



ANANTARA SPA
CHIANG MAI

WELLNESS PROGRAMMES

Anantara journeys of wellness are as balancing or therapeutic as you require. With seasoned therapists, personal trainers, a resident nutritionist and a doctor on call, each journey is crafted to your health needs and overall goals.

SLEEP RESTORATION

(3 days)

Deep, restful sleep is incredibly important for overall health, and a lack of sleep not only affects quality of life, but also could be a signal of a deeper problem. Take control with a consultation with a sleep doctor, an overnight sleep test, and a variety of sleep inducing treatments and rituals to improve your sleep quality.

DAY 1

Arrival and check-in
Meet with Anantara Spa team member
One on one consultation with an expert nutritionist
Mindfulness Sunset session: choice of private yoga or meditation
Evening sleep test in the privacy of your room
CBD (Cannabidiol) relaxing bath
Golden Turmeric Milk for a restful sleep
Sleep music by our Deep Sleep Scientist

DAY 2

Tele Med consultation with a sleep doctor by Anya Meditec
Mindfulness session: choice of private yoga or meditation
90-minute Cannabis Slumber Journey
Peaceful sleep bath
Chamomile Tea

DAY 3

Mindfulness session: choice of private yoga or meditation
Selection of 60- minute spa treatment
One on one follow-up consultation with our nutritionist

CLEANSE & SLIM

(2 days)

Feel better from the inside out as we assist you in adopting healthy eating habits for sustainable weight loss. Paired with detoxifying and personal training, you will leave feeling energised and empowered to continue your transformation back home.

Nutritional consultation

2X Healthy cuisine
2X Personal training
Thai kickboxing
2X Herbal steam and sauna
Detox body scrub
2X Detox massage
Personalised long-term meal plan

RELAX & DE-STRESS

(2 days)

Today's fast-paced lifestyle causes stress in both mind and body, resulting in muscular tension and aching, poor digestion, insomnia and a host of other afflictions. Slow down, reset, find equilibrium in your daily life and journey back to inner peace and wellbeing.

2X Massage of your choice
2X Herbal steam and sauna
2X Private yoga
2X Guided meditation



SPA JOURNEYS

Our carefully crafted spa journeys are designed to soothe body and mind, with a sequence of treatments that complement each other for your supreme wellbeing.

ESSENCE OF ANANTARA (200 minutes)

Awaken the senses, revitalise your body and ease your mind. Warm steam infused with therapeutic herbs coaxes pores to open and muscles to relax. A refreshing green tea exfoliant polishes and purifies skin. Unique massage techniques and a signature oil blend bring deep peace and a sense of wellbeing.

Floral foot ritual
Thai herbal steam
Detoxifying green tea scrub
Anantara signature massage
Refreshment

ELEMIS COUTURE TOUCH (120 minutes)

Indulge in the ultimate ELEMIS duo. Powerful relaxation where you need it most with a flowing massage using aromatic oil is followed by a personalised facial treatment to enhance radiance.

ELEMIS Freestyle Deep-Tissue Massage
ELEMIS Touch Facial
Refreshment

DETOXIFYING CHOCOLATE THERAPY (120 minutes)

Boost your skin's natural elasticity with a detoxifying wrap of chocolate and moor mud. Relax as the rich aroma releases the happy hormone serotonin, while your expert therapist performs a blissful pressure-point facial. Then feel your mind unwind and muscles surrender tension in a deeply soothing full-body massage.

Floral foot ritual
Body brush
Chocolate-moor mud wrap and pressure-point facial
Full-body massage
Hot chocolate

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 (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

BAMBOO MASSAGE (60/90 minutes)

