

JOURNEYS OF TROPICAL ISLAND  
BEAUTY AND CULTURED WELLNESS.









## WELCOME TO ANANTARA SPA

Rooted in Thailand, Anantara's philosophy, 'without end', stems from ancient Sanskrit origins. At Anantara Spa Lawana, this liberating concept is uniquely inspired by Koh Samui's Sino-Thai wellness heritage and exotic revitalisation.

Find sanctuary in a quiet courtyard haven of vintage oriental charm. Renew vital energy through timeless Thai techniques. Restore radiance in richly healing coconut journeys. Relax into holistic harmony with ancient Chinese, Balinese and Ayurvedic traditions. Boost physical, emotional and spiritual balance with a choice of intensive wellness retreats.

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

Opening hours: 10:00 am – 10:00 pm

## SIGNATURE EXPERIENCES

Drawing on Anantara Spa's world-class expertise, the finest indigenous wellness traditions and unique holistic therapies, these specialist rituals bestow powerful, long lasting benefits for body, mind and soul.

### ANANTARA LAWANA COCONUT PARADISE (200 Minutes)

Hydrating, healing and richly moisturising, coconut is one of Samui's greatest natural beauty secrets. Indulge in a tropical island journey, enhanced by Anantara's uniquely luxurious touch. A creamy scrub renews, hydrates and softens skin. Signature massage strokes and coconut oil coax blissful relaxation. Emerge sweetly scented, silky smooth and glowing with vitality.

Floral Foot Ritual – Essence White Coconut Scrub –  
Essence White Coconut Wrap – Coconut Signature  
Massage – Refreshment

### ANANTARA SIGNATURE MASSAGE (90 Minutes)

Exclusive to Anantara Spa, revered eastern and western techniques are delivered with our intuitive touch. Experience how a signature oil blend and purpose-designed movements stimulate the circulation, promote deep relaxation and restore the flow of energy, or prana, along the meridian lines.

### BESPOKE SPA EXPERIENCE (90 Minutes)

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



## SPA JOURNEYS

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.

### JOURNEY OF SIAM (200 Minutes)

A remedial journey, inspired by Thai wellness culture. Herb infused steam relaxes the body and prepares skin for a richly moisturising coconut scrub. A powerful massage works deeply into the muscles, freeing all tension and stress.

Floral Foot Ritual – Thai Herbal Steam – Essence White Coconut Scrub – Deep Tissue Massage – Refreshment

### DUSK RELAXATION (165 Minutes)

End your day with a soothing total body and foot massage series. Classic western massage strokes deeply relax and rejuvenate the entire body. Ancient oriental techniques revive tired feet and restore vital energy.

Floral Foot Ritual – Swedish Massage – Foot Massage – Refreshment

### COCONUT OBSESSION (145 Minutes)

Awaken tropical radiance and surrender to welcome healing. Skin is renewed and softened by a hydrating polish of restorative coconut and enlivening mint. Absorb remedial nourishment as a coconut poultice is pressed and rolled to deeply relax every muscle. Specialist facial drainage techniques reveal a natural glow. Emerge with silky smooth skin that is sweetly fragranced.

Floral Foot Ritual – Coconut Body Scrub – Coconut Poultice with Facial Drainage – Refreshment

### THREE-DAY ANANTARA RECOVERY

Create a balanced lifestyle with a three-day journey to boost physical, emotional and spiritual harmony.

**Day 1 Chill:** In-Room Welcome Bath Ritual: Anantara Milky Bath of your choice

**Day 2 Awaken:** Floral Foot Ritual – A Choice of Traditional Thai Massage or Thai Herbal Compress Massage – Refreshment

**Day 3 Rejuvenating:** Anantara Signature Facial – Refreshment



## BALANCE WELLNESS

The hectic pace, stress and pollutants of modern life often accumulate without our awareness, making it vital that we take time out to cleanse, let go and revitalise. Nourish your body, nurture the mind and allow your spirit to expand with our exclusive one, three and five day specialist retreats, each offering a well-rounded programme of balanced wellness.

