka and a treasured natural resource. Experience a tropical spa journey that starts with a creamy king coconut scrub to renew, hydrate and soften your skin. A warming king coconut compress is applied through rolling motions to deeply relax your muscles while providing remedial nourishment. Your journey concludes with our signature king coconut massage to induce blissful relaxation and a fresh naturally mineral-rich king coconut drink.

Floral Foot Ritual • King Coconut Scrub • King Coconut Compress • King Coconut Massage • King Coconut Refreshment



ANANTARA SIGNATURE MASSAGE (90 Minutes)

Our signature blend of oils combined with purpose designed movements, stimulates circulation and promotes deep relaxation, while restoring the flow of energy, or prana, along the meridian lines.

BESPOKE SPA EXPERIENCE (90 Minutes)

Indulge in an exclusive spa massage customised to suit your needs and mood. Highlight the areas you wish to focus on or the benefits you would like to receive, and we will recommend the perfect massage using your preferred special aroma oil blend.

CHAKRA CRYSTAL BALANCING (90 Minutes)

Experience a holistic therapy that combines a body detox massage with the healing power of crystals and singing bowls to balance body, mind and spirit. Select the crystal that resonates with you - Rose Quartz for love and happiness; Amethyst for inner harmony; Tiger Eye for success and personal power; or Citrine for wellbeing and balance. Your chosen crystal is placed on your body along with Clear Quartz to balance all seven chakras. Enhanced by the power of your precious stone and crystal infused oil, a detoxifying massage using lymphatic drainage techniques help to release stress and tension, both physically and emotionally. Your body's blood circulation and natural detoxification are stimulated, reducing fluid retention and toxicity. Energy flow is balanced. Coaxing deeper relaxation and a meditative state, the ritual begins and ends with the rhythmic humming of singing bowls.



SPA JOURNEYS

These luxuriously crafted holistic spa journeys are designed to help you escape the limits of space and time. Indulge in unique indigenous therapies and exclusive health rituals, all created with your total wellbeing in mind.

Selected treatments incorporate the use of ELEMIS, an award-winning imported skincare brand where every formula is an innovative blend of science with the chemistry of nature, carefully crafted and scientifically proven with remarkable transformative results.

COUPLES SPA JOURNEY (190 Minutes)

Share this intimate spa retreat with a loved one through a series of exotic treatments. Revitalise with the extraordinary cleansing power of salt that exfoliates as it releases toxins during this body polish treatment. Luxuriate in our Anantara Signature Milky Bath to foster closeness with one another. Enjoy a bespoke massage that focuses on your individual needs before a customised facial treatment that will leave you both glowing from head to toe.

For Her: Floral Foot Ritual • ELEMIS Intensely Cleansing Salt Scrub – Lime and Ginger • Anantara Signature Milky Bath • Bespoke Massage • ELEMIS Superfood Pro-Radiance Facial • Refreshment

For Him: Floral Foot Ritual • ELEMIS Intensely Cleansing Salt Scrub – Lime and Ginger • Anantara Signature Milky Bath • Bespoke Massage • ELEMIS High Performance Skin Energiser • Refreshment

ANANTARA KALUTARA TEA JOURNEY (180 Minutes)

Purify and enliven your skin with our curated green tea spa journey, inspired by Ceylon's fine tea heritage. Powerful antioxidants are released with a warm tea bath soak followed by a purifying green tea body scrub. Be cocooned in a nutrient-rich wrap using green tea mask to encourage super skin health and detoxification. Conclude with a body massage with aromatic essential oil and revel in your reinvigorated equilibrium and a feeling of wellbeing.

Floral Foot Ritual • Ceylon Green Tea Bath • Purifying Green Tea Scrub • Purifying Green Tea Wrap • Aromatherapy Massage • Ceylon Green Tea Refreshment

IN-ROOM SLUMBER GURU EXPERIENCE (70 Minutes)

Take the importance of a good night's rest to a whole new level with our in-room ritual with your choice of soothing music throughout the evening. Begin with a soak in a luxuriant bath infused with essential oils in your candlelit bathroom. Unwind into a relaxing massage using ylang-ylang or lavender essential oils. Enjoy a warm beverage, served with a homemade sweet treat. Slip into your bed dressed in luxurious sheets fragranced with a heavenly mist, accompanied by a silk or cool gel-filled eye mask and ear plugs. Drift away to the land of nod in blissful pleasure where sweet dreams await.

