

A TROPICAL LAGOON SANCTUARY  
OF BEAUTIFUL WELLNESS JOURNEYS.



  
**ANANTARA**  
SPA



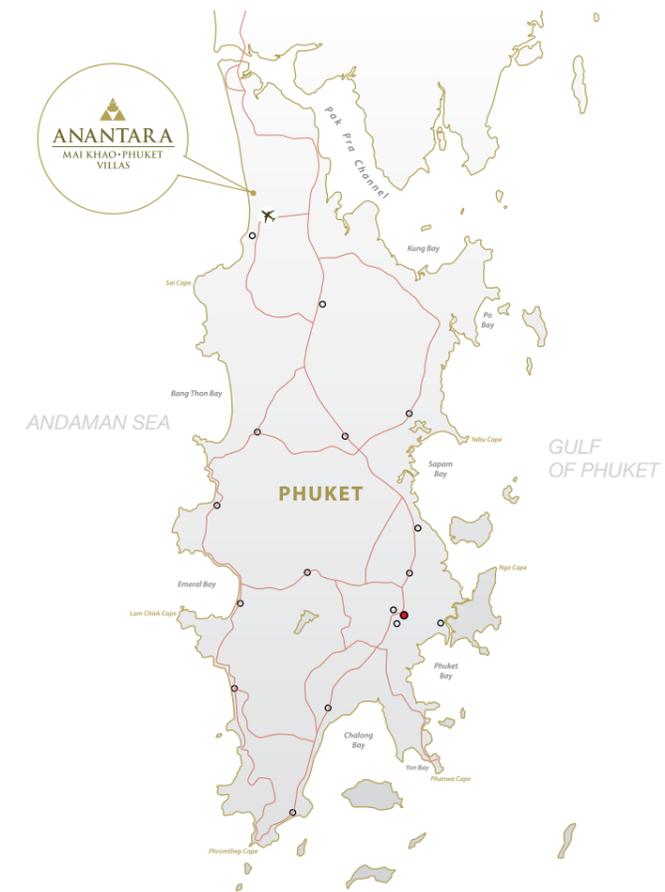
## A TROPICAL LAGOON SANCTUARY OF BEAUTIFUL WELLNESS JOURNEYS

Rooted in Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins and is richly expressed at our island spa sanctuary through the Kingdom's thriving timeless wellness practices and exotic elixirs.

Drawing on Thai heritage, island bliss and Anantara's renowned international expertise, our award winning spa offers a truly luxurious sanctuary, overlooking an expansive tropical lagoon. Feel renewed by trusted therapies from Asia's oldest wellness cultures, including ancient Ayurvedic rituals. Restore balance, youthfulness and vitality as we pamper you with advanced western spa wisdom.

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, our collection of highly specialist rituals blend luxurious pampering with powerful, long lasting benefits for body, mind and soul.

### ANANTARA SIGNATURE MASSAGE (90 Minutes)

Combining revered eastern and western techniques with Anantara's expertise, purpose designed movements and a signature oil blend stimulate the circulation and deeply relax muscles, while reflexology clears energy blockages to promote overall wellbeing.

### BESPOKE SPA EXPERIENCE (90 Minutes)

Indulge in an exclusive spa massage, designed to suit your needs and mood. Highlight the areas you wish to focus on or the benefits you'd like to receive, and we'll tailor the perfect treatment and offer you a choice of luxurious spa products.



### CHAKRA CRYSTAL BALANCING (60 Minutes)

Select the crystal infused oil blend that resonates with you. Relax as we surround your body with precious stones, from harmonising Tiger Eye to balance the Solar Plexus Chakra, Citrine's radiance that energises the Navel Chakra, Amethyst's flowing energy that opens your Throat Chakra and the unconditional love of Rose Quartz for your Heart Chakra, to the intuitive qualities of Moonstone that enhance creativity when placed on your Third Eye.

Unwind into a purifying massage that promotes holistic wellbeing by releasing stress and tension both physically and emotionally, harmonising energy flow, stimulating blood circulation and the body's natural detoxification. While to coax you into a deep state of meditative relaxation, singing bowls are used to begin and conclude this ritual, with the soothing sounds beautifully enhancing the benefits of chakra balancing.

