

Spa Menu



ANANTARA

SPA





Signature Experiences

Drawing on Anantara Spa's world class expertise, the finest indigenous wellness traditions and unique holistic therapies, our collection of highly specialist rituals blend luxurious pampering with powerful, long lasting benefits for body, mind and soul.

Himalayan Thermal Therapy

Harnessing the ancient energy of the Himalayan Mountains we use artisan, hand-carved Himalayan salt stones to dissolve all your mental and physical tension. These ethically sourced stones reintroduce 84 minerals and trace elements to the body to induce the ultimate state of equilibrium while encouraging the body's natural detoxification. As you transcend into a state of total relaxation, a facial massage using iced Rose Quartz Gua Sha crystals shall relieve muscle tension, stimulate circulation and leave your skin with an eternal glow. This full body ritual is crowned with a deeply rejuvenating head massage focusing on Marma points which destress the nervous system and refresh the mind.

HIMALAYAN THERMAL THERAPY
90 MINUTES

THB 4,500++

Anantara Hua Hin Signature Journey

Skin gleams with vibrancy after a smoothing and replenishing polish infused with beautifying turmeric. Then surrender to a deeply relaxing massage that incorporates the healing power of a warm Thai Herbal Compress.

Floral Foot Ritual • Turmeric Scrub • Thai Herbal Compress Massage • Refreshment

ANANTARA SIGNATURE MESSAGE
165 MINUTES

THB 4,500++

Anantara Signature Massage

Combining Eastern and Western techniques in purpose designed movements with our unique oil blend, this massage stimulates the circulation and deeply relaxes muscles, clears energy blockages and promotes overall wellbeing.

ANANTARA SIGNATURE MESSAGE
60 / 90 MINUTES

THB 2,900++ / 3,500++

Bespoke Spa Experience

Indulge in an exclusive spa journey, designed to suit your needs and mood. Highlight the areas you wish to focus on or the benefits you'd like to receive, and we'll tailor the perfect 90 minutes treatment.

BESPOKE SPA EXPERIENCE
90 MINUTES

THB 3,500++

Spa Journeys

Journey of Siam

Experience a sequence of revered Thai wellness traditions. Remedial herb-infused steam relaxes the body and opens pores, in preparation for a moisturising coconut polish. Energising massage techniques stretch and reinvigorate the body, enhancing energy flow and overall wellbeing.

Floral Foot Ritual • Thai Herbal Steam • Essence White Coconut Scrub
• Traditional Thai Massage • Refreshment

JOURNEY OF SIAM
205 MINUTES

THB 4,500++

Elemis Couture Touch

Condition your skin and muscles with this all-embracing experience. Combine any 1-hour ELEMIS hands-on TOUCH facial with your personalized Freestyle Deep Tissue Massage.

ELEMIS Freestyle Deep Tissue Massage • Personalized Facial • Refreshment

ELEMIS COUTURE TOUCH
135 MINUTES

THB 5,900++

Dawn Renewal

Rise to a ritual of revitalising therapies. Smooth, renew and hydrate skin with refreshing green tea exfoliation. Re-awaken with a gentle massage that soothes away all tension.

• Floral Foot Ritual • Detoxifying Green Tea Scrub • Stress Release Massage • Refreshment

DAWN RENEWAL
165 MINUTES

THB 4,500++





Massages

Thai Herbal Compress Massage

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.

THAI HERBAL COMPRESS MASSAGE
90 MINUTES

THB 3,000++

Traditional Thai Massage

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 release tension, increase flexibility and boost vitality.

TRADITIONAL THAI MASSAGE
60 / 90 MINUTES

THB 2,400++ / 2,900++

Massages

Stress Release Massage

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.

STRESS RELEASE MASSAGE
60/90 MINUTES

THB 2,500++/3,000++

Indian Head Massage

Based on Ayurvedic principles, this soothing yet energizing massage combines pressure point techniques and coconut oil to relieve tension in the head and neck. While restoring tranquility, this massage can also help to relieve insomnia, chronic headaches, migraines and sinusitis.

