

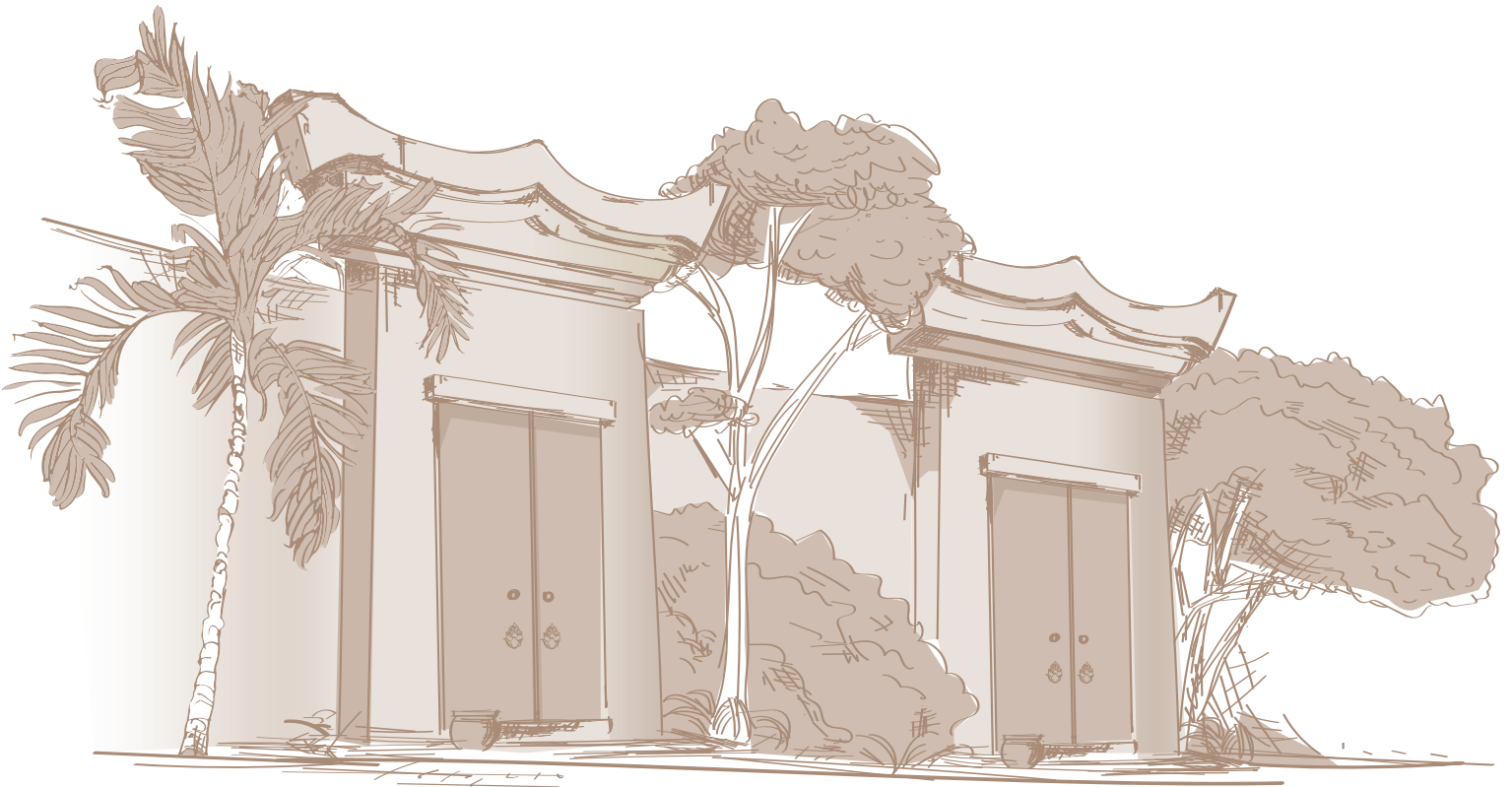


ANANTARA

SPA

JOURNEYS INTO
WELLBEING AND SERENITY

SPA MENU





WELCOME TO ANANTARA SPA BOPHUT

Rooted in Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins and is richly expressed at Anantara Spa Bophut. Step through towering palatial walls into a 3,000 square metre paradise of tranquil water gardens. Experience an award-winning spa sanctuary that is a true destination in itself. Retreat to one of six glass-walled treatment pavilions with a tropical courtyard garden for al fresco soaks in the bathtub for two and revitalising rain showers. Choose from an extensive menu of exotic Thai rituals, ancient therapies from across Asia and western spa wisdom. Feel beautifully renewed by treatments that combine Koh Samui's exotic bounty, Thai herbal infusions and aromatic essential oils. Surrender to our time-honoured beliefs, world-class expertise and intuitive healing touch, as you indulge in tailored journeys for serene beauty and wellbeing.

Step into the world of Anantara and experience exceptional luxury in breathtaking surrounds.

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

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)

Revered eastern and western massage techniques, combined with a signature oil blend, stimulate circulation, promote deep relaxation and restore energy flow for supreme wellbeing.

HIMALAYAN THERMAL THERAPY

(90 minutes)

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 facial massage using iced Rose Quartz Gua Sha crystals shall relieve muscle tension, stimulate circulation and leave your skin with an eternal glow. This full body ritual is crowned with a deeply rejuvenating head massage based on the ancient techniques of India, but with an Anantara Signature twist.



ANANTARA BOPHUT COCONUT DREAM

(105 minutes)

Experience holistic balance through a fascinating ancient Thai treatment, inspired by tropical island wellness. To begin, reflex points on the feet are stimulated by standing on a coconut shell, followed by rhythmic tapping using a coconut stick - bringing overall wellbeing to corresponding organs in the upper body. Then melt into a full body deep tissue massage that uses nourishing heated coconut oil to radiate warmth and energy deeply into the muscles to stretch fibres, release tension and improve flexibility. Emerge renewed and realigned in mind, body and soul.

