

Journeys into wellbeing and serenity

Welcome to Anantara Spa Phuket

The lotus flower is one of the most ancient and allusive symbols of our planet. Growing in muddy water and rising above the surface with remarkable beauty, it represents long life, health, honour and luck. In the East, the lotus flower is a symbol of spiritual enlightenment. As one scholar has said: "The heart of beings is like an unopened lotus. When the virtues of spirituality develop therein, the lotus blossoms."

Anantara Spa Phuket offers a haven of calm and serenity where you can leave behind the stresses of everyday life and begin to synchronise the subtle energies of your being. Imagine a place where the hearts, minds and actions of the people are as pure and wholesome as the symbolism of the lotus. Imagine an experience that will help your mind, body and soul reach a blissful state of peace. Imagine a journey tailor-made for your supreme wellbeing. Whether you choose a brightening facial to enhance your natural glow or practise yoga to harmonise your energies, this journey of discovery will leave you rejuvenated and revitalised.



Signature Journey

Bua Luang

The Bua Luang is a symbol of perpetual life. It is associated with divinity, fertility, wealth, knowledge and enlightenment and represents purity of the heart and mind. The example of the lotus shows us never to be disheartened in the journey of life. An exceptionally beautiful plant with hauntingly fragrant flowers, it teaches us about personal growth, survival and triumph against all odds.

At Anantara, discover
a haven of peace

and tranquillity where you can surrender to
a true state of bliss and emerge revived
and rejuvenated.

Anantara Signature Massage (90 Minutes)

This Anantara Signature Massage combines East and West in purpose-designed massage movements applied with blended oils to stimulate circulation and deeply relax muscles. Meanwhile, reflexology clears blockages of energy that could otherwise cause illness, returning the body to its optimum condition.

Shower – Floral Foot Ritual – Anantara Signature Massage – Refreshment

Pearl of Andaman (120 Minutes)

Much like the Eastern lotus flower, a symbol of spiritual unfolding, this journey revitalises your whole being from the toes up. After a cleansing foot soak, a traditional Chinese massage clears your meridians so your energy flows freely. Finish with a nourishing anti-ageing facial to boost circulation for enhanced elasticity and radiance.

Floral Foot Ritual – Traditional Chinese Herbal Back Massage –
Shower – Pearl Facial – Refreshment

In-Villa Anantara Phuket Sweet Dream – Lullaby Sleep Therapy (115 Minutes)

At night, the lotus flower closes and sinks beneath the water, rising to open again at dawn, inspiring this deeply restorative journey. After a purifying foot soak and mulberry tea bath, luxuriate in a balancing massage, cocooned in lavender, ylang ylang and vetiver essential oils. Rest peacefully and awaken revitalised.

Sleeping Bath – Shower – Tea Time – Serenity Massage – Refreshment

Note: Provided with room turndown on the night of your treatment



Spa Ritual

Sattabongkoj

Sattabongkoj is a double rose lotus with large rose-pink flowers. This stately lotus, with stunning leaves and flowers standing high above the waters, is one of the most dramatic pond ornaments of all. An aura of mystique surrounds this lotus, inspiring legends and myths throughout the history of civilisation.

Anantara 3-Day Wellness Retreat (150 Minutes)

Day 1: **Awakening**

- Welcome Bath Ritual in room

Day 2: **Thai Treat**

- Floral Foot Ritual
- A choice of Traditional Thai or Oriental Foot Massage (60 minutes)
- Refreshment

Day 3: **Rejuvenating**

- Anantara Signature Facial Treatment
- Refreshment

Anantara 5 Days of Wellbeing (330 Minutes)

Day 1: **Awakening**

- Welcome Bath Ritual

Day 2: **Thai Treat**

- Thai Herbal Steam
- Floral Foot Ritual
- A choice of Traditional Thai or Oriental Foot Massage (60 minutes)
- Refreshment

Day 3: **Detoxifying**

- Shower
- Floral Foot Ritual
- Ultimate Spa Detox
- Refreshment

Day 4: **Ayurvedic Wellbeing**

- Ayurvedic Steam
- Floral Foot Ritual
- A choice of Shirodhara or Indian Head Massage
- Shower
- Refreshment

Day 5: **Rejuvenating**

- Anantara Signature Facial Treatment
- Refreshment





One-day ritual

Journey of Siam (225 Minutes)

Our inspiration for this ritual: “The spirit of the best of men is spotless, like the lotus in the muddy water which does not adhere to it.”

