



ANANTARA

SPA

A wellness retreat in the heart of the city

Welcome to Anantara Spa, where luxury meets bliss in the heart of the city. Nestled discreetly within the walls of Anantara Grand Hotel Krasnapolsky, this newly created, exclusive retreat offers a peaceful escape amid the urban energy of Amsterdam.

Inspired by The Netherlands' coastal sand dunes, three treatment rooms are clad with natural wood and stone, creating an atmosphere of peaceful respite. The relaxation area overlooks the hotel's Summer Garden – a uniquely lush oasis in the city. Finnish, wet and infrared saunas complete the offerings, in addition to a gym equipped with the latest cardio and weights technology and a rotating climbing wall.

At Anantara Spa, great journeys are not told but felt through a thoughtful blend of traditional wellness practices and innovative treatments, each designed to elevate your mind, body and spirit. Step into a serene sanctuary and embark on a journey like no other.



ELEMIS

A globally renowned British skincare brand, ELEMIS is celebrated for its blend of nature's finest active ingredients and cutting-edge technology. With over 30 years of expertise, ELEMIS delivers results-driven skincare rooted in science and elevated by luxury. Each treatment is designed to respond to your skin's unique needs, delivering visible results while promoting deep relaxation. From hydration and resurfacing to lifting and sculpting, our expert therapists use ELEMIS formulas and techniques to restore radiance, balance and youthful vitality.



SWISS LINE

As a leader in advanced skincare, Swiss Line combines over 30 years of Swiss innovation with luxurious, science-backed formulas. Known for visible results, their products target aging, boost hydration and enhance overall skin health.

BLOOMEFFECTS

The luxurious beauty of Holland's most iconic flower meets advanced skincare formulations. With tulips harvested from local fields, Bloomeffects creates high-performance products rich in antioxidants, designed to nourish and rejuvenate the skin. With a deep commitment to sustainability and quality, each product is crafted with care to deliver powerful results, leaving skin radiant and revitalised.



HANNAH

Pioneering Dutch skincare brand Hannah is known for its results-driven approach to achieving optimal skin health. With a focus on personalised care, Hannah combines advanced technology and innovative products to address individual skin concerns, delivering visible, lasting results. The brand is synonymous with both beauty and wellness, offering tailored treatments that promote a healthy, radiant complexion.

OF THE ISLANDS

Inspired by the healing powers of nature, the experts at Of The Islands combine pure, ethically sourced ingredients to create experiences that reconnect the body and mind. With a focus on natural wellness, their treatments use magnesium and botanical extracts to relieve pain, restore balance, and energise the body. Each ritual is designed to bring you closer to the island experience, revitalising both body and soul.





Massage treatments

BY ELEMIS

DEEP TISSUE MASSAGE BY ELEMIS

60 MINS | EUR 165
90 MINS | EUR 205

PRENATAL BY ELEMIS

60 MINS | EUR 160

Experience the therapeutic power of our Deep Tissue Massage, designed to alleviate chronic muscle tension and promote relaxation. Unwind as our skilled therapists apply intense pressure and slow strokes, targeting deeper layers of tissue to release knots and improve flexibility.

Nurture, restore & calm

A soothing, restorative massage tailored for those who are expecting. Using carefully selected ELEMIS oils that are safe for pregnancy, this nurturing treatment helps relieve common discomforts, reduce stress, and deeply hydrate the skin as it stretches and changes. Promoting calm and connection, it's the perfect moment of self-care during this special time.

Suitable after the first trimester





Massage treatments

STRESS RELEASE MASSAGE

60 MINS | EUR 160
90 MINS | EUR 200

Allow yourself to rediscover harmonic balance and tranquillity as your stress melts away. This gentle massage technique soothes the mind and body through lighter strokes that ease tension, promoting a profound sense of calm and well-being.

