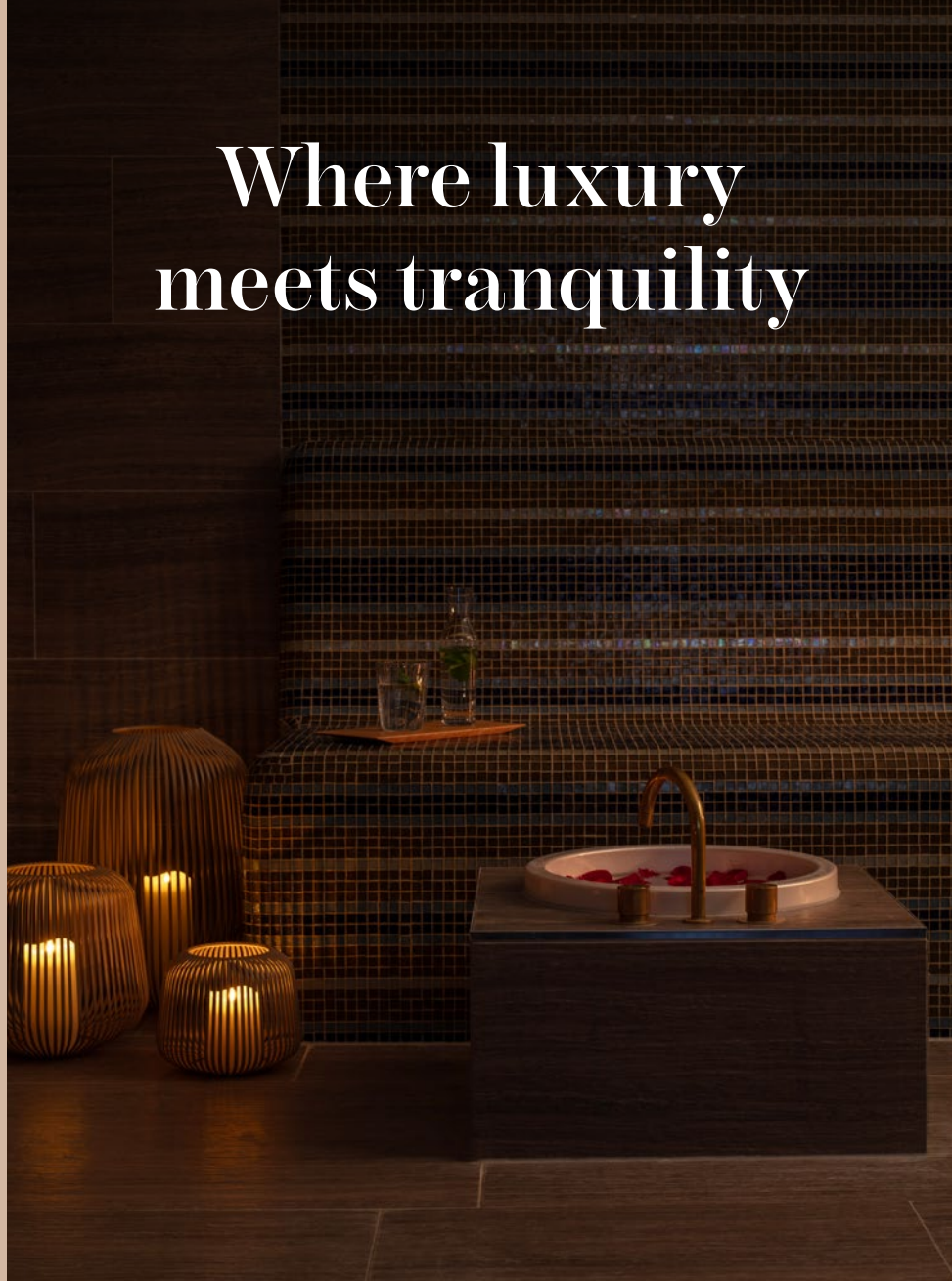


Where luxury meets tranquility



ANANTARA

SPA



Welcome to Anantara Spa

Surrender to the serenity of Anantara Spa at Anantara Palais Hansen Vienna Hotel, where luxury meets tranquility. Inside our oasis on the Ringstrasse, enjoy six lavish treatment rooms, fitness centre, rejuvenating hydropool, Finnish sauna (90°C), steam bath (45°C) and sanarium (60°C).