Rediscover your inner strength and vigour. A turmeric fruit scrub cleanses and detoxifies the skin. Soothe muscles with a heated Thai Herbal Compress massage, and finish with a herbal facial.

Floral Foot Ritual – Turmeric Body Scrub – Rain shower – Thai Herbal Compress Massage – Anantara Facial – Refreshment

Raja of Ayurveda (150 Minutes)

The Indian Lotus Flower symbolises divinity, fertility, wealth, enlightenment and purity. Starting with a Swedhana steam, this authentic Ayurvedic experience detoxes and nourishes skin, hair and scalp. Soothe anxieties with a warm stream of oil applied to the forehead, before luxuriating in a blissful massage.

Ayurvedic Steam – Floral Foot Ritual – Shirodhara – Marma Abhyanga – Shower – Refreshment

Romantic Floral Hideaway - Couple (210 Minutes)

The red lotus signifies love, compassion and all the beautiful qualities of the heart. Retreat to a hideaway created especially for the two of you. Begin with our stimulating scrub for revitalised skin. A scented milky bath then calms whilst the aromatic oil massage enlivens. Finish with a facial tailored to your skin type for a refreshed glow.

Floral Foot Ritual – Floral Senses Scrub – Floral Milky Bath – Shower – Aromatic Floral Oil Massage – Aromatic Floral Specific Facial (Elemis) – Refreshment

After Sun Retreat (120 Minutes)

After hours in the sun, indulge in this restorative ritual. Sip a refreshing iced tea as you enjoy a cooling crystal bath with essence of ylang ylang and bergamot to calm the skin. A gentle massage with fresh aloe vera soothes sunburn, before a facial boosts moisture and plumps the skin for an even complexion.

Floral Foot Ritual – Aloe Body Mask – Shower – Anantara Facial – Refreshment



Whether you need calming or energising, a massage therapy exists to indulge your desires.

Combining the most popular techniques from around the world, your therapist will mould your treatment to suit your wishes.

Massages

Bua Phan

Traditional Thai Massage (90 Minutes)

This unique and exotic technique, known to many as 'passive yoga', is the ultimate sublime body workout, passed down through generations. The therapist does the heavy work – using pressure points and stretching techniques to release tension and increase vitality and flexibility – while you enjoy the benefits.

[Shower – Floral Foot Ritual – Thai Massage – Refreshment](#)

Thai Herbal Compress Massage (90 Minutes)

This Thai massage uses a traditional compress to blot out bad energy and sluggishness, soothing muscle tension and stiffness. The healing session begins with the application of a warm herbal poultice containing therapeutic Thai herbs and spices, followed by a full body massage with carefully-selected herbal oils.

[Shower – Floral Foot Ritual – Thai Herbal Compress Massage – Refreshment](#)

Aromatic Massage (90 Minutes)

Experience this relaxing massage with the specially blended oil of your choice – Anantara, Harmony, Thailand Spice or Tranquillity. A combination of strokes and acupressure techniques allows the healing properties of these natural oils to penetrate into the skin, leaving you relaxed with a sense of wellbeing. A definite jetlag tonic!

[Shower – Floral Foot Ritual – Aromatic Massage – Refreshment](#)



Swedish Massage (90 Minutes)

This classic massage is based on a technique developed in 1812 by Per Henrik Ling. Each part of the body is manipulated through individual muscles using percussive, tapping movements and a rolling of the fingers to stimulate the nervous system.

Shower – Floral Foot Ritual – Swedish Massage – Refreshment

Sport Massage (90 Minutes)

This technique is a vigorous yet relaxing remedy that 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.

Shower – Floral Foot Ritual – Sport Massage – Refreshment

Royal Thai Massage (90 Minutes)

Thai massage developed over 1,000 years, influenced by Ayurveda, Hatha Yoga, Chinese Meridian philosophy and Thai indigenous practices. Acupressure, reflexology, gentle stretching and suppressions on the body's energy pathways calm the mind while heated herbal packs empower the nervous system for enduring relaxation.

Shower – Floral Foot Ritual – Royal Thai Massage – Refreshment

Elemis Nurturing Mother-to-Be Treatment (60 Minutes)

Massage adapted to each stage of pregnancy. This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning on the unique Elemis beanbag ensures safety, comfort and relaxation. Relieve tension in the back and alleviate swelling in the hands and feet, while easing the mind and uplifting the spirit.

