

Journeys into  
**wellbeing**  
and **serenity**

  
*Anantara Spa*





# Experience ancient rituals from Thailand and beyond

Rooted in beautiful Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins and is expressed in perfect harmony with the allures of our exotic locale.

Unwind in a spa sanctuary that feels as serene as the meandering Mae Ping River. Experience Thailand's heartfelt hospitality and our personalised approach, as you put your beauty and wellness needs in the hands of expert, intuitive therapists. Blending Asia's trusted age old wellness rituals with dynamic western therapies, our treatment menu takes meaningful inspiration from the precious lotus flowers which adorn our resort's charming water features.

Step through teak doors into an inner sanctum and leave behind the stresses of everyday life as you begin to synchronise the subtle energies of your being in luxurious treatment suites. Soak up the sensual benefits of your journey where the hearts, minds and actions of the people are pure and wholesome, and the views of the beautiful resort pool and river views are inspiring.



Imagine experiences that will coax your body, mind and soul into a blissful state of peace. Let your cares slip away and your sensual journey begin, as you experience exceptional luxury in breathtaking surrounds.

***At Anantara Spa, the greatest journeys are felt, not told...***

*Opening hours: 10:00am – 10:00pm*



# 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)

Combining revered eastern and western techniques in purpose designed movements with our unique oil blend, this massage stimulates circulation and deeply relaxes muscles. Signature techniques of skilled therapists ensure to clear blockages of energy and promote overall wellbeing.

## **Traditional Thai Massage** (90 Minutes)

Passed down through generations, this unique and exotic technique is known to many as 'passive yoga', as it offers the ultimate body workout. Let your expert therapist do all the work - while you enjoy the benefits. Experience how pressure point and stretching techniques effectively release tension, increase flexibility and boost vitality.

## **Bespoke Spa Experiences** (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, and we'll tailor the perfect 90 minute treatment package and offer you a choice of luxurious spa products.

## **Clay Rhassoul** (45 Minutes)

Cocooned in the therapeutic mud of your choice from our specialist selection, benefit from body purification, revitalisation and skin that feels flawlessly smooth. Catering for all skin types, red clay for normal to dry skin pampers, nourishes and rehydrates, white clay's softening and soothing qualities are ideal for normal and sensitive skin, while green clay treats normal to oily skin types by detoxifying, tightening pores and balancing moisture.

# Spa Journeys

Carefully crafted to bring you a luxurious choice of extended experiences, these special journeys are designed to help you escape the limits of space and time. Indulge in unique destination inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.

## **Essence of Anantara** (200 Minutes)

Surrender to a sequence that offers a transformative awakening. Relax in a warm steam of therapeutic herbs that coaxes your mind to unwind and your pores to open. Purify and polish every of skin with a refreshing green tea exfoliant. Feel how purposes designed movements, reflexology and our signature oil blend combine to bring you deep relaxation and enhanced overall wellbeing.

*Floral Foot Ritual • Thai Herbal Steam • Detoxifying Green Tea Scrub • Anantara Signature Massage • Refreshment*

## **Elemis Spa Ritual** (145 Minutes)

The ultimate head to toe therapy for maximum results. Body brushing helps to move lymph fluid throughout the body to encourage circulation, and also removes dead skins cells.

The powerful effects of a customised Elemis Deep Tissue Muscle Massage combines dynamic blends of essential oils and rhythmic pressure to alleviate stress and ease aching muscles. A radiant finale offers dramatic results, with a personally prescribed Elemis Advanced Anti-Ageing or Skin Solutions Facial.

*Welcome Touch • Body Brushing • Elemis Deep Tissue Massage • Personalised Facial • Refreshment*

## **Deep Cleansing Ritual** (120 minutes)

Unwind in an exotic herbal steam to help purify your respiratory system and open the pores of your skin. Cocooned in the therapeutic mud of your choice, benefit from body detoxification, a boost of energy and skin that feels flawlessly smooth. Luxuriate under a warm shower before an intense yet relaxing massage releases deep seated tension throughout your entire body.

*Floral Foot Ritual • Personalised Clay Rhassoul • Deep Tissue Massage • Refreshment*

## **In-Room Slumber Guru Experience** (60 Minutes)

Taking the importance of a good night's rest to a whole new level, this in-room ritual begins with a soak in a luxuriant bath infused with essential oils in your candlelit bathroom. You'll then be treated to a relaxing back, neck and shoulder massage using ylang ylang or lavender essential oils.

