



# Spa & Wellness

M E N U



ANANTARA

SPA

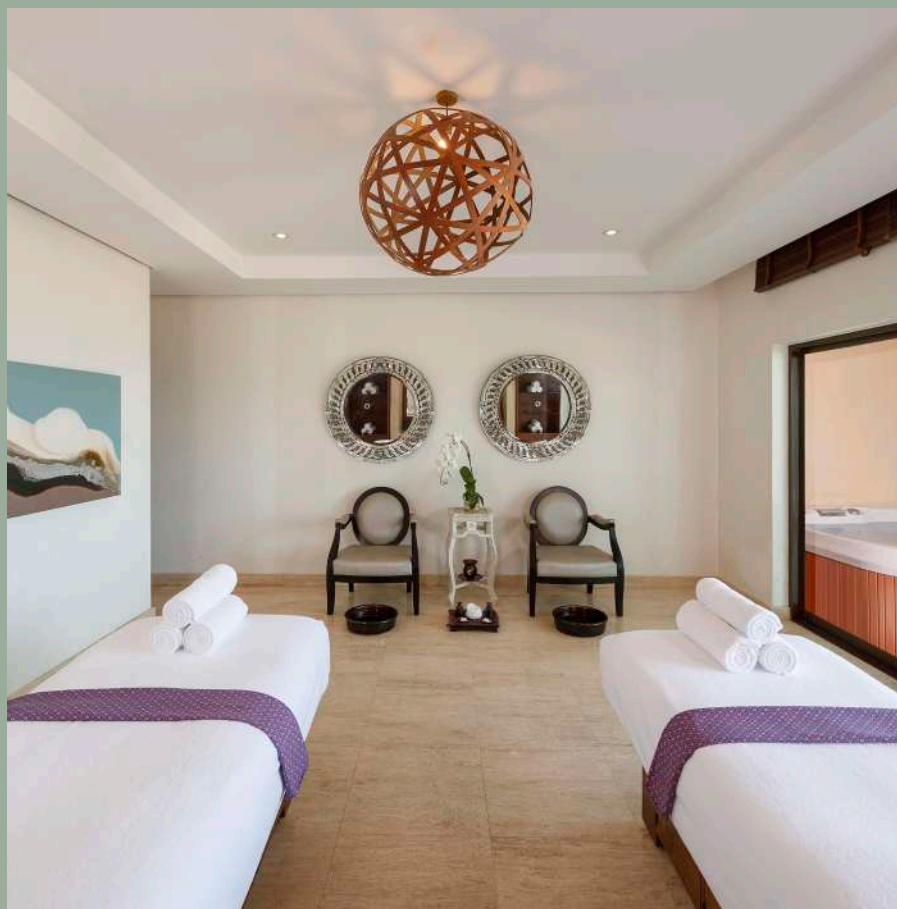




# Welcome to Anantara Spa

At Anantara Sir Bani Yas Island, we invite you to experience a world where ancient traditions meet modern luxury. Each treatment is designed to balance the body, soothe the spirit, and rejuvenate the mind, all within the serene surroundings of our island sanctuary. Our highly skilled therapists blend time-honored healing techniques with the finest natural ingredients, providing you with an unforgettable wellness journey. Whether you seek relaxation, revitalisation, or complete renewal, allow yourself to escape into tranquility and let us guide you to a deeper state of well-being.





A SANCTUARY OF  
WELLNESS AND  
REJUVINATION

Immerse yourself in refined indulgence at Anantara Sir Bani Yas Island, where bespoke treatments, crafted with the finest natural elements, restore balance and grace.

Let the island's tranquil beauty elevate your wellness journey.

# Ultimate wellness journey

120 MINUTES

This journey begins with detoxifying and remineralising wrap, to banish accumulated toxins and restore the skin's vitality. Conclude your experience with an invigorating massage using our signature holistic compress to uplift the senses, reduce inflammation, and leave your skin feeling soothed and rejuvenated.

# Sleep and jetlag recovery ritual

120 MINUTES

Restore sleep quality and balance your body's rhythm with a Green Tea & Ginger Scrub, tension-relieving jet lag massage, and soothing scalp therapy with mini sound healing—leaving you deeply relaxed and renewed.



## Sculpt and tone

90 MINUTES

A fully body toning treatment, incorporating a scrub to soften and enhance the skin followed by a toning massage with bamboo sticks to slim the curves, reshape, and tone the body.

