

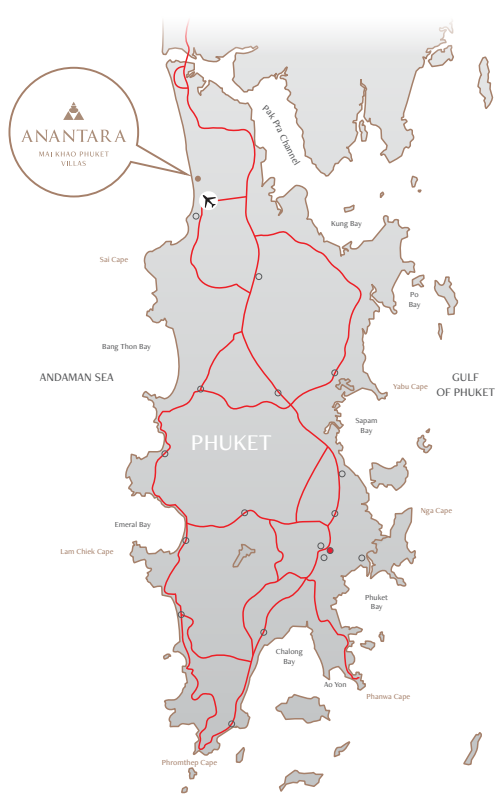


TROPICAL LAGOON SANCTUARY
OF BEAUTIFUL WELLNESS JOURNEYS



ANANTARA

SPA



TROPICAL LAGOON SANCTUARY OF BEAUTIFUL WELLNESS JOURNEYS

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.

Drawing on Thai heritage, island bliss and Anantara’s renowned international expertise, our award-winning spa offers a truly luxurious sanctuary, overlooking an expansive tropical lagoon. Feel renewed

by trusted therapies from Asia’s oldest wellness cultures, including ancient Ayurvedic rituals. Restore balance, youthfulness and vitality as we pamper you with advanced western spa wisdom.

At Anantara Spa, the greatest journeys are felt, not told...

ANDAMAN SEAGULF OF PHUKET

Opening hours: 10.00 am – 10.00 pm





MAIKHAO EXPERIENCES

Life is a journey and one we wish to assist you on. Our chaotic lifestyles today stress in our mind and bodies resulting in muscular tension and pain, poor digestive systems, insomnia and mental stress to name a few.

Whether the cause is due to poor diet, stressful jobs, constant use of our mobile phones or lack of movement, we have selected key treatments to assist you on your journey back to your better self and back to balance and wellbeing.

If you have an area of concern which is not mentioned below, please discuss with our team who can assist you with a tailored treatment plan.

DE-STRESS MIND

For those who have difficulty sleeping, who have busy minds, suffered a bereavement or are mentally stressed. The following treatments have been selected to quieten the mind, awaken the third eye and bring a sense of calm and peace of your life.

RELAX BODY

If your muscles are tired and aching from gym workouts, if you have poor posture from sitting at a computer or have had a long flight; these treatments are recommended to bring ease to the body and soothe areas of tension.

KICK START

If you are suffering from jet lag, have been eating a poor diet or have been feeling lethargic or sluggish then these treatments will help to rebalance and energise you mentally and physically.

RECOMMENDED TREATMENTS

- Chakra Crystal Balancing
 - Marma Abhyanga
 - Shirobhyanga
 - Peaceful Sleep Bath
 - Yoga
 - Himalayan Singing Bowl
-
- Anantara Signature Massage
 - Himalayan Thermal Therapy
 - Detox & Reset
 - Thai Herbal Compress Massage
 - Thai Warrior Massage
-
- Recharge & Relax
 - Detoxifying Green Tea Wrap
 - Detoxifying Green Tea Scrub
 - Body Strategist
 - Muay Thai

SIGNATURE EXPERIENCES

Drawing on Anantara Spa's world-class expertise and 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.

ANANTARA SIGNATURE MASSAGE

Combining revered eastern and western techniques with Anantara's expertise, purpose designed movements and a signature oil blend to stimulate the circulation and deeply relax muscles, while reflexology clears energy blockages to promote overall wellbeing.