Floral Foot Ritual • Coconut Reflex Balancing
• Coconut Dream Deep Tissue Massage • Refreshment

SPA JOURNEYS

Escape the limits of space and time with these carefully crafted journeys. Indulge in unique destination-inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.

POWER RECHARGE

(150 minutes)

Give your vitality a natural boost with an invigorating ritual designed to encourage a heightened sense of wellbeing. Start with a mood-lifting green tea exfoliation to refresh and nourish the skin with a cocktail of antioxidants, while stimulating blood flow and lymphatic drainage, then reawaken your senses with a stimulating massage that will gently ease any muscle stiffness.

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

BOPHUT DREAMING

(150 minutes)

Tune into some inner calm as you unwind with a soothing ritual that will prepare you for a night of restful sleep. Contributing to circadian well-being is a full-body massage using slow, deep strokes to target the inner layers of your muscles and connective tissues, while a facial with powerful botanical extracts will cleanse, tone and nourish your skin for a glowing complexion.

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

JOURNEY OF SIAM

(180 minutes)

Experience a sequence of revered Thai wellness traditions. Remedial herb-infused steam relaxes the body and opens pores, in preparation for a moisturising coconut polish. Energising massage techniques stretch and reinvigorate the body, enhancing energy flow and overall wellbeing.

Floral Foot Ritual • Thai Herbal Steam • Essence White Coconut Scrub • Traditional Thai Massage
• Refreshment

ANANTARA BOPHUT JOURNEY

(240 minutes)

Relieve tired muscles and unwind competitive minds with this rejuvenating series. Let ancient techniques restore your body's vital energy and unwind your tired mind.

Floral Foot Ritual • Thai Herbal Steam • Body Scrub
• Anantara Signature Massage • Anantara Signature Facial • Refreshment





WELL-BEING JOURNEYS

1-DAY FITNESS, SPA & HEALTHY LUNCH

Restore energy, let go of stress and boost vitality with a one-day programme of well-rounded wellness. Reconnect body and mind as you find your natural flow in yoga. Or take up the boxing challenge of getting Muay Thai fit. Tension melts away with soothing herbal spa therapies. Radiance shines from the inside out with nutritious wellness cuisine.

