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ANANTARA SPA  
WELLNESS  
THERAPIES



ANANTARA

SPA



## WELLNESS TRADITIONAL THAI HEALING TREATMENTS

Thai wellness treatments are drawn upon an ancient healing system that works with your body's 'sen' or energy meridian lines, with a combination of acupressure from Chinese Medicine, stretching and posture correction from yogic influences.

The aim of the Thai treatment is to encourage the correct flow of energy around your body, bringing harmony and balance to your physical and mental state. This can help relieve stress and anxiety, raise energy levels, and promote an overall feeling of relaxation.

## TRADITIONAL THAI SALT POT MASSAGE

(90 Minutes)

The Thai Traditional Salt Pot Massage is a ritual combining Thai massage techniques with a hot salt compress to release tension in the shoulders and lower back muscles. Each compress contains a blend of coarse salt and medicinal herbs and is applied to the energy points on the body with different pressure, focusing on areas of pain or concern. The result is improved movement and less tension in the areas of concern on the back, acting as a stress relief and mood enhancer.

## TRADITIONAL THAI MASSAGE

(60/90 minutes)

Using a specific technique, which is passed down through the generations, known to many as 'passive yoga', our expert therapists will alleviate stresses and strains, allowing you to enjoy a wealth of stretching, flexibility, and vitality benefits. This is a dry massage in a loose cloth, performed without oil.



# WELLNESS AYURVEDIC TREATMENT

Ayurveda is an ancient holistic healing philosophy developed in India 5,000 years ago that guides and inspires us in the art of living a healthier and more balanced lifestyle. It recognises that we are each unique. It focuses on nutrition, lifestyle, massage, yoga and herbal remedies to suit our individual needs.

Ayurvedic treatments offer rejuvenating and relaxing experiences using specially selected therapeutic Ayurvedic oils to correspond to individual “doshas”, creating a natural balance, alleviating muscle fatigue and tension, improving circulation, calming the mind and uplifting the spirit.

## ABHYANGA MASSAGE

(75/90 minutes)

Abhyanga means “to anoint”. Using specific warm herbal oils for the head and body according to the body type, this is a relaxing massage with long strokes that stimulates Ayurvedic sites to achieve overall health and balance.

## SHIRODHARA

(75/90 minutes)

“Shiro” (head) and “Dhara” (flow) come together in Shirodhara by applying a continuous stream of warm oil to the forehead. This therapy coordinates and calms the mind, body, and spirit, enhancing circulation to the brain, improves memory, nourishes hair and scalp, while releasing stress and tension.

## HERBAL POULTICE

(75/90 minutes)

A classic massage using herbs to tackle joint pain, muscle cramps, stress and arthritis. The poultices are warmed in therapeutic oils and used to massage the entire body. The massage promotes better circulation within the affected area, promoting increased perspiration, which helps the skin to eliminate toxins.



# WELLNESS MAGNESIUM BODY TREATMENTS BY OF 'THE ISLANDS ELEMENTS'

Magnesium is one of the seven macro minerals, best absorbed through the skin that is responsible for us to function normally, including the regulation of over hundreds of enzymatic reactions and biochemical activities.

Magnesium contributes to build stronger bones, maintaining normal cardiac rhythm, supporting nerve and muscle function, promoting energy levels and aiding a healthy immune system. We use high grade quality and the purest Zechstein magnesium formulations to holistically elevate your wellbeing through bridging together health, beauty and wellness.

## REBIRTH MAGNESIUM BATH (30 Minutes)

Immersing yourself from head to toe in a natural mineral hydro-bath with magnesium crystals, is the perfect way to get your metabolism moving, eliminate waste material and supply your skin with the essential minerals it needs.

Re-mineralization, relaxation & immunity boosting

## GLOW MAGNESIUM BODY SCRUB (45 Minutes)

Multi-functional and multi-sensory magnesium exfoliation will remove dead cells for revealing brighter skin that is detoxifying and extremely rejuvenating for your whole body.