## Thai herbal compress massage

90 MINUTES

Discover the ancient wisdom of Thai healing in this therapeutic massage. Heated herbal compresses filled with aromatic Thai herbs are expertly applied to relieve muscle tension, improve circulation, and enhance your overall well-being.



*For enhanced results with firming and toning action,  
elevate your treatment with our Cellulite Ampoule add-on.*



WELLNESS TREATMENTS  
BY 'OF THE ISLAND'

# Magnesium immunity recharge

60/90 MINUTES

Designed to relieve muscle fatigue, improve sleep, eliminate toxins and promote the sensation of overall wellbeing. This magnesium treatment works to stimulate the body and mind with an extra boost of relaxation.

# Magnesium rebalance

90 MINUTES

Find balance with a detoxifying magnesium body scrub and massage at Anantara Spa. Let our magnesium body exfoliator from the Zechstein Sea gently remove dead skin cells with its natural softening properties and nourishing antioxidants. The spa journey finishes with a toe-curling and energising magnesium full body massage.

# Swept away detox treatment

90 MINUTES

Transform your skin with our anti-cellulite treatment, featuring a deep pressure body scrub using the 'Of the Island Morning Coffee Scrub' to target stubborn fatty deposits. Follow this with the 'Of the Island Top Shape Gel' body wrap to invigorate circulation and enhance oxygen flow. This holistic treatment not only minimises the appearance of cellulite but also supports your body's natural detoxification process through the lymphatic system.

# Escape to salt island

45 MINUTES

Rejuvenate your entire body with a multi-functional and multi-sensory magnesium exfoliation, detoxifying and removing dead cells to reveal new brighter skin.

# Coffee lovers' scrub

45 MINUTES

Smooth and reduce the appearance of cellulite through the ultimate body exfoliation that helps to remove the dead cells and breaks down the fatty deposits that form beneath the skin.





ANANTARA SIGNATURE  
EXPERIENCE

# Tranquility ritual

90 MINUTES

Relax and rejuvenate with a cleansing aromatherapy scrub enhancing cellular oxygenation, micro circulation, and unwind with inspired Sea Malay Massage techniques, leaving your body rested, your mind relaxed and your soul fulfilled.

# Desert island escape (Indigenous treatment)

120 MINUTES

Embark on a luxurious journey steeped in the ancient traditions of the Middle East. Begin with a deeply nourishing argan oil scrub with amber. Followed by a soothing massage using a blend of essential oils, including oud and sandalwood, combined with traditional techniques to relieve muscle tension and promote relaxation. Complete your journey with a bespoke express facial.



## COUPLE EXPERIENCE

# Retreat at Bani Yas Island

120 MINUTES

A soothing, renewing and regenerating journey for outer well-being and inner fulfilment with your loved one. Restore hydration and revitalise with an energising body exfoliation and nourishing body wrap followed by a holistic couples massage.

# Desert island journey

120 MINUTES

Create a memorable occasion with your partner in this aromatic retreat, commence with a gentle full body exfoliation, using indigenous date scrub to remove dead skin cells. Complete the two-hour experience with a 90-minute Desert Fusion Massage with warm sand poultices.



## Bespoke facial

60 MINUTES

Indulge in a personalised facial tailored to meet your skin's unique needs. Whether you seek hydration, soothing, or purification, this bespoke treatment offers the care your skin deserves.

## Hydra glow facial

60 MINUTES

This facial combines Cryo-Globes, Lactic Acid, Hyaluronic Acid, and bioactive Prickly Pear extract to achieve an instant healthy glow, leaving you with a smooth and radiant complexion.

## Brightening facial

60 MINUTES

This trivalent treatment prevents, corrects, and brightens dark spots and uneven skin tone. It is ideal for addressing hyperpigmentation and offers long-lasting results.

## Japanese-inspired pro-lift facial

90 MINUTES

This trivalent treatment prevents, corrects, and brightens dark spots and uneven skin tone. It is ideal for addressing hyperpigmentation and offers long-lasting results.

# Tranquility body scrub

45 MINUTES

Indulge in an extraordinary deep-cleansing scrub that enhances cellular oxygenation, microcirculation, and skin vibrancy. This aromatherapy ritual eases mental and physical fatigue, promotes muscle relaxation, and leaves you feeling light and supple.

# Thermal mud detox treatment

60 MINUTES

Rejuvenate with this intensive treatment, which uses thermal waters from Italy for their detoxifying and anti-cellulite properties. Essential oils promote deep tissue purification, while the focus of laminaria algae is to support a lipolytic action to restore the skin's vitality.

