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Anantara's Guide to a Gentler Autumn in Europe

From digital detoxes and thermal rituals to monastic stillness, Anantara's European retreats invite travellers to meet the demands of autumn without letting go of summer's better habits



▲ Rome in Autumn - Anantara’s wellness retreats across Europe this season

As summer's languid days give way to busier schedules, **Anantara Hotels & Resorts** invites travellers to carry that sense of ease into the new season through a collection of wellness experiences across Europe. From urban sanctuaries to coastal retreats, this season's restorative rituals transform digital detoxes and moments of stillness into some of autumn's most rewarding indulgences.



▲ The new Krasnapolsky Club at Anantara Grand Hotel Krasnapolsky Amsterdam.

First stop is Anantara Grand Hotel Krasnapolsky Amsterdam, where the newly launched Krasnapolsky Club brings together a community of wellness-minded individuals through a membership programme centred on Anantara Spa. Overlooking a tranquil inner-city garden, the sanctuary combines sauna, steam and relaxation facilities with meditation, hot mindful yoga and guided breathwork. For repeat guests and city regulars alike, the new Four Seasons at Anantara Spa concept adapts treatments to the changing seasons. This autumn, the focus is on restorative detoxification rituals, personalised coaching, strength training and kickboxing sessions that replace constant notifications with moments of clarity, balance and focus.



▲ A Spa Couple's Suite at Anantara Palazzo Naiadi Rome Hotel.

For those looking to let go of what no longer serves them, Anantara Palazzo Naiadi Rome Hotel, built on the site of the ancient Baths of Diocletian, provides a fitting setting to explore the Roman principle of *do ut des* ("I give so that you may give"). By investing time in rest and restoration, guests are rewarded with renewed energy, clarity and focus. Reflecting this philosophy, the hotel's seasonal Anantara Autumn Reset combines marine thalassotherapy with therapeutic touch to encourage both physical and emotional renewal. Detoxifying Thalion marine algae wraps, mineral-rich mud treatments and a deeply restorative myofascial massage are complemented by advanced skincare therapies including OBSERV® 520x skin analysis, HydraFacial MD® cleansing and Intraceuticals hyperbaric oxygen therapy.



▲ A treatment room at Anantara Convento di Amalfi Grand Hotel.

To slow down away from it all, few places are better suited than the cliffs of Amalfi. From its dramatic setting within a former Capuchin monastery overlooking the Mediterranean, Anantara Convento di Amalfi Grand Hotel welcomes guests into a gentler pace of life through its comforting Autumn Warmth ritual. Beginning in the enveloping warmth of the hammam and continuing with a candle wrap and deeply relaxing full-body massage, the 90-minute experience is designed to calm overstimulated minds and restore a sense of balance through the simple luxury of stillness. Afterwards, many guests linger on the outdoor relaxation terrace, where sweeping Mediterranean views and the scent of citrus groves carried on the sea breeze offer a gentle reminder that the art of *dolce far niente* is time well spent.



▲ An ELEMIS Expert Tech Facial at Anantara Villa Padierna Palace Benahavís Marbella Resort.

For wellness alongside some of Europe's finest golf courses, Anantara Villa Padierna Palace Benahavís Marbella Resort's 2,000-square-metre spa is a temple of wellbeing where Roman baths, thermal circuits, saunas and steam rooms host bespoke programmes tailored around movement, aquatic therapy and personalised nutrition. Signature treatments, including the Elemis Frangipani Salt Exfoliation and Monoi Oil Body Wrap and the cellular-renewing Obra Maestra Valmont facial, help carry the healthy habits and self-care routines cultivated over summer into the season ahead.



▲ Anantara Plaza Nice Hotel Couple's Treatment Room.

Finally, for a touch of Riviera glamour, Anantara Plaza Nice Hotel welcomes autumn with its Autumn Glow Ritual. Inspired by the effortless polish that has long defined the Côte d'Azur and its celebrated film festival season, the experience combines an hour of hammam and sauna therapy with a smoothing body exfoliation and hydrating facial. Enhanced by revitalising eye patches, the treatment restores radiance, energy and focus, leaving guests with a glow worthy of the Mediterranean's most glamorous coastline.

For more information, please visit www.anantara.com

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About Anantara Hotels & Resorts

A luxury hospitality brand for modern travellers, Anantara Hotels & Resorts connects guests to genuine places, people and stories in some of the world’s most extraordinary destinations. Each Anantara embraces the surroundings and culture of its destination, creating unforgettable

memories for every guest since 2001. From city to sea and desert to jungle, Anantara delivers heartfelt, Thai-inspired hospitality at its over 50 hotels and resorts across Asia, Europe, Africa, the Middle East and the Indian Ocean.

Anantara Hotels & Resorts is a Minor Hotels brand and recognises its guests through one unified loyalty programme, Minor DISCOVERY, part of GHA DISCOVERY.

Visit anantara.com for more information, and connect with Anantara on Facebook, Instagram, TikTok, X and YouTube.

About Minor Hotels

Minor Hotels is a global leader in the hospitality industry with more than 640 hotels, resorts and branded residences in operation and committed development across 67 countries. The group crafts innovative and insightful experiences through its hotel brands including Anantara, Elewana Collection, The Wolseley Hotels, Tivoli, Minor Reserve Collection, NH Collection, nhow, Avani, Colbert Collection, NH, Oaks, and iStay, as well as a diverse portfolio of restaurants and bars, travel experiences, and spa and wellness brands. With over four decades of expertise, Minor Hotels builds stronger brands, fosters lasting partnerships, and drives business success by always focusing on what matters most to our guests, team members and partners.

Minor Hotels is a proud member of the Global Hotel Alliance (GHA) and recognises its guests through one unified loyalty programme, Minor DISCOVERY, part of GHA DISCOVERY.

Discover our world at minorhotels.com and connect with Minor Hotels on Facebook, Instagram, LinkedIn, TikTok and YouTube.

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