ANANTARA FOOT RITUAL

45 MINS | EUR 140

Indulge in a luxurious foot ritual that harnesses the combined healing powers of Holland and Thailand. Your revitalising treatment begins with a soothing soak in Dutch magnesium extract, known for its powerful muscle-relaxing and detoxifying properties. Next, a gentle cleansing ritual inspired by Thai wellness practices not only purifies but deeply nourishes the skin. The experience is completed with an invigorating scrub for the feet and half-leg, leaving your skin soft, smooth and glowing.





Facials

BY ELEMIS

RADIANCE RENEWAL FACIAL

TOUCH
60 MINS | EUR 170

TECH
90 MINS | EUR 220

ILLUMINATING REVEAL FACIAL

TOUCH
60 MINS | EUR 195

TECH
90 MINS | EUR 240

SCULPT & DEFINE FACIAL

TOUCH AND TECH
90 MINS | EUR 290

Hydrate, lift & firm

Touch: A deeply hydrating, age-defying ritual using firming massage techniques and clinically proven formulas to reduce the appearance of fine lines. Skin is left visibly plumper, lifted and glowing with vitality.

Tech: Microcurrent and oxygen infusion techniques combine with an ultrasonic peel to tone, plump and restore radiance.

Ideal for dull, dehydrated or ageing skin.

Resurface, smooth & glow

Touch: Reveal your skin's natural luminosity with patented Tri-Enzyme technology and a skin-smoothing massage to refine pores and brighten the complexion.

Tech: An ultrasonic peel gently resurfaces while LED light therapy and galvanic infusions energise and nourish the skin.

Ideal for uneven tone, rough texture and tired skin.

Energise, rejuvenate & define

Touch: A powerful massage-based facial designed to energise and define facial contours using intelligent, performance-driven formulas.

Tech: Combines all 6 BIOTEC technologies, including Cryotherapy, Microcurrent, Oxygen Infusion, LED Light and more, for the ultimate skin transformation.

Ideal for lifting, contouring, and total revitalisation.



Enhance your Elemis experience

Upgrade your treatment with these powerful technologies.

LED ENERGY MASK

EUR 80

Glow, soothe & energise

Illuminate your skin with the ELEMIS 7-in-1 Light Mask. This multi-function LED therapy soothes, calms and energises, leaving your complexion visibly refreshed and radiant.

COLLAGEN EYE BOOST

EUR 50

Brighten, hydrate & revitalise

A targeted treatment to reduce puffiness, hydrate and brighten the eye area. The perfect add-on for tired or dry eyes needing a rejuvenating lift.



Facials

BY BLOOMEFFECTS

BLACK TULIP RADIANCE FACIAL

60 MINS | EUR 175

This luxurious facial begins with black tulip-infused cleansing and exfoliation to smooth and brighten the complexion, followed by a deeply hydrating mask that restores elasticity and radiance. To elevate the experience, a soothing scalp and shoulder massage melts away tension while your skin absorbs the powerful antioxidants and hydration of the black tulip, leaving you feeling refreshed, rejuvenated and utterly pampered.

GLOW TO GO FACIAL

30 MINS | EUR 130

This exclusive 30-minute pampering experience includes deep cleansing and a delicate touch – ideal for preparing the skin before a special night out. Specially crafted for Anantara guests, the unique formula infuses botanical extracts from tulips to revitalise your look in just half an hour.



Facials

BY SWISSLINE

PURE COLLAGEN TREATMENT

100 MINS | EUR 350

Transform your skin with a ritual that harnesses powerful ingredients and technologies for results comparable to non-invasive aesthetic procedures. Fortified with pure collagen, peptides, pure silk and plant-based growth factors, this unique facial rejuvenates stressed, dull or aged skin for a plumped effect and radiant complexion.

SWISS OXYGEN

60 MINS | EUR 200

By boosting oxygen on a cellular level, this innovative facial stimulates, strengthens and detoxes the skin to combat the toll an urban lifestyle (pollution, smoking, lack of sleep) takes on your look. Effectively waking up the skin's aerobic capacity to absorb nutrients, this vegan treatment is the ultimate antidote to tired, lifeless-looking skin. Emerge newly hydrated with your glow and vitality restored.

