



ANANTARA

SPA

The Art of Being



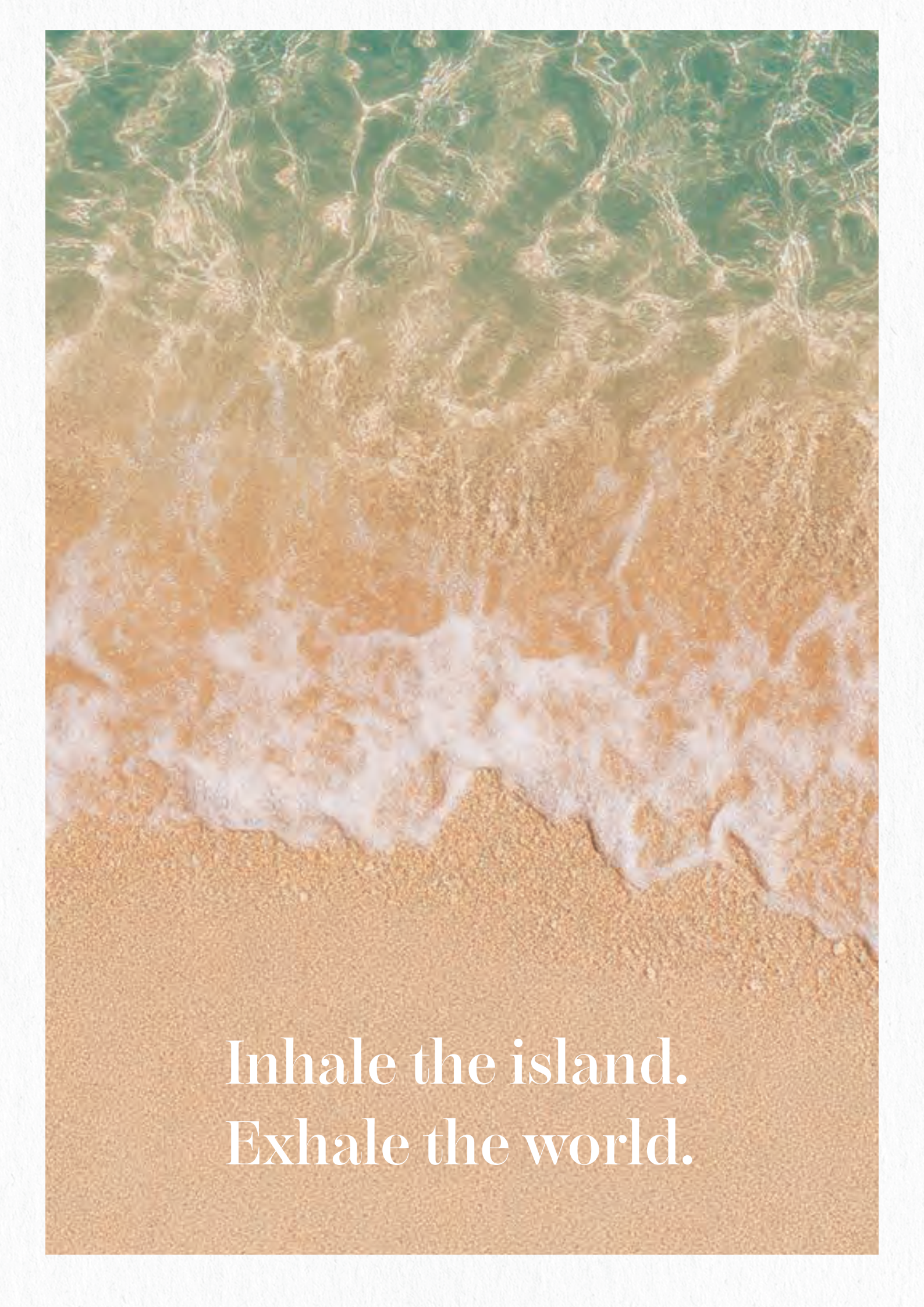
Welcome to Anantara Spa

Thailand's last unspoiled island holds a rare gift: pristine air carried on ocean breezes, oxygen rich from ancient rubber forests, the gentle rhythm of Phang Nga Bay. This is nature's lifeforce—and here, it becomes yours.

