

ANANTARA SPA WELLNESS THERAPIES



ANANTARA
SPA

ABHYANGA MASSAGE

75/90 minutes

Abhyanga means “to anoint”. Using specific warm herbal oils for the head and body according to the body type, this is a relaxing massage with long strokes that stimulates Ayurvedic sites to achieve overall health and balance.

HERBAL POULTICE

75/90 minutes

A classic massage using herbs to tackle joint pain, muscle cramps, stress, and arthritis. The poultices are warmed in therapeutic oils and used to massage the entire body. The massage promotes better circulation within the affected area, promoting increased perspiration, which helps the skin to eliminate toxins.

VALEUR ABSOLUE GEMSTONE RITUAL

90 minutes

The goal of the treatment is to create an absolute well-being, with Valeur Absolue it is a time to drift away the stress and enjoy a pure relaxation with a unique energetic massage along with gemstones which works on both Energy and Chakras.

HARMONIE: Their calming and tranquilizing effects will offer a pure moment of quietness.

VITALITE: These act as stimulators and boosters - a moment to re-energize.

IMMUNITY RECHARGE MAGNESIUM BODY MASSAGE

60 minutes

This deep aromatherapy massage, reinforced by magnesium healing properties is designed to relieve muscle fatigue, improve sleep, detox, and promote sensation of overall wellbeing.

UPLIFT DEEP-TISSUE MAGNESIUM BODY MASSAGE

75/90 minutes

Excessive physical activities can cause deep muscular fatigue and low energy level, our magnesium fitness massage and stretching will melt stiffness and tension, enjoy it after physical activities to help the speedy recovery and strained muscles. It will be accompanied by divine deeply relaxing magnesium scalp massage to promote healthy scalp function, stop hair from thinning and falling, and stimulate the new hair growth.

MAGNESIUM REBALANCE

90 minutes

Magnesium scrub will remove dead skin cells through exfoliation as well as cleanse the skin, increase the blood circulation and stimulates detoxifying process, followed by full body massage for deep relaxation and leaving you feeling replenished with calm and renewed energy.

GLOW MAGNESIUM BODY SCRUB

45 minutes

Multi-functional and multi-sensory magnesium exfoliation will remove dead cells for revealing a new brighter skin. Detoxifying and extremely rejuvenating for your whole body.

COFFEE MAGNESIUM BODY SCRUB

45 minutes

An ultimate body exfoliation that helps you to remove the dead cells and reduce the appearance of cellulite by breaking the fatty deposits that's form beneath the skin.

SLIMMING MAGNESIUM BOOSTER

90 minutes

An anti-cellulite treatment is a deep pressure body scrub that helps to reduce the appearance of cellulite by breaking up fatty deposits that forms beneath the skin using 'Of the Island Morning Coffee Scrub' followed by 'Of the Island Top Shape gel' as a body wrap to stimulate blood and oxygen flow. The treatment further helps in reducing the formation and appearance of cellulite and allows you to flush out the body toxin through Lymphatic System

OCEAN ESSENCE DETOX WRAP

60 minutes

The power of seaweed helps to stimulates the blood and lymph flow, detoxifies, and hydrate the skin. It is an excellent skin rejuvenator, combating fatigue whilst deeply nourishing your skin.

TROPICAL ISLAND SCRUB & WRAP

60 minutes

Keeping your skin hydrated and supple is important throughout all the seasons of the year. Moisture enriches your body surface with nutrients, creating long-lasting hydration of the skin. The combination of a Tropical scrub and Tropical mask promotes regeneration, improving skin moisturizing, elasticity and avoiding skin dryness.



ANANTARA SIGNATURE THERAPIES COUPLE ISLAND GETAWAY

ISLAND ESCAPE

90 minutes

Spend quality time, side-by-side, start with a floral foot ritual followed by a full body scrub to moisturize, polish, and soften the skin and the journey continues with an Island Lomi Lomi Massage to restore energy and soothe the body with overall relaxation.

Foot Ritual, Scrub and Lomi Lomi Massage

HEAVENLY HIS & HER'S

120 minutes

Treat yourself from head to toe with a journey to rejuvenation and radiance. Unwind with a De-Stress full body Massage using rhythmic pressure and a blend of essential oils to alleviate tension and provide immediate relaxation and journey will continue with a 60-minute Facial of your choice.

Foot Ritual, Anantara Signature Massage and Facial

TIME FOR TWO

180 minutes

Embark on a journey to outer wellbeing and inner fulfillment with this collection of soothing therapies, designed to satisfy all the senses. Get started with a treat for your feet and soak in a romantic bath. Let our expert therapists exfoliate your body, leaving you feeling fresh and rejuvenated. Nourish your skin with hydrating body wrap to leave it smooth and supple. Enjoy a de-stressing massage and finish off with an express facial suitable for your skin type.