60/90/120 Minutes

BESPOKE SPA EXPERIENCE

Indulge in an exclusive spa massage, designed to suit your needs and mood. Highlight the areas you wish to focus on or the benefits you would like to receive, and we will tailor the perfect treatment and offer you a choice of luxurious spa products.

60/90/120 Minutes

CHAKRA CRYSTAL BALANCING

Unwind into a purifying massage that promotes holistic wellbeing by releasing stress and tension both physically and emotionally, harmonising energy flow, stimulating blood circulation and the body's natural detoxification. While to coax you into a deep state of meditative relaxation, singing bowls are used to begin and conclude this ritual, with the soothing sounds beautifully enhancing the benefits of chakra balancing.

90 Minutes



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 lymphatic drainage facial massage using Rose Quartz Gua Sha crystals shall stimulate circulation and leave your skin with an eternal glow. This full body ritual is crowned with a head massage focusing on Marma points, which calm the nervous system and refreshes the mind.

90 Minutes

BAMBOO SIGNATURE MASSAGE

Symbolising strength, harmony and longevity, bamboo's unique holistic energy enhances the benefits of massage therapy. Soothing and intensely therapeutic, this distinctive massage uses aromatic oil and a set of warmed bamboo sticks to penetrate more deeply. Experience how stroking and rolling techniques release muscular knots and tension, reduce toxin, heat and fluid retention, and encourage healthy circulation, for powerful, long lasting benefits.

90 Minutes



SPA JOURNEYS

Carefully crafted to bring you a luxurious choice of extended experiences, these special journeys are designed to help you escape the limits of space and time. Indulge in unique destination inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.

JOURNEY OF SIAM

Feel renewed by an exquisite journey from Thailand. An exotic scrub sweeps away dead cells while strengthening and smoothing new skin. Then an expert therapist takes away all the pressure, using a traditional heated compress filled with remedial herbs and healing Thai massage techniques to soothe muscle tension throughout the body.

150 Minutes

Essence White Coconut Mint Scrub (60 minutes)

Thai Herbal Compress Massage (90 minutes)

ANANTARA JOURNEY

Indulge in a luxurious package created to pamper you from head to toe. Using traditional Thai ingredients and delicate blends of Jasmine to treat and revitalise your skin, a luxurious full body massage will ensure to bring deep relaxation and a sense of wellbeing.

150 Minutes

Anantara Body Scrub (60 minutes)

Anantara Signature Massage (60 minutes)

Anantara Signature Facial (60 minutes)



COUPLE'S EXOTIC ROMANCE RETREAT

At an exclusive hideaway that lends itself to romance, couple massage rituals are a popular commodity. The Couple's Exotic Romance Retreat refreshes skin and uplifts the mood with an Anantara body scrub. A luxuriant soak in an Anantara milky bath cocoons couples in a world of their own, while softening and moisturising skin. A bespoke massage lavishes individual attention and an exfoliating and regenerating P50 Visage Facial by French brand Biologique Recherche leaves the face, neck and décolleté smooth and glowing. Lotion P50 is a renaissance product, recognised as one of the top beauty products in the world.

Anantara Body Scrub (60 minutes)

Anantara Milk Bath (30 minutes)

Bespoke Spa Experience Massage (60 minutes)

Biologique Recherche Facial Treatments (60 minutes)



WELLNESS PROGRAMMES

Design (60 Minutes) need to purify and renew, our range of Wellness treatments and one-day programmes bring a total transformation. A private consultation will help tailor your ideal experience. Raw juice blends and a Balance Wellness cuisine will replenish vitality, whichever retreat you choose.



RECHARGE & RELAX

Thai boxing enhances flexibility, coordination and stamina whilst a relaxing spa journey pamper you with therapeutic benefits.

1 Day

Private Muay Thai Boxing (90 Minutes)

Healthy Lunch

2 Cleansing Raw Juice Drinks

Thai Herbal Steam (30 Minutes)

Bespoke Spa Experience (90 Minutes)

INDIAN HEAD MASSAGE

This soothing yet energising Indian head massage combines pressure point techniques and stretching movements to relieve tension in the head and neck. At the same time as restoring tranquillity, this massage can also help to relieve insomnia, chronic headaches, migraines and sinusitis.