Discover bliss, beauty and wellness with massage treatments and advanced skincare regimes in a sophisticated sanctuary. Our knowledgeable Anantara Spa team are here seven days a week to guide your wellness journey, ensuring a blissful retreat.

ENQUIRIES OR RESERVATIONS

For enquiries or reservations, reach out to the Anantara Spa team at:
spa.palaishansen@anantara-hotels.com
or call +43 1 236 1000



How to Spa

OPERATING HOURS

Anantara Spa is open daily from 10:00 am – 9:00 pm. Children of hotel guests aged under 16 years are allowed in the hydropool between 10:00 am and 4:00 pm, provided they are accompanied by a parent who takes full responsibility. Guests at Anantara Palais Hansen Vienna Hotel have 24-hour access to the fitness centre.

RESERVATIONS

To avoid disappointment, we recommend booking treatments at Anantara Spa in advance.

SPA ARRIVAL

To ensure you reap the full benefits of your experience at Anantara Spa we ask that you arrive 15 minutes prior to your appointment. Late arrivals will be facilitated to the best of our ability; however, your treatment time may be shortened.

Some medical conditions are inadvisable with certain treatments, so we ask that you notify us of any medical conditions at the time of booking. All information is kept in the strictest of confidence.

WELLNESS AREA

There is an additional fee if you wish to add on use of the facilities to any treatments. Please enquire at Anantara Spa reception.

To respect the serenity of Anantara Spa, please refrain from talking loudly or shouting while in the treatment rooms, pool area or relaxation suites. Use of mobile phones is not permitted in the pool, thermal suite and relaxation area.

SPA ATTIRE AND VALUABLES

Swimwear must be worn at all times in the pool area. For your convenience Anantara Spa will provide bathrobes, towels, slippers, shower caps and a locker to store your belongings. We recommend you do not bring valuables to your appointment, as Anantara Spa does not assume responsibility for lost items.

AGE REQUIREMENTS

Children of hotel guests aged under 16 are allowed in the hydropool between 10:00 am and 4:00 pm, provided they are accompanied by a parent who takes full responsibility.

CANCELLATION POLICY

If you are unable to attend your appointment or need to reschedule, please provide at least 24 hours' notice. For groups of three or more, please provide at least 72-hours' notice. Should the required notice not be provided, a cancellation fee of 100% of the treatment price will be deducted from your credit card, or charged to your room bill.

Massage

PALAIS HANSEN SIGNATURE

Discover the rejuvenating benefits of our signature healing massage. Inspired by the serene beauty of Austria, the experience features a special blend of essential oils that evoke the essence of this land – wild lavender from the Tyrolean Alps, the refreshing aroma of fresh mountain pine, and the uplifting notes of zesty Austrian citrus. Tailored to promote deep relaxation while alleviating pain and easing muscle tension, this massage also pays homage to our Thai heritage, seamlessly integrating both Western and Eastern techniques, including gentle stretching. Experience massage crafted to enhance your overall well-being.

50 | 80 MINUTES

AROMATHERAPY MASSAGE

Our signature aroma massage has been developed with your overall relaxation in mind. We combine light to medium pressure and a flowing technique, using intuitive touch and a blend of soothing essential oils.

25 | 50 | 80 MINUTES

DEEP TISSUE MASSAGE

Focusing on the deeper layers of tissue, your expert therapist uses an array of massage techniques to release stored tension and encourage optimum circulation, ensuring profound relaxation for deep-seated muscles.