# Active toning massage

60 MINUTES

Boost your workout results with this sculpting, remineralising massage using bamboo sticks. Brazilian Yellow Clay improves muscle tone and restores essential vitamins and minerals, leaving you revitalised.



*For enhanced results with firming and toning action,  
elevate your treatment with our Cellulite Ampoule add-on.*

## 3-in-1 cellulite & tone treatment

75 MINUTES

This three-phase intensive treatment targets cellulite and enhances microcirculation on the legs and abdomen. It starts with thermogenic action to stimulate circulation, followed by a vigorous draining massage, and finishes with cryotherapy and toning techniques—visible results after just one session.

## Pregnancy massage

60 MINUTES

A gentle, nurturing massage designed to support your body during and after pregnancy. This treatment reduces swelling, improves circulation, and improves skin elasticity and softness.

## New life mum

30 MINUTES

Enhance your skin's elasticity with this perfect treatment including a gentle body exfoliation and a nourishing cocoon wrap to prevent stretch marks and deeply hydrates the skin.



*For enhanced results with firming and toning action, elevate your treatment with our Cellulite Ampoule add-on.*



## THE CLASSICS

# Anantara signature massage

60/90 MINUTES

Embark on a wellness journey inspired by Anantara's global philosophy. This signature massage blends techniques from various traditions with specially formulated oils to balance the body, rejuvenate the mind, and uplift the spirit.

# Balinese massage

60/90 MINUTES

Drawn from timeless traditions, this ancient massage technique hails from the beautiful island of Bali in Indonesia and is known for its spiritual and physical healing properties.

# Traditional Thai massage

60/90 MINUTES

Experience the centuries-old art of Thai healing, which combines acupressure, Indian Ayurvedic principles, and assisted yoga postures. This massage improves flexibility, relieves muscle tension, and balances the body's energy flow.



## Hot stone massage

90 MINUTES

Feel the warmth of volcanic stones bathed in aromatic body oil as they are expertly worked into your muscles. This treatment relieves tension, revitalises energy, and deeply hydrates the skin.

## Arabian massage

60/90 MINUTES

Expert therapists work on the body's pressure points using forearms and elbows to stimulate the blood circulation, release muscle tension and enhance vital energy levels.

## Deep tissue massage

60/90 MINUTES

A powerful massage designed to alleviate deep seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern to ease common discomforts such as a stiff neck, lower back pain, sore and tight shoulders.



## UPGRADES

### Back, neck & shoulder massage

30 MINUTES

Unwind with a rhythmic massage that combines targeted pressure and aromatic oils to relieve stress and tension, providing immediate relief and relaxation.

### Foot & ankle massage

30 MINUTES

Experience the centuries-old art of Thai healing, which combines acupressure, Indian Ayurvedic principles, and assisted yoga postures. This massage improves flexibility, relieves muscle tension, and balances the body's energy flow.

### Scalp massage

30 MINUTES

Release tension and improve circulation with this gentle, de-stressing fingertip massage that helps relieve headaches.

### Aloe vera sun soother

30 MINUTES

Pamper your skin after a long day in the sun. Treat sensitive skin with a calming Aloe Vera body wrap, acting as a natural soother, repairer and healer of the skin.

### Eye recovery

15 MINUTES

Triple action against dark circles, puffiness and wrinkles, providing immediate lifting and luminosity.

### Cellulite Ampoule

Body Strategist Caffeine Shot is formulated to intensify the action in body treatments. Featuring a fluid and fast-absorbing texture, it is an effective lipolytic and anti-cellulite action.

### Eye soothing mask

A gentle cooling treatment to refresh and revitalise tired eyes — the perfect finishing touch to your spa experience.

# Relaxation for all ages

At Anantara Spa, we believe wellness is for everyone — including families and little ones! Our specially curated Family & Kids Spa Menu offers safe, gentle, and enjoyable treatments for children and parents alike. Perfect for bonding moments or solo relaxation, these experiences are designed with age-appropriate techniques and natural ingredients.





FAMILY AND KIDS'  
TREATMENTS

## Bubble foot ritual

30 MINUTES

A sparkling adventure for little feet! Tiny toes are treated to a fizzy, playful foot bath followed by a gentle massage with nourishing oils. The experience concludes with a refreshing fruit smoothie, making spa time fun and memorable.