SWISS BRIGHT

60 MINS | EUR 200

Powerful brightening and de-ageing active ingredients help treat and prevent skin discoloration in this illuminating facial treatment. Sit back, relax and enjoy unsurpassed brightening, glowing and toning results.

The hannah experience



THE HANNAH EXPERIENCE

60 MINS | EUR 195

This customised skin rejuvenation treatment is designed to nourish, repair and elevate your skin's natural vitality. Your experience begins with a professional skin analysis, followed by personalised cleansing, exfoliation, face massage and deep hydration using Hannah's high-performance products. The result is refreshed, radiant skin that glows with renewed energy. Perfect for those seeking a targeted yet indulgent skincare journey.



Body treatments

BY OF THE ISLANDS

MAGNESIUM REVIVE RITUAL | BY OF THE ISLAND

60 MINS | EUR 170

ENERGISING COFFEE & MAGNESIUM SCULPT | BY OF THE ISLAND

120 MINS | EUR 320

LAVENDER SERENITY SLEEP RITUAL | BY OF THE ISLAND

60 MINS | EUR 170

Discover deep relief and rejuvenation with pure, therapeutic magnesium. This luxurious treatment starts with an invigorating magnesium-infused scrub that exfoliates and revitalises the skin, promoting circulation and easing tension. Next, a deep-tissue massage targets sore and strained muscles, leveraging magnesium's natural anti-inflammatory properties to soothe discomfort and restore balance.

This dynamic sculpting treatment harnesses the powerful combination of magnesium, caffeine, pepper and mustard. The invigorating scrub blends these ingredients to stimulate fat cell transformation and boost circulation. Following the scrub, a stimulating sports massage maximises the sculpting effects, helping to tone and refine your physique. Ideal for those seeking a more chiselled silhouette, this treatment includes a refreshing shower and leaves you feeling toned, firm and renewed.

This soothing treatment harnesses the calming benefits of lavender combined with pure magnesium to promote deep, restorative sleep. The ritual begins with a gentle exfoliating and hydrating mask, followed by a relaxing massage that improves circulation and eases tension. The lavender's calming properties help to reduce stress and prepare your body for a peaceful night's rest, leaving you feeling serene and rejuvenated.



Signature journeys

'Nam Jai' is at the core of Anantara's philosophy. It is rooted in Thai culture referring to sincere kindness and helping others without expectation. Our signature journeys represent 'water from the heart' to you.

ANANTARA INDIGENOUS JOURNEY GREEN CALM CBD MASSAGE RITUAL

60 MINS | EUR 185
90 MINS | EUR 225

ANANTARA SIGNATURE JOURNEY REJUVENATION RITUAL BY ELEMIS

90 MINS | EUR 320

Inspired by the serene landscapes and natural healing traditions of the Dutch lowlands, this Swedish-style massage is infused with premium CBD oil to promote deep relaxation, reduce inflammation, and restore balance to body and mind. Long, flowing movements ease muscular tension while the calming properties of CBD gently soothe the nervous system. The treatment is enhanced with subtle aromatics reminiscent of the Netherlands' native flora, creating a sensory journey that grounds and relaxes. Ideal for guests seeking to unwind, de-stress, or to support physical recovery.

Immerse in the gentle care and sincere kindness embodied by the concept of 'nam jai'. 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, symbolizing 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 – monoi and coconut, rosemary and pine, or orange and fennel – 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.

Elevate your experience

Take your spa journey to the next level with our carefully curated selection of add-ons designed to complement and enrich any treatment. These enhancements have been crafted to deepen relaxation, boost wellness and provide a truly personalised touch to your experience.

Please note that all add-ons must be booked in combination with a treatment of at least 60 mins.