At Anantara Spa, we have built our philosophy around this elemental truth. Breath is the foundation of every journey. Our Breath of Yao Yai concept invites you to slow down, draw in the island's pure air, and rediscover wellness as something innate rather than acquired.

Every treatment begins with a Welcome Breath Ritual—a moment to arrive fully, preparing body, mind and spirit for transformation. Step into our sanctuary to experience Thai healing traditions, Ayurvedic wisdom and transformative breathwork, all guided by the unhurried pulse of island life.

Opening hours: 10:00 am – 8:00 pm



Inhale the island.
Exhale the world.

Breath Therapy



For those seeking to deepen their practice, these dedicated sessions offer focused exploration of breathwork techniques. Whether you are new to conscious breathing or wish to refine your practice, each session provides tools you can carry home long after you leave the island.



Breath Discovery | 30 minutes

An inviting introduction to the breath. This gentle session helps you cultivate an easy, everyday practice for relaxation, deeper sleep and renewed energy. Perfect for beginners or as a refresher for experienced practitioners.

Breath Mapping | 60 minutes

A personalised session to map your unique breathing patterns and discover the techniques best suited to your needs. Together with your practitioner, you will define clear intentions—whether to downshift, improve sleep, boost energy or find emotional balance. Includes a take-home toolkit of techniques tailored to your goals.

Ocean Breath Ritual | 60 minutes

Experience renewal through guided breathwork in our serene temperature-controlled pool. Harnessing Koh Yao Yai's natural connection to the sea, this ritual combines Ujjayi breathing with gentle sea water misting and supported floating. The session concludes with a warm treatment, leaving you deeply detoxified and profoundly calm.

Rubber Breeze Flow | 60 minutes

A walking meditation through the island's rubber plantations, pairing gentle movement with guided breathing. As you walk among ancient trees, your exhales synchronise with the rustle of leaves, grounding you in the rhythm of nature. This session can be combined with yoga or oil massage for an extended wellness experience.

Karst Peak Meditation | 60 minutes

Breathwork elevated by Phang Nga Bay's stunning vistas. This hilltop session combines conscious breathing with sound bath elements and native plant aromatherapy. As limestone karsts rise from the water below, you are invited to expand your breath and your perspective. A transformative experience for those seeking both stillness and awe.



Multi-day immersions

For a deeper transformation, our multi-day programmes weave breathwork throughout your stay. Each day builds upon the last, allowing the practice to settle into your body and become second nature. Leave with more than relaxation—leave with a practice that sustains you.



2-Day Reset

A focused introduction to breathwork as a tool for restoration. This programme is ideal for those with limited time who seek meaningful reset.

- Breath Discovery (30 minutes)
- Breath Mapping (60 minutes)
- Breath + Touch treatment (120 minutes)
- Breath + Sound session (90 minutes)

Take-home practice guide

3-Day Breathe into Balance

A comprehensive immersion for those ready to fully embrace breathwork as a path to balance. Daily practice builds progressively, integrating breath with movement, sound and touch.

- Daily Breath Discovery sessions (30 minutes)
- Breath Mapping (60 minutes)
- Ocean Breath Ritual (60 minutes)
- Breath + Touch with Thai Traditional Medicine (120 minutes)
- Breath + Sound session (60 minutes)
- Take-home practice guide



Breath Masters

Throughout the year, Anantara Spa welcomes visiting Breath Masters from around the world—practitioners who have dedicated their lives to the art and science of breathwork. Each brings a unique lineage and approach, from ancient traditions to contemporary techniques.

These seasonal residencies offer guests the opportunity to learn from masters of Pranayama, Taoist breathing, holotropic breathwork and other transformative practices. Beyond technique, each Breath Master shares the philosophy and cultural wisdom of their tradition through workshops and private sessions.

Please enquire about our current and upcoming Breath Masters in residence



Be still.

**The island
breathes
with you.**



Awaken

THE SCENT JOURNEY

Your breath knows what your body needs.