Aromatic Bath Ritual • Relaxing Back, Neck and Shoulder Massage • Refreshment • Special Sleep Amenities





AYURVEDIC THERAPIES

Experience holistic wellbeing through the 5,000 year-old science of Ayurveda. Originating from India, this time honoured ancient system promotes health and wellness by creating balance between body, mind and soul. Practiced for thousands of years, Sri Lanka's medical traditions stem from Ayurveda and have taken its place in modern spa wellness, offering radiance that shines from the inside out.

Please note that all Ayurvedic treatments are to be conducted after a doctor's consultation. Following the healing traditional Ayurveda, the Shirodhara treatment is recommended only in the morning hours.

PINDA SWEDA (90 Minutes)

Hot herbal pouches are filled with medicinal herbs and applied to the entire body, opening channels for herbal benefits to be easily absorbed into the underlying tissues. This encourages improved blood circulation and neuromuscular conditions, soothes joint pains and restores a feeling of vitality throughout the whole body.

ABHYANGA (90 Minutes)

Experience a gentle form of Ayurvedic medicine with this full body massage with warm herbal oil. Soothing and healing, your therapist will draw attention to the whole body from the feet up to the base of the head, stimulating through rhythm and pressure to achieve health and balance.

SHIRODHARA (60 Minutes)

The Sanskrit words, 'shiro' (head) and 'dhara' (flow), come together through a continuous flow of lukewarm herbal oil onto the forehead in this restorative therapy. This treatment calms the mind, body and spirit, enhances circulation to the brain, improves memory and relieves stress and tension symptoms, while nourishing the hair and scalp.

KATIVASTHI (60 Minutes)

Practiced to ease lower back pain, a small circle of paste made from black gram or wheat flour is placed strategically on the lower back. Warmed oil is then poured into the depression created by the ring of paste. This soothes muscular tissue, alleviates pain and lubricates the discs and nerves.

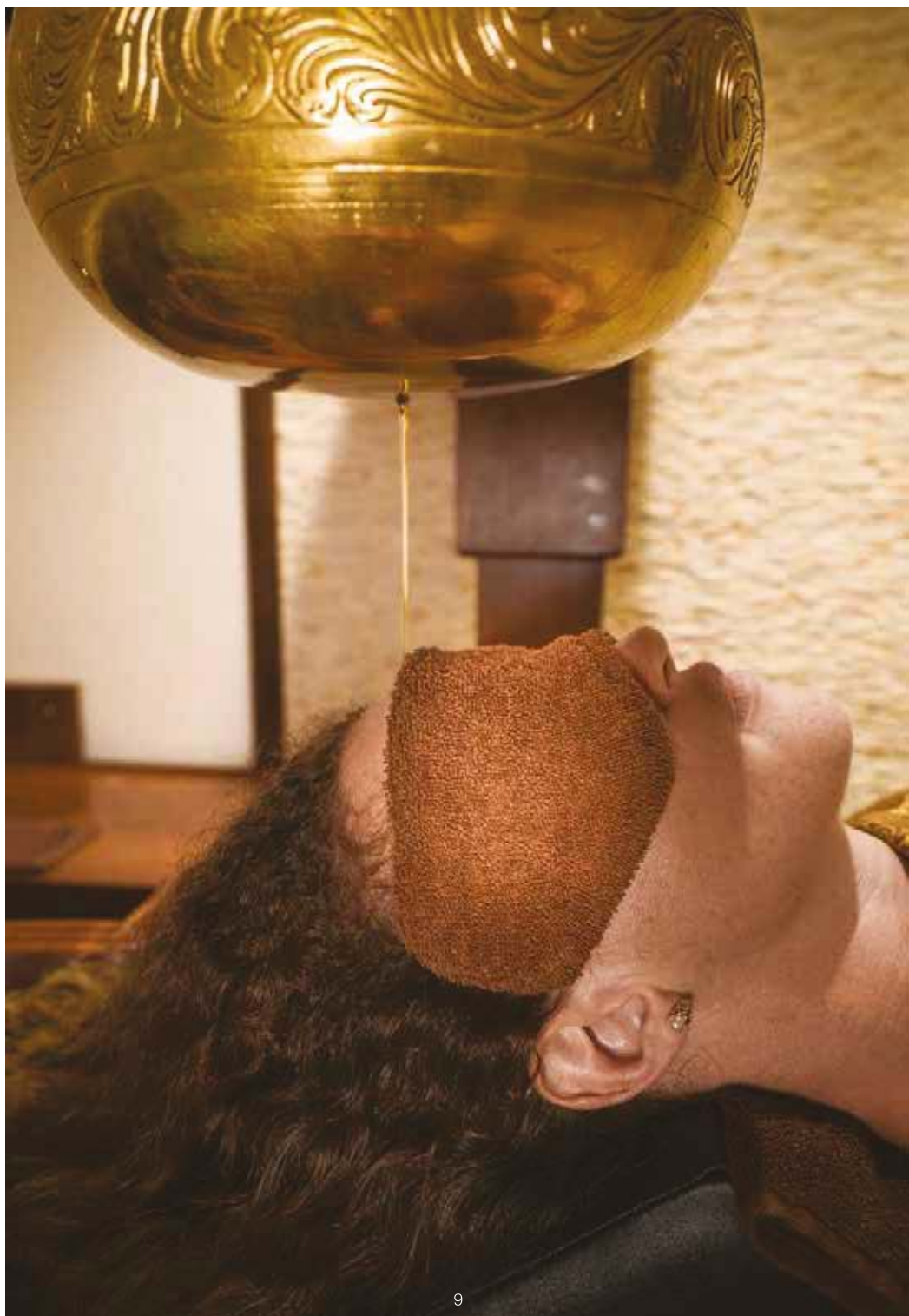
UDWARTHANAM (60 Minutes)