Foot Ritual, Milk Bath, Scrub, Wrap, Massage & Express Facial





SIGNATURE MESSAGES

ANANTARA SIGNATURE MASSAGE

60/90 minutes

Our Signature blend of oils, combined with purpose-designed movements, stimulates the circulation, and promotes deep relaxation, whilst restoring the flow of energy, or prana, along the meridian lines.

ORIENTAL THAI MASSAGE

60/90 minutes

Using specific technique, which is passed down through the generations, known to many as 'passive yoga', our expert therapists will alleviate stresses and strains, allowing you to enjoy a wealth of stretching, flexibility, and vitality benefits. Dry massage in a loose cloth, performed without the oil.

ISLAND LOMI LOMI MASSAGE

60/90 minutes

Lomi lomi is a traditional Hawaiian Island massage that uses a combination of massage techniques, nut oils, and sometimes elements of prayer, breathing, and dance to restore energy and soothe the body. It is also known as the 'loving hands' massage.

ISLAND LAVA SHELL MASSAGE

90 minutes

Indulge yourself in a blissful treatment with hot Lava Shells, melt away tense muscles when these heated, natural shells release calcium ions directly to the skin. Boosting blood circulation, they allow deeper relaxation via their miraculous heating system.

BALINESE MASSAGE

60/90 minutes

A combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen, and "qi" (energy) around your body, and bring a sense of wellbeing, calm and deep relaxation.

MOTHER TO-BE

60/90 minutes

These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich experience of each trimester. An intuitive and relaxing massage hydrates skin that expanding to accommodate a growing baby.

FOOT RREFLEXOLOGY

60 minutes

A massage in which pressure is applied onto areas of the soles of the feet. The pressing of the "reflex area" of the feet is effective in stimulating the function of the internal organs.

OUR FACIALS

VIE COLLECTIONS

MESOFORCE - Revitalizing Plumping Treatment

60/90 minutes

A customizable treatment, directly inspired by a mesotherapy session in an esthetic medicine practice, for complete revitalization against the signs of aging. It boosts hydration and revives the radiance of marked, dehydrated, and saturated skin.

L-THERAPY - Unifying Brightening Treatment

60/90 minutes

A session of massage and concentrated products that echoes LASER and LED light therapy techniques. It offers maximum effectiveness on the radiance and uniformity of the complexion.

ROSA CONTROL - Anti-Redness Soothing Treatment

60/90 minutes

A tailored soothing treatment to meet the needs of sensitive skin prone to couperose and rosacea. Skin is soothed, strengthened and redness are reduced.

PRO- COLLAGEN - Lifting Firming Treatment

60/90 minutes

A session of massage and concentrated products that echoes LASE, LED and MICRO-NEEDLING techniques. It offers an immediate tensing effect and visibly improves the firmness of the skin.

SWISSLINE

LE GRAND SOIN AU COLLAGEN PUR – Anti Ageing

90 minutes

Comprehensive skin transforming treatment harnessing highly acclaimed ingredients and technologies comparable to non-invasive aesthetic procedures. Fortified with pure collagen, peptide technology, pure silk and plant-based growth factors, this transformative facial will rejuvenate stressed, dull, or aged skin. Adds significant fullness to your skin & radiance to your complexion.

SWISS LIFTING INFUSION – Firming & Lifting

75 minutes

This treatment for face, neck and décolleté helps to plump and fill-in lines and wrinkles. Fortified with a highly concentrated combination of marine collagen and hyaluronic acid, the treatment increases moisture retention, stimulates fullness, and firms the skin.

SWISS BRIGHT – Powerful Brightening & Global De-Aging

75 minutes

Powerful brightening and de-aging actives help treat and prevent skin discoloration resulting in unsurpassed brightening, glowing, and toning skin results.

SWISS RECOVERY – Repair & Recovery

75 minutes

Revolving around the brand's signature Virtual Mask, this treatment boosts skin cell regeneration and cell turnover. A good choice whenever skin feels aggressed, challenged, or under attack.



ADDITIONAL TOUCHES

(Can be booked in combination of other treatments with a minimum 60-minutes duration)

SWISS EYE SPECIALIST TREATMENT

30 minutes

This treatment takes your eye-care to a new level of excellence erasing the tell-tale signs of aging and fatigue instantly. Lines and wrinkles are smoothed away while the inner architecture of the eye contour is transformed instantly with a filling effect.

EXPRESS FACIAL

30 minutes

This introductory facial will give a quick and instant pick-me up for dull, lifeless skin.

BACK, NECK & SHOULDER MASSAGE

30 minutes

Unwind with a massage that combines rhythmic pressure and a blend of oils to alleviate tensions and stress and provide immediate relief and relaxation.

FOOT & ANKLE MASSAGE

30 minutes

Helps relieve stress and stimulate circulation with this foot and ankle treatment.

SCALP MASSAGE

30 minutes

A gentle, de-stressing fingertip massage to help improve circulation, remove tension, and relieve headaches.

Please dial +971 (0)4 567 8777 or
email: spa.awid@anantara.com to reserve your treatment.