Anantara

Signatures

With Anantara Spas found around the world, and deep wells of local knowledge, we present the best of healing techniques perfected by our therapists and beloved by our guests.

Anantara Signature Massage

60|90 Minutes

Combining eastern and western techniques with our signature oil blend, this massage stimulates the circulation and deeply relaxes muscles. Reflexology clears blockages of energy and promotes overall wellbeing.

Anantara Signature Facial

60 Minutes

Our signature facial is built around powerful botanical extracts and essential oils. After cleansing, exfoliating and toning, the most blissful facial massage follows with our signature cream of snow lotus to calm, hyaluronic acid to deeply moisturise, and the perfect blend of lavender, bergamot and sandalwood to melt away stress and tension.

Himalayan Thermal Therapy

90 Minutes

Harnessing the ancient energy of the Himalayan Mountains, ethically sourced Himalayan salt stones aid natural detoxification with minerals and trace elements. Unwind into a full body massage using oil and thermal Himalayan salt. Feel pampered by a facial that combines a cleanse and Himalayan salt massage with iced Rose Quartz Gua Sha crystals for muscle relaxation, a circulation boost and glowing skin. Crown this luxuriant experience with a rejuvenating Indian Head Massage that has a signature Anantara twist.

Floral foot ritual | Oil massage with stone therapy | Gua Sha facial
Indian head massage | Refreshment

Neroli & Himalayan Renewal

60 Minutes

Relieve tension where it gathers most. This soothing treatment begins with a neck, shoulder and back massage using warm Neroli oil, with Himalayan salt compress applied to energy points for deep relaxation and pain relief. Turn over to a nourishing scalp treatment—acupressure, gentle hair tugging and a Kaffir lime oil infusion to refresh, mattify and nurture the scalp. For best results, leave the oil in for at least one hour or overnight before rinsing.



Cannabis Stress Release Journey | 90 Minutes

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

Stiff no more Cannabis Neck, Back & Shoulder Massage | 60 Minutes

After soaking your feet in a warm bath infused with cannabis salts and essential oils to detoxify and soften them the therapist will use gentle strokes and firm pressure to release the knots and tightness in your back, neck and shoulders while applying cannabis balm to relieve any pains



Release

THE TOUCH JOURNEY

The body remembers what the mind lets go.



Body massages

Thai massage

60|90 Minutes

A staple of Thai wellness culture, Thai massage is often described as “passive yoga” with stretching accompanied by pressure-point focus to release tension and energy blockages while increasing flexibility and vitality.

Thai herbal compress massage

90 Minutes

Discover an age-old Thai treatment to remove negative energy and sluggishness, release tension and ease stiffness. To begin, muscles are pressed with a warm poultice of therapeutic herbs and spices, followed by a full-body massage using remedial herbal oil.

Stress release massage

60|90 Minutes

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 bliss.

Freestyle deep tissue massage

60|90 Minutes

Unwind with a powerful, customised massage that combines deep rhythmic pressure and a dynamic blend of essential oils to alleviate stress, ease aching muscles and target individual needs.

Bespoke spa experience

60|90 Minutes

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. Then let us tailor the perfect treatment package, including a choice of luxurious spa products.

Foot massage

60 Minutes

Traditional reflexology uses specific thumb, finger and hand techniques on the reflex points of the feet to stimulate corresponding organs in the upper body and relieve tension. Emerge feeling physically renewed and energised.

Local traditions & Thai healing arts



Yao Yai Jamu Radiance Ritual 75 Minutes

Inspired by a traditional bridal beauty ritual from Yao Yai Island, this radiance-restoring treatment begins with a gentle exfoliation using a homemade scrub made with organic coconut, turmeric, upland rice, sago flour, honey and yoghurt. Afterwards, a soothing massage will ease any muscle tension, followed by a lotion application to hydrate the skin, restore radiance and lock in moisture.

Foot ritual | Body scrub and massage | Rinse

Thai Traditional Medicine

At Anantara Spa, we embrace ancient wellness practices. Discover the art of Thai Traditional Medicine (TTM), a renowned healing system that combines elements of herbal medicine, massage, acupuncture, and spiritual practices designed to promote overall well-being. Addressing both physical and emotional health, TTM offers a comprehensive approach to maintaining a balanced lifestyle.