This dry massage using herbal powder acts as a natural scrub, which increases overall circulation to the skin and removes dead cells, resulting in a renewed appearance.

HEAD MASSAGE (30 Minutes)

Based on Ayurvedic principles, this soothing yet energising massage combines pressure point techniques and coconut oil to relieve tension in the head and neck. While restoring balance and tranquillity, this massage also helps to relieve insomnia, chronic headaches, migraines and sinusitis.





MASSAGES

ELEMIS FREESTYLE DEEP TISSUE MASSAGE (90 Minutes)

Your therapist will select an aromatic essential oil suited to target individual needs, from alleviating stress or easing muscular aches, to leave you relaxed and rebalanced. Feel your tension melt away with the deep rhythmic flowing massage strokes that encourages optimum circulation.

AROMA HOT STONE MASSAGE (90 Minutes)

This indulgent massage incorporates the penetrating warmth of pure essential oils, which are smoothed over your entire body using natural heated volcanic stones to release the body's stored tension.

TRADITIONAL THAI MASSAGE (90 Minutes)

Passed down through the generations, this ancient healing technique is known to many as 'passive yoga', as it offers the ultimate body workout. Experience how combined acupressure and yoga-like stretching techniques effectively release tension, increase flexibility and boost vitality. During this traditionally non-oil treatment, you will be provided with comfortable Thai pyjamas.

STRESS RELEASE MASSAGE (60 Minutes)

Using a combination of strokes and classical movement techniques with your choice of our signature blended aromatherapy oils; this gentle massage offers a stress release tonic to completely relax your mind and body.

FOOT MASSAGE (60 Minutes)

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

EXPRESS MASSAGE (30 Minutes)

Rejuvenate with this therapeutic body treatment suited for those on the go. Tailored to focus on specific areas where tension is most often accumulated, let us know if you prefer to concentrate on your feet and legs, back and shoulders, or neck and head.









BODY SCRUBS

ELEMIS INTENSELY CLEANSING SALT SCRUB - LIME AND GINGER (30 Minutes)

This deeply cleansing salt scrub gently exfoliates dead skin cells to encourage cell regeneration for the smoothest and softest skin, ready to absorb the deeply nourishing body oil application.

SRI LANKAN SLIMMING SCRUB (60 Minutes)

Using herbal powder, this traditional treatment stimulates the hair follicles, assisting to break down the body's excess subcutaneous fat. By helping to treat cellulite and mobilise toxins, this scrub is a highly beneficial treatment for a firmer and more toned appearance. For optimum results, a minimum of two treatments is recommended.



BODY WRAPS

ELEMIS TARGETED TONING TIGHTENER (90 Minutes)

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms. The result is a toned and refreshed look and feel.

ELEMIS BODY NECTAR NOURISHING WRAP – FRANGIPANI (60 Minutes)

The velvety Monoi Oil texture offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work for skin that has never felt silkier.

AFTER SUN ALOE SOOTHER (60 Minutes)

Wonderfully soothing and calming, your sunburn will decrease in redness and discomfort as our expert therapist applies fresh, cooling aloe vera gel and a poultice of cold black tea and mint.



FACIALS

ELEMIS PRO-COLLAGEN AGE DEFY (60 Minutes)

Tackle 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.

ELEMIS SUPERFOOD PRO-RADIANCE (60 Minutes)

Energise and detoxify stressed, dull skin with a nutritional superfood boost rich in essential minerals. Leaves your skin plumper, radiant and lit up with good health.

ELEMIS SENSITIVE SKIN SOOTHER (60 Minutes)

This soothing massage technique gently cleanses and exfoliates to reduce the appearance of redness and protect against daily stresses, leaving skin nurtured and comforted.