Recommended: 1 treatment every 2 weeks in 1st/2nd trimester;
1 treatment every week in 3rd trimester.

Cooling Hot Stone by Elemis for Face & Body (75 Minutes)

Pure body indulgence with exceptional anti-ageing results. In just 55 minutes your Elemis therapist will customise a unique 'ice-cool thermal muscle massage' to specific problem areas, alleviating stress and easing muscle aches. An intensive anti-ageing booster facial will then smooth wrinkles and restore youthful radiance.

Shower – Elemis Ritual – Cooling Hot Stone by Elemis – Refreshment



Ayurvedic Treatment

Indian Head Massage (60 Minutes)

Based on Ayurvedic principles, this soothing yet energising massage combines pressure point techniques and coconut oil to relieve tension in the head and neck. While restoring tranquillity, this massage can also help to relieve insomnia, chronic headaches, migraines and sinusitis.

Floral Foot Ritual – Indian Head Massage – Shower – Refreshment

Shirodhara (60 Minutes)

“Shiro” (head) and “Dhara” (flow) come together in Shirodhara, the practise of applying a continuous flow of warm oil to the forehead. This therapy profoundly coordinates and calms mind, body and spirit, enhancing circulation to the brain, improving memory and nourishing hair and scalp while releasing stress and tension.

Floral Foot Ritual – Shirodhara – Shower – Refreshment

Marma Abhyanga (90 Minutes)

Marma Abhyanga massage focuses on the Marmas, the various junctions of the body where blood and lymph vessels, muscle and bone tissue and nerves meet. The therapist draws attention to each of the main Marmas from the feet up to the base of the head, stimulating through rhythm and pressure to achieve health and balance.

Shower – Floral Foot Ritual – Abhyanga – Refreshment



Murradanda (90 Minutes)

The Murradanda massage focuses primarily on body awareness and enhancing flexibility around the spine. Warm medicated Ayurvedic oil is applied to the back to facilitate traditional manipulatory techniques on the cervical and lumbar areas, improving circulation, relaxing stiff muscles and soothing pain from everyday wear and tear.

Shower – Floral Foot Ritual – Murradanda – Refreshment



The lotuses of **heaven**
can change according to
people's wishes, flowering
when needed and
bringing joy
to the hearts of all.

Body Treatment

Bua Sattaban

The Bua Sattaban has a sacred place in Indian culture, art and mythology, representing all that is positive. The mystery of this beautiful flower is addressed in the following sutra: "The lotuses of heaven can change according to people's wishes, flowering when needed and bringing joy to the hearts of all." Just like the ever-changing lotus, our body therapies are designed to be exactly what you need, when you need them – working to rehydrate, balance, detoxify and revitalise the skin.

BODY SCRUB

Avocado Body Scrub (60 Minutes)

Specially designed to treat dry skin, this creamy balm contains essential oils to detoxify, avocado to soothe and moisturise and apricot beads to gently unclog pores of impurities and dead skin cells. After this full body hydration, a vibrant healthy glow will appear from head to toe.

Floral Foot Ritual – Avocado Body Scrub – Shower –
Body Moisturiser – Refreshment

Grape Seed Body Scrub (60 Minutes)

Harnessing the powerful antioxidant qualities inherent in grape seed, which are most useful in their fight against ageing, this exfoliating body scrub blends one of nature's many miracles with luscious essential oils to detoxify and moisturise the skin while helping to restructure its tone and texture for a smooth and silky appearance.

Floral Foot Ritual – Grape Seed Body Scrub – Shower –
Body Moisturiser – Refreshment



Floral Senses Body Scrub (60 Minutes)

As well as spiritual solace, the lotus flower provides many physical healing powers including antioxidant and anti-inflammatory properties. Combining natural charcoal and plant oils, this gentle yet effective scrub hydrates, nourishes and softens. A blend of essence of ylang ylang, geranium and lemon uplifts and balances the spirit.

Floral Foot Ritual – Floral Senses Body Scrub – Shower – Body
Moisturiser – Refreshment

Turmeric Body Scrub (60 Minutes)

Throughout history, turmeric has been used by the Indian people to achieve softly smooth, glowing skin. Indulge in this concoction to cleanse and brighten your body.