3-DAY HOLISTIC SPA & WELLNESS RETREAT

Give yourself the space, time and expert care you need to free your mind, tone up your body and uplift your spirit. Enjoy the professional guidance and motivation of a personal trainer with a choice of revitalising exercises. Nourish good health with vitamin-packed raw juices and wholesome spa cuisine. Surrender to spa treatments that purify, de-stress and pamper.

5-DAY RELAX & DE-STRESS WELLNESS PROGRAMME

Embark on a revitalising five-day wellness retreat where you'll find the perfect balance of relaxation and transformation. Immerse yourself in stress-relieving exercises, healing therapies, and nourishing cuisine tailored to cleanse and rejuvenate your mind, body, and spirit. Take this opportunity to surrender to the journey, recharge your energy, and emerge with a renewed sense of vitality and well-being.

Please contact us to learn more about the programmes.



'CHI NEI TSANG' ENERGY HEALING MASSAGE

(90 Minutes)

Chi Nei Tsang is a healing massage that combines Chinese, Thai and meditation techniques to work on the internal organs and energy in the abdominal area. Created by legendary healing master Mantak Chia, the founder of Tao Garden in Chiang Mai, this healing modality aims to clear energy blockages, improve blood and energy flow, and enhance emotional balance to help you heal.

CANNABIS HEALING THERAPIES

Immerse yourself in the healing power of nature with our plant-based power therapies. Tapping the medicinal and powerful healing properties of cannabis plant, these treatments offer a gentle and natural alternative for those seeking wellness and vitality in a way that honours the healing power of nature. Each treatment is thoughtfully crafted to enhance your well-being, restore balance, and leave you feeling renewed from the inside out.

HEAD-TO-TOE CALMING JOURNEY (90 minutes)

End a tiring day of work or exercising with head-to-toe relaxation. Your journey begins with an energising 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.

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

RESTFUL SLUMBER JOURNEY (90 minutes)

Soak in a foot 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.

- Cannabis Foot Bath
- Cannabis Body Massage
- Cannabis & Floral Tea

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



MASSAGES

TRADITIONAL THAI MASSAGE *

(60/90 minutes)

This unique and exotic technique, passed down through generations, is known by many as 'passive Yoga' and offers the ultimate body workout. Let our expert therapists take all the pressure away, while 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 wonderful stress release tonic to completely relax the mind and body.

PEACEFUL PREGNANCY MASSAGE

(60/90 Minutes)

Mothers-to-be are restored to optimum wellness with this intuitive and relaxing massage designed to hydrate skin that is constantly expanding to accommodate a growing baby. The experience is designed for women who have progressed beyond their initial trimester of pregnancy.

* Available in-room



DEEP TISSUE MASSAGE *

(60/90 minutes)

Benefit from a vigorous yet relaxing massage that works deeply into the muscles to stretch fibres and release tension, resulting in improved mobility and flexibility, relief from sore or pulled muscles and the restoration of healthy circulation.

THAI HERBAL COMPRESS MASSAGE

(90 minutes)

This age-old Thai treatment removes negative energy and sluggishness, soothes muscle tension and eases out 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.

BESPOKE SPA MASSAGE

(90 minutes)

Indulge in an exclusive spa journey, designed specifically for your needs and mood. Highlight the areas you wish to focus on or the benefits you would like to receive. Let us tailor the perfect 90 minute treatment, with a choice of luxurious spa products.

AROMA STONE MASSAGE

(90 minutes)

Experience the deep penetrating heat and healing power of warm volcanic stones in a full body massage using traditional techniques to release muscular tension and balance the spirit. Small stones are placed on key energy points to stimulate and harmonise the chakras.