### 1 DAY YOGA & WELLNESS RETREAT

Designed to restore health, energy and clarity, this exclusive wellness retreat combines holistic practices with spa bliss and wholesome dining.

Yoga and Meditation (60 Minutes)  
Thai Herbal Steam (30 Minutes)  
Stress Release Massage (60 Minutes)  
3-Course Healthy Cuisine Menu with a choice of starter, main and dessert  
Raw Juice

### 3 DAY REJUVENATE & REVITALISE WELLNESS PROGRAMME

Energy rises as tension ebbs away in this exclusive retreat. Discover how three days of balanced exercise, wellness therapy and nutrition leaves you fully rejuvenated - ready to face the world afresh.

#### Day 1:

Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)  
Thai Herbal Steam (30 Minutes)  
Herbal Infusion and Dried Fruit  
Swedish Massage (60 Minutes)  
Raw Juice  
3-Course Healthy Cuisine Menu with a choice of starter, main and dessert

#### Day 2:

Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)  
Thai Herbal Steam (30 Minutes)  
Herbal Infusion and Dried Fruit  
Foot Massage (60 Minutes)  
Herbal Infusion and Dried Fruit

#### Day 3:

Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)  
Indian Head Massage & Mini Facial (60 Minutes)  
Herbal Infusion and Dried Fruit

### 5 DAY RELAX & DE-STRESS WELLNESS PROGRAMME

Give yourself the space and time you need to fully surrender, recharge and transform. Reap maximum results from a progressive five day programme of carefully balanced wellness. Benefit from the positive changes that occur with stress-relieving exercise, body and facial therapies and cleansing wellness cuisine.

#### Day 1:

Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)  
Thai Herbal Steam (30 Minutes)  
Herbal Infusion and Dried Fruit  
Balinese Massage (90 Minutes)  
Raw juice  
3-Course Healthy Cuisine Menu with a choice of starter, main and dessert

#### Day 2:

Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)  
Milky Bath & Indian Head Massage (60 Minutes)  
Herbal Infusion and Dried Fruit

#### Day 3:

Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)  
Thai Herbal Steam (30 Minutes)  
Herbal Infusion and Dried Fruit  
Foot Massage (60 Minutes)  
Herbal Infusion and Dried Fruit

#### Day 4:

Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)  
Thai Herbal Steam (30 Minutes)  
Herbal Infusion and Dried Fruit  
Traditional Thai Massage (90 Minutes)  
Raw Juice  
3-Course Healthy Cuisine Menu with a choice of starter, main and dessert

#### Day 5:

Choice of Yoga, Tai Chi, Pilates or Thai Boxing Class (60 Minutes)  
Anantara Signature Facial (60 Minutes)  
Herbal Infusion and Dried Fruit



## MASSAGES

### STRESS RELEASE MASSAGE

(60/90 Minutes)

Combining soothing strokes and acupressure techniques with a choice of signature oil blends, this gentle massage sweeps away stress, tension and fatigue, uplifts the spirit, and is a wonderful jet lag tonic.

### DEEP TISSUE MASSAGE

(60/90 Minutes)

This vigorous yet relaxing remedy uses classic Swedish massage strokes and works deeply into the muscles to stretch the fibres and release tension that may otherwise cause restricted movement and pain. Encouraging blood flow, this treatment improves flexibility and relieves sore or pulled muscles.

### SWEDISH MASSAGE

(60/90 Minutes)

Five variations of massage strokes manipulate each part of the body to stimulate the nervous system, improve circulation and flexibility, thus promoting physical and mental wellbeing.

### THAI HERBAL COMPRESS MASSAGE

(90 Minutes)

This distinctive style of traditional Thai massage uses a heated compress filled with remedial herbs to release muscle tension and stiffness, enhance energy flow and relieve fatigue, followed by a full body massage using an aromatic herbal oil blend.

### TRADITIONAL THAI MASSAGE

(90 Minutes)

This unique technique, passed down through generations, is known 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.

