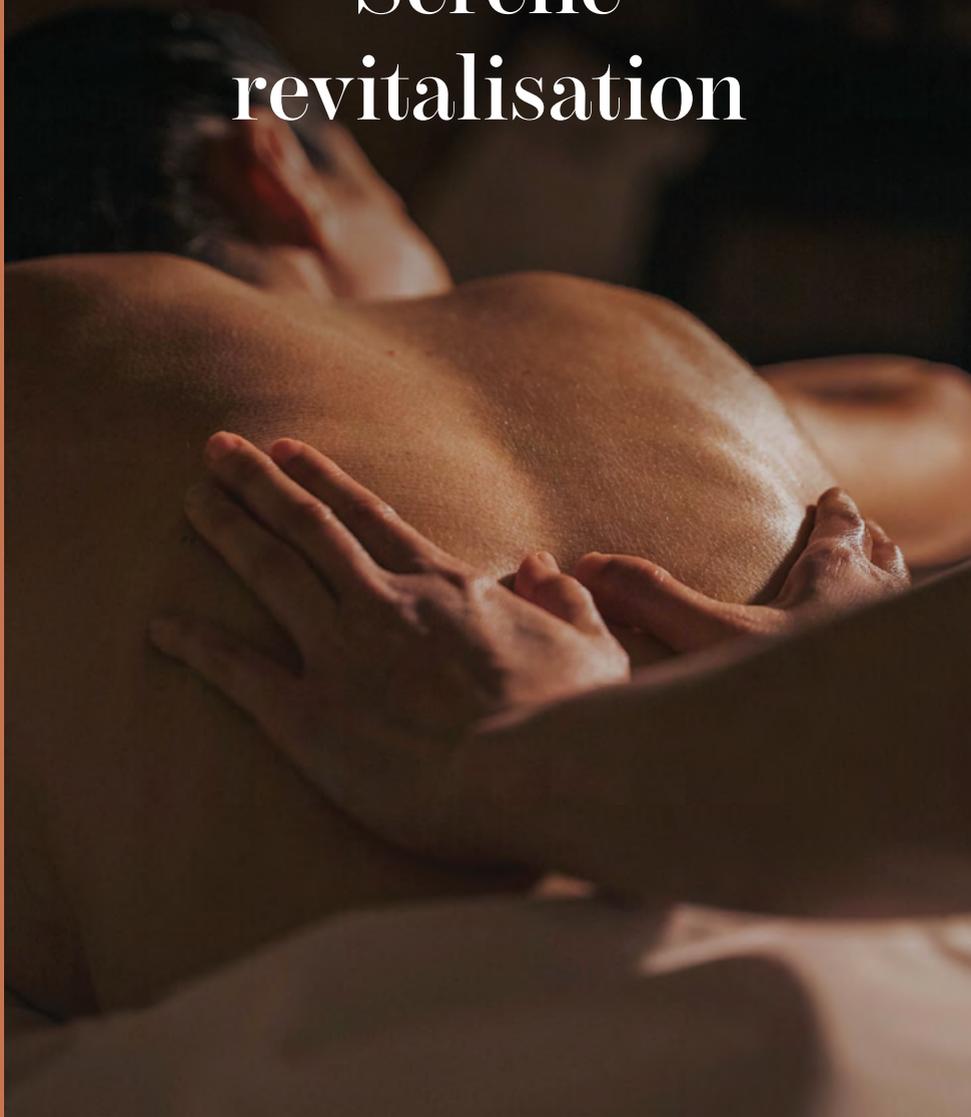


Serene revitalisation



ANANTARA

SPA

THE GREATEST JOURNEYS ARE FELT, NOT TOLD

Holistic serenity at Anantara Spa

With a philosophy of wellness rooted in Thai culture, Anantara means “without end” in Sanskrit - an idea that is reflected in our spa sanctuaries, which are devoted to the perpetual harmony of body and mind. Anantara Spa invites you to disconnect from the outside world and immerse in journeys of health and beauty, inspired by holistic Thai and Spanish wellness traditions.

