



ANANTARA

SPA





WELCOME TO ANANTARA SPA

Originating in Thailand and traversing the globe, Anantara Spa is an award-winning sanctuary of East-meets-West healing. Explore indigenous ingredients and traditions.

Immerse in 5,000 years of Ayurveda.

Embark on a personalised journey of wellness for body and mind.



SIGNATURE EXPERIENCES

Drawing on Anantara Spa's world-class expertise, the finest Sri Lankan 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.

CHAKRA BALANCING THERAPY

60 Minutes

Experience a holistic therapy that combines a body detox massage with the healing power of crystals and singing bowls. Select the crystals that resonate with you to be placed on your body.

KALUTARA SPICE JOURNEY

90 Minutes

Treat yourself with aromatic and flavourful spices from Sri Lanka, thanks to its antimicrobial and cleansing properties. The cinnamon and clove-based body scrubs take away dead skin cells to keep the youthfulness, while the spice-based oil massage leaves your muscles relaxed.

Anantara Foot Ritual • Spice Scrub • Spice Oil Massage

KALUTARA KING COCONUT DELIGHT

120 Minutes

Hydrating, healing and richly moisturizing, the golden-hued king coconut is indigenous to Sri Lanka and a treasured natural resource. Experience a tropical spa journey that starts with a king coconut scrub to renew, hydrate and soften your skin. Your journey concludes with our signature king coconut massage to induce blissful relaxation and a fresh, naturally mineral-rich king coconut drink. A spa gift of king coconut oil awaits you at the end.

Anantara Foot Ritual • King Coconut Scrub
• Coconut Oil Massage • King Coconut Refreshment
• Takeaway King Coconut Oil

KALUTARA TEA JOURNEY

180 Minutes

Purify and enliven your skin with our curated green tea spa journey, inspired by Ceylon's fine tea heritage. Powerful antioxidants are released by a purifying green tea body scrub, cocooned in a nutrient-rich wrap using green tea mask to encourage super skin health and detoxification followed by an outdoor tea bath soak. Conclude with a body massage with aromatic essential oil and revel in your reinvigorated equilibrium and a feeling of wellbeing.

Anantara Foot Ritual • Green Tea Scrub
• Purifying Green Tea Wrap • Ceylon Tea Bath
• Anantara Signature Massage • Green Tea Refreshment



JOURNEYS FOR TWO

Create captivating shared memories as you relax together with a series of wonderfully soothing and rejuvenating treatments that promote deep relaxation, detoxify and cleanse your body.

SIDE BY SIDE

90 Minutes

Unwind in harmony with a loved one, relishing the indulgence of side-by-side treatments. Celebrate femininity with beautiful pampering and enhance the essence of masculinity with powerful rituals.

Anantara Foot Ritual • Choice of 90-minute Massage
• Refreshments

COUPLES RETREAT

120 Minutes

This ultimate relaxing treatment promises to activate vital energy and soothe accumulated tension. Combining face and body therapies for pure relaxation with maximum results.

Anantara Foot Ritual • Choice of any 2-hour Bespoke Body Treatment Combination • Refreshments

SRI LANKAN ROMANCE

180 Minutes

Share this intimate spa retreat with a loved one through a series of exotic treatments. Revitalize with the extraordinary cleansing power of salt that exfoliates as it releases toxins during this body polish treatment. Luxuriate in our Ceylon Tea or Milky Bath to share a relaxing moment. Enjoy Abhyanga massage and deep cleansing facial that will leave you both glowing from head to toe.

Anantara Foot Ritual • Full Body Sri Lankan Scrub
• Ceylon Tea Bath • Abhyanga Massage • Deep Cleansing Facial • Refreshments

IN-ROOM SLUMBER GURU EXPERIENCE

45 Minutes

Unwind into relaxing foot reflexology followed by a soak in a luxurious bath infused with essential oil in your room. Slip into your bed dressed in luxurious sheets fragranced with a heavenly mist, accompanied by a silk or cool gel filled eye mask and ear plugs. Drift away to the land of nod in blissful pleasure where sweet dreams await.

Aromatic Bath Ritual • Foot Reflexology
• Special Sleep Amenities



MASSAGES

Anantara's relaxing, therapeutic, stress-relieving massages use gentle, authentic, traditional techniques inspired by the Arabian Bedouin tradition of heartfelt hospitality, combined with infusions of exotic, rare ingredients to lead you on a path to relaxation and eliminate the tensions of everyday life.

ANANTARA SIGNATURE MASSAGE

90 Minutes

Combining revered Eastern and Western techniques with Anantara's expertise, purpose-designed movements and a signature oil blend stimulates the circulation and deeply relax muscles, while reflexology clears energy blockages to promote overall wellbeing.

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 offers a wonderful stress release tonic to completely relax the mind and body.

DEEP MUSCLE 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.