Floral Foot Ritual – Turmeric Body Scrub – Shower –
Body Moisturiser – Refreshment

Lavender Salt Glow (60 Minutes)

The healing and rejuvenating power of lavender was discovered many years ago by a French chemist. Combined with sea salts, this soothing and aromatic experience reveals bright and radiant skin, while extracts of lavender essential oil enhance circulation, relax the mind and ease muscle strain.

Floral Foot Ritual – Lavender Salt Glow – Shower –
Body Moisturiser – Refreshment

Elemis Body Sculpting Cellulite and Colon Therapy (60 Minutes)

Redefine and smooth your silhouette.

This clinically-proven Elemis Body Sculpting System targets stubborn cellulite and sagging skin. A fennel and birch peel-off body mask combined with specialist massage techniques detoxes, firms skin, stimulates circulation and reduces fluid retention. Abdominal massage cleanses the colon to help detoxify from inside out.

Recommended: 2 treatments per week for 4 weeks,
with monthly sessions thereafter for maintenance

Body Glowing – Self Tanning Treatment (60 Minutes)

The healthy way to radiant sun-kissed skin.

We know the sun is good for the soul, but not necessarily for the skin, so fake it with this rich and sensual treatment. The Elemis Total Glow Self Tanning Cream mimics the skin's natural colour to achieve a warm glow within 2-3 hours.

Recommended: 1 treatment for a natural golden glow.
Subsequent applications result in a deeper tan.
Colour fades over 4 to 5 days.



BODY WRAP

Avocado Body Wrap (60 Minutes)

A deeply moisturising body wrap using the fantastic penetrating powers of avocado to convey vitamins and essential nourishment to the glands that lie just beneath the skin. The wrap is a wonderful nutrient booster enriched with vitamins E and B, with a silky blend of essential oils to relax you as nature does its magical work.

Floral Foot Ritual – Avocado Body Wrap – Shower –
Body Moisturiser – Refreshment

Grape Seed Body Wrap (60 Minutes)

This wrap allows the body to soak in all the skin-rejuvenating nourishment contained in grape seed extract. Relax in sensuous, cocooning warmth as detoxifying essential oils unveil their power through your pores, cleansing and moisturising, while extracts of crushed grape seed work their anti-ageing magic at the deepest levels.

Floral Foot Ritual – Grape Seed Body Wrap – Shower –
Body Moisturiser – Refreshment

Turmeric Body Wrap (60 Minutes)

For 2,500 years the Indian people have been using turmeric for its numerous healing properties. After a hard day's work in the rice paddies, turmeric was taken through brews and pastes to alleviate muscle fatigue. Savour the healing power of this exotic spice as it warms the body, relieving aching joints and soothing sore muscles.

Floral Foot Ritual – Turmeric Body Wrap – Shower –
Body Moisturiser – Refreshment

Seaweed Body Wrap (60 Minutes)

Thalassotherapy comes from the Greek work 'Thalassa' meaning sea. The renowned therapeutic virtues of seawater and seaweed oxygenate, tone, moisturise and revitalise skin and body. Rich in vitamins, this treatment cleanses and detoxifies, restoring tone and vitality.

Floral Foot Ritual – Seaweed Body Wrap – Shower –
Body Moisturiser – Refreshment

Moor Mud Body Detoxifying (60 Minutes)

Let nature's fortifying ingredients flow freely into your skin, rejuvenating, restoring and enriching. Minerals and vitamins found in moor mud provide a deeply purifying treatment, combining the richness of sea plants and algae to detoxify, decongest and stimulate generation of new skin cells for smooth, beautifully toned skin.

Floral Foot Ritual – Moor Mud Body Detoxifying – Shower –
Body Moisturiser – Refreshment



Facial

Bua Thrik

The Bua Thrik is the foremost symbol of beauty, prosperity and fertility. It is associated with ever-renewing youth and feminine beauty. Our facials do more than treat the surface. Following a detailed skin analysis, your therapist will perform the facial of your choice, luxuriously combining ingredients and delicate techniques to leave your skin refined and radiant.

Anantara Signature Facial (60 Minutes)

Our signature facial blends nourishing plant extracts and Thai ingredients to revitalise your skin. Delicate blends of jasmine oil, white orchid extract, green tea, pandan leaf and pink lotus encourage cell renewal and oxygenation. A gentle massage induces a deep state of relaxation as it restores the skin's natural balance.