Surrounded by peaceful gardens, the 2,000 square-metre retreat is one of the largest in Europe. It includes an aromatic circuit and 12 treatment rooms, and was named “The Best Spa” by the Condé Nast Johansen’s Awards in 2022.

Choose from blissful relaxation treatments, cutting-edge beauty therapies and innovative techniques for body and mind, including programmes to help you lose weight and experiences designed especially for golfers.





Signature experiences

Drawing on the Anantara Spa's first-class expertise in global wellness traditions, our signature selection of experiences blends luxurious relaxation with powerful, long-lasting benefits for body, mind and soul.

ANANTARA SIGNATURE MASSAGE

Our signature blend of essential oil, combined with rhythmic movements, stimulates circulation and promotes deep relaxation, all whilst restoring the flow of energy, or prana, along the meridian lines.

50 | 80 MINUTES

ANANTARA GOLFER'S MASSAGE

Release muscle tightness in the shoulders, upper arms, scapula, upper body sides and lower back in a therapeutic oil massage specially designed to complement tee time. Relieve fatigue and unwind with a blend of classic stretching and body-soothing techniques.

50 | 80 MINUTES

HIMALAYA SALT RITUAL BY COMFORT ZONE

Your expert therapist uses the power of Himalayan salt to help release tension. Unwind and enjoy the relaxing, revitalising and remodelling effects of this unique ritual.

60 MINUTES

Signature journeys

ANANTARA SIGNATURE JOURNEY

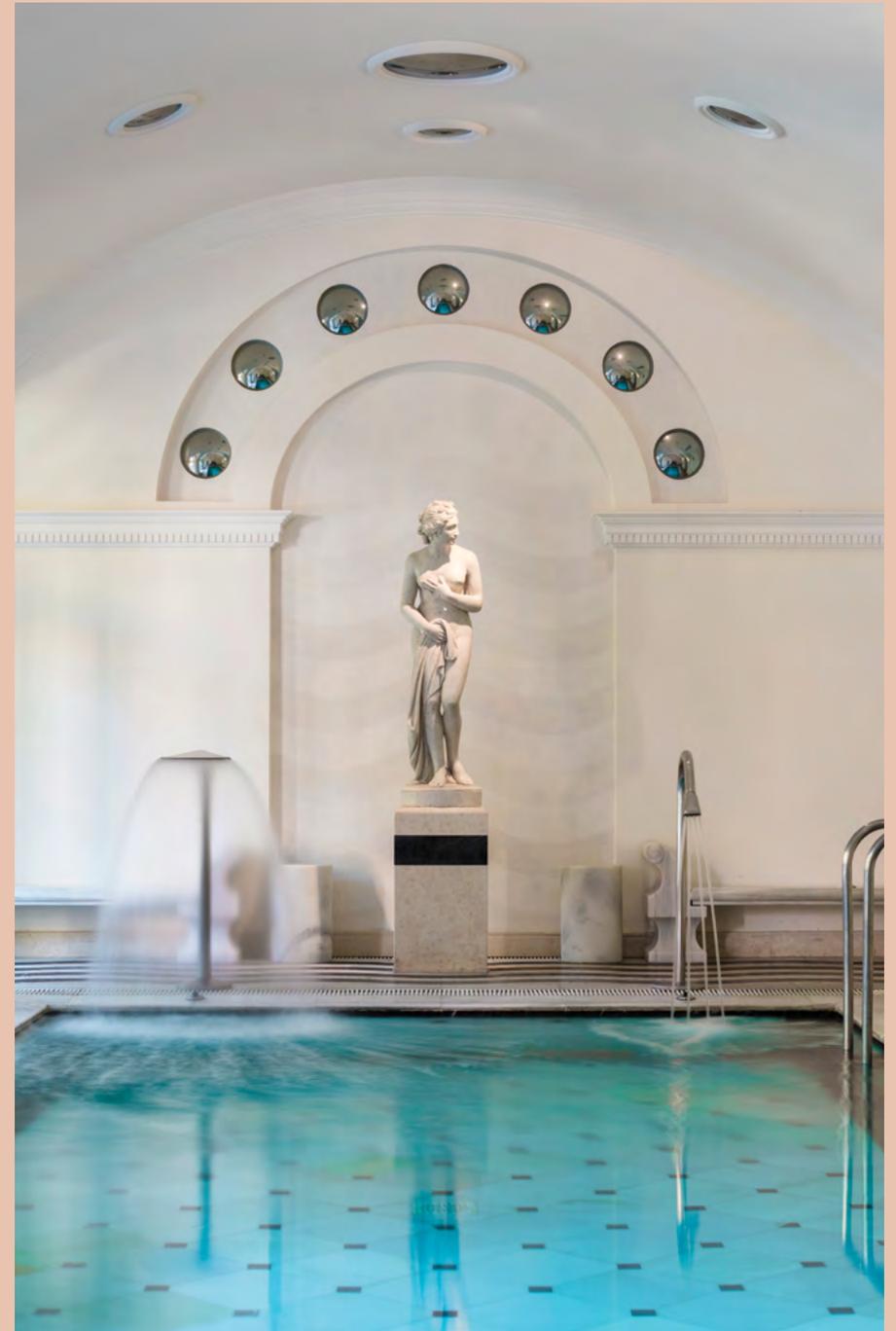
Inspired by Anantara's philosophy of 'Nam Jai', which embodies heartfelt service, this journey is a full immersion in gentle care and sincere kindness. Begin with a soothing foot cleanse, infused with the exotic aromas of frangipani flowers and hibiscus. This time-honoured practice holds deep cultural significance in Thailand, symbolising a fresh start and the release of negative energy. Next, a relaxing, restorative massage is tailored to your unique needs with your choice of oils to nourish the skin and promote a sense of calm. Conclude your journey with an express facial designed to revitalise and hydrate your skin, leaving it radiant and glowing.