25 | 50 | 80 MINUTES

HOT STONE MASSAGE

Heated volcanic stones and a unique blend of essential oils are used in this massage. The heat from the stones helps to relieve muscle or joint tension and increase blood circulation creating a balance of calm and wellbeing. This treatment is perfectly designed to promote a profound state of relaxation.

50 | 80 MINUTES



PEACEFUL PREGNANCY MASSAGE BY ELEMIS

This tranquil and soothing massage deeply hydrates skin that is expanding to accommodate your growing baby during this special time. Aromatics formulated to be used safely during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm. *You must be a minimum of 12 weeks pregnant at time of treatment.*

50 MINUTES

THAI HERBAL 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.

50 | 80 MINUTES



TENSION RELIEF BACK MASSAGE

A focused massage that releases tension and restores comfort to this typically tight area.

30 MINUTES

FIRMING MASSAGE

Revitalise your skin with a therapy specifically designed to target the appearance of cellulite while promoting smoother, firmer skin. This invigorating treatment combines specialised techniques to stimulate circulation and enhance lymphatic drainage, helping to reduce the visibility of dimples and improve skin texture.

50 MINUTES

LYMPHATIC DRAINAGE MASSAGE

A gentle treatment that enhances the body's natural detoxification processes through light, rhythmic strokes and gentle pressure. This massage stimulates the lymphatic system, reducing swelling, improving circulation, and promoting overall wellness. Ideal for stress relief, post-surgical recovery, or enhancing your wellness routine, this nurturing experience rejuvenates the skin and boosts immunity.

50 MINUTES

BALANCE MASSAGE

Incorporating chakra energy balancing, this tranquil experience merges the therapeutic advantages of massage with ancient healing traditions to realign the body and restore its natural energy flow, resulting in a rejuvenated and balanced state of mind and body.

80 MINUTES



Body treatments

Reveal smoother, clearer skin with your choice of scrubs, wraps and peels, designed to detoxify and revitalise.

CLEANSING SALT SCRUB BY ELEMIS

Discover the power of mineral-rich salt to cleanse and invigorate. Aromatic salt is used to gently slough away dead skin cells, encouraging skin regeneration and leaving the body smooth and responsive to oils and balms. Once thoroughly revived, the body is swept with soothing oils for velvety-soft, conditioned skin.

50 MINUTES

GRAPE PEEL

Ground grape seeds blend with a formula of nourishing oils to naturally exfoliate your skin, leaving it soft and fresh.

60 MINUTES

HERBAL PEEL

With its vasodilation effect, this treatment promotes blood circulation, leaving you with healthy, glowing, rosy skin.

60 MINUTES

**FRANGIPANI NOURISHING WRAP
BY ELEMIS**

The velvety texture of Monoi Oil offers intense hydration to quench thirsty skin. You are kept cocooned in warmth whilst the mood-balancing aromatics and skin-conditioning oils perform their magic. Finally, a facial and scalp massage eases you into ultimate relaxation for an emotionally grounding experience and skin that has never felt silkier.

50 MINUTES

MOUSSE AU CHOCOLAT BODY WRAP

Enhances the skin and increases the blood circulation to speed up your own natural regeneration process.

60 MINUTES

DETOX ALGAE WRAP

Harnessing the incredible benefits of seaweed, this treatment activates circulation, supports the metabolism, and helps to nourish and detox your skin.

60 MINUTES

FIRMING WRAP

With a focus on specific target areas, skin becomes toned and firmed and the signs of ageing and cellulite will be visibly reduced.

60 MINUTES



Spa journeys

Rooted in Thai culture, “nam jai” refers to sincere kindness and helping others without expectation. Inspired by this philosophy, Anantara Spa’s signature journeys represent ‘water from the heart’ to you.