### FOOT MASSAGE

(60 Minutes)

Nurture 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.

### MARMA ABHYANGA MASSAGE

(90 Minutes)

Marma Abhyanga is a wonderful combination of Ayurvedic massage with a strong focus on the Marmas, which are significant Ayurvedic sites on the body that can be stimulated to achieve overall health and balance.

### SHIRODHARA

(60 Minutes)

Unwind as a constant flow of warm oil to the forehead profoundly coordinates and calms the mind, body and spirit. Benefit from a uniquely relaxing therapy that enhances blood circulation to the brain, improves memory, nourishes the hair and scalp, and releases tension.

### INDIAN HEAD MASSAGE

(60 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, whilst also helping to alleviate insomnia, chronic headaches, migraines and sinusitis.







## BODY TREATMENTS

### BODY SCRUBS

#### DETOXIFYING GREEN TEA SCRUB (60 Minutes)

Purify, refresh and enliven skin with a therapeutic green tea polish, followed by an all-over moisturiser. Enjoy skin that feels renewed, soft and beautifully healthy.

#### ESSENCE WHITE COCONUT 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 fragrant.

### BODY WRAPS

#### DETOXIFYING GREEN TEA WRAP (60 Minutes)

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

#### ESSENCE WHITE COCONUT WRAP (60 Minutes)

Deeply penetrating and gloriously fragrant, this luxuriant wrap lavishes skin with coconut's healing moisture and vital nutrients. Skin feels soft, supple and beautifully enriched.

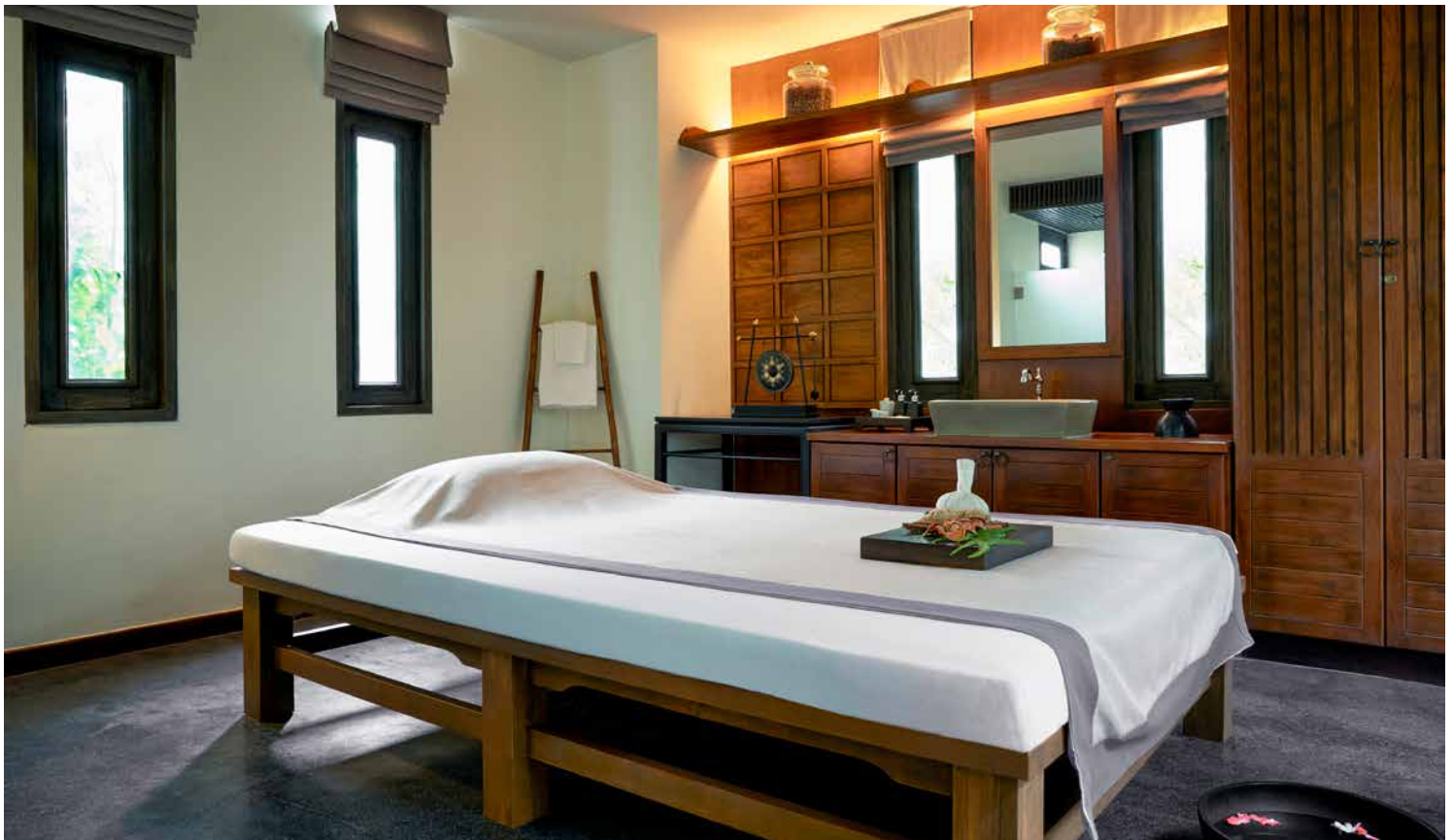
#### SKIN COOLING SUN SOOTHER (60 Minutes)