INDIAN HEAD MASSAGE
60 MINUTES

THB 2,300++

Foot Massage

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.

FOOT MASSAGE
60 MINUTES

THB 2,000++

ELEMIS Freestyle Deep Tissue Massage

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimal circulation.

ELEMIS FREESTYLE
DEEP TISSUE MASSAGE
60/90 MINUTES

THB 2,900++/3,500++

Wellness Program

Balance Wellness

Fitness, Spa & Healthy Lunch

Feel fully energized and wonderfully relaxed with a well-rounded package for total wellbeing. Stress relieving dynamic movement, paired with a deeply soothing spa experience and wholesome nutritious cuisine leaves you rejuvenated, empowered and glowing with vitality.

- Muay Thai Boxing or Yoga (30 minutes) • Thai Herbal Steam (30 minutes)
- Thai Herbal Compress Massage (60 minutes)
- 3 course Spa Cuisine meal with a choice of starters, mains and desserts

FITNESS, SPA & HEALTHY LUNCH
120 MINUTES

THB 4,800++

Cannabis Stress Release Journey

For those suffering from office syndrome or back and neck pain discover the healing powers of cannabis in essential oil and herbal form. A full-body massage induces deep relaxation, increasing blood flow and detoxification. A warm herbal compress then releases any build-ups of tension along the spine.

- Cannabis Foot Ritual • Cannabis Herbal Compress Massage • Cannabis & Floral Tea

CANNABIS STRESS RELEASE JOURNEY
90 MINUTES

THB 3,000++

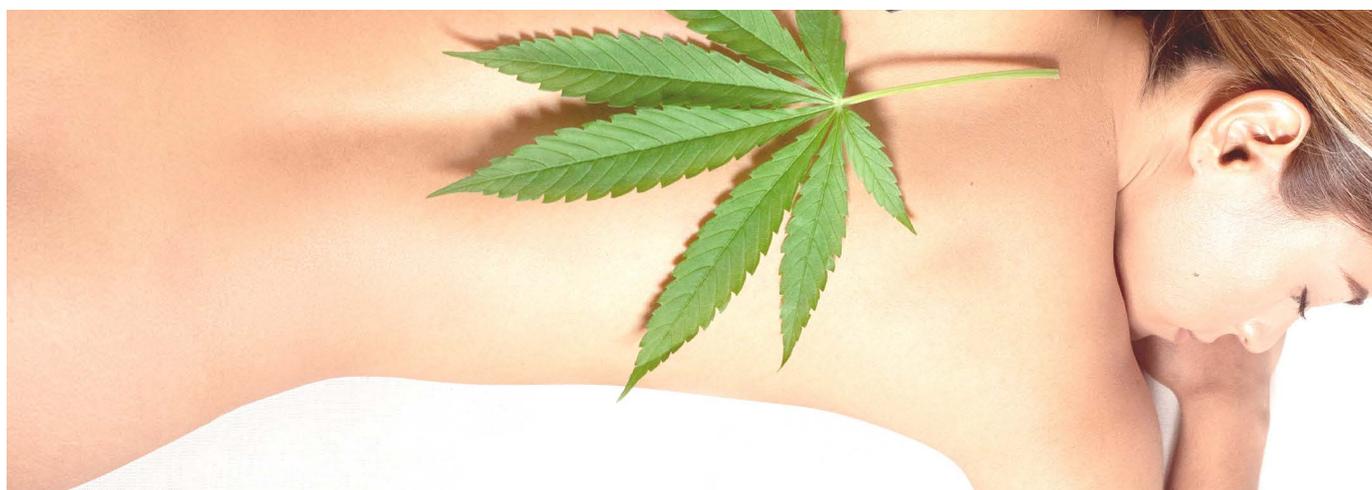
Restful Slumber Journey

End a tiring day of work or exercising with head-to-toe relaxation. Your journey begins with an energizing foot scrub to reduce any swelling. An oil massage follows, scented with your choice of cannabis-lavender or cannabis-rice milk to relax from within and beautify from without as your skin is restored and renewed. Return home to the deepest of sleep as your body and mind find peace.