Personal Consultation 20 Minutes

Thai Therapeutic Massage

60|90 Minutes

Embark on a signature healing journey with a Thai Therapeutic Treatment. This experience begins with a consultation to assess your unique needs. Our TTM practitioner will craft a personalised treatment plan tailored to you. A key element of the therapy is Salt Pot Therapy, which focuses on the abdominal area to restore balance to the body's energy and facilitate toxin release.

Elemental Enhancing Treatment

60|90 Minutes

Stimulate your entire body system with our signature treatment, personalised according to the principles of elemental fortune telling. Based on your unique elemental needs, additional treatments may be incorporated for a truly tailored experience. The session begins with a refreshing cold welcome drink of Tri Pa La or Red High Heel, followed by a warm farewell drink customised to your element: Earth, Water, Fire or Wind.

Fire Therapy

60 minutes

Drawing from the ancient traditions of Northern Thailand, fire is applied to stimulate the body's core energy, restoring balance and vitality. This powerful therapy boosts metabolism, reduces bloating and eases discomfort.

Salt Pot Therapy

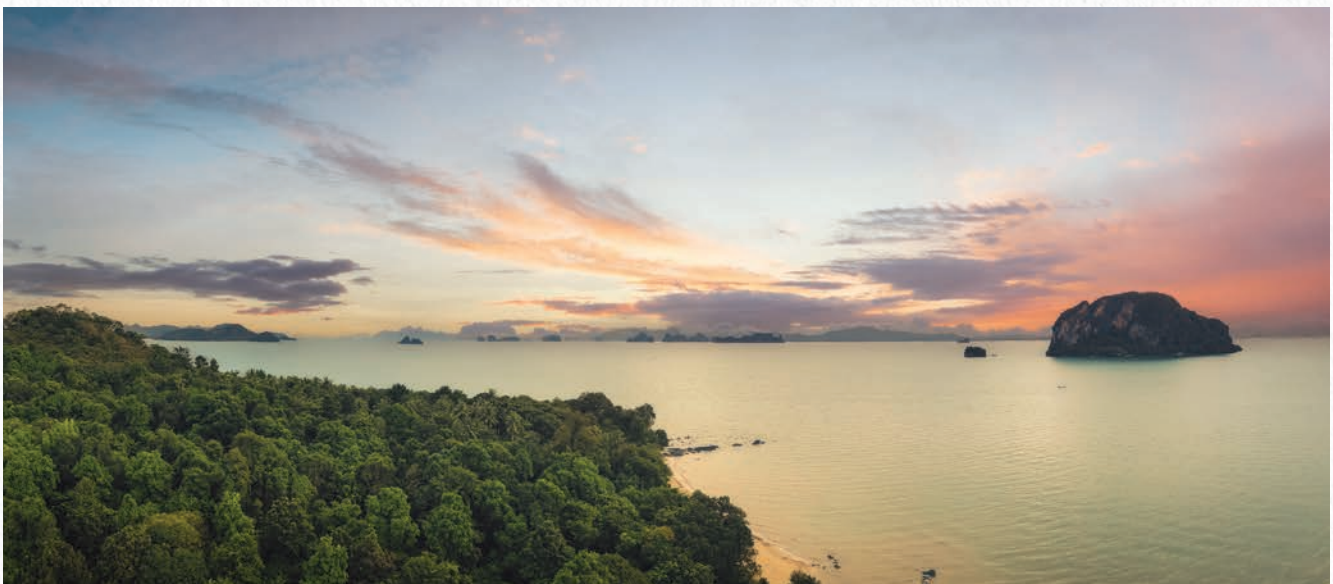
60 minutes

Originally used for postnatal care, this time-honoured treatment is now sought for its deeply relaxing and detoxifying benefits. The warm salt pot compress activates core energy and soothes symptoms of indigestion.

Pok Taa Therapy

60 minutes

A cooling therapy to draw excess heat from the body's core. Andrographis powder and organic duck egg white are applied as a soothing eye mask, followed by facial and head acupressure to restore clarity and calm.