## COFFEE MAGNESIUM BODY SCRUB (45 Minutes)

An ultimate body exfoliation that helps you to remove the dead cells and reduce the appearance of cellulite by breaking the fatty deposits formed beneath the skin.

## IMMUNITY RECHARGE MAGNESIUM BODY MASSAGE (60 Minutes)

This deep aromatherapy massage, reinforced by magnesium healing properties is designed to relieve muscle fatigue, improve sleep, detox, and promote the sensation of overall wellbeing.

## UPLIFT DEEP-TISSUE MAGNESIUM BODY MASSAGE (90 Minutes)

Excessive physical activities can cause deep muscular fatigue and low energy levels, our magnesium fitness massage and stretching will aid stiffness and tension. Try it after physical activities to promote speedy recovery and strained muscles. It will be accompanied by a divine, deeply relaxing magnesium scalp massage to ensure healthy scalp function, preventing hair from thinning and falling, and ultimately stimulate new hair growth.

## MAGNESIUM INFINITE DIP

(90 Minutes)

A detoxifying and extremely rejuvenating full body treatment that begins with a 30 minutes magnesium hydrotherapy bath to restore mineral deficiency suppleness, assisting in flushing out further impurities by using special detoxifying magnesium butter.

## MAGNESIUM REBALANCE

(90 Minutes)

Our magnesium scrub will remove dead skin cells through exfoliation as well as cleansing the skin to increase blood circulation, stimulating the detoxifying process, followed by a full body massage for deep relaxation - leaving you feeling replenished with calm and renewed energy.

## SLIMMING MAGNESIUM BOOSTER

(90 Minutes)

An anti-cellulite treatment is a deep-pressure body scrub that helps to reduce the appearance of cellulite by breaking up fatty deposits that forms beneath the skin using 'Of the Island Morning Coffee Scrub' followed by 'Of the Island Top Shape gel' as a body wrap to stimulate blood and oxygen flow. The treatment further helps in reducing the formation and appearance of cellulite and allows you to flush out the body toxin through Lymphatic System.

## HYDRACOOOL FACIALS

The ultimate **HydraCool** machine facial is a patented skin treatment which available in four steps including cleansing, exfoliating, extraction and hydrating the skin with intense moisturising serum that are infused into the skin.

### HYDRACOOOL RADIANCE FACIAL

BY LA VALLEE

(90 Minutes)