ANANTARA HEAD STILLNESS

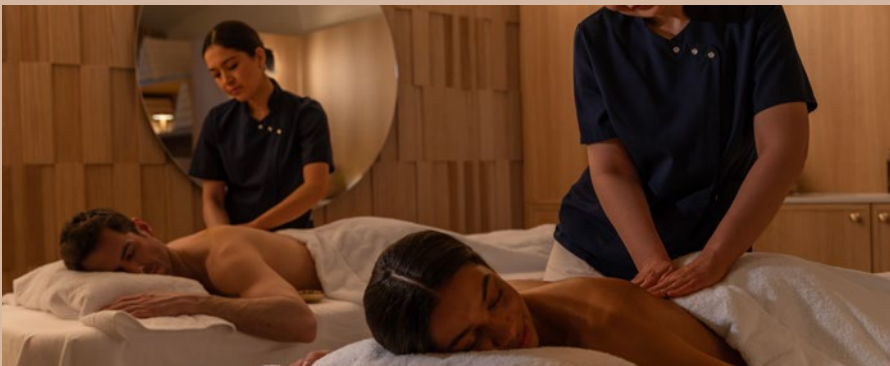
This calming head ritual is designed to release mental tension and invite deep stillness. Through slow, mindful movements focused on the scalp, neck and shoulders, the nervous system is gently guided into a state of ease. An ideal experience for restoring clarity, balance, and inner calm.

50 MINUTES

ANANTARA HEAD AND GROUND

This balancing ritual combines a soothing head massage with a grounding foot massage to reconnect mind and body. While tension is released from the head, the feet are gently stimulated to create a sense of stability and support. A deeply nurturing experience, ideal for stress relief, improved sleep, and overall balance.

50 | 80 MINUTES



ANANTARA SIGNATURE JOURNEY

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, symbolising 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.

80 MINUTES

ESSENCE OF ANANTARA

Unwind and awaken your senses with a unique spa journey designed to capture the essence of Anantara. Enrich tired and dull skin with an enchanting body cleanse, leaving your skin fresh and re-energised. Further, nourish your body with a healing massage using specially blended aromatherapy oils.

120 MINUTES

ANANTARA COUPLES MASSAGE

Find a deeper connection in this personalised massage experience for two, designed to elevate your physical and mental state and provide clarity to support profound bonding.

60 | 80 MINUTES

TIME FOR TWO

Tucked away in your own private moment, reconnect with your loved one. After a steam, surrender to deep relaxation with our signature aroma massage accompanied by an additional therapeutic head and foot massage. Unwind with Champagne and time together in your own private treatment suite.

80 MINUTES

Facials by Elemis

ELEMIS EXPERT TECH FACIALS

Groundbreaking technology meets active ingredients and transformative touch in these pioneering therapies crafted by the experts at Elemis. Choose from a selection of facials enhanced by innovative tech to turbocharge your results.

LIFT + REJUVENATE FACIAL

75 MIN

Renew, plump and tone. Restore your skin's vitality with targeted Microcurrent technology to life, an Ultrasonic Peel to gently exfoliate, and an Oxygen Infusion to plump. Skin will appear rejuvenated, sculpted and lifted.

Includes:

- Ultrasonic Peel for glowing skin
- Microcurrent to lift the skin
- Oxygen Infusion to plump the skin

SMOOTH + POLISH FACIAL

75 MIN

Reset, resurface and brighten. Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energise and Galvanic technology to nourish, revealing bright, polished, and smooth skin.

Includes:

- Ultrasonic Peel for glowing skin
- LED Light Mask to re-energise the skin
- Galvanic technology to restore the skin



SCULPT + FIRM FACIAL

75 MIN

Revitalise, strengthen and define. Our ultimate treatment, this multi-faceted facial is customised to target all your skin's needs using all 6 BIOTEC technologies. After this transformative experience, your complexion will be smoother, brighter and renewed.

Includes:

- Cryotherapy for skin sculpting
- Ultrasonic Peel for glowing skin
- Microcurrent to lift the skin
- Oxygen Infusion to plump the skin
- LED Light Mask to re-energise the skin
- Galvanic technology to restore the skin



ELEMIS HIGH TOUCH FACIALS

These hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. This is where intuition meets expertise.

