

JOURNEYS INTO  
WELLBEING AND SERENITY.





## A SERENE GARDEN SPA, EMBRACED BY ANDAMAN COASTAL BEAUTY

Rooted in Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins, and our luxurious spa brings this philosophy to life through time honoured treatments and heartfelt service.

Escape into a garden spa of lotus pond beauty and Thai inspired luxury, where exotic aromas soothe the senses. Put your beauty and wellness needs in the caring hands of highly skilled therapists, who personalise each journey. Discover the true meaning of relaxation with an extensive menu of wellness traditions that have been handed down through the generations in Thailand, China and India, complemented by a selection of results driven western therapies.

AT ANANTARA SPA, THE GREATEST JOURNEYS ARE FELT, NOT TOLD...

Opening hours: 10.00 am – 10.00 pm

## SIGNATURE EXPERIENCES

Drawing on Anantara Spa's world class expertise, 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 (90 Minutes)

Combining revered eastern and western techniques in purpose designed movements with our signature oil blend, this massage stimulates the circulation and deeply relaxes muscles. Meanwhile, reflexology clears blockages of energy and promotes overall well being.

### BESPOKE SPA EXPERIENCE (90 Minutes)

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'd like to receive, and we'll tailor the perfect treatment and offer you a choice of luxurious spa products.

### ANANTARA SI KAO ROMANCE JOURNEY FOR COUPLES (150 Minutes)

Retreat to a hideaway that is created especially for the two of you. Relax side by side as your skin is smoothed to perfection with a floral polish of exotic lotus extract. An aromatic oil massage awakens the senses and restores tranquillity, followed by a luxuriant facial that is tailored to your skin type for a radiant glow.

Floral Foot Ritual • Floral Senses Scrub • Anantara Signature Massage • Anantara Signature Facial • Refreshment



## 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.

### 2 DAY REVIVAL JOURNEY

Feel beautifully restored with a treatment sequence to refresh and relax, enhance energy flow and circulation, as well as polishing and nourishing skin to a smooth radiance.

Day 1 Body Scrub • Stress Release Massage  
(120 Minutes)

Day 2 Traditional Thai Massage •  
Anantara Signature Facial (120 Minutes)

### 3 DAY REJUVENATION JOURNEY

Embark upon a revitalising journey of stimulating therapies, holistic techniques and youthful pampering for the complexion, so that you emerge looking and feeling wonderfully rejuvenated from head to toe.

Day 1 Body Scrub • Stress Release Massage  
(120 Minutes)

Day 2 Thai Herbal Compress OR  
Traditional Thai Massage (90 Minutes)

Day 3 Foot Massage • Anantara Signature Facial  
(120 Minutes)

### 5 DAY VITALITY JOURNEY

Day 1 Stress Release Massage (90 Minutes)

Day 2 Foot Massage • Anantara Signature Facial  
(120 Minutes)

Day 3 Floral Bath • Traditional Thai Massage  
(120 Minutes)

Day 4 Body Scrub • Thai Herbal Compress  
(120 Minutes)

Day 5 Anantara Signature Massage • Choice of  
ELEMIS Touch: Skin Solutions Facial (120 Minutes)

### JOURNEY OF SIAM (120 Minutes)

Rediscover your inner strength and vigour with an exquisite journey from Thailand. Harness the rejuvenating qualities of exotic local ingredients, and the expert tender care of therapies revered the world over.

Floral Foot Ritual • White Coconut Mint Scrub •  
Traditional Thai Massage • Refreshment

### DAWN RENEWAL (120 Minutes)

Rise to a refreshing ritual of purifying and stimulating therapies. Cleanse and exfoliate with a scrub infused with green tea extract and experience an invigorating, powerful massage that works deeply to relax the muscles.

Floral Foot Ritual • Detoxifying Green Tea Scrub •  
Stress Release Massage • Refreshment

### DUSK RELAXATION (120 Minutes)

End your day with a soothing journey to unwind a tired mind, deeply relax muscles and release all tension, whilst leaving your complexion glowing with youthful vitality.