Enjoy a warm beverage, served with a homemade sweet treat. Unwind to your choice of soothing music throughout the evening. Sweet dreams then await in a sumptuous bed dressed in luxurious sheets, which is sprayed with a heavenly mist, accompanied by a silk or cool gel filled eye mask and ear plugs, making drifting away to the land of nod a blissful pleasure.

*Aromatic Bath Ritual • Relaxing Back, Neck and Shoulder Massage • Refreshment • Special Sleep Amenities*





# Massages

## **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.

## **Stress Release Massage** (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 pleasure.

## **Balinese Massage** (90 Minutes)

In this authentic massage style influenced by ageless traditions, therapists use an Indonesian floral oil together with palm pressure and stretching techniques to relieve tension, improve blood flow and in turn create waves of muscle relief.

## **Aroma Stone Massage** (90 Minutes)

This indulgent massage entails the penetrating and alluring warmth of pure essential oils, smoothed over the body using natural, heated volcanic stones to release the body's stored tension from within muscular tissues.

## **Elemis Deep Tissue Massage** (60 Minutes)

Unwind into a powerful, customised massage that combines deep rhythmic pressure and a personally prescribed dynamic blend of essential oils to alleviate stress, ease aching muscles and target individual needs.

## **Indian Head Massage** (60 Minutes)

Based on Ayurvedic principles, this soothing yet energising massage combines pressure point techniques and coconut oil to relieve tension in the head and neck. While restoring tranquillity, this massage can also help to relieve insomnia, chronic headaches, migraines and sinusitis.

## **Foot Massage** (60 Minutes)

Experience holistic balance and deep relaxation. This fascinating treatment provides physical renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to effectively stimulate corresponding organ groups in the upper body.





# Body Treatments

## Body Scrubs

### **Detoxifying Green Tea Scrub**

*(60 Minutes)*

Nourish and rejuvenate your body with the therapeutic properties of green tea.

### **Elemis Exotic Lime and Ginger Salt Glow** *(45 Minutes)*

A body exfoliation ritual to cleanse, polish and invigorate. After light body brushing, warm oil is dripped luxuriously over the body, preparing your skin for the Elemis Exotic Lime and Ginger Salt Glow. Skin is left gleaming and vibrant, replenished and flawless.

## Body Wraps

### **Detoxifying Green Tea Wrap**

*(60 Minutes)*

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

### **Elemis Exotic Frangipani Body Nourish Wrap** *(45 Minutes)*

A lavishly moisturising elixir, sourced from Tahitian coconut and frangipani flowers, is poured over your entire body to generate radiant vitality. While cocooned in your nourishing wrap, enjoy a facial pressure point massage and a heavenly de-stress scalp treatment.



# Facials

## Advanced Anti-Ageing

### **Elemis Pro Collagen Quartz Lift Facial** (75 Minutes)

*An anti-wrinkle facial with proven results.*  
This exceptional facial has been independently tested with phenomenal results, and is clinically proven to reduce wrinkles by up to 94% and improve skin firmness by up to 57%, after just one treatment. Specialised lifting massage techniques and professional strength anti-ageing formulations leave skin firmer, uplifted and more youthful.

### **Elemis Tri Enzyme Resurfacing Facial** (75 Minutes)

*Peel away the years for smoother, more radiant skin.*  
Pioneering the precision layering of 3 targeted enzyme serums, this technique safely removes the thickening layer of the epidermis, clinically proven to resurface skin by up to 75% and increase smoothness by up to 32%, after just 1 treatment. Targets blemishes, uneven skin tone, superficial scarring and fine lines to reveal younger looking skin.

### **Elemis Modern Skin Facial** (60 minutes)

*Designed for skin challenged by modern living.*  
Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum to reveal a renewed complexion.



## For Men

### **Elemis Skin IQ+ Facial** (75 Minutes)

*Anti-ageing booster for tired, stressed skin.*  
Charged with the clinically proven, anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment combats the harsh, ageing effects of frequent shaving, environmental pollution, hectic lifestyles and constant travel, for the ultimate skin overhaul with maximum anti-ageing results.

# Steam & Bath Rituals

## **Anantara Milky Bath** (30 Minutes)

Enjoy a private tea service as the exotic aromas of our signature Romance Milky Bath balance your body, mind and spirit.

## **Oriental Spice Bath** (30 Minutes)

A sensual and romantic experience that enlivens the senses and stimulates the circulation. Unique combinations of essential oils and herbal ingredients make this an idyllic ritual for couples and honeymooners.

## **Thai Herbal Steam** (30 Minutes)

Inspired by the healing properties of Thai herbs, this exotic ritual stimulates the circulatory system, nourishes body and soul, and can be enjoyed as a prelude to any of our spa treatments.