RENEW FACIAL

60 MIN

Hydrate, lift and firm. 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, your complexion looks supremely hydrated, lifted and firm.

REVEAL FACIAL

60 MIN

Resurface, smooth and glow. 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.

DEFINE FACIAL

75 MIN

Energise, rejuvenate and sculpt. This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin.

ELEMIS EXPERT ADD-ONS

Choose from our range of specialised treatment enhancements, designed to target specific concerns and elevate your experience.

LED ENERGY MASK

Glow, soothe and energise. Illuminate your skin with our LED facial mask enhancement. Discover the power of the innovative ELEMIS 7-in-1 Light Mask to calm, soothe and energise, leaving your skin visibly refreshed and glowing.

COLLAGEN EYE BOOST

Brighten, hydrate and revitalise. Elevate your facial experience with our targeted eye treatment add-on, specially designed to brighten, hydrate, and revitalise.

Facials by Valmont

The science of skincare meets the luxury of wellness in a selection of rituals by Swiss cosmetics experts, Valmont.

Experience a unique fusion of world-class products and massage protocols structured around our signature butterfly movement.

HYDRATION OF THE BISSES

60 MIN

Reveal vibrant, supple, re-plumped skin with a slow, delicate, and relaxing massage that targets the lymphatic system to improve fluid flow, powered up by the ultra-hydrating H2O Boost. It takes its name from the irrigation channels known as 'bisses', used by highlanders of Switzerland's Valais region, as it imparts a similar level of deep hydration to your skin.

LUMINOSITY OF ICE

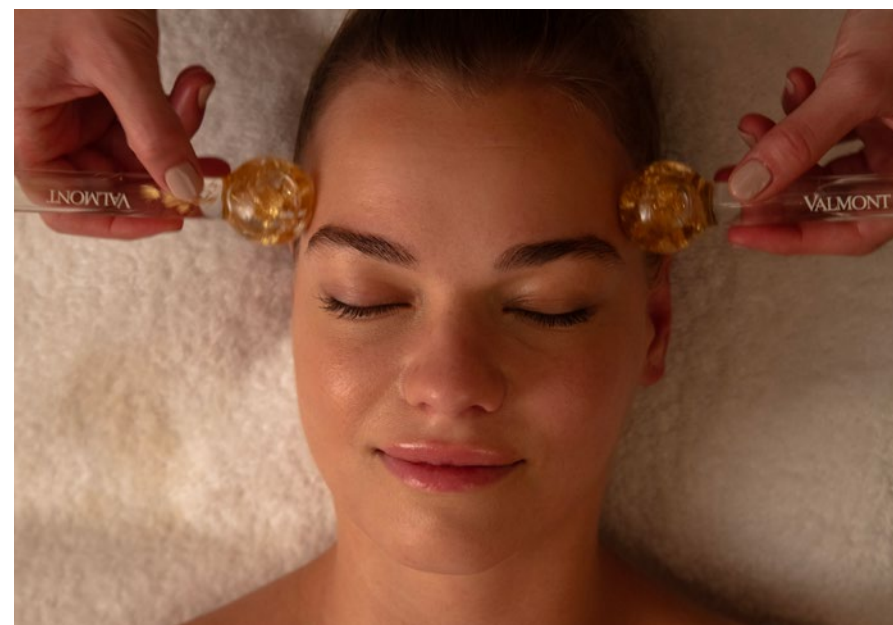
60 | 80 MIN

Look at an ice crystal and it sparkles like pure diamond – that's the inspiration behind this treatment. It's designed to help you create softer, smoother and more radiant skin, reducing the appearance of irregularities for a glow as immaculate as a snow-covered landscape. Grounded in facial reflexology and performed with Lumi Boost, the massage focuses on specific areas of the face to detoxify and brighten the skin.

