



**ANANTARA**

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SPA



## 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, meanwhile, clears blockages of energy and promotes overall wellbeing.



### HIMALAYAN THERMAL THERAPY (60/ 90 minutes)

Harnessing the ancient energy of the Himalayan Mountains, ethically sourced Himalayan salt stones aid natural detoxification with 84 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

### 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 meltaway stress and tension.



## SOUND THERAPIES

### CHAKRA AWAKENING SOUND BATH (60 minutes)

This treatment is a therapeutic sound healing practice that focuses on balancing and activating each of the seven chakras. This is achieved through the use of 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.



### RELAXING SINGING BOWL THERAPY (60 minutes)

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.

## 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.

### 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 energized.



## 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.



### PEACEFUL PREGNANCY MASSAGE (60 / 90 minutes)

Performed on a pear-shaped beanbag that moulds to every curve, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

## CANNABIS TREATMENTS

### 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

# PRICE LIST

SPA TREATMENTS	MINUTES	THB
<b>ANANTARA SIGNATURES</b>		
Anantara Signature Massage	60/90	5,900/6,900
Anantara Signature Facial	60	5,900
Himalayan Thermal Therapy	90	7,200
<b>WELLNESS PROGRAMMES</b>		
<b>SOUND THERAPIES</b>		
Chakra Awakening Sound Bath	60	5,900
Himalayan Sound Therapy	60	5,900
<b>CANNABIS TREATMENT</b>		
Cannabis Stress Release Journey	90	7,200
Stiff No More Cannabis Neck Back and Shoulder Massage	60	5,900
<b>BODY SCRUBS</b>		
Green Tea Scrub	45	3,900
Coconut & Mint Scrub	45	3,900
<b>BODY MASSAGES</b>		
Thai Massage	60/90	4,900/5,900
Thai Herbal Compress Massage	90	7,200
Stress Release Massage	60/90	5,900/6,900
Freestyle Deep Tissue Muscle Massage	60/90	5,900/6,900
Bespoke Spa Experience	60/90	5,900/6,900
Peaceful Pregnancy Massage	60/90	5,900/6,900
Foot Massage	60	5,500

All prices are in Thai Baht and inclusive 10% Service Charge and 7% Government Tax.

If you would like to cancel your appointment, please do so at least 4 hours prior to the treatment a 50% charge will be incurred.

[www.anantaraspa.com](http://www.anantaraspa.com)



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KOH YAO YAI  
RESORT & VILLAS