MICROCURRENT & OXYGEN INFUSION

30 MINS | EUR 105

MAGNESIUM FOR JOINT RELIEF | BY OF THE ISLANDS

30 MINS | EUR 75

Lift, plump & revitalise

Amplify your facial with this dynamic duo. Microcurrent technology gently stimulates your facial muscles for a natural lift and firmer contours, while our oxygen infusion delivers a burst of hydration and radiance-boosting actives deep into the skin. The result is visibly plumper, revitalised skin.

Boost the effectiveness of any massage or body treatment by adding a pure magnesium oil that helps alleviate muscle tension and joint pain. Perfect for post-travel recovery or after a long day of exploration.

Treat your hands and feet to a revitalising scrub and hydration ritual that leverages pure magnesium extract to leave your skin soft, nourished and glowing.

Experience the ultimate relaxation with this rejuvenating massage infused with a sumptuous avocado serum, rich in essential nutrients, designed to deeply nourish and hydrate the scalp. This indulgent treatment promotes healthy, lustrous hair while immersing you in a sense of soothing serenity.

Begin your spa journey with a warm magnesium foot soak, designed to refresh the feet and prepare the body for deeper relaxation during your chosen treatment. This peaceful ritual reconnects you to a state of calm from the very first step.

Enhance your chosen treatment with a relaxing and rejuvenating facial massage, boosting circulation and leaving your skin glowing and radiant.

**TROPICAL HAND
& FOOT RESCUE | BY
OF THE ISLANDS**

30 MINS | EUR 75

**AVOCADO SCALP
RITUAL | BY OF THE
ISLANDS**

30 MINS | EUR 60

**MAGNESIUM FOOT
SOAK | BY OF THE
ISLANDS**

30 MINS | EUR 75

**REVITALISING FACE
MASSAGE**

30 MINS | EUR 60



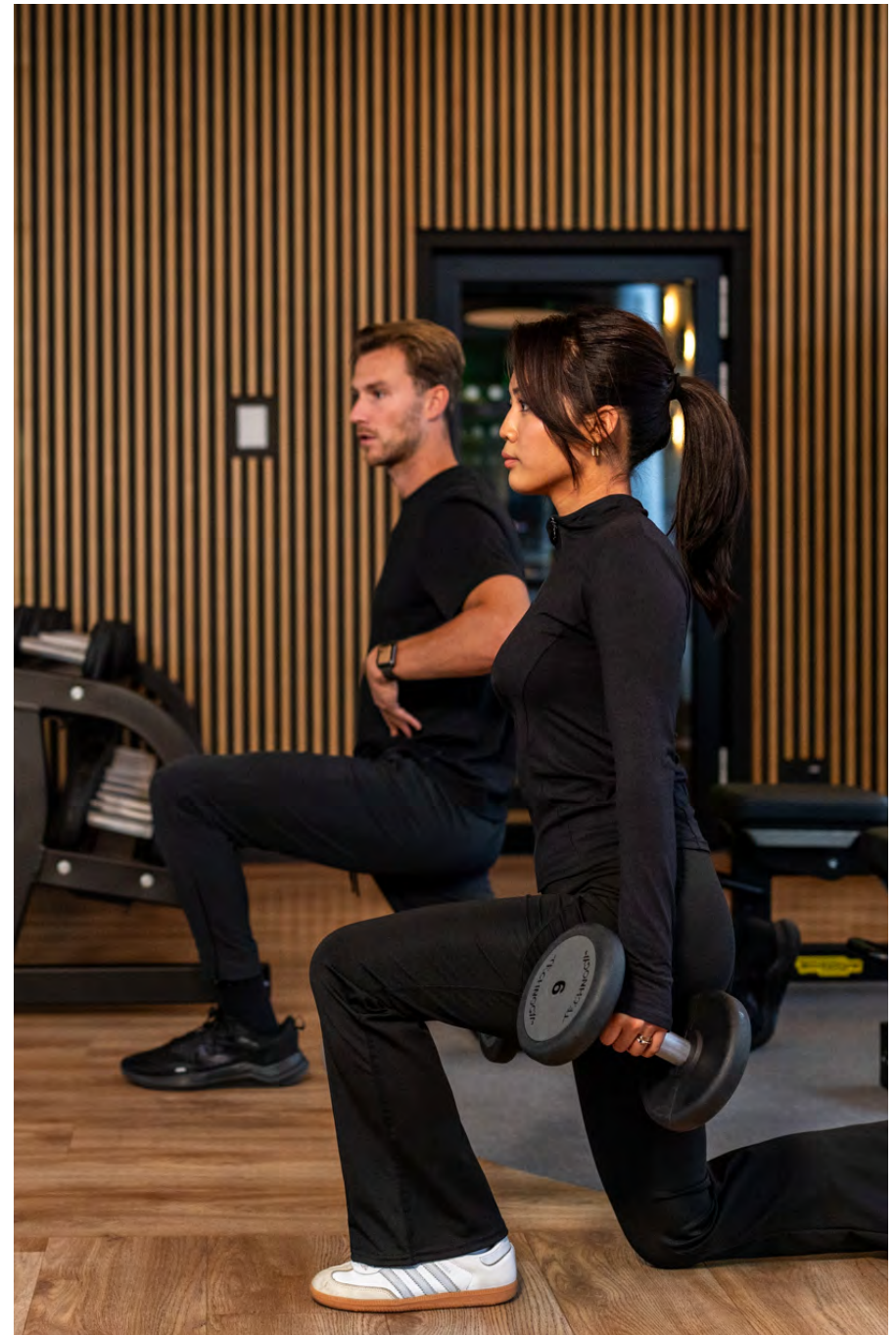
Tailor your fitness journey with personalised training

