



THE GREATEST JOURNEYS
ARE FELT, NOT TOLD.

DESERT ISLANDS
RESORT & SPA
BY ANANTARA



Embracing the spirit of Anantara's philosophy, 'without end', which stems from ancient Thai origins, Anantara Spa offers a selection of timeless revitalising spa experiences. Relax in the tranquil environment of the Desert Islands Resort & Spa by Anantara, surrounded by the unique, natural beauty of Sir Bani Yas Island, overlooking the crystal clear azure waters of the Arabian Gulf. Let your cares slip away and lose yourself in the perfect fusion offered by Anantara Spa, of the essence of Thailand blended with traditional local Arabic influences.

Soothe aching muscles and cleanse body and mind with a wealth of age-old wellness rituals and natural remedies that harness the rejuvenating power of natural ingredients. Re-energise yourself with invigorating scrubs and wraps that utilise the life-giving qualities of exotic island balms and oils. Turn back the years and revive your radiant beauty with luxurious facials. Calm your body and soul with relaxing massages and dynamic body treatments that combine the charm of Arabia with traditional and time-honoured, aromatic stress-relieving techniques from Thailand.

Anantara Spa takes you down an exotic pathway to holistic wellbeing in a paradise of healing sensuality that combines Arabia's enriching wonders and mystical, ancient Far Eastern health and beauty ideals. Let worldly cares slip away, and your journey to relaxation and rejuvenation begin as you immerse yourself in an Anantara experience of exceptional luxury in breathtaking surroundings.

At Anantara Spa, the most extraordinary journeys are felt, not told.

W E L L N E S S



**Immunity Recharge Magnesium
Body Massage 650 / 850**
60 / 90 minutes

Designed to relieve muscles fatigue, improve sleep, eliminate toxins and promote the sensation of overall wellbeing. This magnesium treatment stimulates the body and space, mind with an extra boost of relaxation.

Thai Poultice Massage 800
90 minutes

The healing properties of steamed Thai herbs in a pouch stimulate the circulatory system and offer detoxifying benefits. This relaxing ritual can be enjoyed as a prelude to any spa treatment.

Magnesium Rebalance 900

90 minutes

Find balance with a detoxifying magnesium body scrub and massage at Anantara Spa. Let our magnesium body exfoliator from the Zechstein Sea gently remove dead skin cells with its natural softening properties and nourishing antioxidants. This spa journey finishes with a toe-curling and energising magnesium full body massage.

Magnesium Body Scrub 500

45 minutes

Suitable for removing dead skin cells. At the same time, the guest will also get benefits from the magnesium which are detoxifying and energising.

Slimming Magnesium Booster 850

90 minutes

An anti-cellulite treatment that helps remove the dead cells and reduce the appearance of cellulite. Our invigorating 'Of The Island Morning Coffee Scrub' infused with healing ingredients, cleanse your skin in preparation for the 'Of The Island Top Shape gel' wrap consisting of magnesium element - one of the seven macrominerals.

Slimming Coffee Scrub 500

45 minutes

Our invigorating 'Of The Island Morning Coffee Scrub' is an ultimate body exfoliation that helps you to remove the dead cells and reduce the appearance of cellulite by breaking the fatty deposits that form beneath the skin.

Reflexology 590

60 minutes

Reflexology is a therapeutic massage technique that involves applying pressure to specific points on the feet. It is based on the belief that these points correspond to different organs and systems in the body and that stimulating them can promote relaxation, balance, and overall well-being

Reiki 500

45 minutes

Reiki is a Japanese holistic healing practice where trained practitioners transfer healing energy through their hands to promote relaxation, balance, and overall well-being, often used alongside traditional medicine for holistic wellness.

Indian Head Massage 360

30 minutes

Combining both gentle and stimulating techniques on the upper back, shoulders, neck and scalp to improve blood flow, nourish the scalp and induce a deep sense of calm. Choose from a selection of hair oils to calm or invigorate your scalp and mind.

A N A N T A R A S P A J O U R N E Y



Nourishing Antioxidant Ritual 1,100 120 minutes

Nourish, renew and pamper yourself in a signature ritual that combines traditional elements and local ingredients. Let our professional therapist massage your body with our unique homemade date scrub for smoother, radiant-looking skin. Enjoy an unmatched 60-minute Anantara Signature Massage followed by an Express facial.

Sense of Rejuvenation 900 90 minutes

A massage specially designed to counteract the effects of tension within your body and provide an essential sanctuary from stress. Your treatment will be complemented with an express 30-minutes facial.