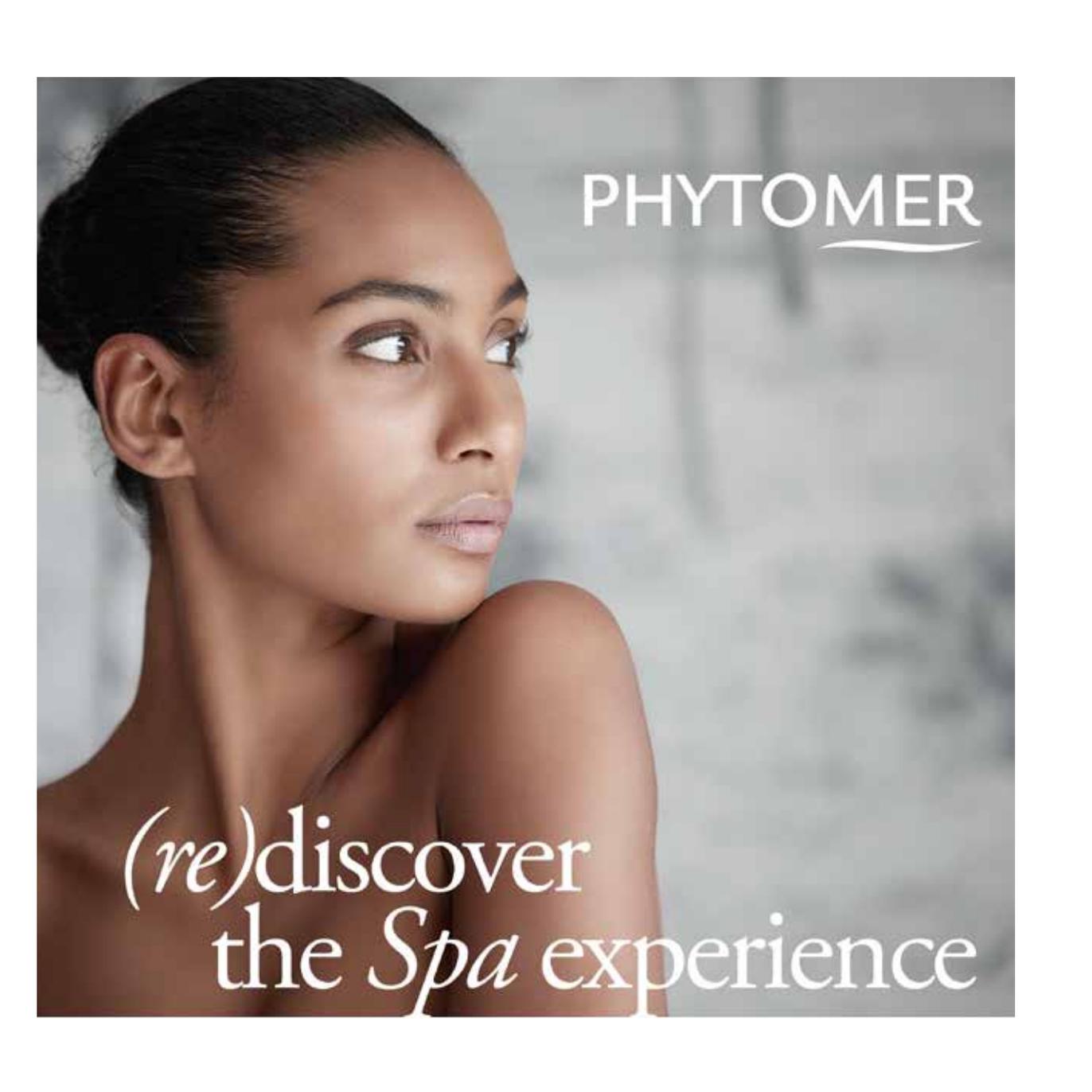
Reduce skin imperfections and hyperpigmentation spots with the Hydracool Radiance Treatment by La Vallée. This powerful treatment unifies your complexion and instantly gives you a deeply radiating glow.

Deeply infuse the Lightening Vegetal Complex of La Vallée Switzerland with the Hydracool Mesophoresis Infusion which promotes skin brightening and offers protection from the sun's rays and external damages.

### HYDRACOOOL CAVIAR ESSENCE FACIAL BY LA VALLEE

(90 Minutes)

The Hydracool Caviar Essence Treatment by La Vallée Switzerland is the signature facial treatment to instantly smooth, plump, and firm the skin. This deeply oxygenating and regenerative treatment combines the powerful oxygenation and infusion of the Hydracool with the exclusive ingredients of the Nutrisea Caviar Extract of La Vallée. The Hydracool Ultrasound application lifts the skin, while highly concentrated vitamins and antioxidants provide optimal and visible results on regeneration and anti-aging.



PHYTOMER

*(re)*discover  
the *Spa* experience

# WELLNESS MARINE BODY DETOX AND SLIMMING TREATMENTS BY 'PHYTOMER'

## OLIGOMER SPA WELL - BEING MASSAGE

(90 Minutes)

This deeply relaxing, reenergising signature massage includes both a full body exfoliating scrub and a massage. The session provides a unique sensory experience thanks to OLIGOMER, PHYTOMER's legendary active marine ingredient, and its extraordinary remineralizing and strengthening benefits. The head-to-toe exfoliating scrub and massage provides instant rejuvenation and incomparable relaxation.