At our exclusive five-star gym, we offer more than just a workout – we provide a holistic fitness experience tailored to your unique goals. Whether you're looking to enhance your strength, improve flexibility, or boost your endurance, our expert personal trainers craft diverse personalised programmes just for you. Choose from an array of activities, including high-performance strength training, yoga for flexibility and mindfulness, cardiovascular conditioning and more. Our state-of-the-art equipment and tranquil atmosphere create the perfect setting to push your limits while maintaining balance in the body and mind.

Beyond physical fitness, we believe in nurturing total wellness. That's why our personal training sessions can be complemented with recovery-focused practices such as guided meditation, breathwork and post-training massages to ensure you not only achieve your fitness goals but also leave feeling rejuvenated and refreshed.

Discover how a commitment to both strength and serenity can transform your fitness routine.

PERSONAL SESSIONS UP TO 2 PEOPLE	60 MINS
STRENGTH & CONDITIONING	EUR 100-160
KICKBOXING	EUR 100-160
CITY RUN	EUR 120-180
SPA MEDITATION	EUR 120-180
Breathwork Sauna Ice bath	
HOT MINDFUL YOGA	EUR 120-180
Breathwork Mindfulness Yoga	





Spa etiquette

- Please arrive at least 10–15 minutes prior to your appointment to complete a health assessment form and take time to relax before your treatment.
- To maintain a peaceful environment, the spa is not suitable for small children and babies.
- We recommend leaving all jewellery in your room before coming to the spa to prevent loss or damage.
- All treatments will be charged to your room and will appear on your account at check-out.
- For cancellations or rescheduling, please notify us at least 24 hours in advance via spa.krasnapolsky@anantara-hotels.com. Late cancellations or no-shows will incur a 100% charge of the treatment price.
- We advise avoiding sun exposure immediately after any oil-based treatments, as this may increase skin sensitivity.
- For men – please shave prior to all facial treatments to ensure optimal results.
- Smoking and the use of mobile phones are strictly prohibited within the spa to maintain a serene atmosphere.
- 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, those who are pregnant (treatments allowed after the first trimester), or have any other medical concerns are advised to consult their doctor before scheduling any treatments.
- Please notify the spa receptionist of any existing medical conditions or special requirements before the start of your treatment to ensure we provide the safest and most enjoyable experience.
- Prices include 21% VAT.