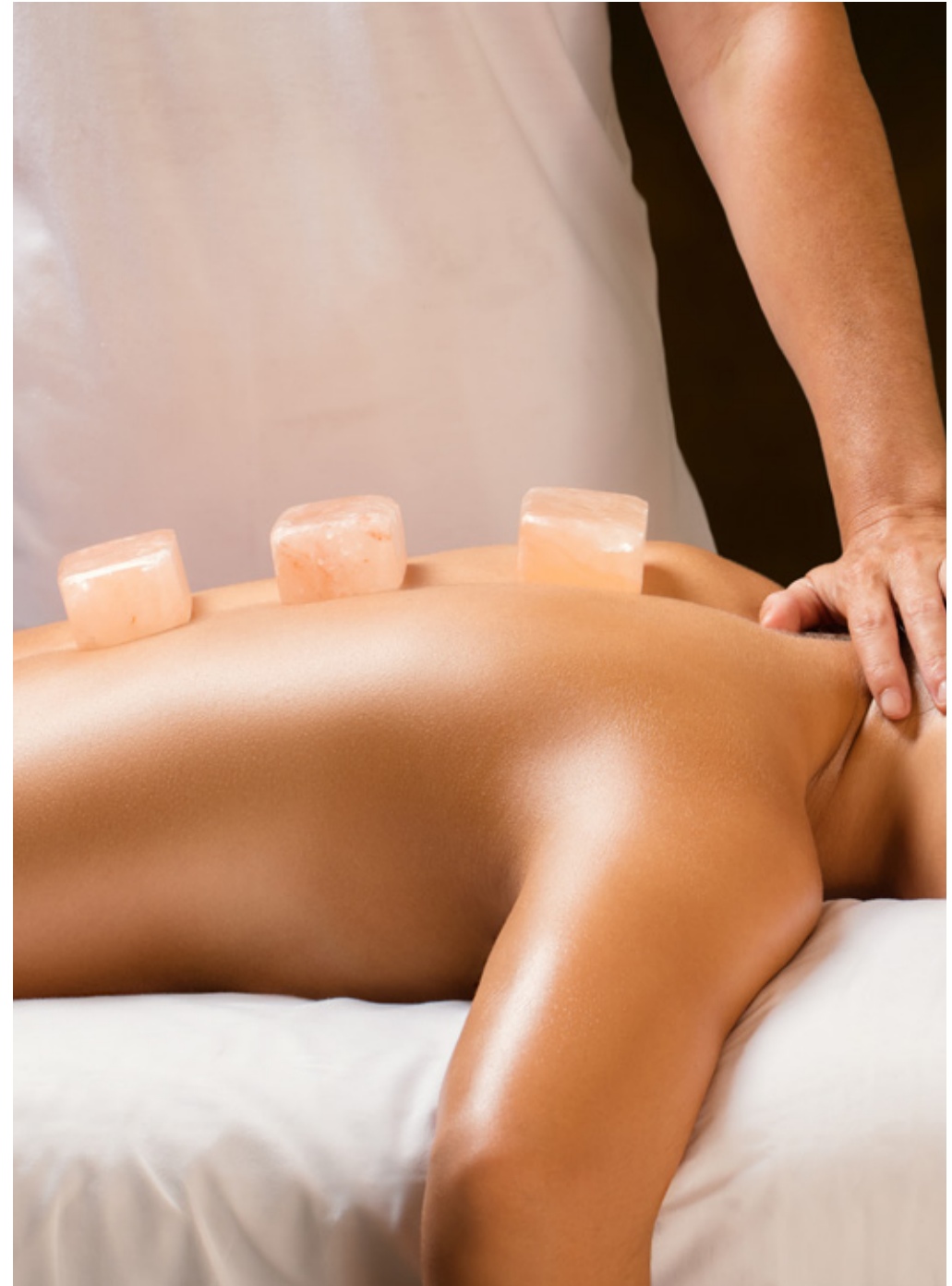
Using aromatic oil and a set of warmed bamboo sticks in various sizes, this distinctive massage incorporates stroking and rolling techniques to release muscular knots and tension, reduce toxin accumulation and fluid retention, and encourage healthy circulation.

CHAKRA-BALANCING MASSAGE (90 minutes)

Release tension both physically and emotionally and harmonise energy flow, all the while stimulating blood circulation and the body's natural detoxification. To coax you into a deep state of meditative relaxation, singing bowls are used to begin and conclude this ritual.

LANNA RITUAL (90 minutes)

Surrender to a full-body massage combining healing plai oil with Thai, Burmese and Chinese massage techniques to enhance energy flow and overall wellbeing. A mini pressure-point facial follows. Awaken to the Zen vibrations of a singing bowl, wash away negative energy with holy water, and make a wish with a gold bodhi leaf.









INDIGENOUS LANNA THERAPIES

At Anantara Spa, we draw on the healing traditions of each locale to immerse guests in the destination. Here in the north of Thailand, in the kingdom of the Lanna, ancient massage techniques combine with indigenous herbs to bring about deep therapeutic benefits.