## P5 SLIMMING TREATMENT

(60 Minutes)

A full body slimming treatment, ideal for wellness retreats, that combines a toning massage with an exclusive algae wrap to slim curves, reshape, and tone the body. Results after just 4 sessions are conclusive: an 11% belly bulge reduction and an 8% reduction in thigh circumference.

## SCULPT ZONE TREATMENT

(60 Minutes)

An intensive exfoliating scrub, a targeted massage, and an innovative thermo-sculpting wrap eliminate curves and cellulite in record time. The results are dramatic with over 1 cm reduction in waist size in just 4 treatments.

## BODY FIRMING TREATMENT

(60 Minutes)

A high-performance gel wrap is applied, then massaged into the skin to lift, tightens tissue, and prevent sagging. Result: the whole body is firmed and toned.

## MARINE BODY WRAP

(60 Minutes)

Choose from a detoxing or energising marine wrap.

## LEG REVIVAL

(45 Minutes)

A targeted massage designed to soothe and relax sore, tired legs that also brings back their beautiful curves and contours.

## SATIN SHIMMER

(45 Minutes)

An exfoliation treatment using sea salt crystals is paired with a moisturizing massage for an express beautifying treatment that leaves the skin silky soft.

## TURKISH HAMMAM RITUALS

The essence of “The Turkish Bath House”, the hammam was a fundamental part of Ottoman culture and society for centuries. It is designed to cleanse and purify the body and skin from toxins, increase blood circulation and stimulate the immune system.

Treat yourself to ancient tradition at its best with Anantara Spa’s selection of unique Turkish hammam experiences with separate male, female, and couple’s hammam facilities and relaxation areas. Anantara invites you to come and indulge in this age-old ritual in the beautiful, serene surroundings of our Turkish hammam.

For the ultimate pampering experience, relax like a sultan as the traditional ‘tellak’ guides you through the ancient art of the Hammam.

### TRADITIONAL TURKISH BATH RITUAL (45/60 Minutes)

Performed in the soothing surroundings of Hammam facilities, the gentle heat of the steam and stone softens and prepares the skin of a kese mitt exfoliation, followed by an authentic foam massage using the finest handmade olive oil soap.







# MOROCCAN HAMMAM RITUALS BY MAISON D'ASA

Maison D'Asa is inspired by the tradition of hospitality to four destinations in the world through decadent Gateways, each symbolic of historic traditions and culture, focusing on a key element that embellish each journey.

This is supported with a luxury collection of signature treatments, accompanied by a 100% organic certified range of products and further complemented with bespoke fragrances and aromatherapy blends reminiscent of the entrancing scents of the Maghreb and the East.

## TRADITIONAL PURIFICATION

(45 Minutes)

This experience commences with a steam and deep exfoliation with black soap with lavender and a traditional Kessa mitt. The body is then cocooned with a rose blossom body mask. A foot exfoliation with invigorating citrus and hair cleanse with green tea. Completed with a rose spritz and full body nurturing with a sandalwood body oil.

## TREASURES OF MOROCCO

(60 Minutes)

A deeply reviving experience promotes circulation and enlivens the skin. Peppermint black soap is combined with a kessa mit and honey body scrub for body exfoliation. A honey exfoliation is combined with a lemon hand and foot exfoliation and a deep cleansing atlas verbena body mask, ensures ultimate renewal of the skin and senses. An argan oil facial treat is combined with a green tea and argan hair treatment. Ending with an awakening orange blossom body mist & sweet orange body oil.

## THE ANANTARA ROYAL HAMMAM

(90 Minutes)

This treatment encapsulates the true historic traditions of Hammam with a flair of decadence. A steam experience and Bakhour Black Soap exfoliation is initiated using a hand embroidered Kessa mitt. A sweet honey exfoliation is merged with a Neroli body mask and restoring Argan facial polish with purifying green clay facial mask. Feet are exfoliated with minted bath salts. An age defying elixir of rare prickly pear complements the organic Argan oil hair serum and Oud body mist with a sandalwood oil finale.