ADVANCED ANTI-AGEING

S.O.S. Purifying Facial – Oily (75 Minutes)

A purifying treatment for congested skin.

A powerful face and eye treatment that helps to balance the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, infused with Absolute Vita-C Booster Serum, help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matte complexion.

Recommended: 1 treatment every 4 weeks

Oxygen Skin Calm Facial – Sensitive (75 Minutes)

Pure soothing heaven for sensitive skin.

Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask infused with Absolute Skin Calm Booster Serum, to help rebalance delicate and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort for stressed and irritated skin.

Tri Enzyme Resurfacing Facial – Anti-Ageing (75 Minutes)

Peel away the years for smoother, more radiant skin.

Pioneering the precision layering of 3 targeted enzyme serums, this technique safely removes the thickening layer of the epidermis, clinically proven to resurface skin by up to 75% and increase smoothness by up to 32%, after just 1 treatment. Targets blemishes, uneven skin tone, superficial scarring and fine lines to reveal younger looking skin.

Recommended: 1 treatment every 3 weeks. Course of 6.

Pro Collagen Quartz Lift – Mature (75 Minutes)

ONE Anti-wrinkle facial with proven results.

This exceptional facial has been independently tested, with phenomenal results - clinically proven after just 1 treatment to reduce wrinkles by up to 94% and improve skin firmness by up to 57%. Specialised lifting massage techniques and professional strength anti-ageing formulations leave skin firmer, uplifted and more youthful.

Recommended: 1 treatment every 3 weeks. Course of 6.

Visible Brilliance – Brightening (75 Minutes)

To combat ageing, stressed and slackened skin.

Independently tested with revolutionary results, this face and eye treatment firms and plumps skin whilst reducing dark circles, increasing moisture levels up to 61% and elasticity by 40% after 1 treatment. Micro-circulatory massage techniques, powerful formulations and Amino Active Mask sculpt and restore skin radiance.



AROMATIC FLORAL SPECIFIC FACIAL

Balancing Absolute Floral Repair (60 Minutes)

For perfect restoration of skin balance.

Deep cleansing to draw out impurities, this facial reduces unwanted shine, refines the pores and treats breakouts.

Rejuvenating Absolute Floral Active (60 Minutes)

Restore the glow to a lifeless complexion.

Skin is deeply cleansed and stimulated by special Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

Rehydrating Exotic Floral Dew (60 Minutes)

Treat your skin to a moisture boost.

Following a specialist facial massage, the skin is fed with thirst-quenching actives to restore a healthy, dewy look.

ANTI-AGEING EYE

Eye Renewal Treatment (60 Minutes)

Reduce the appearance of crow's feet.

This advanced anti-ageing eye treatment incorporates a specialised lifting massage with lymphatic drainage movements to instantly reduce the appearance of crow's feet, wrinkles and dark circles. The treatment is further enhanced by a luxurious scalp massage for the ultimate in holistic skin therapy.

Absolute Eye Treatment (30 Minutes)

Reduce puffiness and dark circles.

Soothe tired eyes and minimise the ravages of time. This express treatment revitalises the delicate eye zone, reducing dark circles and strengthening the skin's moisture barrier to maintain hydration for smooth and energised skin.



Combining Nature's intelligence with science

For Men

The blue lotus is a symbol of the victory of the spirit over the senses and the wisdom of knowledge. Combining Nature's intelligence with science, these facials are tailored for men's distinctive needs, combating the harsh consequences of modern living. Neutralise the effects of damaging pollutants, accelerate skin repair and achieve long-lasting defence.

Elemis Urban Cleanse (90 Minutes)

Deep cleansing and complete skin detox.

This super grooming facial works overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralise impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

Recommended: 1 treatment every 4 weeks

Elemis Skin IQ (90 Minutes)

Anti-ageing booster for tired, stressed skin.

Charged with the clinically proven, anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment combats the harsh, ageing effects of frequent shaving, environmental pollution, hectic lifestyles and constant travel, for the ultimate skin overhaul with maximum anti-ageing results.

Recommended: 1 treatment every 4 weeks. Course of 6.

Elemis Deep Tissue Massage (60 / 90 Minutes)

Deep rhythmic pressure massage.