SIGNATURE YAJOO MASSAGE (60/ 90 minutes)

Our unique yajoo treatment utilises the healing power of local herb plai to ease tension and to induce deep relaxation. A fragrant herbal poultice is pressed along the body to ease pain and inflammation. A plai oil massage follows, ending with a gentle scalp massage and tok sen rhythmic tapping on the back.

NUAD PA KAO MA (60/ 90 minutes)

This unique massage technique uses a soft cloth to manipulate the body gently. Yoga-like stretching increases flexibility, reduces muscle strain and tension, brings the body back into alignment and helps to prevent injury.

YAM KHANG THAI FIRE THERAPY (60 minutes)

Yam khang is a sacred art, and as such is a rare and prized treatment. Your therapist dips her foot in medicated oil, heats it on an iron 'khang' over fire, then massages your body with her foot, relieving pain and releasing blocked energy.

TOK SEN THERAPY (60/ 90 minutes)

Rhythmic tapping with a small mallet and wedge made of tamarind wood stimulates the energy points and meridian lines of the body. Deep vibration is combined with manual pressure and passive stretching to transform your body's energy and mind.

THE NATURAL HEALING POWERS OF CANNABIS

The cannabis plant has been utilised in traditional medicines from around the world for centuries. The benefits are many, from calming the mind to soothing the body with its anti-inflammatory, antioxidant and deeply soothing properties.

RESTFUL SLUMBER JOURNEY (90 Minutes)

Soak in a 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 Ritual
Cannabis Bath
Cannabis Body Massage
Cannabis & Floral Tea

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

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

THAI MASSAGE

(90/ 120 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

(60/ 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.

DEEP TISSUE MASSAGE

(60/ 90 minutes)

Select an aromatic oil for a customised, flowing massage that works deeply into tension and encourages optimum circulation according to your needs, be it muscle pain or stress relief, relaxation or balance.

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 energised.

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.

FACIALS

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.

NATURAL THAI FACIAL (60 minutes)

Embrace the healing effects of nature with all-natural pampering. A fresh yoghurt cleanse is followed by a rich brown sugar scrub. Cucumber toner, a sesame oil massage and an organic honey mask then soothe and hydrate for natural radiance.

ELEMIS PRO-GLOW SMOOTH (60 minutes)

THE ULTIMATE 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 plumped and hydrated whilst delivering an immediate and visible tightening effect. After just one treatment the complexion looks firmer, supremely smooth and rejuvenated.

INTRACEUTICALS REJUVENATE ANTI-AGEING OXYGEN TREATMENT (60 minutes)

Perfect for all skin types, the Rejuvenate serum is applied with high-pressured oxygen to deliver vitamins and antioxidants deep into the skin. Dramatically lift, tone and hydrate for a revitalised, youthful complexion.



BODY SCRUBS

GREEN TEA SCRUB (60 minutes)

Polish, purify and refresh skin with a green tea exfoliant that also nourishes and hydrates.

COCONUT & MINT SCRUB (60 minutes)

Coconut's rich moisture, vitamins and antioxidants, combined with fresh, enlivening mint, leaves skin flawlessly renewed and exquisitely scented.

DEEP CLEANSING SALT SCRUB (60 minutes)

Fragranced salt gently sloughs away dead skin and encourages the regeneration of new cells, leaving a smooth and responsive canvas, ready to absorb deeply nourishing body oil.

BODY WRAP

DETOXIFYING GREEN TEA WRAP (60 minutes)

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

BATH RITUALS

THAI HERBAL STEAM (30 minutes)

Inhale the healing properties of Thai herbs, enjoying an exotic ritual that stimulates the circulatory system and opens pores. A refreshing prelude to any of our spa treatments.

PEACEFUL SLUMBER BATH (30 minutes)

Relax and unwind with the power of aromatherapy. A relaxing blend of oils will help switch off your mind and assist deep and peaceful sleep. This treatment can also be enjoyed as a turndown bath in your room.

BEAUTY

MANICURE
PEDICURE
WAXING

FAMILY WELLNESS

PARENT & CHILD TIMEOUT (90 minutes)

Children deserve to experience the finer things in life, just like their parents. Book yourself a 90-minute massage and share the moment with your little gem being pampered with a complimentary 30-minute foot and scalp massage.

FAMILY SPA (60 minutes)

Enjoy pampering as a family in the same treatment room: for mum, a stress release massage; for dad, a deep tissue massage; for your daughter, 30 minutes of mini massage and 30 minutes of pretty nail polish; or for your son, a warm coconut oil scalp massage followed by a foot massage.

