



DRAW INSPIRATION

From the sacred flower of the gods



ANANTARA

SPA



Welcome to Anantara Spa

Rooted in Thailand, the essence of Anantara philosophy, ‘without end’, stems from ancient Sanskrit origins and is richly expressed at our island spa sanctuary through the Kingdom’s thriving timeless wellness practices and exotic elixirs.

The authentic luxury of terrazzo and teakwood suites is matched by an inspirational view of three countries. Let expert therapists enhance your beauty and wellness with trusted ancient therapies from across Asia and revered Western spa wisdom. Indulge in exclusive indigenous therapies that combine traditional northern Thai wellness practices and our world class expertise.

Opening hours: 10:00 am – 10:00 pm



Spa journeys

MAHOUT RELAXATION PACKAGE

Relieve tiredness and tension in a Traditional Thai Massage of stretching and pressure point techniques to enhance healthy energy flow. Relax as your therapist rolls a heated Thai Herbal Compress over your body using healing moringa oil. Experience how penetrating warmth and therapeutic herbs, including local prai which is revered by northern Thai healers, relieve aches, pains and stiffness. Nurture youthful radiance with a luxury facial of anti-ageing golden silk to balance, deeply nourish and moisturise your complexion.

130 MINUTES

- *Floral Foot Ritual*
- *Thai Herbal Compress*
- *Golden Silk Facial*
- *Refreshment*

GOLDEN TRIANGLE EXPERIENCE

Experience Plai's traditional healing benefits. Known as "Poo Loey" in northern Thailand, this ginger species is revered for its ability to cool inflammation, ease digestion, combat joint and muscle aches as well as respiratory conditions, while calming, cleansing and nourishing skin.

150 MINUTES

- *Floral Foot Ritual*
- *Poo Loey Scrub*
- *Poo Loey Wrap*
- *Shower*
- *Poo Loey Massage*
- *Refreshment*

JOURNEY OF SIAM

Rediscover your inner strength and vigour with an exquisite journey from Thailand. Harness the rejuvenating qualities of exotic local ingredients, and the expert tender care of therapies revered the world over.

180 MINUTES

- *Floral Foot Ritual*
- *Essence White Coconut Scrub*
- *Thai Herbal Steam*
- *Shower*
- *Traditional Thai Massage*
- *Refreshment*

SIDE-BY-SIDE EXPERIENCE (FOR TWO)

Indulge in a romantic escape with your loved one in our luxurious private treatment room, designed for ultimate relaxation and connection.

Enjoy a 90-minute Signature Massage side by side, using warm aromatic oils to soothe the entire body and calm the mind. Complete your experience with a 30-minute couple aromatic milky bath or 30-minute couple facial —a blissful soak that pampers the senses and leaves your skin silky smooth.

120 MINUTES

- *Floral Foot Ritual*
- *Anantara Signature Aromatic Oil Massage*
- *Choice of Couple Milky Bath or Facial Treatment*
- *Refreshment*

Massages

STRESS RELEASE MASSAGE

60 / 90 MINUTES

Using a combination of strokes and acupressure techniques, along with the signature aromatherapy oil blend, this gentle massage delivers waves of deep relaxation and pure pleasure.

THAI HERBAL COMPRESS

90 MINUTES

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 exotic Traditional Thai massage.

HOT STONE MASSAGE

90 MINUTES

Experience the deep penetrating heat and healing power of warm volcanic stone in a full body massage using traditional techniques to release muscular tension and balance the spirit, whilst small stones are placed on key energy points to stimulate and harmonise the chakras.

TRADITIONAL THAI MASSAGE

60/90 MINUTES

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 effectively release tension, increase flexibility and boost vitality.

BACK, NECK & SHOULDER

60 MINUTES

A focused therapy designed to ease tension in the areas most affected by stress and posture. Skilled techniques release stiffness from the upper back, neck, and shoulders, restoring comfort, improving circulation, and leaving you with a renewed sense of lightness and relaxation.

FOOT MASSAGE

60 MINUTES

Experience holistic balance and deep relaxation. This fascinating treatment provides physical and spiritual renewal by applying specific thumb, finger and hand techniques to various reflex points on the feet to effectively stimulate corresponding organ groups in the upper body to promote general wellbeing.



Signature Massages

POO LOEY MASSAGE

60/90 MINUTES

Unwind completely with a massage that harnesses the relaxing qualities of POO LOEY – an ingredient still revered by “Pla” Thailand’s traditional healers for its therapeutic abilities to treat stiff, tense or aching muscles and joints, as well as relieve from fatigue.

ANANTARA SIGNATURE MASSAGE

60/90 MINUTES

Combining revered eastern and western techniques in purpose designed movements with our signature oil blend, this massage stimulates the circulation and deeply relaxes muscles. Meanwhile, reflexology clears blockages of energy and promotes overall wellbeing.