80 MINUTES

DETOX JOURNEY

Feel renewed with this cleansing treatment, starting with an underwater massage for relaxation, pain relief, improved circulation and flexibility. This unique technique also hydrates the skin, supports rehabilitation, reduces cellulite and strengthens the immune system. The journey concludes with a Piroche cupping massage, which eliminates toxins and reduces inflammation for a sense of complete wellbeing.

125 MINUTES



Massages

DEEP TISSUE BY ELEMIS 50 | 80 MINUTES
A powerful massage designed to relieve deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern to release common discomforts such as stiff neck, lower back pain and sore, tight shoulders.

RELAX 50 | 80 MINUTES
Enjoy an anti-stress massage with essential oils and aromas that are carefully selected to provide a complete sense of wellbeing.

TRADITIONAL THAI 50 | 80 MINUTES
Passed down through generations, this ancient style of massage is known to many as 'passive yoga', as it offers the ultimate body workout. Experience how pressure point and stretching techniques effectively release tension, increase flexibility and boost vitality.

THAI HERBAL COMPRESS 80 MINUTES
This ancient Thai treatment removes negative energy and lethargy, 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.

HOT STONES 80 MINUTES
In this deluxe, full-body treatment, your expert therapist uses heated stones and soothing aromas to release tension and stress.



MOTHER-TO-BE BY ELEMIS 50 MINUTES
This specialised massage for parents-in-waiting helps alleviate discomforts common during pregnancy. Suitable for the second trimester onwards, it's a soothing experience designed for blissful moments during this special time.

DETOX BY PIROCHE 80 MINUTES
This unique bio-energy massage is carried out with the help of a Lymphodrainer, which is made by Piroche, and specific products composed of active substances that help eliminate toxins.

CUPPING THERAPY 50 MINUTES
This ancient technique used in holistic wellness traditions involves suction cups applied to the body's meridians and helps eliminate toxins, minimise cellulite and reduce inflammation.