Floral Foot Ritual • Anantara Signature Massage •  
Anantara Signature Facial • Refreshment



## MASSAGES

### DEEP TISSUE MASSAGE (90 Minutes)

This vigorous yet relaxing remedy uses classic Swedish massage strokes and works deeply into the muscles to stretch the fibres and release tension that may otherwise cause restricted movement and pain. Encouraging blood flow, this treatment improves flexibility and relieves sore or pulled muscles.

### THAI HERBAL COMPRESS MASSAGE (90 Minutes)

Relax as the power of herb infused steam gently balances your energy flow, with the traditional compress used in this healing Thai massage serving to reawaken and soothe muscle tension in key areas throughout the body.

### TRADITIONAL THAI MASSAGE (60/90 Minutes)

This unique and exotic technique, passed down through generations, is known to many as 'passive yoga' and offers the ultimate body workout. Let our expert therapists take all the pressure way, letting you enjoy a wealth of stretching, flexibility and vitality benefits.

### STRESS RELEASE MASSAGE (60/90 Minutes)

Using a combination of strokes and classical movement techniques, along with the specially blended signature aromatherapy oil of your choice, this gentle massage offers a stress release tonic to completely relax the mind and body.

### INDIAN HEAD MASSAGE (60 Minutes)

Using medicated oil, this soothing Ayurvedic massage is applied to Marma Points on the head and neck to co-ordinate, calm and regulate the systems of mind and body, enhance blood circulation to the brain, improve memory, nourish the hair and scalp, and release stress and tension.

### FOOT MASSAGE (60 Minutes)

Experience holistic balance and deep relaxation. This fascinating treatment provides physical and spiritual renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to effectively stimulate corresponding organ groups in the upper body.



## BODY TREATMENTS

### BODY SCRUBS

#### WHITE COCONUT MINT SCRUB (60 Minutes)

Rich in vitamins and anti-oxidants, coconut shell removes dead cells and strengthens new skin to leave it feeling completely clear and flawlessly smooth.

#### DETOXIFYING GREEN TEA SCRUB (60 Minutes)

Polish, nourish and rejuvenate your body with the therapeutic properties of an exfoliating green tea scrub.