### BAMBOO SIGNATURE MASSAGE (90 Minutes)

Symbolising strength, harmony and longevity, bamboo's unique holistic energy enhances the benefits of massage therapy. Soothing and intensely therapeutic, this distinctive massage uses aromatic oil and a set of warmed bamboo sticks to penetrate more deeply. Experience how stroking and rolling techniques release muscular knots and tension, reduce toxin, heat and fluid retention, and encourage healthy circulation, for powerful, long lasting benefits.



## SPA JOURNEYS

Carefully crafted to bring you a luxurious choice of extended experiences, these special journeys are designed to help you escape the limits of space and time. Indulge in unique destination inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.

### JOURNEY OF SIAM (150 Minutes)

Feel renewed by an exquisite journey from Thailand. An exotic scrub sweeps away dead cells, while strengthening and smoothing new skin. Then an expert therapist takes away all the pressure, using a traditional heated compress filled with remedial herbs and healing Thai massage techniques to soothe muscle tension throughout the body.

Floral Foot Ritual • Essence White Coconut Mint Scrub • Traditional Thai Herbal Compress • Refreshment

### EAST TO WEST ISLAND BLISS (120 Minutes)

Drawing on Phuket's Chinese merchant heritage and Anantara's contemporary expertise, this journey offers a unique pampering duo. Ancient oriental massage techniques and a special oil blend relieve muscle tension through vibratory movements and focus on the meridian lines to clear energy blockages. For a beautiful finale, a soothing massage technique in ELEMIS Sensitive Skin Soother helps reduce the appearance of redness and protect against daily stresses.

Floral Foot Ritual • Traditional Chinese Back Massage • ELEMIS Sensitive Skin Soother • Refreshment

### COUPLE'S EXOTIC ROMANCE RETREAT (210 Minutes)

Share a pampering hideaway just for two. Cherish side by side intimacy as we revitalise and smooth skin with a refreshing lime and stimulating ginger polish. Soak together in a luxuriant milky bath that softens and moisturises. A personalised massage focuses on your specific needs, before a tailored facial refreshes the complexion, leaving you glowing from head to toe.

Floral Foot Ritual • ELEMIS Intensely Cleansing Salt Scrub - Lime & Ginger • Anantara Milky Bath • Bespoke Massage • ELEMIS Sensitive Skin Soother • Refreshment

### FITNESS & WELLNESS PROGRAMMES

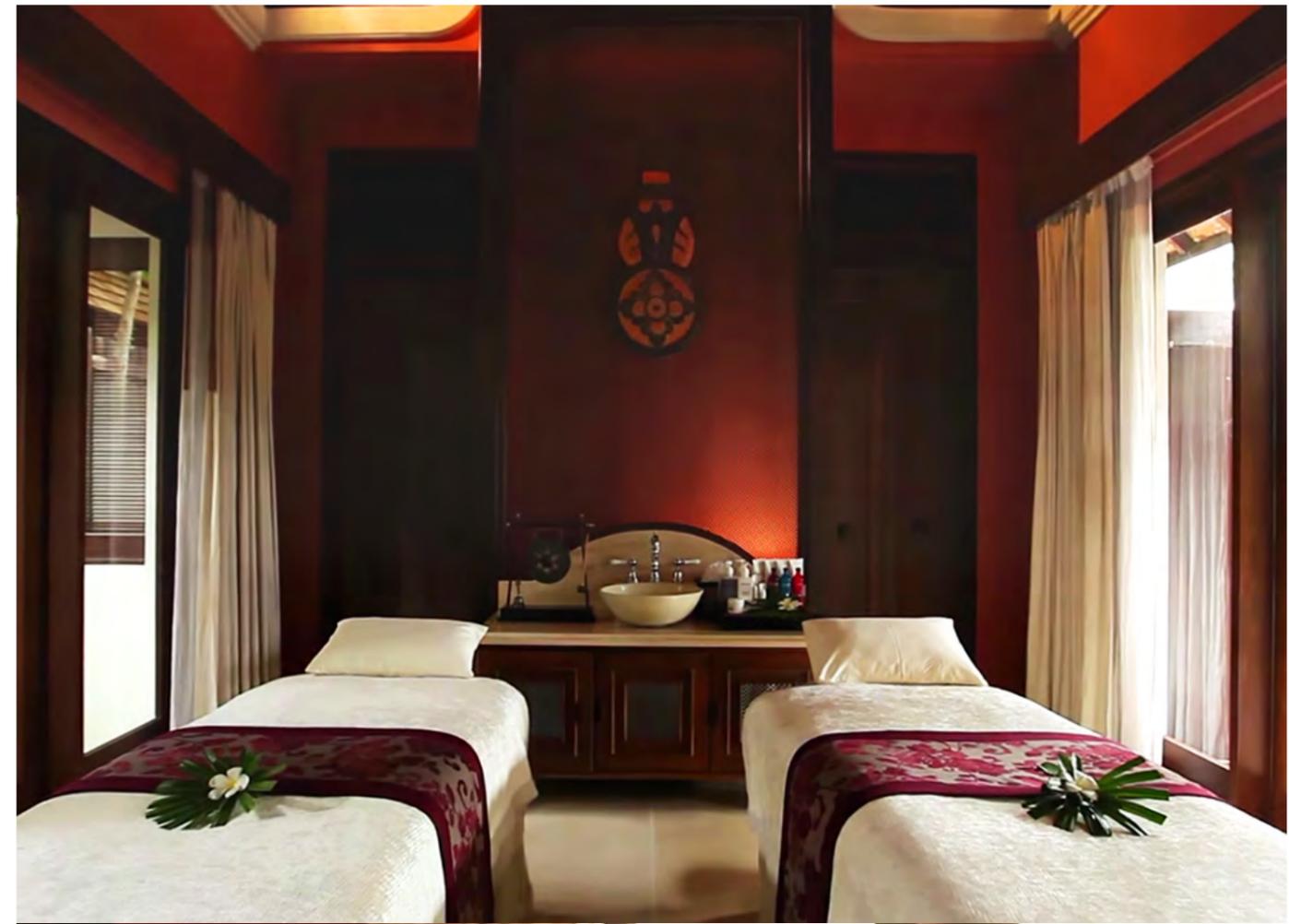
Designed to purify and renew, our exclusive one-day programmes bring a total transformation. A private consultation tailors your ideal experiences. Raw juice blends and a spa cuisine lunch replenish vitality, whichever retreat you choose.