Body treatments

FRANGIPANI BODY SCRUB AND WRAP

An invigorating experience with the extraordinary cleansing, mineral-rich power of salt. Aromatic salt is used to gently slough away dead skin cells, encouraging the regeneration skin and leaving the body smooth and responsive to oils and balms. Thereafter, the velvety texture of Monoi Oil offers intense hydration to quench thirsty skin. The aromatic oil is applied using sweeping strokes with maximum attention paid to any particularly parched areas. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

80 MINUTES

MULTI-ACTION REJUVENATION BY BIOLOGIQUE RECHERCHE

Promote and improve elasticity, tone and firmness to the skin, particularly in targeted areas, including the abdomen, thighs, buttocks and arms. This treatment is also effective in reducing edematous or fibrous cellulite, for a smooth, sculpted shape.

60 MINUTES

ROSALPINA TREATMENT

Harnessing the power of the Age-Protect formula from Piroche Cosmetiques, the Rosalpina treatment is a full-body manual ritual that stimulates the vitality of the skin's stem cells, promoting regeneration and supporting the body's natural defense mechanisms.

70 MINUTES

HYDRATING ALGAE WRAP

This deep-tissue massage is administered with algae to remineralise, stimulate, nourish and moisturise the skin.

45 MINUTES

Hydrotherapy

SPA CIRCUIT

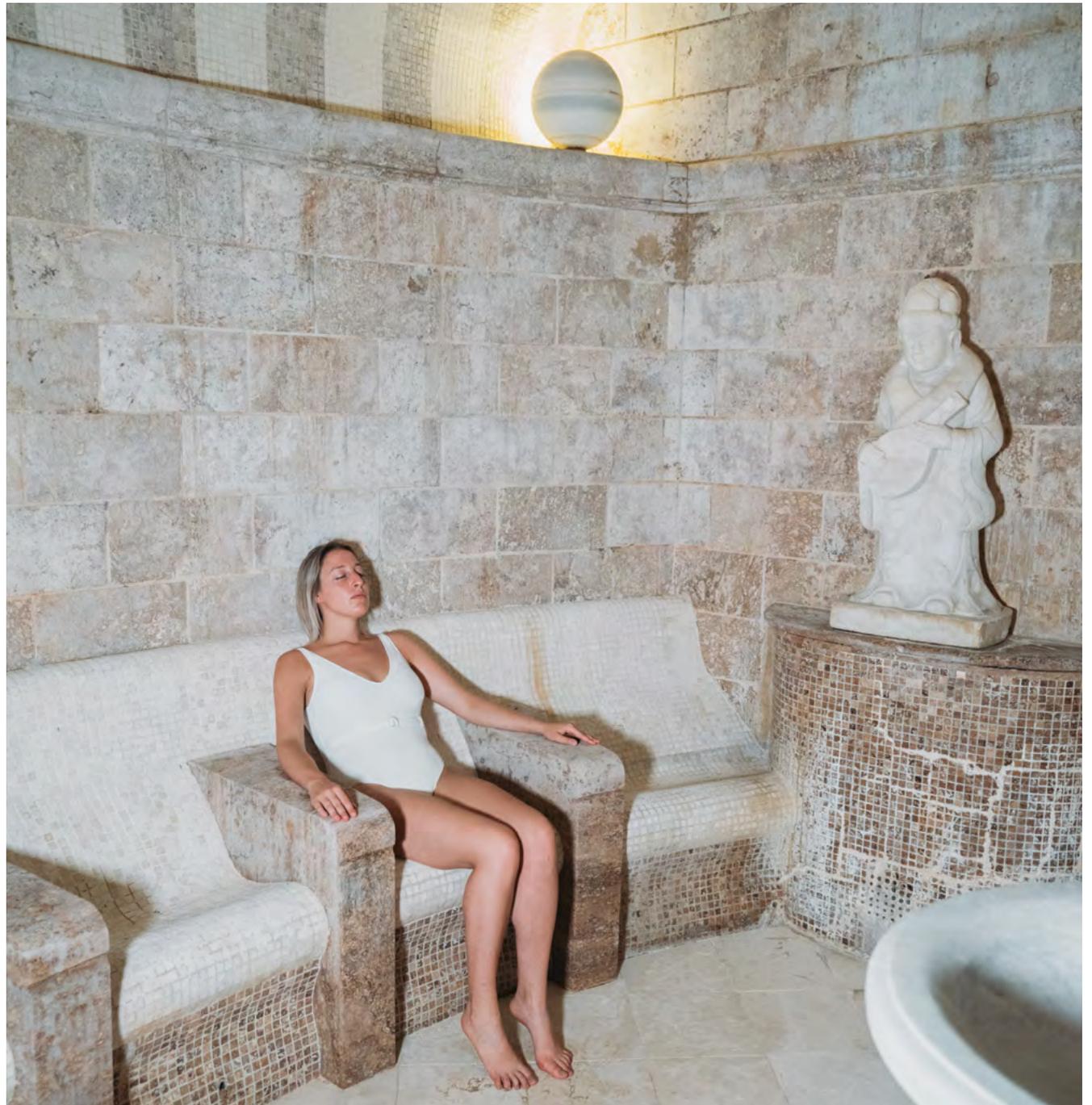
Enjoy access to four steam baths with different temperatures and aromas, a sea salt hammam, Greek sauna, Finnish sauna, a dynamic heating swimming pool, a contrast pool, a flotarium and a laconium. External guests are welcome.