MASSAGE REMEDIES

Anantara Signature Massage 630 / 830

60 / 90 minutes

Our signature blend of oils, combined with wringing, kneading and stretching stimulate the circulation and promotes deep relaxation of the muscles, restoring the flow of energy along the meridian lines.

Arabian Massage 630 / 830

60 / 90 minutes

Expert therapists work on the body's pressure points using forearms and elbows to stimulate the blood circulation, release muscle tension and enhance vital energy levels.

Traditional Thai Massage 590 / 790

60 / 90 minutes

This centuries-old therapy, known as passive yoga, is the perfect answer for anyone searching for optimal health, the release of tension and the restoration of vitality

Sorig Massage 790

90 minutes

A traditional Tibetan healing technique that combines the principles of Tibetan medicine and massage therapy. It focuses on restoring balance and harmony in the body, mind and spirit through various massage and acupressure techniques.

Tranquil Relaxation 590 / 790

60 / 90 minutes

Using your favourite choice of our different aromatherapy massage oil, this freestyle massage uses light to medium pressure to soothe aching, tired muscles according to your specific needs.

Nurturing Mother-To-Be Massage 590 / 790

60 / 90 minutes

Allow us to lift your mood and nurture your body during these special times with a 'Mothers-to-be' massage using pure and rich in vitamin E sweet almond oil. Your therapist will focus on areas of the body.

Hot Stones Massage 790

90 minutes

A unique combination of aromatherapy oils and heated volcanic stones, to ease away deep muscular pain whilst experiencing complete relaxation.

COUPLE'S INDULGENCES



Two can relax and enjoy a massage together!
Our Spa team will consult with you both to help you each
select one of our Massage Experiences.

Couples Retreat 2,200

30 minute scrub

90 minute Desert island fusion sand compress massage

This unique retreat for couples commences with a foot milk bath and sea salt scrub, followed by a gentle full body exfoliation, using precious desert sand to remove dead skin cells. Complete the two-hour experience with a 90-minute Desert Fusion Massage.

Desert Island Romance 2,000

30 minute jacuzzi

60 minute Tranquil relaxation massage

30 minute Mini facial

Wander into a world of complete tranquillity while enjoying a Jacuzzi bath overlooking the Arabian Gulf. Delight in a full body massage using exotic Arabian rose oil, which will stimulate your senses and promote deep relaxation. Complement this treatment with an unmatched express facial.

The Duo 1,650

60 minute massage

30 minute add on

So many of us hold tension in our bodies. We use Tranquil relaxation massage techniques to persuade any tight muscles to loosen up and release, followed by your choice of 30-minute experience from our additional touches list.

A N A N T A R A S P A J O U R N E Y



Body Scrub 500

45 minutes

Desert sand | Arabian cream | Island date

A body scrub is a skincare product designed to exfoliate and rejuvenate the skin. Typically made with abrasive particles like sand, island dates, argan seeds, combined with moisturizing ingredients such as oils or creams, body scrubs help remove dead skin cells, leaving the skin smoother, softer and more radiant

Body Wrap 500

45 minutes

Aloe vera sun soother | Marrakech purifying rhassoul

Pamper your skin after a long day in the sun. Treat sensitive sunburned skin with a calming Aloe Vera body wrap, acting as a natural soother, repairer and healer of the skin. Indulge in the aromatic scents of 'Rhassoul'. This Moroccan natural clay eliminates your skin's impurities, absorbs its excess of sebum and detoxifies the skin while providing essential minerals from the Atlas mountains in Marrakech.

F A C I A L E X P E R I E N C E S

Citylife Anti-Pollution Skin Freshness 690

60 minutes

A nutritional facial using products rich in essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Proven to leave skin plumper, radiant and lit up.

Acnipur Blemish Solution 690

60 minutes

A customised, pampering facial to address blemishes and oily skin. It helps brighten, deep cleanse, and reduce the appearance of oily skin.

The Pioneer - Face, Neck and Décolleté 830

60 minutes facial

30 minutes back massage

Enjoy our ultimate age-defy facial combined with a relaxing back treatment. Special lifting massage techniques and professional strength anti-ageing formulations will leave a firmer, uplifted, and more youthful appearance. In addition, the relaxing back massage and the application of our unparalleled self-heating mud will surely leave your body feeling recharged and energized.