Alleviate stress and ease aching muscles with this powerful, customised massage. Dynamic blends of essential oils are prescribed to target individual needs and reduce stress and muscle tension.



Steam and Bath Bua Kra Dong

The Bua Kra Dong is a giant water lily that can develop leaves of up to 9 feet in diameter. The first night its flowers bloom, they are white; the second night, pink, showing the unique versatility of this mystical plant. During your stay, indulge in any of our add-on treatments as your mood instinctively guides you to the perfect choice.

Ayurvedic Steam (30 Minutes)

Ayurveda is one of the oldest known medical systems and this is one of the simplest, most comfortable ways to rid the body of toxins - a wonderful complement to any body treatment.

Thai Herbal Steam (30 Minutes)

Inspired by the healing properties of Thai herbs, this exotic ritual stimulates the circulatory systems, nourishes body and soul, and can be enjoyed as a prelude to any of our spa treatments.

Aromatic Floral Bath (30 Minutes)

Let your senses soak up the delights of this specially blended warm and soothing floral bath. A perfect beginning to any spa ritual.

Oriental Spice Bath (30 Minutes)

A sensual and romantic experience that will enliven the senses and stimulate the circulation. Unique combinations of essential oils and herbal ingredients make this a first choice for couples and honeymooners.

Green Tea Bath (30 Minutes)

Immerse yourself in this blissfully calming green tea bath. Renowned for being rich in antioxidants and medicinal properties, this special blend of natural ingredients will soothe your body and relax your mind. Take this moment to centre yourself.





In-Villa Treatment

Traditional Thai Massage (90 Minutes)
Swedish Massage (90 Minutes)
Aromatic Massage (90 Minutes)

HAND AND FOOT TREATMENT

Pedicure and Manicure Services
Pamper your hands and feet with various offers using premium products from O.P.I.

Yoga Session

Lotus – Bua Luang

Inspired by the Lotus Position of Padmasanam, Anantara Yoga sessions are here classified in relation to the growth of the lotus flower to best suit your level of adeptness.

Budding Lotus – Beginner (60 Minutes)

Basic yoga for the beginner. This class guides you through the practise of Asanas (postures), Pranayama (deep breathing) and Dhyana (meditation).

Sooryanamaskar – All levels (60 Minutes)

Lyrical translated as “salutation to the sun”, this practise lets you greet the day and absorb the warm sunlight with a combination of dynamic postures to limber up the entire body, especially the spine. You will find this the most refreshing and invigorating way to stay fit, agile and alert.

Pranayama – All levels (60 Minutes)

This class guides you through proper postures (Asana) with a focus on breathing technique (Pranayama). Benefit from new energy and vitality with an optimised supply of life-giving oxygen running through your blood stream.

Swan – All levels (60 Minutes)

This Yogic wellness approach is a metaphorical pathway to eternal youth. The personalised programme addresses your physical condition with a one-on-one consultation and guided yoga sessions, with diet and lifestyle recommendations.

Swankarma – All levels (60 Minutes)

Translated into “practise by oneself”, this class shares simple yet powerful techniques based on Yogic movement to nurture your vigour and efficiency through life’s routines, both sedentary and strenuous.

Vaiyakthikham – All levels (60 Minutes)

Enhanced with a personal consultation, this private session is outlined by our resident yoga instructor, catering to the diverse needs of each individual. A truly personalised (Vaiyakthikham in Sanskrit) yoga session.

SPA 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 and after your treatment.
- We have a wonderful selection of nutritious juices, which can be prepared for you to enjoy after your treatment.
- If under 12 years of age, treatments are half price if booked before 2pm. Parents are welcome to attend the treatments.
- Please note that the Spa is unsuitable for small children and babies, unless receiving treatment. We try to ensure that all our guests benefit from the tranquil surroundings.
- We recommend that you leave all jewellery in your villa before coming to the spa.
- All treatments will be charged to your villa, and 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 an aromatherapy treatment.
- For men – please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking or use of mobile phones is not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- Guests with high blood pressure, heart conditions, allergies or other medical complications, and those who are pregnant, are advised to consult a doctor before undergoing any treatments.
- Please notify the spa receptionists of any existing medical conditions.

All prices are in Thai Baht and subject to 10% Service Charge
and Applicable Government Tax

Prices are subject to change without prior notice
Treatments available from 10 am – 10 pm
For reservations, please contact Anantara Spa