3 HOURS

AQUA TUB DETOX MASSAGE

Administered in a bathtub, this massage uses pressurised water jets to improve blood circulation and reduce cellulite while also aiding in muscle relaxation and weight-loss.

45 MINUTES





Specialised treatments for body and face

INDIBA TREATMENT

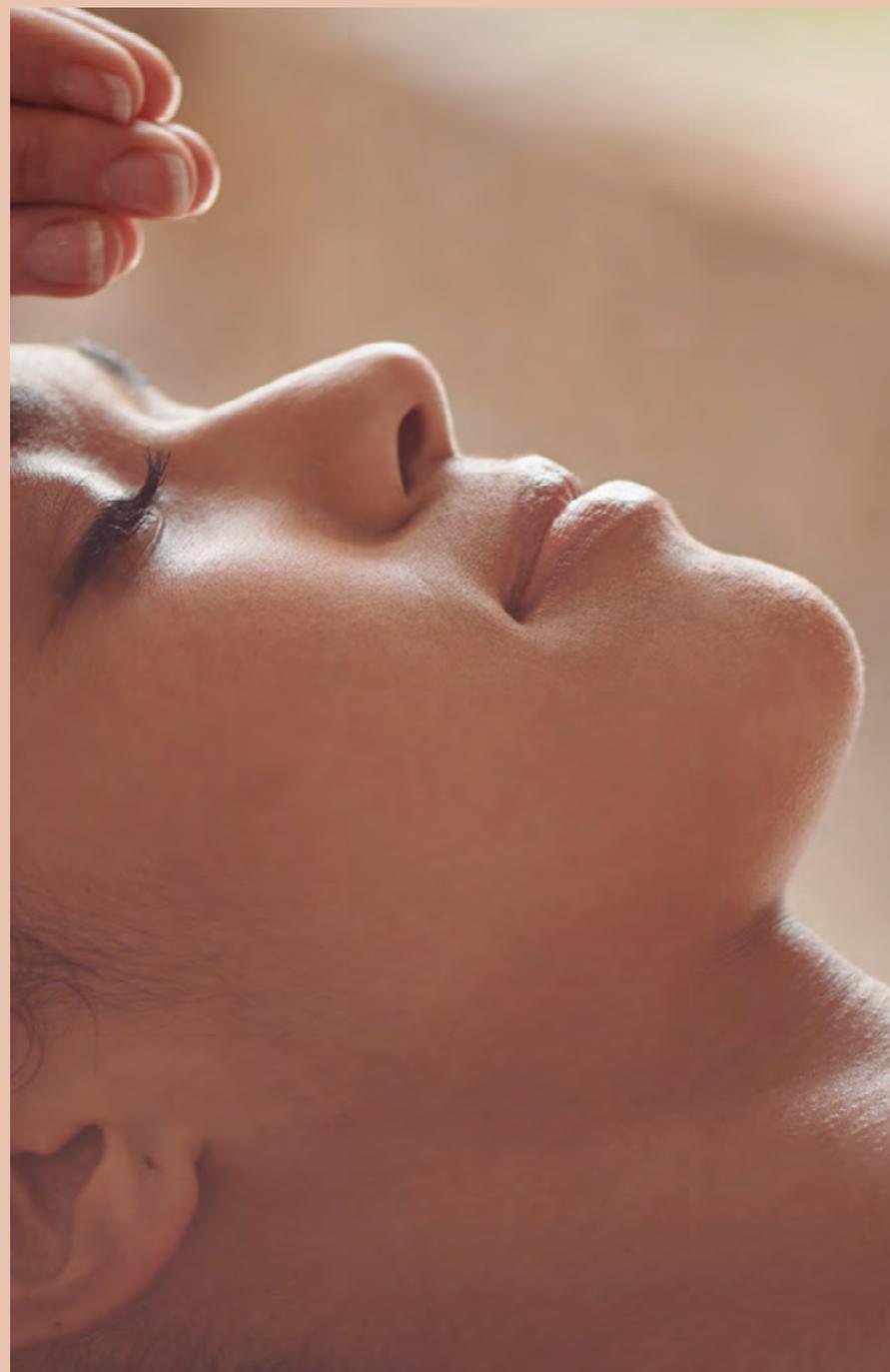
The exclusive Indiba Deep Beauty method rebalances the cellular exchange of ions, which helps cells recover their natural function. As a result, skin tissue regains lost elasticity and fat is reduced. As oxygen flows more freely between cells, microcirculation is improved to relieve and rejuvenate the skin.

60 | 90 MINUTES / 4 SESSIONS | 60 MINUTES

LPG ENDERMOLOGIE

The treatment has a direct effect on natural physiological processes and tissue integrity, almost doubling the natural elimination of subcutaneous fat. The benefits include a feeling of well-being and immediate lightness, a more sculpted figure, and smoother, rejuvenated skin.

45 MINUTES



Touch facials

PERSONALISED FACIAL

60 MINUTES

After a detailed assessment of your skin, your expert therapist will propose the facial treatment techniques and products that will meet your needs and desires.

RESTRUCTURING BY BIOLOGIQUE RECHERCHE

90 MINUTES

Enjoy an anti-stress, sculpting facial massage with essential oils and aromas that are carefully selected to provide a complete sense of wellbeing.

GLOW BY BIOLOGIQUE RECHERCHE

60 MINUTES

A unique protocol for vibrant, nourished and revitalized skin. This treatment is suitable for all skin types and is especially recommended for dull, tired, devitalized skin and/or skin with pigmentation spots.

MASTERPIECE BY VALMONT

90 MINUTES

Regenerate and tone your face with this luxurious ritual designed to stimulate cell renewal. Your skin will feel plumped, full and firm as Valmont's products visibly preserve and restore youthfulness to the neck and décolleté.



SUPREME LIFTING BY VALMONT

60 MINUTES

This facial treatment smooths the skin and targets deep wrinkles by working on the muscle fascia and the dermoepidermal junction. Enriched with powerful actives like collagen, vitamin C, and Reti-Boost, it enhances firmness, hydration, and the overall appearance of the face.

JAPANESE FACIAL MASSAGE

80 MINUTES

Enjoy an instant tightening and firming effect with this unique facial massage, which improves circulation, eliminates toxins and removes dead cells for a fresh complexion and a serene, radiant face.