AROMA HOTSTONE MASSAGE

60/90 Minutes

A unique combination of aromatherapy oils and heated volcanic stones, to ease away deep muscular tension, encouraging optimum circulation.

TRADITIONAL THAI MASSAGE

60/90 Minutes

Also known as passive yoga, this ancestral therapy has been passed down through generations. Enjoy the benefits of a workout without moving a finger, just let your therapist do the work. By using pressure point and stretching techniques, tension is released, flexibility is boosted, and vitality increased.

PEACEFUL PREGNANCY MASSAGE

60 Minutes

A massage where the therapist uses tried and tested techniques, which are adapted to each stage of pregnancy. The massage helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, while easing the mind and uplifting the spirit.

FOOT REFLEXOLOGY

60 Minutes

This fascinating treatment provides physical and spiritual renewal by applying specific thumb, finger and hand techniques to various reflex points on the feet to effectively stimulate corresponding organ groups in the upper body for overall wellbeing.

BACK MASSAGE

30 Minutes

Ideal to ease stress and muscular tension in the back area after a long day. It will also help to improve circulation, muscle tone and boost lymph and blood circulation to aid detoxification.



FACIALS

Find radiance and revitalization from deep within. Our experts combine traditional holistic techniques with the most natural products available to create the perfect bespoke facial treatment for you.

SKIN BRIGHTENING FACIAL

60 Minutes

Treat your skin to a burst of energy and help it to defend itself in any situation against the harmful effects of environmental pollution and stress, which can accelerate skin ageing. Leaves your skin visibly radiant and luminous thanks to a trio of exclusive active ingredients: organic elderberry-organic Siberian ginseng-peptides.

HYDRA ADVANCE FACIAL

60 Minutes

This treatment combines ultra-comfortable textures with high-performance active ingredients to promote water flows within the skin and provide it with absolute hydration. Also recommended for sensitive and sun-damaged skin. Results are instant and lasting, suitable for all age groups.

DEEP CLEANSING FACIAL

60 Minutes

A powerful clarifying treatment for young oily, problem skin or mature-onset acne. This treatment works in 3 phases by exfoliating, deep cleansing and clarifying with anti-bacterial actives. Plant extracts are used to regulate oil flow, freshen the skin and assist in healing.

AGE-DEFYING FACIAL

75 Minutes

This unique facial is designed using the art of aromatherapy and herbalism. Cleansing and rejuvenating plant essences, vitamins and organic Moringa extract invigorate and refresh the skin, improving texture and restoring suppleness and elasticity.

BODY TREATMENT

BODY SCRUB

30 Minutes

This deeply cleansing salt scrub gently exfoliates dead skin cells to encourage cell regeneration for the smoothest and softest skin, ready to absorb the deeply nourishing body oil application.

BODY WRAP

30 Minutes

Green tea & coconut extracts are naturally rich in antioxidants, which help protect the body from free radicals – naturally occurring particles in the body associated with accelerated ageing and an increased risk of major diseases.



AYURVEDIC WELLNESS EXPERIENCES

Experience holistic wellbeing through the 5,000-year-old science of Ayurveda. Originating from India, this time-honoured ancient system promotes health and wellness by creating a balance between body, mind and soul. Practised for thousands of years, Sri Lanka's medical traditions stem from Ayurveda and are now rooted in modern spa wellness, offering radiance that shines from the inside out.

ABHYANGA

60 Minutes

Experience a gentle form of Ayurvedic medicine with this full body massage with warm herbal oil. Soothing and healing, your therapist will draw attention to the whole body - from the feet up to the base of the head - stimulating through rhythm and pressure to achieve health and balance.

SHIRODHARA

60 Minutes

The Sanskrit words, 'shiro' (head) and 'dhara' (flow), come together through a continuous flow stream of lukewarm herbal oil onto the forehead in this restorative therapy. This treatment calms the mind, body and spirit, enhances circulation to the brain, improves memory and relieves stress and tension symptoms, while nourishing the hair and scalp.

PINDA SWEDA

90 Minutes

Hot pouches are filled with medicinal herbs and applied to the entire body, opening channels for herbal benefits to be easily absorbed into the underlying tissues. This encourages improved blood circulation and neuromuscular conditions, soothes joint pains and restores a feeling of vitality throughout the whole body.

UDWARTHANAM

30 Minutes

This dry massage using herbal powder acts as a natural scrub, which increases overall circulation to the skin and removes dead cells, resulting in a renewed appearance.

SWASTHA SANRAKSHANA

3 Days

Embark on a gentle exploration of the healing effects of Ayurveda. A programme is drawn up according to your doshas after a consultation with the Doctor of Ayurveda, and includes diagnostics and a tailored dietary plan. Unwind with yoga each morning and healing treatments throughout the day in the most pristine of island settings.