A calming, cooling blend of indigenous marula oil, mint and cucumber offers a soothing tonic for sun-kissed or sunburned skin.

### FACIALS

#### ANANTARA SIGNATURE FACIAL (60 Minutes)

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to encourage cell renewal and oxygenation. A gentle massage coaxes pure relaxation and a herbal mask restores the natural balance of your skin.





## ELEMIS FACIALS

### TOUCH: ANTI-AGEING

#### 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.

### TOUCH: SKIN SOLUTIONS

#### ELEMIS SUPER FOOD PRO-RADIANCE (60 Minutes)

A nutritional boost, rich in superfoods and essential minerals, treats stressed and dull skin with energising, detoxifying actives for a plumper, more radiant and healthier complexion.

#### ELEMIS SENSITIVE SKIN SOOTHER (60 Minutes)

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

#### ELEMIS ANTI BLEMISH MATTIFY AND CALM (60 Minutes)

A deeply cleansing and detoxifying treatment for oily, unsettled or hormonal skin. This mattifying facial helps combat oil and shine using the proven power of lavender, for skin that is beautifully clear and bright.

### MEN: TOUCH

#### ELEMIS HIGH PERFORMANCE SKIN ENERGISER (60 Minutes)

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



## BATH & STEAM RITUALS

### ANANTARA MILKY BATH (30 Minutes)

Enjoy a private tea service as the exotic aromas of a relaxing floral bath balance your spirit.

### THAI HERBAL STEAM (30 Minutes)

Releasing the healing properties of Thai herbs, this exotic steam stimulates the circulatory system, nourishes the body, and can be enjoyed as a prelude to any of our spa treatments.

## HAND & FOOT CARE

### LADIES

Spa Manicure (60 Minutes)

Spa Pedicure (75 Minutes)

French Finish (75 Minutes)

Gel Manicure (75 Minutes)

Gel Pedicure (75 Minutes)

### GENTLEMEN

Spa Manicure (60 Minutes)

Spa Pedicure (60 Minutes)

### HAIR SALON

(available from 10.00 am – 8.00 pm)

Trim

Blow Dry

Shampoo Blow Dry – short hair

Shampoo Blow Dry – long hair







## SPA ETIQUETTE

- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and enjoy time to relax.
- Please note that the spa is unsuitable for small children and babies, unless receiving treatment. We try to ensure that all our guests benefit from the tranquil surroundings.
- 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.
- We recommend that you do not sunbathe after an aromatherapy treatment.
- Men – please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones is not permitted in the spa.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications, are advised to consult a doctor before signing up for any treatments.
- Please notify the spa receptionist of any existing medical conditions.
- Appointments cancelled with less than 4 hours' notice will incur a cancellation fee of 50% of the reserved treatment price.
- In the event you are late for your scheduled appointment, we will accommodate you to the best of our abilities, but your treatment may be shortened or rescheduled.