## FACE AND BODY TREATMENTS BY 'LA VALLEE'

### PROFOUND PURIFYING TREATMENT

(60/75 Minutes)

The La Vallée Profound Purifying Treatment is a normalising face care treatment, with a cocktail of Fomes Officinalis mushroom, Birch tree extract, Silica and Laminaria Digitata. The treatment improves the skin tone, firmness and minimises the visible appearance sebum's excess secretion while tightening pores and stimulating the skin. This treatment is ideal for combination, oily or clogged skin and leaves the skin deeply purified, fresh and luminous.

### INTENSE HYDRATION TREATMENT

(60/75 Minutes)

The La Vallée Intense Hydration Treatment helps to keep the skin deeply moisturised and protects against water loss with the unique La Vallée Nectapure Complex. Water is necessary for the functioning of skin cells and in particular skin renewal cycle. When hydrated, the skin regains its suppleness, softness, elasticity and radiance.

### ULTRA-CALMING TREATMENT

(60/75 Minutes)

The La Vallée Ultra Calming Treatment is specially designed for sensitive and delicate skin types, using a powerful combination of ingredients such as Bisabolol, Sacharide Isomerate and essential oils. It acts as an anti-irritant, anti-inflammatory and anti-microbial while soothing, softening and Client's nourishing the skin.

### BRIGHTENING & UNIFYING TREATMENT

(60/75 Minutes)

The La Vallée Brightening & Unifying Treatment helps to reduce skin imperfections and hyperpigmentation. This powerful treatment unifies your complexion with its «Lightening Vegetal Complex » from bearberry, wild mulberry and vitamin C, and results in the skin becoming more radiant. The Lightening Complex promotes skin brightening and unifies the complexion while acting on melanocytes and the synthesis of melanin, offering an extreme protection from sun's rays and external damages.

### GLOBAL AGE DEFYING TREATMENT

(60/75 Minutes)

The La Vallée Global Age Defying Treatment for devitalised skin will meet needs in a targeted way in order to synergistically function and obtain total anti-aging effectiveness. Acting deeply on the skin's regeneration and diminishing the appearance of lines and wrinkles, the Global Age Defying Treatment also improves the skin's firmness and resilience.

### CAVIAR COLLAGEN BOOST TREATMENT

(90 Minutes)

The signature La Vallée Caviar Collagen Boost Treatment, with its high-tech powerful formula and ingredients such as the exclusive Nutrisea Caviar Extract, vitamins and antioxidants provides optimal and visible results on regeneration and the anti-aging process. A symbol of luxury and biotechnology with Caviar extract, the appearance of the skin is instantly smoothed, plumped and firmed.

## GLOBAL STX-CELLS REPAIR TREATMENT

(90 Minutes)

The Signature La Vallée Global Cell Repair STX Treatment is a uniquely designed global anti-aging treatment. With a high concentration of three selected plant stem cells - Cell integrity, Bio Nymph Peptide Complex and Flax Flower Extract, this treatment acts on epidermal cells to extend their life and slow down the aging process. The skin is regenerated and rebuilt, and it greatly regains its radiance, youthfulness and immediately improves the complexion of the skin.

## BODY CONTOURING TREATMENT

(60/90 Minutes)

Indulge yourself with this body-toning, anti-cellulite treatment. The apricot kernels-based scrub will prepare your deep tissues to be detoxified and slimmed. Body contouring massage techniques then help to promote better circulation as well as generate fat burning. Green coffee and Flavum extracts promote the three-dimensional remodelling effect of hypertrophied fat tissue, helping to lose centimetres and sculpt the body, where you need it most.

## LIGHT LEGS TREATMENT

(45 Minutes)

If you suffer from water retention in your legs, following a flight, standing all day, or due to the effects of heat in the summer, then this is truly the treatment for you. Based on specific application techniques, together with chestnut seed, arnica and menthol extracts, this treatment will leave your legs feeling lifted and light. Walk tall after this wellbeing treatment that relieves heavy legs and puts a spring in your step.