JUST FOR KIDS (30 minutes)

Warm coconut oil scalp massage
Foot massage
Pretty hands and feet: nail cut and polish with a gentle massage

IV DRIP

Restorative and rejuvenating, our sciencebacked IV drips are administered by a trained nurse to deliver a cocktail of amino acids, antioxidants, vitamins and minerals directly into your system to address a host of concerns or simply improve your overall wellbeing.

From boosting immunity and curing jet lag to restoring energy, relaxing you or helping you lose weight, these carefully calibrated infusions are highly beneficial as a one-off treatment or when integrated into your monthly wellness routine.

IV THERAPIES

ENERGY BOOSTER

Invigorate + Refresh

(15/ 40 mins)

Experience an instant boost to your energy levels, as well as improved mental focus and cognitive function with a high dose of Vitamin B12, taurine and alpha-lipoic. Especially effective as a recovery therapy after a stressful period, this detoxifying treatment is recommended to those who want to be at peak mental and physical performance.

YOUTH RESTORATION

Rejuvenate + Restore

(15/ 40 mins)

Combining the powerful effects of a complete B-complex formula enhanced with extra B12 and rejuvenating powers of NAD+, a coenzyme central to metabolism, our Youth Drip nourishes the brain and nervous system, while stimulating cell regeneration for increased energy and faster metabolism.

BEAUTY AWAKENING

Glow + Rejuvenate

(15/ 40 mins)

Get the ultimate beauty boost from the inside out with this potent antioxidant formula that protects your complexion from premature ageing with a regular infusion of Vitamins B complex, Vitamin C, and the mother of all antioxidants, glutathione.

MYERS' COCKTAIL

Energise + Strengthen

(15/ 40 mins)

Minimise the effects of jet lag with a deeply hydrating intravenous solution that will instantly boost your immune system, accelerate metabolism and relieve symptoms of fatigue and brain fog. Formulated with magnesium, ascorbic acid, B complex vitamins, calcium gluconate and hydroxo B12, it is also effective against chronic conditions such as asthma, fibromyalgia and migraines.

IMMUNITY RECHARGE

Guard + Defend

(15/ 40 mins)

Help your body recover from cold, flu or viral infection with a medical-grade dosage of Vitamin C. In addition to promoting stronger immunity and shortening the recovery period, this multi-purpose IV drip will also protect you against bacterial infections and skin breakouts and general malaise.

MENTAL CLARITY ENHANCER

Focus + Enhance

(15/ 40 mins)

A powerful anti-ageing nootropic, or smart drug, L-carnitine in this cognitive function boosting formula helps with improved focus and brain performance, as well as elevating memory retention and increasing attention levels. You will also notice an immediate energy boost and improved mood.

IV THERAPIES

DETOXIFYING HYDRATOR

Recover + Revitalise

(15/ 40 mins)

A fast, effective hangover treatment with deep hydration, this signature infusion helps with headaches, upset stomach and dizziness by flushing out toxins, rehydrating you instantly and restoring vitamins lost while consuming alcohol.

CELLULAR RECOVERY

Heal + Regenerate

(15/ 40 mins)

Recover faster from workouts and get back in the game by boosting cell regeneration, promoting tissue recovery and reducing inflammation.

METABOLIC BOOSTER

Trim + Build

(15/ 40 mins)

Formulated with L-carnitine, a fat-burning amino acid that amplifies the results of diet and exercise, this slimming therapy increases muscle tone by reducing appetite, supporting muscle growth and eliminating toxins.

NAD+ ANTI AGEING INFUSION

Renew + Invigorate

(150/ 250mg)

With NAD+ as its main active ingredient, this hard-working formula helps to make your cells more resistant to stress by repairing damaged DNA, while boosting brain function for better mood and mental clarity, and reducing inflammation and fatigue.

NK CELL THERAPY

Natural killer cells (NK cells) are part of the innate immune system. By fighting foreign invaders in the body, they protect us from disease and cancer. But as we age, our natural killer cells become less effective, requiring a replenishment for better immunity and overall health.

NK CELL THERAPY

Reverse + Prevent

Achieve complete rejuvenation and a full reboot of your immune system with an advanced cell therapy in which your own NK cells are collected, multiplied and then re-transfused back again to give you a natural immunity boost.