SPECIALISED HEALING THERAPIES

Embark on a profound journey of healing and inner harmony with our specialised therapies, designed to restore balance to your mind, body, and spirit. These ancient modalities offer unique and transformative experiences, allowing you to immerse yourself in the therapeutic vibrations and ancient wisdom they hold.

SHIROBHYANGA MASSAGE

(60 minutes)

Using the medicated oil of your choice, this soothing Ayurvedic massage is applied to the Marmas points on the head and neck to regulate the systems of mind and body.

SHIRODHARA

(60 minutes)

Discover how a continuous flow of luxuriant warm oil to the forehead profoundly coordinates and calms the mind, body and spirit, enhances blood circulation to the brain, improves memory, nourishes the hair and scalp, and gently releases tension.

MARMA ABHYANGA MASSAGE

(90 minutes)

Marma Abhyanga is a wonderful combination of Ayurvedic massages which focuses on the Marmas - the significant Ayurvedic sites on the body that can be stimulated to achieve overall health and balance.



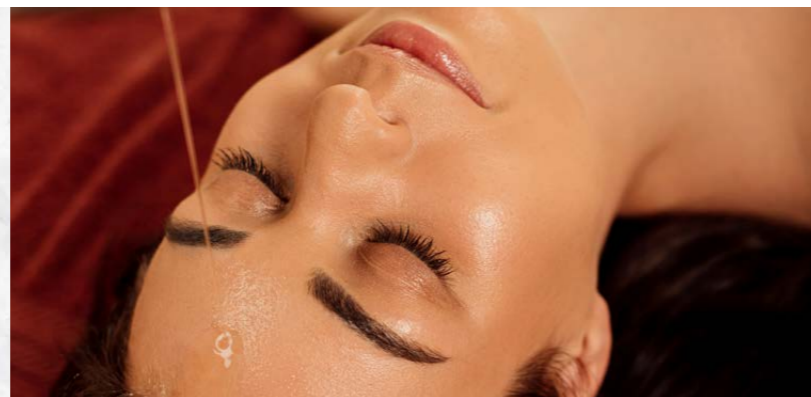
IV DRIP THERAPY

Discover the future of wellness at Miskawaan Clinic's cutting-edge intravenous (IV) drip therapy facility in Koh Samui. Tailored for the demands of modern life, clients experience advanced treatments that deliver essential nutrients directly into their bloodstream for optimal absorption. Whether you're looking to boost your immunity, enhance cognitive function, rejuvenate your skin, detoxify your system, or kickstart your metabolism, they've got you covered. With the goal of restoring energy and achieving balance, Miskawaan Clinic invites individuals to embark on a rejuvenating and transformative journey.

Popular IV Drip Therapies:

- Hangover Recovery • Brain Booster • Beauty Enhancer and many more

These services are provided by



RESTORATIVE WELLNESS PROGRAMME WITH MISKAWAAN HEALTH GROUP

Discover our wellness programmes that combine the latest in technology with the healing powers of nature.

Start your day with a guided walk on the beach, paired with light stretches.



Miskawaan will then treat you with a healthy breakfast to get energized for the day.



A 15-minute doctor consultation will follow, to ensure your utmost well-being.



You now have the choice between three specializations for the rest of the day:

<p>DETOX</p> <p>IV Therapy - Detoxifying Lymphatic Drainage massage (45 mins)</p>	<p>WELLNESS</p> <p>Ozone Therapy</p>	<p>REJUVENATION</p> <p>IV Therapy - Skin Brightening</p>
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You will then be treated for a healthy lunch back at Anantara Bophut, carefully curated and hand-crafted by our expert chefs.

Anantara Signature Massage (90 mins)	Thai Herbal Steam (30 mins)	Thai Herbal Steam (30 mins)
Indian Head Massage (30 mins)	Detoxifying Green Tea Scrub (60 mins)	Traditional Thai Massage (90 mins)
Anantara Signature Facial (60 mins)	Thai Herbal Compress Massage (90 mins)	Foot Massage (60 mins)

Finish off your day with a meditation workshop that provides you with peace of mind and a rebalanced body and soul.