N A I L S A L O N

Elim Spa Manicure 250

60 minutes

Enjoy this luxurious Elim spa treatment for your hands and nails, including a nail shape, hand soak, cuticle tidy, exfoliation, with a relaxing hand and massage and polish of your choice.

Elim Spa Pedicure 250

60 minutes

Relax and refresh your tired feet with the deluxe pedicure using only the finest products by Elim. The treatment starts with a soothing foot bath moving on to hard skin removal, cuticle tidy and nail shape with a relaxing foot massage and a polish of your choice.

MINDFULNESS



Yoga 350

60 minutes

Hatha | Ashtanga | Sorig curative | Sorig preventive

Yoga is a holistic and ancient practice that combines physical postures, breathing exercises, meditation, and mindfulness techniques to promote physical, mental, and spiritual well-being. Helps improve flexibility, strength, balance, and posture while reducing stress and promoting relaxation

Meditation 300

45 minutes

Pranayama | Sorig mindful

Meditation is a practice that involves focusing one's attention and eliminating the stream of thoughts to achieve a state of mental clarity, relaxation, and heightened awareness. It often includes techniques like deep breathing, mindfulness, or visualization to promote inner peace, reduce stress, and enhance overall well-being

A D D M E O N

Can only be added along with a full treatment.

Scalp Massage 450

30 minutes

Using warm coconut oil, this soothing head & scalp massage regulates the mind and body and is a highly recommended addition to any spa treatment for complete relaxation.

Back, Neck and Shoulder Massage 450

30 minutes

A back, neck, and shoulder massage is a soothing and therapeutic massage therapy focused on relieving tension, reducing stress, and alleviating discomfort in these specific areas of the body. It's an ideal choice for those looking to alleviate the strain commonly experienced in the upper body due to daily activities, work-related stress, or physical exertion.

Oriental Foot Revivers 450

30 minutes

A mini treat for your feet utilising deep reflex points to soothe and revive your tired feet after a day in the desert. This is the perfect addition to any treatment.

Express Facial 450

30 minutes

This introductory facial quickly and instantly dehydrates and energises the skin. It is a last-minute remedy for any occasion.

Body Scrub 450

30 minutes

A 30-minute body scrub is a rejuvenating spa treatment that offers a quick and effective way to exfoliate and refresh your skin.

SPA ETIQUETTE

Anantara Spa Facilities

Anantara Spa, at Desert Islands Resort & Spa by Anantara, located against the tranquil backdrop of the Arabian Gulf, is a true haven of relaxation within Sir Bani Yas Island. A place where all your needs are met, Anantara Spa consists of four spa suites, including two couple's rooms and male and female steam rooms. Anantara Spa offers a variety of massages, body treatments, facials and spa rituals using natural products. Each experience highlights traditional local culture fused with customary Thai touches.

Hours of Operation

Anantara Spa is open daily from 10.00 am to 10.00 pm.

Location

Anantara Spa is located at Desert Islands Resort & Spa by Anantara.

In-Room Spa Treatments

Anantara Spa services can also be enjoyed within the privacy and comfort of your own room. Please note that in-room treatments must be booked at least one hour in advance and that extra charges apply.

Reservations

To ensure you book the time you prefer we recommend booking in advance. Please come directly to the Spa or dial 02 801 5281 and one of our receptionists will be able to assist you. A credit card number is required to secure your booking. Walk-in guests are welcome, subject to availability. Children under 12 years of age require parental consent and supervision for the treatment time.

Spa Arrival

You are encouraged to arrive 15 minutes prior to your treatment time. This will allow for a smooth check in and the opportunity to relax before your treatment. Late arrivals will be subject to reduced treatment times. Mobile phones and smoking are not permitted in the Spa at any time.

Cancellation Policy

Should you need to cancel or rearrange your Anantara Spa treatment, we do require a minimum of four hours' notice to avoid being charged 100% for your treatment time.

Spa Attire and Valuables

When you arrive you will be provided with a spa robe and slippers, as well as a locker in which to place your belongings. We recommend you leave all valuables in your room or suite, as Anantara Spa at Desert Islands Resort & Spa by Anantara accepts no responsibility for lost items.

Health Concerns

If you are pregnant or have any pre-existing conditions or allergies, please consult a doctor before booking any spa treatments or using the Anantara Spa facilities. This will ensure your safety before having any treatments.



To book your spa treatment,
please call **+971 (0)2 801 5281** or email **anantaraspa.dirs@anantara.com**

spa.anantara.com



ANANTARA

SIR BANI YAS ISLAND
ABU DHABI • RESORTS