



ANANTARA  

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SPA

A PRESTIGIOUS SPA SANCTUARY IN THE HEART OF BANGKOK





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Rooted in Thailand, the essence of Anantara philosophy, ‘**without end**’, stems from ancient Sanskrit origins, and our luxurious spa encapsulates this philosophy by paying tribute to Bangkok’s rich heritage and multi-cultural vibrancy.

In a prestigious escape from the capital’s fast pace, exotic aromas soothe the senses, exquisite Thai design celebrates tradition and our exclusive service lavishes you with personal attention.

Hideaway in a luxury treatment suite and let expert, intuitive hands pamper you with Thailand’s exotic wellness traditions, trusted ancient therapies from across Asia and advanced western spa wisdom. Indulge in special packages of carefully crafted treatment journeys for optimum wellbeing, or reserve one of our heavenly massages to enjoy by the pool or in the privacy of your room.

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

Opening hours: 10:00 am – 10:00 pm

Spa treatments between 10:00 pm and 12:00 midnight  
are available with advanced reservation.



## SIGNATURE EXPERIENCES

### **Siam 2482 (90 Minutes)**

Inspired by ancient Siam's diverse cultural heritage, this unique massage incorporates healing traditions from Thailand, Myanmar, Laos and China. A bamboo stick massage stimulates the circulation. Stretching and pressure point techniques enhance flexibility and energy flow. A herbal compress in a fabric of healing indigo is followed by a herbal oil massage and foot reflexology. To conclude, in a mindfulness ritual gold leaf patches are placed on the wish area of the left arm and left side of the chest to encourage the quieting of the mind.

### **Anantara Signature Massage (90 Minutes)**

Combining revered eastern and western techniques in purpose designed movements with our signature oil blend, this massage stimulates the circulation and deeply relaxes muscles. Meanwhile, reflexology clears blockages of energy and promotes overall wellbeing.

### **Bamboo Massage (90 Minutes)**

Discover deep relaxation inspired ancient healing wisdom. Using aromatic oil and a set of warmed bamboo sticks in various sizes, this distinctive style of massage incorporates stroking and rolling techniques to release muscular knots and tension, reduce toxin accumulation and fluid retention, while encouraging healthy circulation.

### **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 the unconditional love of Rose Quartz for your Heart Chakra, the peace of Amethyst above the Crown Chakra, Tiger Eye's harmonizing energy for balance beside the Solar Plexus Chakra, and Lapis Lazuli's self-expression that empowers the Throat Chakra. 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.



## SPA JOURNEYS

### *Ultimate Harmony for Him and Her (3 Hours 30 Minutes)*

A fragrant journey to awaken the senses, refresh your mind and deeply relax the body, leaving you fully rejuvenated and glowing with vitality.

*Elemis Exotic Lime & Ginger Salt Glow • Anantara Milky Bath • Stress Release Massage • Elemis Exotic Moisture Dew Facial*

### *Escape Beyond Serenity (5 Hours 15 Minutes)*

Give yourself the space and time to completely let go. Relax into a feeling of inner peace and harmony as we pamper you with treatments to purify and cleanse, nourish, heal and beautify from head to toe.

*Choice of Steam • Detoxifying Green Tea Scrub • Choice of Bath • Aroma Stone Massage • Elemis Exotic Moisture Dew Facial • Choice of Manicure or Pedicure • Spa Cuisine*

### *Thai Herbal Revival (2 Hours)*

Experience the natural healing abilities of exotic Thai herbs and techniques that have been passed down through the generations, and are still highly revered for good reason.

*Thai Herbal Steam • Thai Herbal Compress Massage*

### *Elemis Absolute Spa Ritual (2 Hours 15 Minutes)*

This customised face and body treatment offers the ultimate skin therapy. Choose from one of the unique Elemis Advanced Anti-Ageing Facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage to achieve dramatic results instantly.

*Welcome Touch • Body Brushing • Elemis Deep Tissue Massage • Personalised Facial*



## MASSAGES

### **Elemis Aroma Stone Massage (90 Minutes)**

Experience the deep penetrating heat and healing power of warm volcanic stone in a full body massage using traditional techniques to release muscular tension and balance the spirit, whilst small stones are placed on key energy points to stimulate and harmonise the chakras.

### **Elemis Deep Tissue Massage (60/90 Minutes)**

Unwind into a powerful, customised massage that combines deep rhythmic pressure and a personally prescribed dynamic blend of essential oils to alleviate stress, ease aching muscles and target individual needs.

### **Elemis Nurturing Mother-to-Be Treatment (60 Minutes)**

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Adapted to each stage of pregnancy, specialised positioning ensures safety, comfort and relaxation. Designed to relieve tension in the back and alleviate swelling in the hands and feet, this harmonious massage eases the mind and uplifts the spirit.

### **Stress Release Massage (60/90 Minutes)**

Using a combination of strokes and acupressure techniques, along with the signature aromatherapy oil blend of your choice, this gentle massage delivers waves of deep relaxation and pure pleasure.

### **Thai Herbal Compress Massage (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.

### **Traditional Thai Massage (60/90 Minutes)**

Passed down through generations, this unique and exotic technique is known to many as 'passive yoga', as it offers the ultimate body workout. Let your expert therapist do all the work - while you enjoy the benefits. Experience how pressure point and stretching techniques effectively release tension, increase flexibility and boost vitality.

### **Foot Massage (60 Minutes)**

Experience holistic balance and deep relaxation. 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 organ groups in the upper body.

### **Back, Neck and Shoulder Massage (45 Minutes)**

Designed to release tension and stress where the body tends to hold it most, this massage provides immediate relief and deep relaxation.