Resonate

THE SOUND JOURNEY

Be still. The island breathes with you.



Sound Therapies

Chakra Awakening Sound Bath

This treatment is a therapeutic sound healing practice that focuses on balancing and activating each of the seven chakras. This is achieved using a range of instruments that produce sound frequencies that resonate with each of the chakras, promoting balance and harmony. This will help you to release any energetic blockages and promote a sense of inner peace.

Himalayan Sound Therapy

Our body is not only physical and mental but also made up of energy. The chakra system holds our body's energy, Prana or life force as it is known in Ayurveda. Our practitioner uses the singing bowls and works along the seven chakras in the body. The sound waves and vibrations from the singing bowls bring the body and mind to a state of deep relaxation.



Illuminate

THE BEAUTY JOURNEY

True radiance begins within.

Body Treatments

Body Scrubs

Green Tea Scrub **45 Minutes**
Polish, purify and refresh skin with a green tea exfoliant that also nourishes and hydrates.

Coconut & Mint Scrub **45 Minutes**
Coconut's rich moisture, vitamins and antioxidants, combined with fresh, enlivening mint, leaves skin flawlessly renewed and exquisitely scented.

Body Wrap

Skin Cooling Sun Soother **60 Minutes**
Enriched with indigenous coconut oil and cucumber extract, this soothing tonic is perfect for sun-kissed or sunburned skin.





Hamмам

Moroccan Hammam

60 Minutes

“Noir” black soap with an aromatic infusion of eucalyptus opens the pores and prepares the skin for the kessa exfoliation. Followed by a body scrub, Rhassoul clay wrap infused with aromatic botanicals drawing out impurities.

Steam | Black soap | Kessa mitt exfoliation | Rhassoul clay wrap | Rinse

Royal Hammam

150 Minutes

Relax like a sultan under the supervision of our skillful Hammam specialists. The Turkish Hammam ritual is an ancient cleansing and relaxation bathing tradition using black soap to prepare the skin for the Kessa exfoliation followed by a Rhassoul Clay Wrap. Finish up your relaxing experience with a body relaxing massage and a hydrating face cleanse.

Steam | Black soap | Kessa mitt exfoliation | Rhassoul clay wrap | Body massage | Hydrating face cleanse

Bath Rituals

30 Minutes

Herbal Steam | Rose Petals Blooming Bath | Milky Bath | Romance Bubble Bath

Subtle Energies Facials

Holistic Age-Defying Facial

60|90 Minutes

Combining collagen and elastin boosting actives, this age-defying facial features potent ingredients such as Mogra, Queen of Jasmines and K Gold that will penetrate into the dermal layers of the skin renewing and regenerating skin cells with a sustained result. Bring a radiant glow to the skin by oxygenating deeply on a cellular level, reduce fine lines and wrinkles whilst addressing emotional needs such as stress, anxiety and hormonal balance.

Advance Antioxidant Facial

60|90 Minutes

Designed for dehydrated, mature, sensitive or damaged skin. This intense enriching facial therapy delivers an exceptional nutrient rich elixir that revitalises tired ageing skin. Infused with advanced antioxidants and essential fatty acids to fight free radical damage and protect the skin from the visible signs of ageing. The facial massage delivers an impressive active serum to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin.

Wild Kashmir Purifying Facial

30 Minutes

This powerful facial will customise your wellbeing and replenish your skin with a renewed freshness. Wild turmeric offers intense purification while exotic kashmir lavender soothes and restores. This deeply detoxing treatment will revitalise tired, congested and stressed skin. Toxins will be drawn out through a double cleanse, saffron exfoliation, and a purification mud mask, a complete indulgence that purifies and tones.

Essential Hydration Facial

30 Minutes

This deeply hydrating and nourishing facial restores natural vitality to the skin. Ideal for most skin types, it combines nature's best actives with gul heena.