### DETOX & RESET (1 Day Programme)

Radiant purity shines from the inside out. Ancient Indian and Thai wellness therapies soothe and rejuvenate body and mind, while a luxury facial restores vitality.

### RECHARGE & RELAX (1 Day Programme)

Thai boxing enhances flexibility, co-ordination and stamina. Stretch and tone in Pilates or feel the burn in personal training. A tailored spa journey pampers you with therapeutic benefits.



## MASSAGES

### TRADITIONAL THAI MASSAGE (90 Minutes)

This unique and exotic technique, known to many as 'passive yoga', has been passed down through the generations and offers the ultimate body workout. Let your therapist do all the work – using pressure point and stretching techniques to release tension and increase vitality and flexibility – while you enjoy a wealth of benefits.

### 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.

### ELEMIS FREESTYLE DEEP TISSUE MASSAGE (90 Minutes)

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

### ELEMIS DEEPER THAN DEEP HOT STONE MASSAGE (90 Minutes)

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

### ELEMIS PEACEFUL PREGNANCY MASSAGE (90 Minutes)

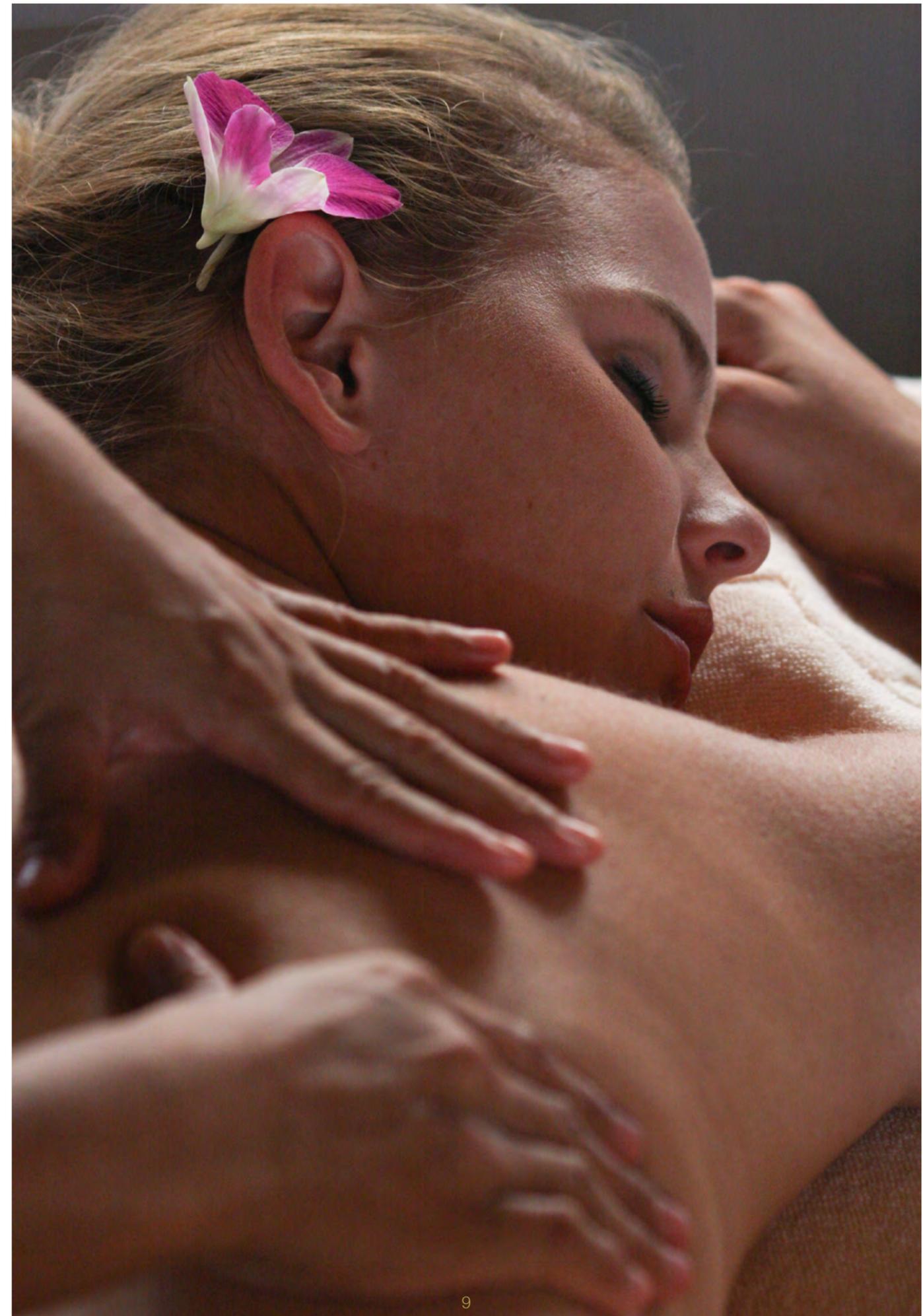
Mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

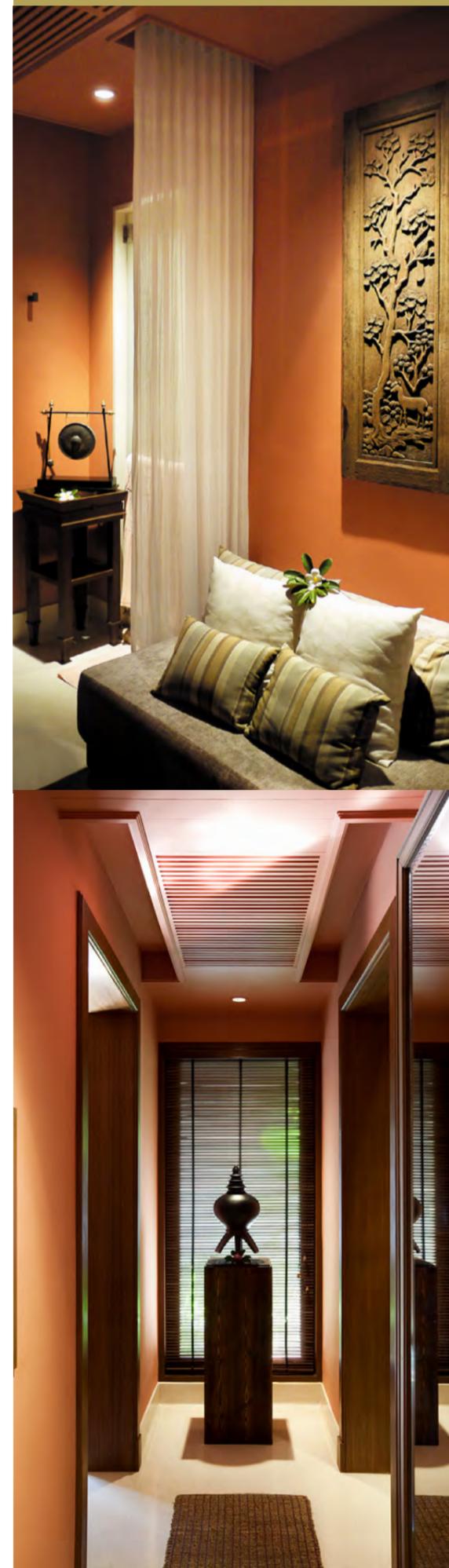
### INDIAN HEAD MASSAGE (60 Minutes)