- Cannabis Foot Ritual • Cannabis Body Massage Cannabis & Floral Tea

RESTFUL SLUMBER JOURNEY
60 MINUTES

THB 2,500++



Body Treatments

Body Scrubs

Essence White Coconut Mint Scrub

Rich in vitamins and antioxidants, this exotic scrub gently sweeps away dead cells, smoothes and strengthens new skin. Moisturising, healing and protecting, skin is flawless and gloriously fragranced.

ESSENCE WHITE COCONUT MINT SCRUB
60 MINUTES

THB 1,900++

Detoxifying Green Tea Scrub

Nourish and rejuvenate your body with the therapeutic properties of green tea.

DETOXIFYING GREEN TEA SCRUB
60 MINUTES

THB 1,900++

ELEMIS Intensely Cleansing Salt Scrub-Lime and Ginger

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

ELEMIS INTENSELY CLEANSING
SALT SCRUB-LIME AND GINGER
30 MINUTES

THB 1,900++



Body Wrap

Detoxifying Green Tea Wrap

Relax in a calming cocoon of gently cleansing and hydrating green tea.

DETOXIFYING GREEN TEA WRAP
60 MINUTES

THB 1,900++

ELEMIS Body Nectar Nourishin Wrap - Frangipani

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

ELEMIS BODY NECTAR NOURISHIN
WRAP - FRANGIPANI

THB 1,900++

Aloe After-Sun Soother

Wonderfully soothing and calming, an expert therapist applies fresh, cooling aloe vera gel and a poultice of cold compress and mint to decrease redness and pain.

ALOE AFTER-SUN SOOTHER
60 MINUTES

THB 1,900++

Facial Treatments

Touch: Anti-Ageing

Anantara Signature Facial

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to treat and revitalize your skin. Delicate blends of jasmine oil, white orchid extract, green tea, pandan leaf and pink lotus encourage cell renewal and oxygenation. A gentle massage induces relaxation and a herbal mask restores skin's natural balance.

ANANTARA SIGNATURE
60 MINUTES

THB 2,500++

ELEMIS Expert™ Touch Renew Facial

Tackle fine lines and wrinkles with the age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

Hydrate, Lift & Firm

ELEMIS EXPERT™ TOUCH RENEW FACIAL
60 MINUTES

THB 3,900++

ELEMIS Expert™ Touch Nourish Facial

A nutritional boost rich in super-foods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Leaving skin plumper, radiant and lit up with good health.

Cleanse, Rebalance & Revive

ELEMIS EXPERT™ TOUCH NOURISH FACIAL
60 MINUTES

THB 3,500++

Men: Touch

ELEMIS Expert™ Touch Define Facial

The hard-working facial for ageing, dehydrated skin and tired eyes.

It maximizes cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

Energise, Rejuvenate & Sculpt

ELEMIS EXPERT™ TOUCH DEFINE FACIAL
60 MINUTES

THB 3,500++



Steam & Bath Rituals

Thai Herbal Steam

Inspired by 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.

THAI HERBAL STEAM
30 MINUTES

THB 500++

Anantara Milky Bath

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

ANANTARA MILKY BATH
30 MINUTES

THB 750++





Spa Etiquette

- Please arrive 15 minutes prior to your appointment time in order to complete a health assessment from and relax before your treatments.
- Please note that spa is unsuitable for small children and babies, unless receiving treatment, as we try to ensure that all our guests benefit from the tranquil atmosphere.
- 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 the time of check-out.
- Please give four 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 oil treatments.
- For men - please shave prior to all facial treatment to ensure that maximum results are achieved.
- Smoking and the use of mobile phones are not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- Guest who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications, are advised to consult the doctor before signing up for any treatment.
- Please notify the spa receptionist of any existing medical conditions.

All prices are in the Baht and subject to 10% service charges and applicable government tax.

Prices are subject to change without prior notice.

Treatments are available from 10.00 AM- 8.00 PM

For reservations, please contact Anantara Spa at 032-520250 Ext: 1803