60 Minutes

SHIRODHARA

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.

60 Minutes

CANNABIS JOURNEY

THE NATURAL HEALING POWERS OF CANNABIS

Journey with Anantara Spa and explore a whole new world of healing with the cannabis spa treatments. It helps to calm your mind and sooth the body with its anti-inflammatory, antioxidant and deeply soothing properties.



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 without 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
Cannabis & Floral Tea

HEAD – TO – TOE CALMING 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. 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

Cannabis Foot Ritual
Scalp Massage
Cannabis Foot Massage
Cannabis & Floral Tea



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.

90 Minutes

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

MASSAGE

TRADITIONAL THAI MASSAGE

This unique and exotic technique, known to many as ‘passive yoga’, has been passed down through the generations and offers the ultimate body workout. Let your therapist do all the work using pressure point and stretching techniques to release tension and increase vitality and flexibility – while you enjoy a wealth of benefits.

60/90/120 Minutes

THAI HERBAL COMPRESS MASSAGE

This distinctive style of traditional Thai massage uses a heated compress filled with remedial herbs to release muscle tension and stiffness, enhance energy flow and relieve fatigue, followed by a full body massage using an aromatic herbal oil blend.

90/120 Minutes

FREESTYLE DEEP TISSUE MASSAGE

Your therapist will select an aromatic oil according to your concerns, whether muscle pain, stress relief, relaxation or to energize. The flowing massage works deeper into the areas of tension, encouraging optimum circulation and relief.

60/90/120 Minutes

ANANTARA HOT STONE MASSAGE

Hot Stone massage is a natural therapy which can be a highly effective healing experience for the mind and body. Warmth supplied by natural volcanic rock can help to release built up tension, increase fresh nutrient rich blood through the muscle tissue and can relieve chronic pain enabling a deeper level of relaxation.

90/120 Minutes



PEACEFUL PREGNANCY MASSAGE

Mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

60/90 Minutes

ORIENTAL FOOT MASSAGE

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.

30/60 Minutes



SOUND HEALING THERAPY

Himalayan singing bowls are an ancient form of regeneration. The bowls are made on full moon nights in Nepal using seven metals. Singing bowls are used for deep relaxation and released blockage to encourage energy flow. Each bowl has its own unique tone and aids in treating mental or emotional worries, anxiety, depression and insomnia while also stabilising blood pressure.

BALANCING SOUND HEALING

This singing bowl therapy starts with an aura cleansing session to rid the body of negative energy. The treatment is designed for a full body function re-balance. The calming and resonant sounds help to reduce stress, anxiety, migraines, and hypertension, as well as improve the sleep cycle and overall sense of wellbeing.

45 Minutes

RELAXING SINGING BOWL THERAPY

Our body is not only physical and mental but energetic. The chakra system holds our body's energy, "Prana" or life force in Ayurveda. Our practitioner uses the singing bowls and works along the 7 Chakras in the body. The sound waves and vibrations from the singing bowls bring the body and mind to a state of deep relaxation.

60 Minutes

BACKACHE THERAPY WITH SOUND HEALING

With the sound wave and vibration of rolling techniques, pain is relieved in focused areas. This restorative treatment is ideal for office syndrome, back, neck and shoulder pain. A soothing back massage is combined with sound healing to treat muscle tension and pain.

60 Minutes

BODY TREATMENTS

ESSENCE WHITE COCONUT MINT SCRUB

Rich in vitamins and anti-oxidants, lotus and apricot seed granules remove dead cells while coconut oil and shea butter keeps skin nourished and feeling smooth.

DETOXIFYING GREEN TEA SCRUB

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

60 Minutes

ESSENCE WHITE COCONUT WRAP

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.

60 Minutes

DETOXIFYING GREEN TEA WRAP

Calming cocoon of gently cleansing and hydrating green tea cocoons your body for a soothing and revitalising experience.