Based on Ayurvedic principles, this soothing yet energising massage combines pressure point techniques and coconut oil to relieve tension in the head and neck. At the same time as restoring tranquillity, this massage can also help to relieve insomnia, chronic headaches, migraines and sinusitis.

### FOOT MASSAGE (60 Minutes)

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





## BODY SCRUBS

### ESSENCE WHITE COCONUT MINT SCRUB (60 Minutes)

Rich in vitamins and anti-oxidants, lotus and apricot seed granules remove dead cells while coconut oil and shea butter keeps skin nourished and feeling smooth.

### DETOXIFYING GREEN TEA SCRUB (60 Minutes)

Nourish and rejuvenate your body with the therapeutic properties of green tea.

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

Fragranced salt gently sloughs away dead skin cells and encourages the regeneration of new cells. Leaving a smooth and responsive canvas, skin is ready to absorb the deeply nourishing body oil

## BODY WRAPS

### ESSENCE WHITE COCONUT WRAP (60 Minutes)

Indulgently rich and gloriously fragranced, this clay-based wrap rejuvenates the skin and combats the effects of modern life through the healing benefits of coconut.

### DETOXIFYING GREEN TEA WRAP (60 Minutes)

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

### ALOE AFTER SUN SOOTHER (60 Minutes)

Wonderfully soothing and calming, an expert therapist applies fresh, cooling aloe vera gel and a poultice of cold black tea and mint to decrease redness and pain.

## 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)

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energizing, detoxifying actives. Leaving skin plumper, radiant and lit up with good health.



### 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.

### ANANTARA SIGNATURE FACIAL (60 Minutes)

Let nourishing plant extracts revitalise your skin. Carefully blended jasmine oil, white orchid extract and green tea, encourage cell renewal and oxygenation. A gentle massage induces deep relaxation. While our herbal mask restores a natural balance.



## STEAM & BATH RITUALS

### THAI HERBAL STEAM (30 Minutes)

Inhale the healing properties of Thai herbs, enjoying an exotic ritual that stimulates the circulatory system and opens pores. A refreshing prelude to any of our spa treatments.

### ANANTARA MILKY BATH (30 Minutes)

Enjoy a private tea service as the pretty aromas of our signature Romance Milky Bath balance your body, mind and spirit.



## BEAUTY SALON SERVICES

Feel beautifully pampered with the ultimate in manicure and pedicure luxury. Enjoy treatments that offer a ritual of cleansing, exfoliating scrub, nourishing mask, cuticle care, massage and perfect paint finish.

### NAIL SPA

#### DELUXE MANICURE AND PEDICURE

#### DELUXE SPA MANICURE (45 Minutes)

Professional manicure

Immaculate, younger looking hands are achieved in a truly pampering experience with a manicure. In a series that exfoliates, revitalises and renews, hands are protected, moisturised, shaped and coloured to perfection.

#### DELUXE SPA PEDICURE (60 Minutes)

Professional pedicure

The combination of professional products within a well developed system transforms an ordinary pedicure into an extraordinary spa service. Formulated with nature's most soothing and effective botanicals, enjoy the inclusion of a moisturising mask and massage.

GelColor is also available, please contact spa receptionist for more information.



### WAXING

A full range of waxing treatments using premier brand products are available.