## SCRUBS

**Elemis Exotic Lime and Ginger Salt Glow (45 Minutes)**  
A body exfoliation ritual to cleanse, polish and invigorate. After light body brushing, warm oil is dripped luxuriously over the body, preparing your skin for the Elemis Exotic Lime and Ginger Salt Glow. Skin is left gleaming and vibrant, replenished and flawless.

**Detoxifying Green Tea Scrub (60 Minutes)**  
Polish, nourish and rejuvenate your body with the therapeutic properties of an exfoliating green tea scrub.

## WRAPS

**Elemis Body Sculpting Cellulite and Colon Therapy (60 Minutes)**  
Redefine and smooth your silhouette. This clinically proven Elemis Body Sculpting System targets stubborn cellulite and uses specialist massage techniques to detox and firm the skin, stimulate the circulation and reduce fluid retention. An abdominal massage cleanses the colon to help detoxify from the inside out.

**Mud Therapy (60 Minutes)**  
Wrapped in a purifying blend that combines natural plant extracts to detoxify, decongest and stimulate new cells for beautifully smooth skin, you'll enjoy a relaxing scalp massage to enhance the feeling of being blissfully cocooned.



## FACIALS

### **Elemis Pro Collagen Quartz Lift Facial (75 Minutes)**

*An anti-wrinkle facial with proven results.*

This exceptional facial has been independently tested with phenomenal results, and is clinically proven to reduce wrinkles by up to 94% and improve skin firmness by up to 57%, after just one treatment. Specialised lifting massage techniques and professional strength anti-ageing formulations leave skin firmer, uplifted and more youthful.

### **Elemis Pro Intense Lift Effect Facial (60 Minutes)**

*Powerful techniques for the ultimate lift effect.*

Breakthrough technology combines cutting edge plant stem cells, nutrient rich natural lipids and firming plant actives with powerful lifting techniques to target sagging jowls, cheeks, chin and neck, whilst helping to reduce puffiness and fluid retention associated with sagging skin.

### **Elemis Visible Brilliance Facial (75 Minutes)**

*To combat ageing, stressed and slackened skin.*

Independently tested with revolutionary results, this face and eye treatment firms and plumps skin whilst reducing dark circles, increasing moisture levels by up to 61% and elasticity by 40%, after just one treatment. Micro-circulatory massage techniques, powerful formulations and an Amino Active Mask work together to sculpt and restore skin radiance.

### **Elemis Skin IQ+ Facial for Men (75 Minutes)**

*Anti-ageing booster for tired and stressed skin.*

Charged with the clinically proven anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment combats the harsh, ageing effects of frequent shaving, environmental pollution, hectic lifestyles and constant travel, for the ultimate skin overhaul with maximum anti-ageing results.

### **Elemis Oxygen Skin Calm Facial (75 Minutes)**

*Pure soothing heaven for sensitive skin.*

Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask infused with Absolute Skin Calm Booster Serum, to help rebalance delicate and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort for stressed and irritated skin.

### **Elemis Exotic Moisture Dew Facial (60 Minutes)**

*Treat your skin to a moisture boost.*

Following a specialist facial massage, skin is fed with thirst quenching actives that bring back a healthy, dewy appearance.

### **Elemis Herbal Lavender Repair (60 Minutes)**

*Restores your skin's natural balance.*

Deeply cleansing to draw out skin impurities, this facial helps to reduce unwanted shine, refine the pores and treat skin breakouts.



## BATH & STEAM RITUALS

### **Anantara Milky Bath** *(30 Minutes)*

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

### **Mud Bath** *(30 Minutes)*

Soak in this healing moor mud bath with refreshing pine needle oil to relieve sore muscles and promote general wellbeing.

### **Thai Herbal Steam** *(30 Minutes)*

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

### **Aroma Steam** *(30 Minutes)*

Feel stress melt away with a floral steam that offers a deep sense of relaxation and soothes the mind. Recommended to enjoy before any massage.





## NAIL SPA

Make yourself comfy in a luxurious pedi chair, which massages you into deep relaxation while you enjoy refreshments. Feel beautifully pampered with the ultimate manicure and pedicure treatments in a ritual of cleansing, scrub exfoliation, a nourishing mask and full cuticle care system, mini hand and foot massages, and a perfect paint finish.

Deluxe Manicure or Pedicure

Express Manicure or Pedicure

Deluxe Manicure with OPI Gelcolor

Deluxe Pedicure with OPI Gelcolor

Manicure with OPI Gelcolor

Pedicure with OPI Gelcolor

Gelcolor or Polish Change only

Add French *(Gelcolor or Polish)*

Gel Polish Removal Only

## WAXING

Full Leg and Bikini

Full Leg

Half Leg

Brazilian

Bikini Line

Arms

Underarms

Lip

Chin

Eyebrows

Back

## IN-ROOM MASSAGES

Enjoy these heavenly massages in the comfort and privacy of your room.

**Traditional Thai Massage** *(60 / 90 Minutes)*

**Stress Release Massage** *(60 / 90 Minutes)*

**Foot Massage** *(60 Minutes)*

## POOLSIDE MASSAGES

Experience a blissful massage by the pool in our tropical garden between 10:00 am and 5:00 pm. (Subject to availability and weather conditions.)

**Foot Massage** *(60 Minutes)*

**Back, Neck and Shoulder Massage**  
*(45 Minutes)*

## 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.
- We have a wonderful selection of refreshing teas, which can be prepared for you to enjoy after your treatment.
- Please note that the spa is unsuitable for small children and babies, as 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 check-out.
- Please give five 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 an aromatherapy and waxing treatment.
- 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 with high blood pressure, heart conditions, allergies, who are pregnant, or have any other medical complications, are advised to consult a doctor before undergoing any treatments.
- Please notify the spa receptionists of any existing medical conditions.





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