## BODY DRAINING WRAP

(60 Minutes)

Body swelling is a common complaint, often the result of a hectic urban lifestyle. This wrap is particularly effective after a flight or in relieving the effects of a stressful work schedule. Ivy extracts form the base of the treatment, preventing water accumulation and relieving existing water retention in your skin's tissues. It soothes the skin and helps to promote wellbeing quickly and effectively, every time.

## BODY MOISTURIZING WRAP

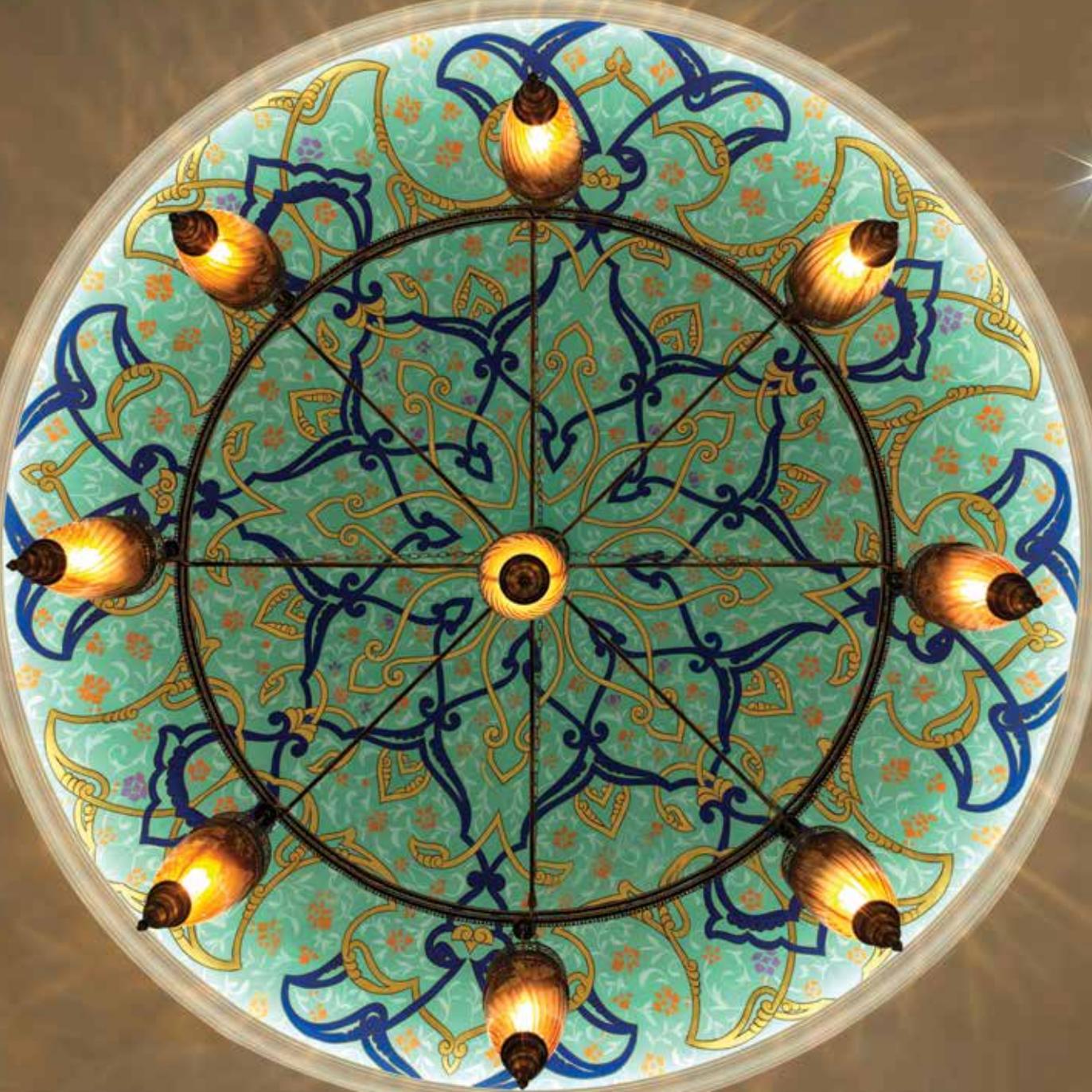
(60 Minutes)