Elemis tech facials

Expert tech facial treatments are where groundbreaking technology meets active ingredients and transformative touch. The pioneering innovation of the the biotec works in combination with the therapist to turbo charge your facial results.

LIFT + REJUVENATE FACIAL - RENEW, PLUMP & TONE

Restore your skin's vitality with our targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate, and Oxygen Infusion to plump. Skin will appear renewed, toned and lifted.

50 MINUTES

Includes:

- Ultrasonic Peel for glowing skin
- Microcurrent to lift the skin
- Oxygen Infusion to plump the skin

SMOOTH + POLISH FACIAL - RESET, RESURFACE & BRIGHTEN

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energize and Galvanic technology to nourish, revealing bright, polished, and smooth skin.

50 MINUTES

Includes:

- Ultrasonic Peel for glowing skin
- LED Light Mask to re-energize the skin
- Galvanic technology to restore the skin



SCULPT + FIRM FACIAL - REVITALIZE, STRENGTHEN & DEFINE

Our ultimate treatment, this multi-faceted facial is customized to target your skin needs using all 6 BIOTEC technologies for a transformative facial experience like no other. Your complexion will be left revitalized, strengthened, and defined.

80 MINUTES

Includes:

- Cryotherapy for skin sculpting
- Ultrasonic Peel for glowing skin
- Microcurrent to lift the skin
- Oxygen Infusion to plump the skin
- LED Light Mask to re-energize the skin
- Galvanic technology to restore the skin

Hand & foot care

SPA MANICURE

Cut, file, buff, scrub, hydration, cuticle care and polish treatment.

ESSENTIAL | SEMI-PERMANENT

SPA PEDICURE

Cut, file, buff, scrub, hydration, cuticle care and polish treatment.

ESSENTIAL | SEMI-PERMANENT





Fitness and other disciplines

PERSONAL ASSESSMENT SESSION

Work with our wellness experts on a functional diagnosis to determine your general state of health and physical condition in order to design a personalised plan.

ONE-TO-ONE PERSONAL TRAINING

Based on your fitness goals, let us assign you a carefully chosen trainer to guide you through tailored workouts, which can include the gym, pool, yoga mat, stretching and more.

60 MINUTES

PRIVATE YOGA CLASS

Bring body and mind into balance as our expert yogi works with you one-on-one, leading you through breathwork, postures and mindfulness to lengthen and strengthen the body and create inner serenity.