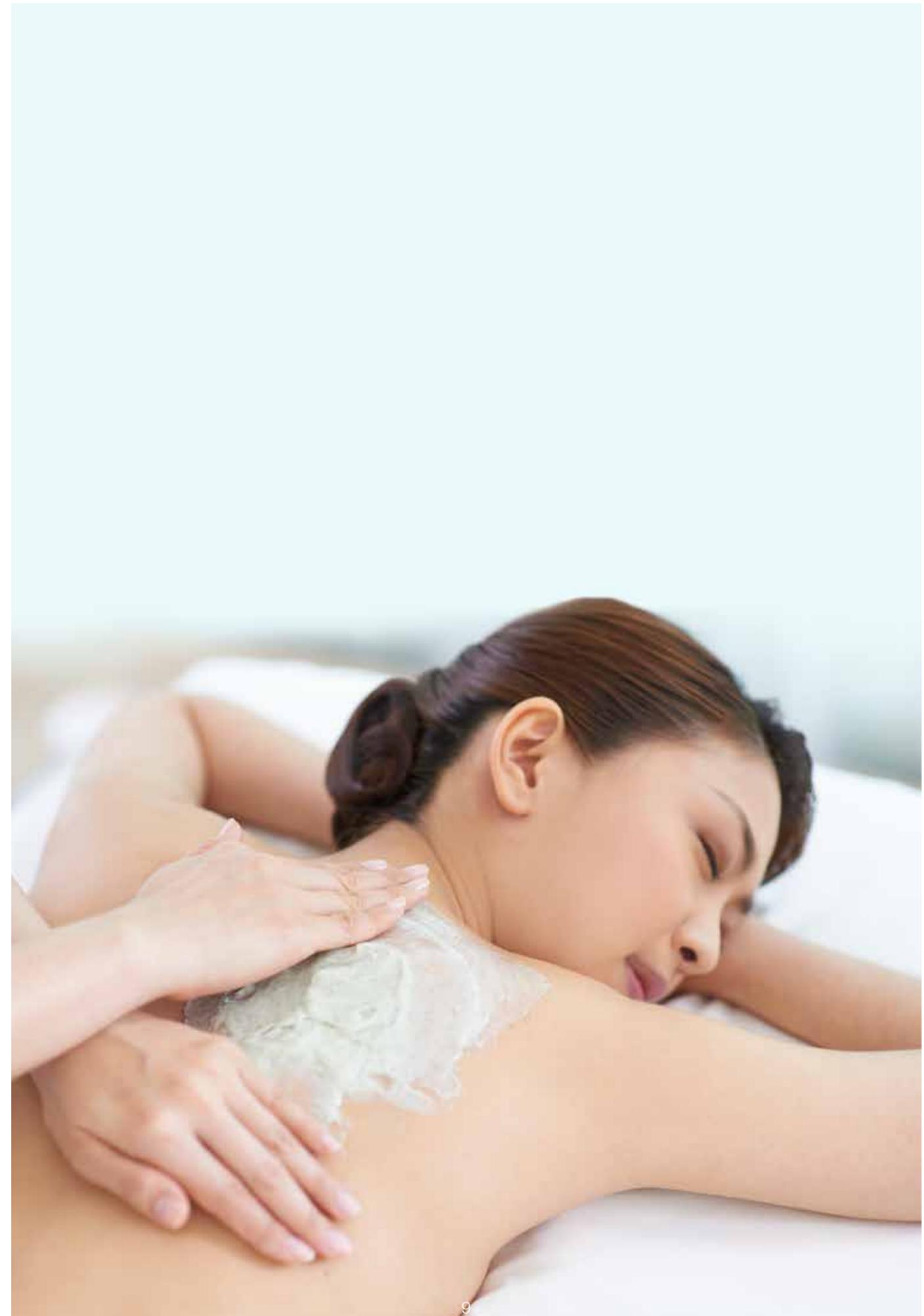
### BODY WRAPS

#### DETOXIFYING GREEN TEA WRAP (60 Minutes)

Immerse yourself in a calming cocoon of gently cleansing and hydrating green tea.

#### ALOE AFTER SUN SOOTHER (60 Minutes)

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



## FACIALS

### ANANTARA SIGNATURE FACIAL (60 Minutes)

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to encourage cell renewal and oxygenation. Lapse into a state of pure relaxation with a gentle massage, and then let our herbal mask restore the natural balance of your skin.

## ELEMIS

### FACE: TOUCH

#### TOUCH: ANTI-AGEING

### ELEMIS PRO-COLLAGEN AGE DEFY (60 Minutes)

Tackle fine lines and wrinkles with the age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