SWASTHA STHAPANA

5 Days

Detox and restore your body's equilibrium for optimal wellbeing. A programme is drawn up according to your doshas after a consultation with the Doctor of Ayurveda, and includes diagnostics and a tailored dietary plan. Herbal concoctions from 5,000-year-old recipes flush out any impurities.

SWASTHA WARDHANA

7 Days

Immerse fully in the world of Ayurveda, with a series of treatments to soothe, detox and balance. A programme is drawn up according to your doshas after a consultation with the Doctor of Ayurveda, and includes diagnostics and a tailored dietary plan. Take a 360° approach to wellness with daily yoga, steam baths and ancient treatments.



ACUPUNCTURE

Ancient wisdom and contemporary diagnostics meet. Explore alternative healing therapies to harmonies the balance of 'yin' and 'yang'. Acupuncture practice is based on balancing the flow of energy or life force in the body. Techniques involve activating key points in the body using needles and has the power to treat a host of ailments. The treatment is performed by our Ayurvedic Doctor after an extensive consultation.

Non-exhaustive examples of ailments Acupuncture was proven to be helpful and effective:

- Weight loss program (min. 3 sessions): Acupuncture helps stimulate the metabolism and our physiological digestion functions. To help burn body fat, a minimum of 5 sessions is necessary.
- Anxiety (min. 3 sessions): Acupuncture has a calming effect on overly stressed people.
- Muscle stiffness (min. 3 sessions): Acupuncture releases our stiff muscles of tension after a long flight.
- Pain relief (min. 3 sessions): Acupuncture alleviates joint pain, muscle pain, headaches, and back pains by reducing affected areas' inflammation.
- Tobacco craving (min. 5 sessions).
- Hair loss (min. 5 sessions): By stimulating blood circulation in the scalp area and providing nutrients to the hair follicles, Acupuncture can prevent hair loss.

Each package consists of:

- 30 min consultation
- 3 or 5 sessions of 30 min treatments (depending on our Doctor's recommendation and desired outcome)

*Depending on the individual and ailments treated, the success of treatments may vary.

NAIL TREATMENT

SPA MANICURE
45 Minutes

NAIL CUT FILE
15 Minutes

SPA PEDICURE
60 Minutes

NAIL POLISH
15 Minutes



MULTI - GENERATIONAL WELLNESS EXPERIENCES

A parent or guardian is required to accompany children under the age of 16 for any massage or body treatment. Spa experiences can be customised for younger guests aged 7 years and below.

MOM & ME TIME OUT

60 Minutes

For Daughter - Chocolate Body Treatment or
Chocolate Oil Massage

For Mom - Stress Release Massage

DAD & ME TIME OUT

60 Minutes

For Son - Chocolate Oil Massage

For Dad - Deep Tissue Massage

FAMILY TIME OUT

60 Minutes

Get pampered as a family in the same
treatment room.

For Child - Choice of Treatment

For Mom - Stress Release Massage

For Dad - Deep Tissue Massage

COCONUT HOT OIL SCALP MASSAGE

30 Minutes

BODY SOFT TOUCH

30 Minutes

An express back massage or foot massage.

PRETTY HANDS AND FEET

40 Minutes

Nail cut and polish with a gentle massage

SPA ETIQUETTE

- Please arrive at Anantara Spa Reception Desk 15 minutes prior to the appointment to complete your wellbeing assessment form. We regret that late arrivals will not receive an extension of the scheduled treatment time.
- Anantara Spa is unsuitable for infants and young children unless receiving treatment, as a courtesy to other guests in the spa's calm and peaceful space.
- We recommend that all your valuables and personal belongings be locked in the safety box provided in your room.
- All treatments will be charged to your room and will appear on your account summary upon check-out.
- Please give us a 4-hour cancellation notice on individual treatments and a 24-hour notice on spa packages as a courtesy to other guests and our therapists. Without this notification, 50% of the total price will be charged to your account.
- We recommend that you refrain from sunbathing after an aromatherapy treatment.
- For gentlemen, shaving is recommended prior to any facial treatments to ensure that maximum results are achieved.
- Anantara Spa is a non-smoking facility and the use of mobile phones is not permitted at the spa. Take time to relax in our tranquil surroundings before and after your treatment.
- Guests who are pregnant or suffering from high blood pressure, heart conditions, allergies or any other medical complications are advised to consult a doctor before reserving any treatments. Please notify our spa receptionist if you have any existing medical conditions.
- Our spa is Wi-Fi free as we encourage disconnecting from technology to rest your mind and reconnect with yourself.
- Advanced reservations are highly recommended to avoid disappointment. Please dial 6500 for inquiries or reservations. You may also call Anantara Kalutara Resort at +94 34 222 0222 or email spa.akal@anantara.com for advanced reservations.





ANANTARA

KALUTARA • RESORT

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