BAMBOO MASSAGE

90 MINUTES

This massage is ideal for alleviating sore muscles, boosting blood and lymphatic circulation, as well as for softening tissues. In short, bamboo massage can be relaxing but also invigorating. The rolling and kneading of the bamboo sticks stimulates and heats the body, thereby dissipating accumulated toxins.



Scrubs

POO LOEY SCRUB

30/60 MINUTES

Treat your skin to a brand new lease of life. Savour the benefits of a scrub designed to calm, soothe, heal and cleanse, at the same time as providing nourishment. Then reward your entire body with limitless moisture for skin that glows with health and vitality.

COCONUT MINT SCRUB

30/60 MINUTES

Rich in vitamins and antioxidants, lotus and apricot seed granules remove dead cells while coconut oil and shea butter keep skin nourished and feeling smooth.

GREEN TEA SCRUB

30/60 MINUTES

Polish, purify and refresh skin with a green tea exfoliant that also nourishes and hydrates.

Wraps

POO LOEY WRAP

30/60 MINUTES

Cocoon yourself in warm remedial bliss, with a wrap that fuses Poo Loey to soothe away all signs of irritation, while deep cleansing and restoring skin to a perfectly nourished balance.

COCONUT MINT WRAP

30/60 MINUTES

Indulgently rich and gloriously fragranced, this clay-based wrap rejuvenates the skin and combats the effects of modern life through the healing benefits of coconut.

Facial treatments

ANANTARA FACIAL TREATMENT

30/60 MINUTES

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to encourage cell renewal and oxygenation. Lapse into a state of pure relaxation with a gentle massage, and then let our herbal mask restore the natural vitality of your skin.

ELEMIS - RESURFACE, SMOOTH & GLOW

60 MINUTES

Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

ELEMIS - HYDRATE, LIFT & FIRM

60 MINUTES

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

GUA SHA FACIAL TREATMENT

60 MINUTES

A traditional Chinese medicine technique that involves the application of pressure to the skin. It has been practiced for over 2,000 years and has many benefits. This includes promoting the removal of toxins, increasing blood circulation, and improving skin quality. It is commonly used to treat skin conditions such as acne, psoriasis, eczema, and ichthyosis.



Express add-ons

Ideal as a quick fix between your busy schedules or as top up to your primary treatment.

PICK ME UP FACIAL

30 MINUTES

A soothing skin booster for anyone on the go, prior to your meeting or party.

NECK AND SHOULDER MASSAGE

30 MINUTES

Focusing on the neck and shoulder area, it helps relieve the tension from meetings and working long hours on computer.

FOOT MASSAGE

30 MINUTES

A reviving foot massage to relieve stress and tension after your full day venture.



Steam & bath rituals

HERBAL STEAM

30 MINUTES

Harnessing 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.

ANANTARA MILKY BATH

30 MINUTES

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

CANNABIS HERBAL BATH

30 MINUTES

CBD herbal bath helps promote relaxation, offset anxiety, and improve skin health, adding a new dimension of enjoyment to your bath.



Wellness

ADVANCE RESERVATION IS HIGHLY RECOMMENDED

THE NATURAL HEALING POWERS OF CANNABIS

The cannabis plant has been utilized in traditional medicines around the world for centuries. The benefits are many, from calming the mind to soothing the body with its anti-inflammatory, antioxidant and deeply soothing properties. Journey with Anantara Spa and explore a new world of healing.

RESTFUL SLUMBER JOURNEY

Soak in a bath filled with cannabis salts and feel stress melt away. An oil massage follows, scented with your choice of cannabis-lavender or cannabis-rice milk to relax from within and beautify from within as your skin is restored and renewed. Return home to the deepest of sleep as your body and mind find peace.

90 MINUTES

- *Cannabis Foot Ritual*
- *Cannabis Bath*
- *Cannabis Body Massage*
- *Floral Cannabis*
- *Tea*

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.

90 MINUTES

- *Cannabis Foot Ritual*
- *Cannabis Herbal Compress Massage*
- *Floral Cannabis Tea*

HEAD TO TOE CALMING JOURNEY

End a tiring day of work or exercising with head-to-toe relaxation. Your journey begins with an energising foot scrub to reduce any swelling. Breathe in the scent of coconut oil as your scalp is massaged and you switch off and transcend to the tropics. A foot massage with cannabis balm follows to relieve deeper pains and repair dry skin.

90 MINUTES

Indigenous Wellness

YAM KHANG MASSAGE

90 MINUTES

The Thai traditional fire therapy or Yam Khang is the unique ancient Northern style. The Lanna Thai healing practice that uses heat, oils, and mainly the feet to provide a massage and treat the body. The aim of this massage is to help relieve muscle, tendon, joint and bone pain, as well as to relieve numbness and paralysis.

MINDFULNESS MONK MEDITATION

90 MINUTES

Find your inner peace as well as tranquility meditating under the guidance of a revered authentic Buddhist monk, with morning sessions held at the nearby temple, “Wat Phra Dhat Sam Mum Mueng” at the top of the mountain in the Golden Triangle.