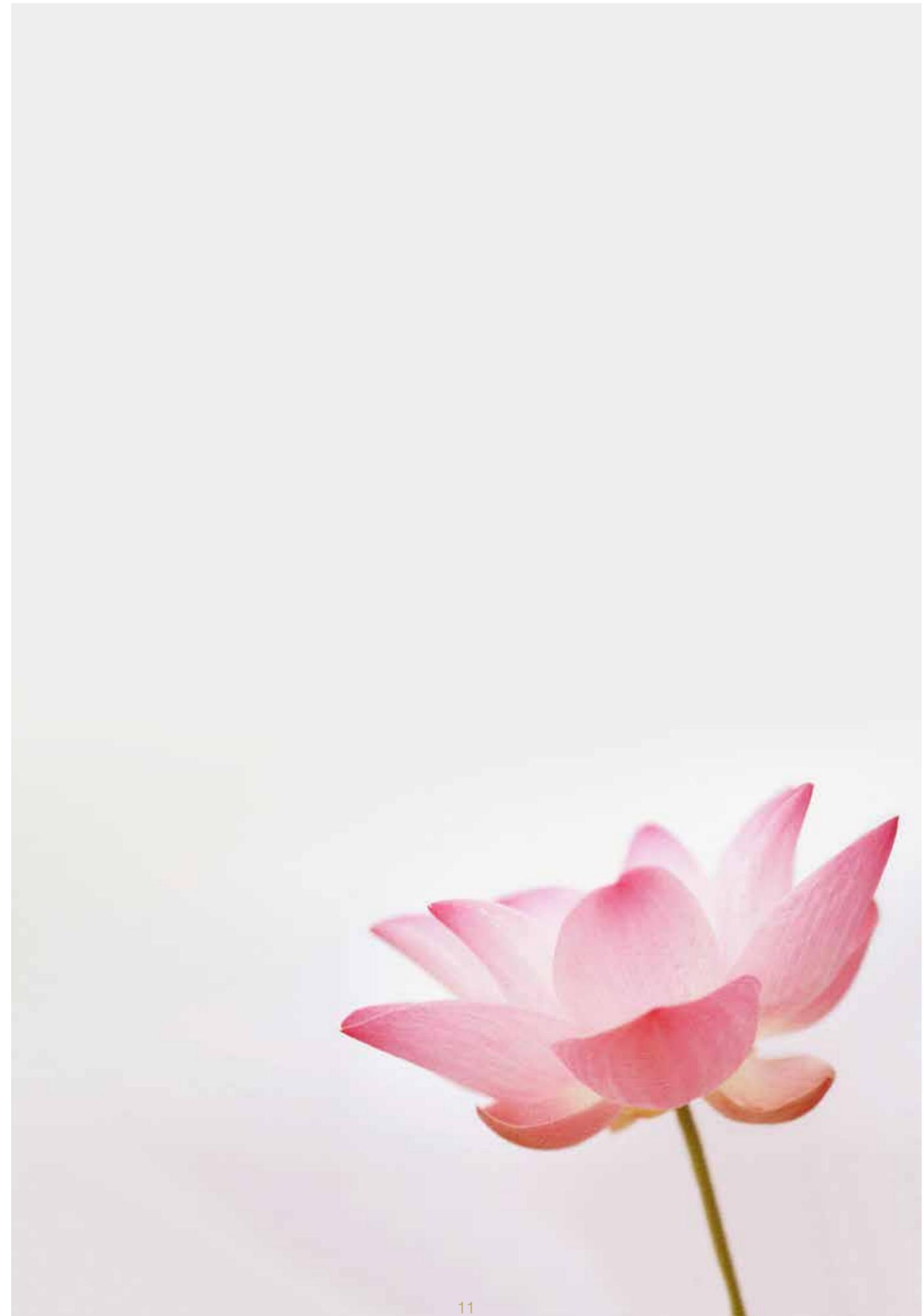
#### TOUCH: SKIN SOLUTIONS

### ELEMIS SENSITIVE SKIN SOOTHER (60 Minutes)

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

### ELEMIS ANTI-BLEMISH MATTIFY AND CALM (60 Minutes)

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.



## BATH RITUALS

### ANANTARA MILKY BATH (30 Minutes)

Choose from Anantara's signature Milk Bath Collection – Romance, Balance or Rejuvenating. Enjoy a private tea service as the exotic aromas of our signature Romance Milky Bath balance your body, mind and spirit.

### AROMATIC FLORAL BATH (30 Minutes)

An enchanting combination of local flowers and essential oils instill a blissful state of inner calm.

## BEAUTY

### HAND & FOOT CARE Spa Manicure Spa Pedicure Paint Change

### HAIR TREATMENTS Shampoo, conditioning, blow dry and hair treatment.

### DEPILATORY A full range of waxing treatments using premier brand products is available.

## IN-ROOM MASSAGES

### STRESS RELEASE MASSAGE (90 Minutes)

### TRADITIONAL THAI MASSAGE (90 Minutes)

### FOOT MASSAGE (60 Minutes)

## ETIQUETTE

- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings before your treatment.
- Please note that the spa is unsuitable for small children and babies, unless receiving treatment, as we try to ensure that all our guests benefit from the tranquil surroundings.
- We recommend that you leave all jewelry in your room before coming to the spa.
- All treatments will be charged to your room and will appear on your account at the time of check-out.
- Please give five hours' cancellation notice on individual treatments and 24 hours' notice on packages, otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after any oil treatments.
- For men – please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones is not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications are advised to consult a doctor before signing up for any treatments.
- Please notify our spa receptionists of any existing medical conditions

*All prices are in Thai Baht and are subject to 10% Service Charge and Applicable Government Tax  
Prices are subject to change without prior notice*

Treatments are available from 10.00 am - 10.00 pm  
For reservations, please contact Anantara Spa Ext.4400





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