NK CELL ACTIVITY TEST

Measuring the level of your Natural Killer (NK) cell, to see how strongly your body can defend itself against harmful abnormal cells. A sample of your blood is drawn and submitted to the laboratory. The test is completed within 72 hours. This test will guide you in assessing your risk of disease or cancer and deciding to have a highly active NK cell therapy which helps boost your immune system to a healthier level.

ELEMENTS OF WELLNESS

LUMINETTE LIGHT THERAPY

(20 mins)

By exposing you to a dose of sunlight via your retinas in a safe, controlled environment, Luminette Light Therapy supports your body by balancing the circadian rhythm, elevating your mood and encouraging a night of restful deep sleep.

THAI TRADITIONAL MEDICINE

Thai Traditional Medicine originated in the Sukhothai period of the 13th century. It combines medicinal science and a philosophy of the elements to promote balance and immunity.

Each individual's constitution is made of earth, wind, water and fire elements. Using traditional diagnostic techniques to find imbalances, your therapist will then utilise indigenous herb concoctions to bring the elements back into harmony.

Our Thai Traditional Medicine practitioner is qualified, registered and licensed by Mae Fah Luang University.



PERSONAL CONSULTATION

ELEMENT REBALANCING CHECK

(20 mins)

Treating the body according to its dominant element will safeguard against illness. When the elements are out of balance, weaknesses rise to the surface and manifest as ailments. Your consultation begins with an in-depth analysis. You will then be prescribed an herbal tea concoction and advice on how to take care of your health based on your constitution.

HERBAL MASKS

POK YA

(30 mins)

An herbal paste will be spread over your body to absorb excess heat and reduce pain and inflammation. Particularly recommended for joint pain and improved circulation, this therapy includes pressure-point work.

POK TA (EYE MASK)

(30 mins)

Using herbs to draw out heat elements, this treatment begins with pressure-point work to stimulate the circulation around the eyes. A mask of cool herbs is then applied to relieve muscle strain.

POK PIW (BODY MASK)

(60 mins)

Rejuvenate the body with Thai herbs that eliminate dead skin cells and remove deeper impurities, leaving the skin moisturised, firm, smooth and responsive.

HERBAL TREATMENTS

PAO YA

(60 mins)

Relieve discomfort by rebalancing the elements. Excess of the wind element causes bloating and is combatted with increased digestive fire. The belly is gently massaged, then herbs set aflame to release heat and medicinal healing.

SOOM YA

(30 mins)

Improve respiratory functioning as herbal steam infused with essential oils eases breathing and also increases blood flow.

CHAE YA

(30 mins)

Detox and nourish your skin and bring it back to optimal condition. A soak in a warm herbal bath also relieves tension and skin irritation.

MASSAGE THERAPIES

ROYAL THAI MASSAGE

(90 mins)

Thai massage that originates from the palace is used to treat illness and relieve pain. Using only the hands, your therapist will focus on pressure points to redirect the blood flow, promote lymphatic drainage and boost immunity.

4 ELEMENT OIL MASSAGE

(60 mins)

A very targeted therapy for muscle, joint and bone conditions. Herbal oil with fire properties is massaged into the above areas to increase flexibility and movement.

CROWN CHAKRA HEAD THERAPY

(45 mins)

Relieve stress and facial tension. Stimulate blood flow to the brain. Beginning with an analysis of your elements, massage is paired with an herbal tea remedy for deep relaxation.

CHED HAEK

(60 mins)

This Lanna-style massage relieves chronic pain with rolling and kneading of the neck, shoulders and back. Therapeutic effects include increased oxygen flow to the tissues, unclogged pores and detoxing, stimulated energy and blood flow.

ETIQUETTE

- We recommend arriving 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings – which can be enjoyed both before and after your treatment.
- Please note that the spa is unsuitable for small children unless a family treatment is booked. Smoking and the use of mobile phones is not permitted, as we try to ensure a calming environment for all our guests.
- We recommend that you leave all jewellery in your room before coming to the spa.
- Men – please shave prior to all facial treatments to ensure that maximum results are achieved.
- 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 booking any treatments. Please notify the spa receptionist of any existing medical conditions.
- We recommend that you do not sunbathe after an aromatherapy treatment.
- Appointments cancelled with less than four hours' notice will incur a cancellation fee of 50% of the reserved treatment price.
- Please note that in the event you are late for your scheduled appointment, we will accommodate you to the best of our abilities, but your treatment may be shortened or rescheduled.
- All treatments will be charged to your room, and will appear on your account at the time of check-out.
- Advanced booking is highly recommended to ensure availability.