These services are provided by



BODY SCRUBS AND WRAPS

ESSENCE WHITE COCONUT MINT SCRUB (60 minutes)

Rich in vitamins and antioxidants, this exotic scrub gently sweeps away dead cells, smoothes and strengthens new skin. Moisturising, healing and protecting, the skin is flawless and gloriously fragranced.

DETOXIFYING GREEN TEA SCRUB (60 minutes)

Purify, nourish and refresh your skin with the therapeutic properties of a soothing green tea polish.

SEA SALT LAVENDER BODY SCRUB (60 minutes)

Known for its antibacterial qualities, sea salt can help to maintain bacteria-free skin and prevent itchiness. The same abrasive friction between the salt and the skin which causes exfoliation also encourages the circulation of blood, giving the skin an attractive and rosy post-scrub glow.

ESSENCE WHITE COCONUT WRAP (60 minutes)

Indulgently rich and gloriously fragranced, this wrap rejuvenates the skin and combats the effects of modern life, thanks to coconut's restorative and moisturising qualities.

DETOXIFYING GREEN TEA WRAP (60 minutes)

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

SKIN COOLING SUN SOOTHER (60 minutes)

Enriched by indigenous marula oil, mint and cucumber, this treatment is the perfect soothing tonic for sun-kissed or sun burnt skin.

FACIALS

ANANTARA SIGNATURE FACIAL (60 minutes)

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to treat and 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 deep relaxation, while a herbal mask restores the natural balance of your skin.

PRO GLOW POWERED BY HANDS

PRO-GLOW SMOOTH (50 minutes)

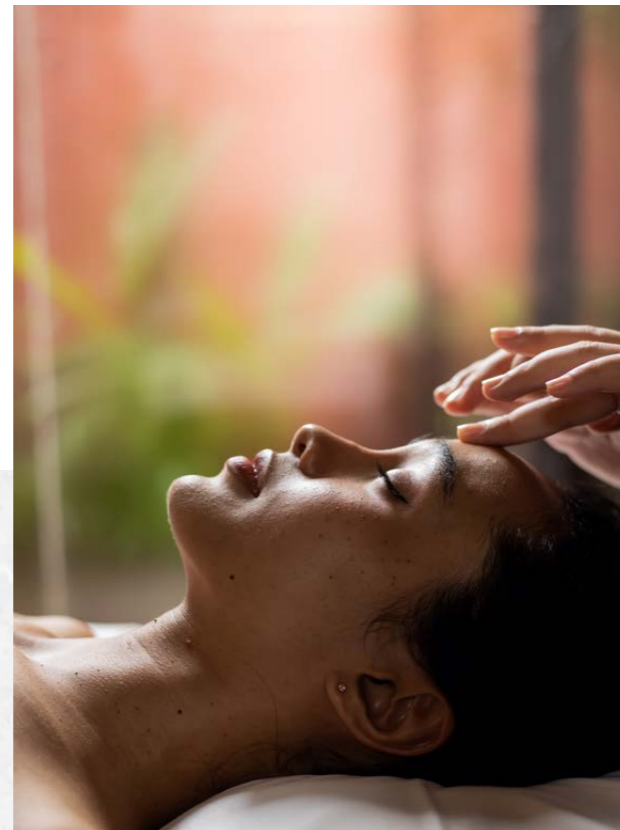
THE HIIT WORKOUT FOR YOUR SKIN

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect..

PRO-GLOW GENIUS (50 minutes)

YOUR LINE-FIGHTING SUPERHERO FACIAL

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for younger-looking skin. Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer-looking. An unsurpassed, line-fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.



STEAM & BATH RITUALS

THAI HERBAL STEAM WITH COLOUR THERAPY (30 minutes)

Balance your doshas in a steam of healing Thai herbs and the energy vibrations of red, blue and green.