Subtle Energies Massage

Blissful Marma Massage

60|90 Minutes

Experience effective and immediate relaxation, relieving all stress related tension. Long, firm, flowing movements and therapeutic techniques at various levels of pressure are implemented; whilst marma therapy and chakra balance align vital energy centres. Enriching results-based blends deliver powerful active benefits, enhancing overall wellbeing. The 90 minute treatment includes a Subtle Energies signature facial marma massage with potent aromatic actives designed to balance the emotions, release stress and reduce anxiety.



Subtle Energies body treatments

Rasayana Body Wrap

75 Minutes

Revitalise, tone and purify as this active body therapy begins with a zesty exfoliation of essential oils, including cinnamon powder and walnut shells. Relax as an exquisite mineral-rich clay infused with powerful herbs of Spiked Ginger Lily, Spirulina and Green Tea envelops your body providing the ultimate detox. Experience full body hydration with a choice of aromatic-infused body butter, lotions or blends after.

Rasayana Detox Body Buff

60 Minutes

This rejuvenating light to medium exfoliation of walnut shells, buffs away dead skin cells, reducing the signs of cellulite, as hot compresses are applied in between. Uplifting aromatics of Tulasi, Wild Turmeric and Limbu invigorate, ideal for jet lag and tired skin, followed by a personalised full body hydration to compliment the detoxification process.



Subtle Energies Journeys

Detox and Adrenal Boost Journey

120 Minutes

Comprehensive purification process using highly potent active ingredients such as tulasi, wild turmeric and indian lime that work towards blood purification, energising and stimulating the cells and lymphatics whilst also boosting adrenal fatigue. The journey begins with a full exfoliation, followed by a toning detox wrap and concludes with subtle energies signature massages that will release tension, lymphatic drainage and work the marmas.

Subtle Energies foot ritual | Rasayana Detox Body Buff |
Full body detoxifying massage with warm therapeutic oils | Refreshment

Indulgent Beauty

120 Minutes

Immerse yourself in a full body exfoliation, to then indulge in double creams or aromatic blends embalming the whole body. This retreat finishes with an anti-ageing customized facial, where collagen boosting actives and stress reducing techniques allow one to replenish and unwind.

Subtle Energies foot ritual | Rasayana Detox Body Buff | Lotion application
Wild Kashmir Purifying Facial | Refreshment

A Gentleman's Day

150 Minutes

For the active man to the constant traveller, this customised treatment journey balances and restores oneself, maintaining immunity, muscle strength and healthy skin. Your body will be invigorated and renewed with a zesty body polish, to then be transported to a place of deep relaxation with a full body detox massage, also assisting adrenal fatigue. Feel all the tension drift away as your skin is cleansed and balanced with a gentleman's essential hydration facial to complete this wellbeing journey.

Subtle Energies Foot Ritual | Rasayana Detox Body Buff
Full body detoxifying massage with warm therapeutic oils
Essential Hydration Facial | Refreshment



Kids & Family Wellness

Our kids' spa menu is designed for those between 5 and 12 years old, using products that are safe and luxurious.



Kid's Spa

Melt Me Massage

30|60 Minutes

A soothing massage to calm the body and mind. Using long strokes and a soft pressure with organic natural oil for relaxation.

Coconut Hair Treatment

30 Minutes

Enjoy a soothing scalp massage using warm coconut oil, followed by a nourishing hair mask to leave locks moisturised, soft and glowing with health.

The Little VIPs Facial

30 Minutes

Nourish tender and sensitive young skin with an all-natural treatment. Refreshing cucumber and tomato, gentle massage with coconut oil.

Family Spa Experiences

Spa time is full of pampering fun that feels even more wonderful shared with family.

Radiant Duo Spa Experience

120 Minutes

For daughter: Coconut body scrub | Sweet almond massage oil | The Little VIPs Facial
For mum: Anantara Signature Massage | Anantara Signature Facial

Gentlemen's Spa Duo

120 Minutes

For son: Coconut body scrub | Sweet almond massage oil | The Little VIPs Facial
For dad: Sea salt body scrub | Anantara Signature Massage | Subtle Energies Facial

Mum & Me Time Out | Dad & Me Time Out

60 Minutes

A shared massage experience for parent and child.



Return to yourself.

The island will remember you.

ANANTARA KOH YAO YAI RESORT & VILLAS

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