## Junior facial

30 MINUTES

A gentle introduction to self-care. Using natural, kid-friendly products, this mini facial leaves young skin soft, fresh, and glowing. The journey ends with a cool rosewater mist and a wellness affirmation card to take home.

## Junior massage

30/60 MINUTES

A soothing full body massage with calming oils to relax growing muscles and encourage restful balance. To conclude, children are offered a warm cocoa or herbal tea with honey, sealing the moment with comfort and care.

# Me & mom / Me & dad

60 MINUTES

A shared moment of connection. Parent and child enjoy a side-by-side massage delivered by two skilled therapists working in harmony. This bonding journey concludes with a candle lighting ritual, symbolising togetherness, followed by a sweet treat to share.

# Parent & child time

60 MINUTES

The ultimate family spa experience for mom, dad, and child. Three therapists deliver simultaneous personalised treatments, creating harmony and relaxation for the whole family. The journey concludes with a grounding breath ritual, then a keepsake shell is gifted as a reminder of your shared island memory.

## Important Information

- Rates are subject to a 10% Service Charge, 6% Tourism Fee, and 4% Municipality Fee.
- The Family & Kids' Menu is available for children between 5 to 12 years old.
- Reservations required.



## Sound healing

60 MINUTES

Experience the restorative power of sound vibrations to release tension, calm the mind, and restore energetic balance for deep relaxation and inner harmony.

## Tibetan sound bath

60 MINUTES

Relax and restore with the soothing vibrations of Tibetan singing bowls. Promotes deep relaxation, balances energy, and helps release tension for inner harmony.

## Hatha yoga

60 MINUTES

A gentle yet energizing practice that focuses on breath, alignment, and mindful movement. Hatha Yoga helps improve flexibility, balance, and strength while calming the mind and promoting overall wellbeing.

## Meditation

60 MINUTES

A guided journey inward to calm the mind, release stress, and restore mental clarity. Meditation enhances focus, emotional balance, and overall wellbeing, leaving you centered and refreshed.



## Spa protocol

At Anantara Spa, we strive to ensure that every guest experience is peaceful and rejuvenating. To maintain the highest standards of service and serenity, we kindly request your cooperation with the spa protocols. By observing these simple protocols, we can ensure a harmonious and restful environment for our guests. Thank you for your understanding. We look forward to welcoming you to Anantara Spa, where your journey to wellness begins.

## SPA PROTOCOLS

### Reservations

Advance booking is recommended to secure your preferred time and treatment. For reservations, please contact our spa reception or concierge team.

### Arrival time

We encourage you to arrive at least 30 minutes prior to your scheduled appointment to enjoy a relaxing pre-treatment experience. This allows time for check-in, consultation, and the opportunity to unwind in our relaxation area. Arriving late may reduce your treatment time, as we must ensure that the treatment of the next guest begins promptly.

### Health consultation

Upon arrival, you will be asked to complete a health consultation form. Please inform us of any medical conditions, injuries, or allergies you may have so we can tailor your treatment to ensure your safety and comfort.

### Personal belongings

For your convenience, lockers are provided to store personal belongings. However, we recommend that you leave valuables in your room as we cannot assume responsibility for lost items.

### Quiet environment

To preserve the peaceful atmosphere of the spa, we kindly ask that all mobile phones and electronic devices are turned off or switched to silent mode upon arrival. Please respect the tranquility of others by speaking softly.

### Cancellation policy

Should you need to cancel or reschedule your appointment, we kindly request at least 24 hours' notice. Any cancellations made less than 24 hours will incur a 50% charge. For no-shows, the full treatment price will be charged.

## Attire

We provide robes and slippers for your comfort. During treatments, our therapists are trained to drape you with towels, ensuring your privacy is respected at all times. Disposable undergarments will also be provided for body treatments.

## Spa etiquette

Please communicate with your therapist about your preferences regarding pressure, temperature, or any other concerns during your treatment to ensure an enjoyable experience.

## Age policy

The spa is an adult-oriented environment, and guests must be at least 16 years of age to enjoy our spa facilities and treatments. Children under this age are not permitted in the treatment areas or relaxation lounges unless undergoing a special spa experience for younger guests.

## Payment and gratuities

All treatments can be charged to your room or paid directly at the spa reception. Gratuities are at your discretion and are graciously accepted for exceptional service.

## Spa facilities

Guests booking spa treatments are welcome to enjoy our spa facilities, including the relaxation lounge, sauna, and steam rooms, before or after their treatments. Please inquire about facility access when making your reservation.