FIRMNESS OF THE HILLS

60 | 80 MIN

A nourishing, sculpting and remodeling treatment designed to improve skin firmness. You'll enjoy a facial massage incorporating therapeutic deep massage techniques and slow, smoothing strokes to sculpt and define. Its effects are supercharged thanks to Valmont's powerful Firm-C Boost – a concentrated serum that delivers triple DNA, Vitamin C and collagen to the skin. Reveal a younger-looking face with a radiant glow, plump texture, and visibly more definition.



LIFT FROM THE PEAKS

60 | 80 MIN

Smooth your skin and reduce stress in wrinkle-prone areas. Inspired by fascia therapy and performed with Lift Boost, reserved exclusively for beauty professionals, this slow, deep massage fights wrinkles by relaxing and toning muscles. Taking its name from ski lifts – the gravity-defying devices that carry skiers up to mountain peaks – this treatment visibly elevates the quality of your skin with a powerfully smoothing and stress-relieving effect.

MAJESTIC TREATMENT – ELIXIR DES GLACIERS

90 MIN

Rediscover a radiant glow for skin that feels lifted, restored and rejuvenated. This comprehensive treatment for the face and neck offers a moment of perfect delight, with the exceptional range of Elixir des Glaciers skincare. Your therapist combines three different massage techniques, including Kobido – an ancient method focused on restoring tone in the facial muscles.

Hand & foot care

Indulge in our specialised treatments designed to pamper and rejuvenate your hands and feet.

WELLNESS MANICURE

A soothing treatment that includes nail shaping, cuticle care, and a relaxing hand massage.

WELLNESS MANICURE WITH LACQUER

Enjoy all the benefits of our Wellness Manicure, finished with a beautiful coat of nail polish.

WELLNESS PEDICURE

A comprehensive foot treatment that includes exfoliation, nail care, and a calming foot massage.

WELLNESS PEDICURE WITH LACQUER

Complete your pedicure experience with a fresh layer of polish for a polished look.

FOOT MASSAGE

The eastern art of pressure-point massage combines with a reviving foot and leg massage to stimulate your circulatory and lymphatic system.