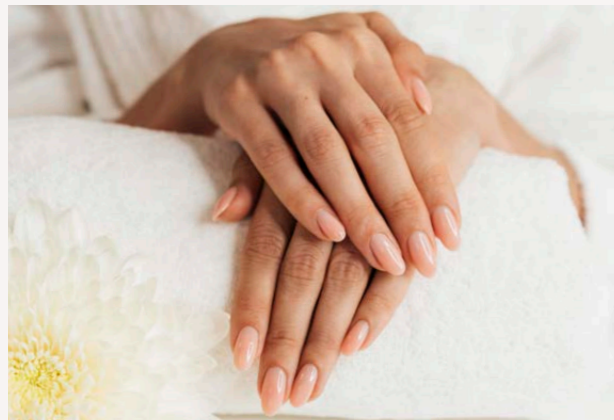
ANANTARA MILKY BATH COLLECTION (30 minutes)

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

GREEN TEA DETOXIFYING BATH (30 minutes)

A popular choice for a bath soak, green tea can help reduce muscle pain. It's also soothing and softening for the skin, helping to relieve redness. Thanks to the plant's antioxidant-rich properties, a green tea soak can also have wonderful anti-ageing effects, helping your skin to recover from environmental irritants.





FINISHING STUDIO

Feel and look your best with the ultimate in manicure and pedicure luxury. Enjoy treatments that offer a ritual of cleansing, an exfoliating scrub, nourishing mask, cuticle care, massage, and perfect paint finish.

Spa Manicure | Spa Pedicure | Paint Change

KIDS' SPA

Our kids' spa treatments are designed for children between 5 and 12 years old and use products that are both safe and luxurious, such as massage oils infused with chocolate, strawberry or vanilla for the ultimate pampering.

KIDS' MANICURE & PEDICURE

(60 Minutes)

A fun and safe experience for children, Anantara Spa's mani-pedi sessions for kids offer a playful and interactive way for them to learn how to care for their nails.

THE LITTLE PRINCE MASSAGE

(60 Minutes)

Designed to help your little one to unwind and relax, this soothing massage calms the body and mind with a combination of long strokes, soft pressure and chocolate and orange oil for a delicious relaxation. Especially recommended for those who have trouble falling asleep.

THE LITTLE PRINCESS PARTY

(90 Minutes)

Enjoy quality mother-daughter time or treat your little one to her first spa experience with an indulgent package that includes a relaxing 30-minute body scrub and a 60-minute full body massage with delicious products that smell good enough to eat.

SPA ETIQUETTE

- Please arrive 15 minutes prior to your appointment time in order to complete a health assessment form and relax before your treatments.
- Please note that our spa is unsuitable for small children and babies, unless receiving treatment, as we try to ensure that all our guests benefit from the tranquil atmosphere.
- 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 treatment to ensure that maximum results are achieved.
- Smoking and the use of mobile phones are 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 the spa receptionist of any existing medical conditions.
- The Kids' Spa and Beauty Salon service cannot be combined with any other promotion or discount.

Treatments are available from 10.00 am to 10.00 pm.

For reservations, please contact Anantara Spa at tel: 077- 428300 Ext: 1800.