60 MINUTES

Hairdressing services

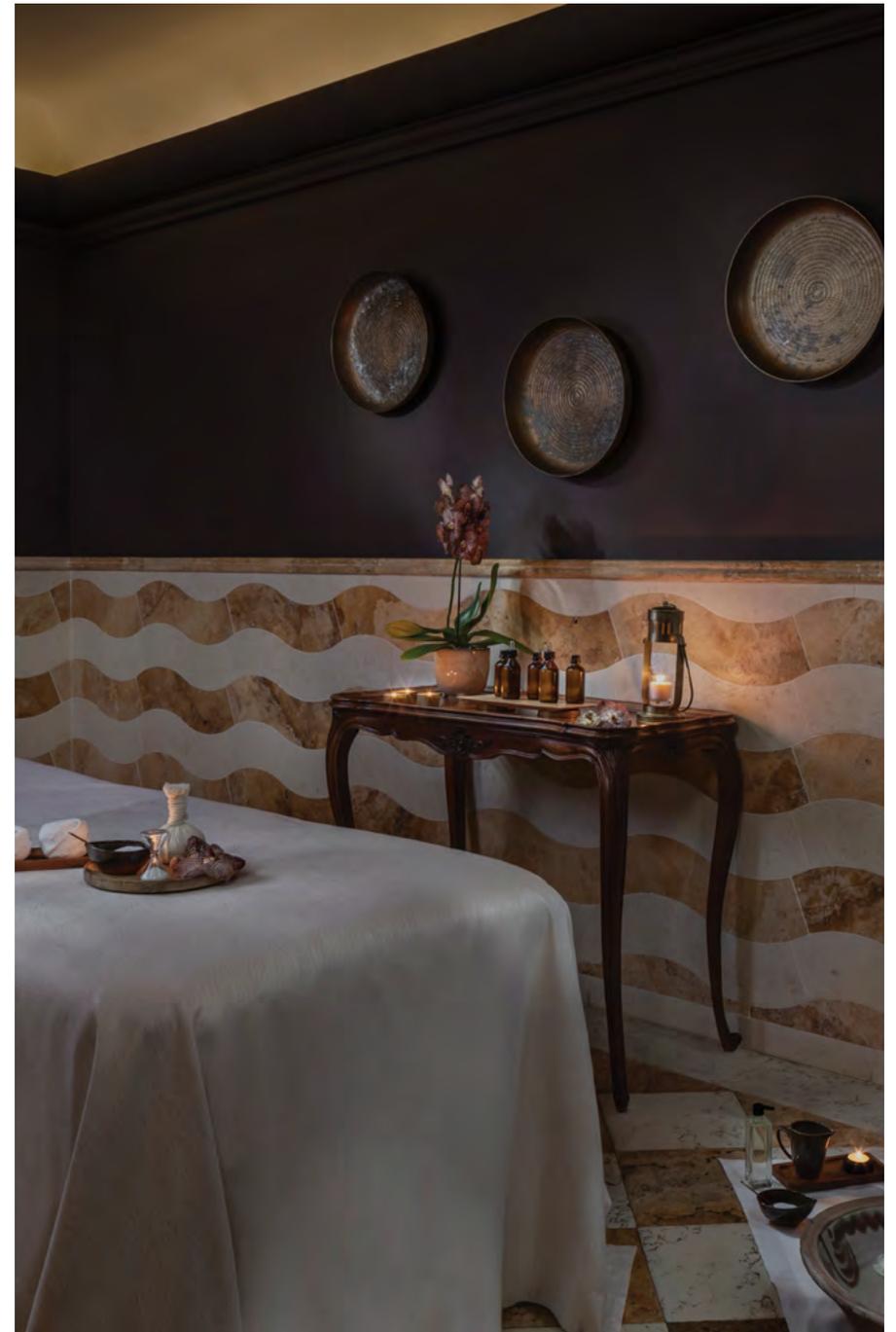
Available upon request 24 hours in advance.

Spa memberships

Monthly, half-yearly and annual memberships available. Please ask our reception team for more details.

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.
- Please note that the spa is unsuitable for small children and babies, as we try to ensure that all our guests equally benefit from the calm atmosphere.
- Spa access is reserved for individuals over 16 years old.
- Children will have access to the spa pool every day, 10:00 am – 11:00 am.
- We recommend that you leave all jewellery in your room before coming to the spa.
- If you would like to cancel your appointment, please do so at least 4 hours prior to the treatment to avoid a 50% charge. In the case of no-shows, 100% of the appointment will be charged.
- We recommend that you do not sunbathe after aromatherapy and Indiba treatments.
- We recommend men shave before any facial treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones is not permitted in the spa.
- Should you arrive late for your appointment, the treatment time may have to be reduced, depending on availability. Every effort will be made to provide you with the full treatment time.
- Guests with high blood pressure, heart conditions, allergies, have any other medical conditions, or who are pregnant, are advised to consult a doctor before undergoing any treatments.
- Please notify the spa receptionists of any existing medical conditions.



Healthy gastronomy

A journey of culinary wellness awaits at Irene's Health Kitchen. Take your seat on Anantara Spa's outdoor terrace to explore a menu prepared by Chef Irene Hernández with high-quality superfoods and cleansing ingredients. Choose from delicious dishes with myriad benefits, from detox support to immune-system boosting, to complete your wellness experience.

DISCOVER OUR MENU



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