*All prices are in Thai Baht and are subject to 10% service charge and applicable government tax.*

Prices are subject to change without prior notice.

Advanced booking is highly recommended to ensure availability.

For reservations, please contact Anantara Spa.







## TREATMENT PRICE LIST

	Time	Price
<b>SIGNATURE EXPERIENCES</b>		
Anantara Lawana Coconut Paradise	200	7,500
Anantara Signature Massage	90	4,400
Bespoke Spa Experience	90	4,500
<hr/>		
<b>SPA JOURNEYS</b>		
Journey of Siam	200	6,500
Dusk Relaxation	165	5,400
Coconut Obsession	145	5,200
Three-Day Anantara Recovery		7,900
<hr/>		
<b>BALANCE WELLNESS</b>		
1 Day Yoga & Wellness Retreat		4,900 per person 7,900 per couple
3 Day Rejuvenate & Revitalise Wellness Programme		9,500 per person 13,500 per couple
5 Day Relax & De-Stress Wellness Programme		13,500 per person 19,500 per couple
<hr/>		
<b>MASSAGES</b>		
Stress Release Massage	60/90	2,900/3,700
Deep Tissue Massage	60/90	2,900/3,700
Swedish Massage	60/90	2,900/3,700
Thai Herbal Compress Massage	90	4,000
Traditional Thai Massage	90	3,300
Foot Massage	60	2,700
Marma Abhyanga Massage	90	3,700
Shirodhara	60	3,300
Indian Head Massage	60	2,700
<hr/>		
<b>BODY TREATMENTS</b>		
<b>BODY SCRUBS</b>		
Detoxifying Green Tea Scrub	60	2,400
Essence White Coconut Scrub	60	2,400
<b>BODY WRAPS</b>		
Detoxifying Green Tea Wrap	60	2,400
Essence White Coconut Wrap	60	2,400
Skin Cooling Sun Soother	60	2,400

## TREATMENT PRICE LIST

	Time	Price
<b>FACIALS</b>		
Anantara Signature Facial	60	3,600
<b>ELEMIS FACIALS</b>		
<b>TOUCH: ANTI-AGEING</b>		
ELEMIS Pro-Collagen Age Defy	60	6,400
<b>TOUCH: SKIN SOLUTIONS</b>		
ELEMIS Super Food Pro-Radiance	60	6,400
ELEMIS Sensitive Skin Soother	60	5,200
ELEMIS Anti Blemish Mattify and Calm	60	5,200
<b>MEN: TOUCH</b>		
ELEMIS High Performance Skin Energiser	60	6,400
<b>BATH &amp; STEAM RITUALS</b>		
Anantara Milky Bath	30	1,050
Thai Herbal Steam	30	1,050
<b>HAND &amp; FOOT CARE</b>		
<b>LADIES</b>		
Spa Manicure	60	1,400
Spa Pedicure	75	1,400
French Finish	75	1,700
Gel Manicure	75	1,600
Gel Pedicure	75	1,600
<b>GENTLEMEN</b>		
Spa Manicure	60	1,200
Spa Pedicure	60	1,200
<b>HAIR SALON</b> (available from 10.00 am – 8.00 pm)		
Trim		500
Blow Dry		500
Shampoo Blow Dry – short hair		800
Shampoo Blow Dry – long hair		1,200

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





Anantara Lawana Koh Samui Resort  
92/1 Moo 2, Chaweng Beach, Bophut, Koh Samui, Surat Thani 84320 Thailand  
T +66 (0) 7796 0333 F +66 (0) 7796 0111 E [lawanasamui@anantara.com](mailto:lawanasamui@anantara.com)  
[anantara.com](http://anantara.com)