#### EYEBROW/LIP

#### UNDERARM

#### BIKINI

#### HALF LEG

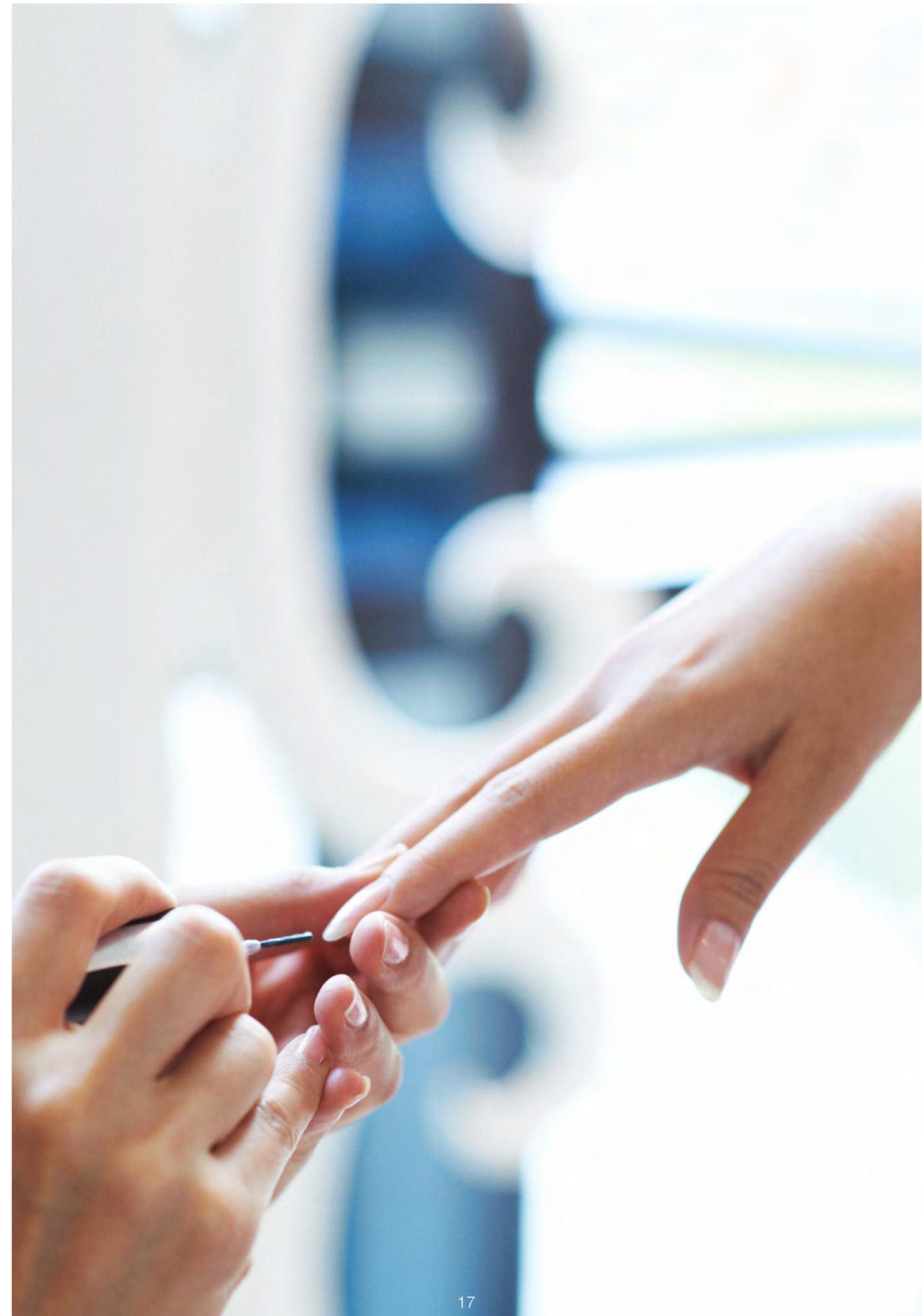
#### FULL LEG

#### HALF ARM

#### FULL ARM

#### BRAZILIAN

#### BACK



## SPA ETIQUETTE

- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings before your treatment.
- Please note that the spa is unsuitable for small children and babies, unless receiving treatment, as we try to ensure that all our guests benefit from the tranquil surroundings.
- We recommend that you leave all jewelry in your villa before coming to the spa.
- All treatments will be charged to your villa and will appear on your account at the time of check-out.
- Please give 4 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 treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones is not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- 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 our spa receptionists of any existing medical conditions.

For more information and reservation, please contact Anantara Spa Ext. 581



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