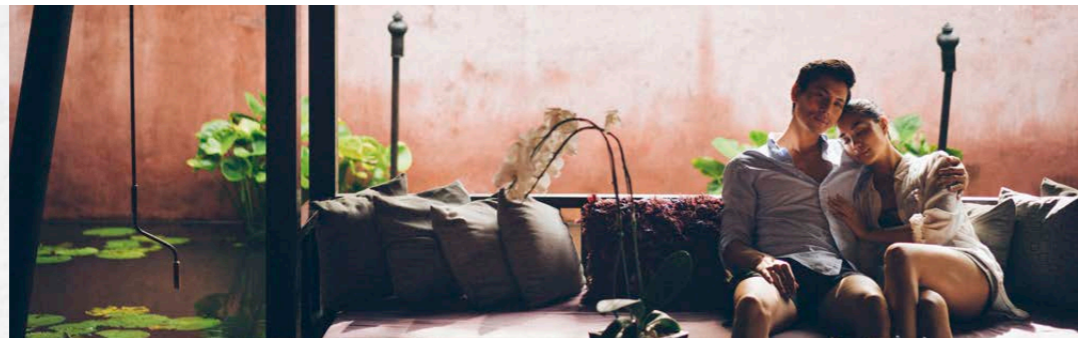


TREATMENT PRICE LIST

	Time	Price		Time	Price
SIGNATURE EXPERIENCES			MASSAGES		
Anantara Signature Massage	90	4,200	Traditional Thai	60/90	2,700/3,500
Himalayan Thermal Therapy	90	5,500	Stress Release	60/90	2,900/3,700
Anantara Bophut Coconut Dream	105	5,900	Peaceful Pregnancy	60/90	3,000/3,800
SPA JOURNEYS			Deep Tissue	60/90	3,000/3,800
Power Recharge	150	5,900	Thai Herbal Compress	90	3,800
Bophut Dreaming	150	6,500	Bespoke Spa	90	4,200
Journey of Siam	180	6,900	Aroma Stone	90	5,500
Anantara Bophut Journey	240	8,900	SPECIALISED HEALING THERAPIES.		
WELL-BEING JOURNEYS			Shirobhyanga Massage	60	3,000
1 Day Fitness, Spa & Healthy Lunch	Single/Couple	9,500/17,500	Shirodhara	60	3,500
3 Day Holistic Spa & Wellness Retreat	Single/Couple	15,000/27,000	Marma Abhyanga Massage	90	3,900
5 Day Relax & De-Stress Wellness Programme	Single/Couple	25,000/45,000	BODY TREATMENTS		
			Body Scrubs		
Chi Nei Tsang	90	3,900	Essence White Coconut Mint Scrub	60	2,500
CANNABIS HEALING THERAPIES			Detoxifying Green Tea Scrub	60	2,500
Head-To-Toe Calming Journey	90	4,200	Sea Salt Lavender Body Scrub	60	2,500
Restful Slumber Journey	90	4,200	Body Wraps		
Cannabis Stress-Release Journey	90	4,200	Essence White Coconut Wrap	60	2,500
			Detoxifying Green Tea Wrap	60	2,500
			Skin Cooling Sun Soother	60	2,500

TREATMENT PRICE LIST

	Time	Price		Time	Price
FACIALS			RESTORATIVE WELLNESS PROGRAMME WITH MISKAWAAN HEALTH GROUP		
Anantara Signature Facial	60	3,500	Rejuvenation Day		12,800
Face: Touch			Wellness Day		13,400
Pro-Glow Smooth	50	4,500	Detox Day		17,300
Pro-Glow Genius	50	4,900	IV TREATMENT PACKAGES		
STEAM & BATH RITUALS			Hangover Recovery		3,500
Thai Herbal Steam with Colour Therapy	30	950	Ozone Plus		3,500
Anantara Milky Bath Collection	30	1,500	Full Immunity Package		4,000
Green Tea Detoxifying Bath	30	1,500	Fat Burner		4,500
IN-ROOM MASSAGE			Brain Booster		5,000
Traditional Thai Massage	90	4,200	Ultimate Hangover Recovery		5,000
Stress Release Massage	90	4,200	Beauty Enhancer		5,000
Deep Tissue Massage	90	4,200	Ultimate Brain Booster		5,300
KIDS' SPA			Long Covid Recovery		5,300
Kid's Nail Colour	30	450	Advanced Immunity Package		5,600
Kid's Pedicure & Manicure	60	1,200	Advanced Long Covid Recovery		6,500
The Little Prince Massage	60	1,500	Signature Detox		7,000
The Little Princess Party	90	1,800	Ultimate Fat Burner		7,500
BEAUTY SALON			Ultimate Beauty Enhancer		7,500
Paint Change	45	650	Ultimate Long Covid Recovery		8,300
Spa Manicure	60	1,300	Ultimate Detox		9,600
Spa Pedicure	60	1,300	Age Pacer		10,000
			Age Optimizer NAD Plus		11,000
			Ultimate Age Pacer		15,000



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.



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