Your experience includes :

- Roundtrip transfer to and from the temple
- A bottle of drinking water
- Pinto set for food offering
- Mindfulness session leader

Balance Wellness

SHIRODHARA TREATMENT

60 MINUTES

Calm the mind and spirit with this gentle Ayurvedic treatment. Warm oils are poured over the forehead, opening the third eye in a soothing flow. This treatment improves memory, reduces stress and anxiety, relieves insomnia and nourishes the hair and scalp with this profoundly relaxing therapy.

INDIAN HEAD MASSAGE

60 MINUTES

This ancient traditional head massage is designed to improve blood flow to the head and neck. The pressure applied to the vital energy centers stimulates your own natural healing mechanisms – physical, mental and spiritual. Warm essence coconut oil is beneficial for hair roots and scalp.

BALANCING SOUND HEALING

60 MINUTES

This therapy begins with an aura cleansing ritual to release stagnant energy and restore inner harmony. The gentle, resonant vibrations of singing bowls create a deep sense of calm, supporting the body's natural balance. Benefits may include relief from stress, anxiety, migraines, and hypertension, along with improved sleep and an enhanced sense of overall wellbeing.

Wellness Activities

YIN YOGA

60 MINUTES

A gentle, slow-paced practice that targets deep connective tissues, such as ligaments, tendons, and fascia. Poses are held for longer periods, allowing for deep relaxation and improved flexibility. Perfect for releasing tension and balancing energy, Yin Yoga promotes mental clarity and physical relaxation.

HATHA YOGA

60 MINUTES

Discover the harmony of movement and breath through gentle stretching and asana postures. Our private Hatha yoga sessions offer individual guidance from our master, providing the direction and support you need to deepen your practice and enhance overall well-being.

RESTORATIVE YOGA

60 MINUTES

A calming practice designed to deeply relax both body and mind. Poses are held for longer periods to promote full-body relaxation, helping to release tension and restore balance. This practice is ideal for anyone looking to unwind, heal, and rejuvenate, bringing a sense of peace and renewal to the body's energy.

POWER YOGA

60 MINUTES

A dynamic, vigorous form of yoga that combines strength, flexibility, and endurance. This high-energy practice is designed to challenge the body, build muscle tone, and increase stamina. Power Yoga is perfect for those seeking an invigorating workout that also helps calm the mind.

STRETCHING

60 MINUTES

A rejuvenating experience focusing on lengthening muscles, improving flexibility, and relieving tension. This gentle stretch session is ideal for all body types and levels, helping to increase mobility, reduce stiffness, and promote overall wellness.

PILATES

60 MINUTES

Toning, flexibility, better posture, more efficient movement, the body/mind connection-just about every benefit the Pilates method has to offer can be achieved through mat work.

TRADITIONAL MEDITATION

60 MINUTES

A peaceful practice that allows you to center the mind, enhance focus, and find inner calm. Through guided breathing and mindfulness techniques, Traditional Meditation helps reduce stress, clear mental clutter, and deepen the connection with your inner self.



Spa for kids

Pamper your little ones with mini massages, scrubs or wraps at Anantara Spa, or join them with special parent/child duo deals. Whether you are first-time visitor or wellness aficionados, there is something for everyone at Anantara Spa.

BODY MASSAGE

Mother & Daughter Bliss

60 MINUTES

Mother may indulge in either a 60-minute Stress Release Massage or our signature Anantara Facial, while Daughter enjoys a blissful 60-minute Relaxing Massage or a perfectly balanced combination of a 30-minute massage and 30-minute Signature Facial.

Father & Son Recharge

60 MINUTES

Father may unwind with a 60-minute Traditional Thai or Poo Loey Massage, while Son enjoys a soothing 60-minute Full Body Massage or a bespoke blend of Relaxing Massage and Warm Coconut Oil Head Therapy.

La – On Massage

30/45/60 MINUTES

A gentle full-body massage designed especially for little ones to relax tired muscles and calm the mind using soft, soothing strokes and mild natural oils.

La – On Facial

30 MINUTES

A light, nourishing facial treatment for young, delicate skin that cleanses, hydrates, and refreshes, leaving the face smooth and radiant.

La – On Body Scrub

30 MINUTES

A fun and refreshing body polish using mild natural ingredients to cleanse and soften the skin, leaving it silky smooth and glowing.

Bubble Bath for La – On

30 MINUTES

A joyful bath time created just for kids. Bubbles and toys keep the fun flowing while lavender oil and aloe vera gently nourish the skin. The experience ends on a sweet note with seasonal fruits and marshmallows in chocolate, making bath time both playful and indulgent.

BODY TREATMENT

Coconut Mint Body Scrub

30 MINUTES

Coconut Mint Body Wrap

30 MINUTES