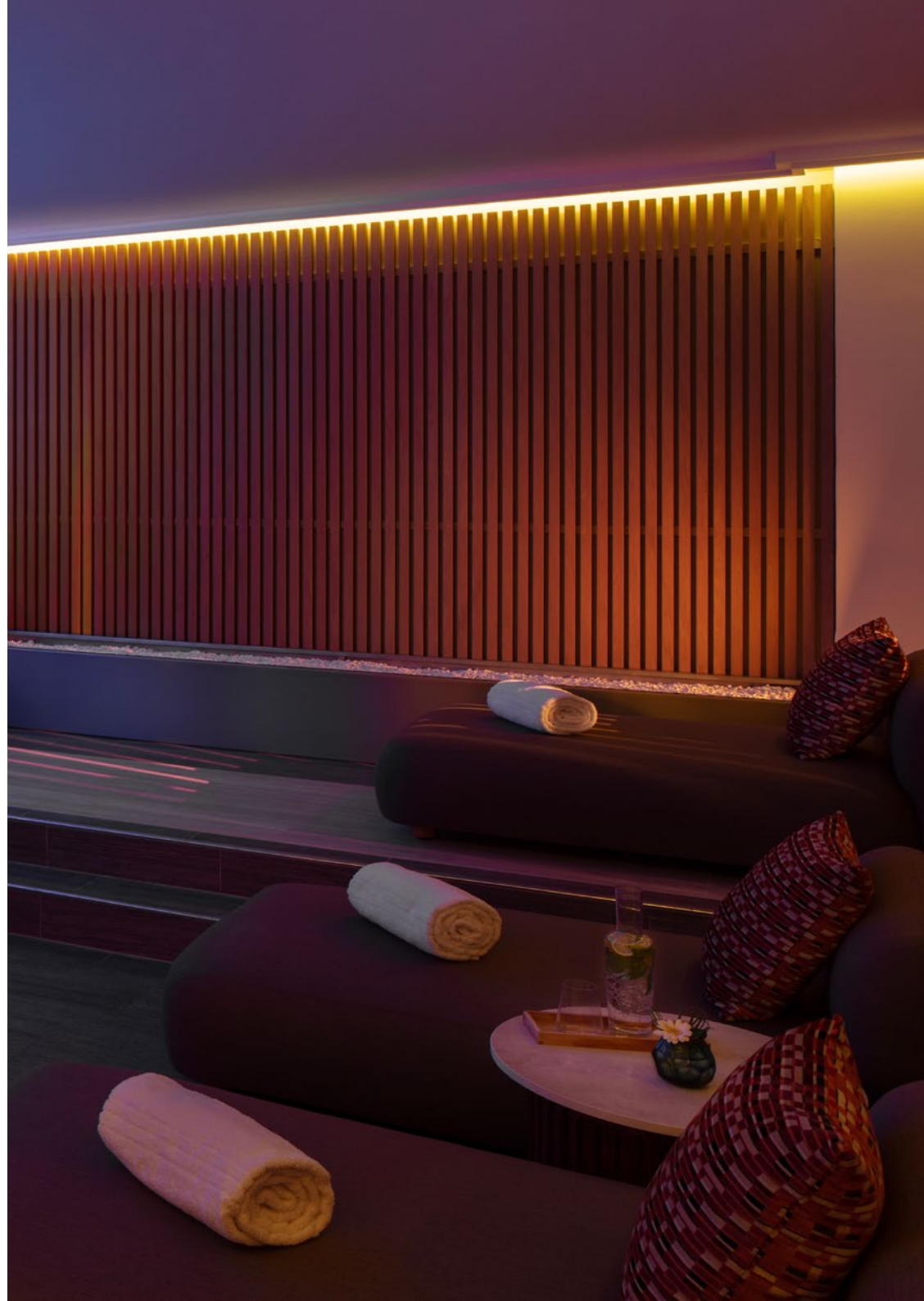


Beauty

Enhance your natural beauty with our expert depilation and beauty services.

Available upon request.

Please speak with a member of the Anantara Spa team.





Anantara Bath Ritual

THAI ROOTS

Composition: Lemongrass, makrut lime leaf

A warming Thai-inspired bath ritual that awakens the senses and restores energy. Ideal for renewal, clarity or recovery after travel.

20 MINUTES

ADAGIO VIENNA

Composition: Linden blossom, chamomile

A calming bath inspired by Vienna's slow, refined rhythm. Designed to relax the nervous system and invite deep stillness.

20 MINUTES

SECRET GARDEN

Composition: Rose, sandalwood

An intimate bath ritual that nurtures emotional balance and inner calm. Soft, comforting aromas create a sense of privacy and quiet luxury.

20 MINUTES

ALPINE ELEMENT

Composition: Mountain Sage, melissa, mineral salts

A grounding bath inspired by the purity of the Alpine landscape. Supports physical release, stability and deep reconnection with nature.

20 MINUTES

Day spa packages

Dedicate a day to relaxation in luxurious surroundings designed to enhance your wellbeing.

Facilities include fitness centre, rejuvenating hydropool, Finnish sauna (90°C), steam bath (45°C) and sanarium (60°C).

3 HOUR DAY PASS

Enjoy three hours of bliss with access to the fitness centre, hydropool and steam and sauna experiences at Anantara Spa.

DAY SPA PASSES

- Day spa pass + 30 minute treatment
- Day spa pass + 50 minute treatment
- Day spa pass + 80 minute treatment
- Day spa pass + Theo's Tea Time afternoon tea in the Lobby Lounge
- Day spa pass + 50-minute treatment + Theo's Tea Time afternoon tea in the Lobby Lounge

Available for adults only (16 years and above).