60 Minutes

ALOE AFTER-SUN SOOTHER

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

60 Minutes

CLEANSING BACK RITUAL

This treatment begins with a deep cleansing and exfoliating back treatment followed by a bespoke back, neck and shoulder massage to relieve muscle tension in the areas which need it the most.

90 Minutes



SLIMMING AND BODY CONTOURING

BIOLOGIQUE RECHERCHE

SOIN P50 PEAU NEUVE NEW SKIN EXFOLIATION

This treatment combines a body exfoliation and a moisturizing massage that restore a healthy stratum corneum, leaving the skin efficiently protected against harsh climate conditions (sun, wind, cold). We strongly recommend applying this treatment before other body care treatments. This treatment helps keep your skin moisturized, toned and healthy.

60 Minutes

SOIN LIFT CORPS – FIRMING

A lifting treatment featuring an exfoliating session followed by a bio-reflex massage using a moisturizing and dermoprotecting complex. A targeted serum or a firming oil that prevents from slackening then is applied to tone the epidermis and refine your skin's texture. The techniques used with Lift C.V.S. Corps were developed to treat areas where the skin tends to lose its elasticity, like the inner arm or thighs. This result-driven anti-aging treatment helps reduce cellulite aspect and reshape the body.

90 Minutes

SOIN BOOSTER MINCEUR – SLIMMING

A slimming treatment that works to break down fats and eliminate excess water from tissue. Booster Minceur is part of a slimming treatment program intended to prepare the slimming action and increase the performance of body-contouring creams used. Rich in enzymes including lipase, the formula promotes lipolysis (fat breakdown) and reduction in adipocyte volume. It is combined with hyaluronidase, which works to help eliminate excess water from tissue while horsetail extracts work to boost tissue-clearing action.

60/90 Minutes

BODY CONTOURING PACKAGE

3-DAYS MAI KHAO BODY & FACE RETREAT WITH BIOLOGIQUE RECHERCHE

- | | |
|---|--|
| DAY 1: DETOXIFIES, REVIVES,
ELIMINATES | <ul style="list-style-type: none">• Thai Herbal Steam & Shower (15 min)• Soin P50 Peua Neuve New Skin Exfoliation (60 Minutes)• Green Tea Body Wrap (60 Minutes) |
| DAY 2: FIRMING (90 Minutes) or
SLIMMING Soin Booster
Minceur | <ul style="list-style-type: none">• Soin Lift Corps – Firming (90 Minutes) or
Soin Booster Minceur (90 Minutes) |
| DAY 3: ANTI- AGING | <ul style="list-style-type: none">• Soin Restructurant Et Lissant (90 Minutes) |

BODY CONTOURING PACKAGE

5-DAYS MAI KHAO BODY & FACE RETREAT

- | | |
|---|--|
| DAY 1: DETOXIFIES, REVIVES,
ELIMINATES | <ul style="list-style-type: none">• Thai Herbal Steam & Shower (15 min)• Soin P50 Peua Neuve New Skin Exfoliation (60 Minutes)• Green Tea Body Wrap (60 Minutes) |
| DAY 2: FIRMING (90 Minutes) or
SLIMMING Soin Booster
Minceur | <ul style="list-style-type: none">• Soin Lift Corps – Firming (90 Minutes) or
Soin Booster Minceur (90 Minutes) |
| DAY 3: ANTI- AGING | <ul style="list-style-type: none">• Soin Restructurant Et Lissant (90 Minutes) |
| DAY 4: BODY CONTOURING FIRMING
(120 Minutes) | <ul style="list-style-type: none">• Soin Lift Corps for exfoliation and firming (90 Minutes)
Choice of Back and Shoulder Massage (30 Minutes) or Foot Massage 30 Minutes |
| DAY 5: FACE LIFT (90 Minutes) | <ul style="list-style-type: none">• Choice of Soin Lift C.V.S Exfoliates the skin and lifts and re-sculpts the face 90 Minutes Or Soin Restructurant Et Lissant for sagging skin. Smooths and softens fine lines and wrinkles 90 Minutes |



FACIALS

ANANTARA SIGNATURE FACIAL

Let nourishing plant extracts revitalise your skin. Carefully blended jasmine oil, white orchid extract and green tea, encourage cell renewal and oxygenation. A gentle massage induces deep relaxation, while our herbal mask restores a natural balance.