# Hand & Foot Care

At Anantara Spa at the Anantara Chiang Mai Resort & Spa, we use only vegan, wildcrafted organic SpaRitual products for our nail services. The lacquers and elixirs are free from toluene, formaldehyde, dibutyl phthalate and parabens normally found in nail treatment products.

Enjoy an aromatherapeutic journey where you choose your intent...relax, uplift and inspire. Micro algae and mineral salt infused with wildcrafted Indonesian ginger will gently slough away dry skin. The aromatherapeutic properties of ginger are deepened with a full healing hand or foot massage using a hydrating blend of ginger and Chinese jasmine essential oils, aloe with shea butter, sesame oil, olive oil, avocado and vitamins A and E.

## **Classic Manicure**

## **Classic Pedicure**

## **Paint Change**

## **French Finish**

# Waxing

High quality wax is used for depilation treatments.

## **Upper Lip**

## **Underarm**

## **Half Legs**

## **Full Legs**

## **Bikini**



# Spa Etiquette

- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings before and after your treatment.
- Please note that the Spa is unsuitable for small children and babies, unless receiving treatment. We try to ensure that all our guests benefit from the tranquil surroundings
- We recommend that you leave all jewellery in your room before coming to the Spa.
- All treatments will be charged to your room, and appear on your account at the time of check out.
- Please give four hours' cancellation notice on individual treatments and twenty-four hours' notice on packages. Otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after an aromatherapy treatment.
- Men – please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking or use of mobile phones is not permitted in the Spa.
- Arriving late will decrease the time of your treatment.
- Guests who have high blood pressure, heart conditions, allergies, pregnancy or other medical complications are advised to consult a doctor before signing up for any treatments.
- Please notify spa receptionists of any existing medical conditions.

All prices are in Thai Baht and subject to 10% service charge and applicable Government tax.

Prices are subject to change without prior notice.

Advanced booking is highly recommended to ensure availability.

Appointments cancelled with less than 4 hours notice will incur a cancellation fee of 50% of the reserved treatment price.

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.

## **Anantara Spa at Anantara Chiang Mai Resort & Spa**

123-123/1 Charoen Prathet Road

T. Changklan, A. Muang, Chiang Mai 50100 Thailand

Tel: (66) 53 253 333 ext. 3431 Fax: (66) 53 253 352

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# Treatment Price list



	Time	Price (THB)
<b>Signature Experiences</b>		
Anantara Signature Massage	90	4,200
Traditional Thai Massage	90	3,500
Bespoke Spa Experience	90	4,000
Clay Rhassoul	45	3,300
<b>Spa Journeys</b>		
Essence of Anantara	200	6,500
Elemis Spa Ritual	145	7,500
Deep Cleansing Ritual	120	5,800
In-Room Slumber Guru Experience	60	4,000
<b>Massages</b>		
Thai Herbal Compress Massage	90	4,000
Stress Release Massage	90	4,000
Balinese Massage	90	4,000
Aroma Stone Massage	90	4,200
Elemis Deep Tissue Massage	60	4,000
Indian Head Massage	60	3,000
Foot Massage	60	2,500
<b>Body Treatments</b>		
<b>Body Scrubs</b>		
Detoxifying Green Tea Scrub	60	2,500
Elemis Exotic Lime and Ginger Salt Glow	45	3,000
<b>Body Wraps</b>		
Detoxifying Green Tea Wrap	60	3,000
Elemis Exotic Frangipani Body Nourish Wrap	45	3,900
<b>Facials</b>		
Elemis Pro-Collagen Quarte Lift Facial	75	5,200
Elemis Tri-Enzyme Resurfacing Facial	75	5,200
Elemis Skin IQ+ Facial	75	5,000
Elemis Modern Skin Facial	60	3,800
<b>Steam &amp; Bath Rituals</b>		
Anantara Milky Bath	30	950
Oriental Spice Bath	30	950
Thai Herbal Steam	30	950

# Treatment Price list



	Time	Price (THB)
<b>Beauty</b>		
Classic Manicure	60	1,400
Classic Pedicure	60	1,600
<b>Wax</b>		
Upper Lip		500
Underarm		900
Half Legs		1,000
Full Legs		1,700
Bikini		1,000
<b>Poolside</b>		
Foot Massage 30 mins	30	1,000
Neck, Shoulder & hand 30 mins	30	1,000
<b>In-room Massage</b>		
Traditional Thai Massage	90	3,900
Stress Release	90	4,400
Foot Massage	60	2,900

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For reservation please call Anantara Spa on extension **3431**

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