Keeping your skin hydrated and supple is important throughout all the seasons of the year. Moisture enriches your body surface with nutrients, creating long-lasting hydration of the skin. The combination of a moisturizing balm and a pink clay-based body mask promotes regeneration, improving skin elasticity, lessening wrinkles and avoiding skin dryness.

## SKIN REFINING SCRUB

(90 Minutes)

As part of your preparation for a body wrap treatment or massage ritual, this skin-refining scrub will soften and enhance the skin. Fine apricot kernel particles remove dead skins cells, while the final application of a moisturizing balm softens and hydrates the skin in depth.



## FACE TREATMENTS BY 'PHYTOMER'

### PIONEER TREATMENT FACE- LIPS – DECOLLETE (90 Minutes)

A lifting mask and an ultra-concentrated biotech lotion combine for the ultimate in anti-ageing performance that restores the skin's soft, youthful glow. PHYTOMER's advanced facial massage techniques is unparalleled for relaxation and delivers instantly visible results. The custom lip treatments plumps lips and smooths away wrinkles around the lip line. Our self-heating mud pack is gently applied along the spine for a total relaxation experience that recharges the body's energy.

### OLIGOFORCE LUMINATION FACIAL (60/75 Minutes)

An ultra-comprehensive anti-aging treatment that brightens skin tone, reduces dark spots, and smooth away wrinkles. The perfect pairing of a 20% acid facial peel and a smoothing cloth mask that rich in OLIGOMER to bathe the skin radiance.

### DOUCEUR MARINE FACIAL (60/75 Minutes)

A nurturing treatment that softens sensitive skin and strengthens its defences with smoothing, hydrating results.

### ACNIPUR FACIAL (60/75 Minutes)

A cleansing program that effectively targets blemishes for visibly clearer, healthier skin and a smoother, freshener complexion.

### EXPRESS FACIAL (30 Minutes)

This introductory facial will give a quick and instant pick-me up for dull, lifeless skin.

## ADDITIONAL TOUCHES

To enhance your visit to Anantara Spa and to offer a complete Spa experience, the following have been carefully selected to complement your Spa experience, these treatments cannot be booked separately and must be added to other treatments.

### DIAMOND MICRODERMABRASION (30 Minutes)

Diamond microdermabrasion is a non-surgical way to freshen and rejuvenate skin, using a minimally abrasive diamond hand piece to gently remove the thicker, uneven outer layer of cells from the skin.

### MICROSILK BATH (30 Minutes)

A first in the region, micro silk Technology uses special bath "shells" with microbubbles to enhance overall skin cleansing, exfoliating, and hydration of the skin. Enjoy an oxygen rich bath that supersaturates the water with billions of bubbles, raising oxygen levels up to 70% higher than common tap water, thus increasing metabolism and promoting the growth of skin cells.

### FLOTATION (30 Minutes)

Flotation is a deeply relaxing body treatment that allows you to experience total weightlessness. It's comparable to physical dreaming. Unlike floating in the ocean or pool, where you need to contribute physically to staying afloat, this spa treatment allows you experience complete weightless relaxation.

### DEEPER THAN DEEP HOT STONE MASSAGE

(90 Minutes)

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

### BACK MASSAGE

(30 Minutes)

Unwind with a massage that combines rhythmic pressure and a blend of oils to alleviate tensions and stress and provide immediate relief and relaxation.

### FOOT & ANKLE MASSAGE

(30 Minutes)

Helps relieve stress and stimulate circulation with this foot and ankle treatment.

### SCALP MASSAGE

(30 Minutes)

A gentle, de-stressing fingertip massage to help improve circulation, remove tension, and relieve headaches.