60 Minutes

BIOLOGIQUE RESEARCH ADVANCE FACIAL TREATMENTS

The Biologique Recherche methodology is based on over 45 years of experience using innovating products and meticulous protocols. The products are formulated with high concentrations of active ingredients from natural or biotechnological compounds and are fragrance-free.

“Skin is the reflection of ourselves; it isn’t consistent, but multiple over the course of a day, of a life. Everyone has different Skin Instants. Biologique Recherche’s Methodology treats each person’s epidermis in a personally tailored way.”

SOIN RESTRUCTURANT ET LISSANT

(For plumped skin, smoothest and softens fine lines and wrinkles.)

Hydrating, soothing effects of hyaluronic acid with silk and royal jelly applying by unique smoothing, sculpting and pulsing techniques into your skin. Boost the repair capacity for sensitive, stressed skin with draining and renewing actions.

90 Minutes

SOIN MCL10 (For minimizing wrinkles)

A treatment that reduces wrinkles and fine lines, designed for lackluster Skin Instants. It leaves the skin on your face, neck and cleavage toned and redefined.

90 Minutes

SOIN LIFT C.V.S. (Non-invasive face lift)

An exfoliating and firming treatment combined with a unique manual technique designed to treat Skin Instants that are thick, slack or lacking tone. The skin is revitalized, more toned, as if it has had a lift.

90 Minutes

SOIN MASQUE EXFOLIANT P50 VISAGE

(For deeply purified skin)

An exfoliating and regenerating treatment for keratinized Skin Instants and skin with an irregular micro-profile. It evens out skin tone, leaving your face smooth and glowing.

60 Minutes

ACNE FACIAL TREATMENT

(DETOXIFYING AND PURIFYING)

This facial treatment provides intense regeneration, specifically targeting acne-prone skin. It promotes cell regeneration to diminish the appearance of imperfections caused by acne, deeply nourishing skin tissue through biomimicking the properties of the human placenta. Acne scarring starts to heal and the skin surface becomes more even with less redness.

60 Minutes



OXYGENATING VIP O₂ & ANTI-POLLUTION

The treatment starts with a deep cleanse, purifying the skin of tiny particles that are sometimes even smaller than the pores on the face. Its deep-down cleansing action removes urban pollutants that accumulate on the skin's surface. Pristine again, the skin regains its natural radiance and the complexion lights up with a fresh glow.

60 Minutes

ENHANCEMENTS

Brightening Mask (Masque PIGM 400)

Eye Contour Mask (Patch defatigants)

Cold Mask



STEAM AND BATH RITUALS

THAI HERBAL STEAM

Inhale the healing properties of Thai herbs, enjoying an exotic ritual that stimulates the circulatory system and opens pores. A refreshing prelude to any of our spa treatments.

30 Minutes

ANANTARA MILKY BATH

Enjoy a private tea service and indulge in some pampering as the aromas of our signature Milky Bath balance your body, mind and spirit.

30 Minutes

PEACEFUL SLEEP BATH

Relax and unwind with the power of aromatherapy. This relaxing blend of oils will help switch off your mind and assist a deep and peaceful sleep. Ideal at the beginning of your holiday or for those experiencing jet lag.

30 Minutes



BEAUTY SALON SERVICES

GROOMING HANDS

Nail file, cuticle work, nail buff, hand exfoliation and massage.

DELUXE MANICURE

Nail file, cuticle work, exfoliation, hydrating mask and massage, nail buff and polish.

DELUXE GEL MANICURE

All of the above with gel polish color.

GEL REMOVAL

Gel soak off, nail buff and nail file



GROOMING FEET

Foot soak, foot file, scrub, nail file, cuticle work, massage and nail buff.

DELUXE PEDICURE

Foot wash, nail file, cuticle work, foot filing, exfoliation, hydrating mask, foot massage, nail buff and polish

DELUXE GEL PEDICURE

All of the above with gel polish color.

WAXING AND HAIR SERVICES ARE ALSO AVAILABLE

Please contact spa reception for more information