ELEMIS HIGH PERFORMANCE SKIN ENERGISER FOR MEN (60 Minutes)

This hard-working facial targets ageing, dehydrated skin and tired eyes, and maximises cell regeneration, as steam and extraction decongests. The multi-dynamic facial massage sequences boost circulation, while scalp and foot massage deeply relax.





BATH RITUALS

ANANTARA SIGNATURE MILKY BATH (30 Minutes)

A sensual and romantic experience using a combination of milky bath oils and fragrant rose petals to harmonise your mind, body and spirit. Enjoy a private tea service as a perfect end to your bath ritual.

AROMATIC BLOSSOM BATH (30 Minutes)

Filled with colourful local flowers and floral essential oils, inhale its beauty and immerse yourself in the beautifully perfumed pampering bath to rebalance and instill a blissful state of inner calm.

CEYLON GREEN TEA BATH (30 Minutes)

An antioxidant-filled green tea bath with a sweet herbaceous aroma and natural anti-bacterial properties, this is calming on the nerves when you are mentally fatigued or feeling the onset of a cold.





BEAUTY SALON SERVICES

Available from 10.00 am – 4.00 pm

HAND & FOOT CARE

Pamper yourself with a Luxurious manicure and pedicure. Enjoy treatments that offer a ritual of cleansing, an exfoliating scrub, nourishing mask, cuticle care, massage and an immaculate paint finish.

SPA PEDICURE

(90 Minutes)

SPA MANICURE

(60 Minutes)

PAINT CHANGE

(30 Minutes)

WAXING

High quality wax is used for all depilation treatments.

FULL LEGS

(75 Minutes)

FULL ARMS

(60 Minutes)

HALF LEGS

(45 Minutes)

HALF ARMS

(30 Minutes)

UNDERARMS

(30 Minutes)





FAMILY SPA EXPERIENCES

Pampering fun for parents and youngsters to spend time together with our special packages.

MUM & ME NAIL FUN (90 Minutes)

For Daughter – Mini Manicure and Mini Pedicure
with Hand and Foot Massage
For Mum – Express Manicure and Pedicure

MUM & ME PAMPERING (60 Minutes)

For Daughter - Chocolate Body Treatment or
Chocolate Oil Massage
For Mum - Stress Release Massage

DAD & ME TIME OUT (60 Minutes)

For Son - Chocolate Body Treatment or
Chocolate Oil Massage
For Dad - Deep Tissue Massage

JUNIOR SPA EXPERIENCES

At Anantara Spa, we love to pamper little ones and teens with special treatments just for them. Spa experiences can be customised for younger ones aged 7 years and under. Adult prices apply for teens aged 14 years and above. A parent or guardian is required to accompany children under the age of 16 for any massage or body treatment.

COCONUT HOT OIL SCALP MASSAGE (30 Minutes)

BODY SOFT TOUCH (30 Minutes)

FOOT MASSAGE (30 Minutes)

MINI MANICURE (30 Minutes)

MINI PEDICURE (30 Minutes)





ETIQUETTE

- Please arrive at Anantara Spa Reception Desk 15 minutes prior to your appointment in order to complete your wellbeing assessment form. We regret that late arrivals will not receive an extension of scheduled treatment time.
- Anantara Spa is unsuitable for infants and young children, unless receiving treatment, as a courtesy to other guests in the spa's calm and peaceful space.
- We recommend that all your valuables and personal belongings be locked in the safety box provided in your room.
- All treatments will be charged to your room and will appear on your account summary upon check-out.
- Please give us a 4 hour cancellation notice on individual treatments and a 24 hour notice on spa packages as a courtesy to other guests and our therapists. Without this notification, 50% of the total price will be charged to your account.
- We recommend that you refrain from sunbathing after an aromatherapy treatment.
- For gentlemen, shaving is recommended prior to any facial treatments to ensure that maximum results are achieved.
- Anantara Spa is a non-smoking facility and the use of mobile phones is not permitted at the spa. Take time to relax in our tranquil surroundings before and after your treatment.
- Guests who are pregnant or suffering from high blood pressure, heart conditions, allergies or any other medical complications are advised to consult a doctor before reserving any treatments. Please notify our spa receptionist if you have any existing medical conditions.
- Our spa is Wi-Fi free as we encourage disconnecting from technology to rest your mind and to reconnect with yourself.
- Advanced reservations are highly recommended to avoid disappointment. If in-house, touch 6500 between 10.00 am – 8.00 pm for enquiries or reservations. You may also call Anantara Kalutara Resort at +94 34 222 0222 or email spa.akal@anantara.com for advanced reservations.



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