



Draw  
**inspiration**

from the sacred flower  
of the  
gods



Anantara Spa



# Welcome to Anantara Spa

The lotus flower is one of the most ancient and allusive symbols of our planet. Growing in muddy water and rising above the surface with remarkable beauty, it represents long life, health, honour and luck. In the East, the lotus flower is a symbol of spiritual enlightenment. As one scholar has said: **“the heart of beings is like an unopened lotus. When the virtues of spirituality develop therein, the lotus blossoms.”**

Anantara Spa Rasananda offers a haven of calm and serenity, enticing you can leave behind the stresses of everyday life and begin to synchronise the subtle energies of your being. Imagine a place where the hearts, minds and actions of the people are as pure and wholesome as the symbolism of the lotus. Let us create experiences that will help your mind, body and soul reach a blissful state of peace, with journeys designed for your supreme wellbeing.

By entering our spa today you have embarked upon a path of positive wellbeing. Anantara’s dedication to the time-honored, natural health beliefs of our ancient philosophy invites you to fulfill this revitalising journey. Unwind with therapies that offer perfect balance and tranquility. Relinquish time and pressure with treatments and packages that respond uniquely to your health and beauty ideals.

Rooted in the beautiful country of Thailand, the essence of Anantara philosophy, ‘without end’, stems from ancient Sanskrit origins, and extends seamlessly to our global reach of spas located in the most exotic destinations around the world.

Our enduring belief is expressed in perfect harmony through the traditions of each locale, beyond which a yearning for ageless, natural remedies is answered by a finely tuned repertoire of health and beauty concepts that harness intoxicating authenticity.

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

Let your cares slip away and your sensual journey begin...

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





# Anantara

## Signature

### **Rasananda Island Bliss (105 Minutes)**

Relinquish your body and mind and give in to the power of this soothing treatment. A relaxing floral oil massage combined with a cooling compress promotes increased circulation, helps release muscle tension and relieves the skin after a day in the sun. The perfect tonic for a hot summer's day.

*Shower – Floral Foot Ritual – Floral Oil Massage – Cooling After-Sun Soother – Refreshment*





# Bua Luang



Embark upon blissfully rewarding journeys that, like the inspirational lotus, exemplify a heartening outlook on all of life's paths. Look to the Bua Luang plant as a symbol of perpetual life.

Associated with spirituality, fertility, wealth, knowledge and enlightenment, it represents purity of the heart and mind. Exceptionally beautiful with hauntingly fragrant flowers, its qualities of personal growth, survival and triumph against all odds are exquisitely mirrored in Anantara's signature treatment series.

## **Gulf of Siam (225 Minutes)**

Much like the Eastern Lotus Flower which symbolises a spiritual unveiling, this journey promises to revitalise your entire being starting from the very tips of your toes.

*Shower – Floral Foot Ritual – Traditional Thai Massage – Foot Reflexology – Anantara Signature Facial – Refreshment*



## **Journey of Siam (200 Minutes)**

Rediscover your inner strength and vigour with an exquisite journey from Thailand. Harness the rejuvenating qualities of exotic local ingredients, and the expert tender care of therapies revered the world over.

*Shower – Floral Foot Ritual – Thai Herbal Steam – Essence White Coconut Scrub – Shower – Traditional Thai Massage – Refreshment*

## **Dawn Renewal (165 Minutes)**

Rise to a refreshing ritual of replenishing therapies. Cleanse and exfoliate with a scrub infused with green tea extract, and experience an invigorating Deep Tissue Massage.

*Shower – Floral Foot Ritual – Detoxifying Green Tea Scrub – Shower – Deep Tissue Massage – Refreshment*

## **Dusk Relaxation (165 Minutes)**

End your day with a soothing total body and foot massage series. Let ancient techniques restore your body's vital energy and unwind your tired mind.

*Shower – Floral Foot Ritual – Swedish Massage – Foot Reflexology – Refreshment*

## **Three-Day Anantara Recovery**

Create a balanced lifestyle with a three-day journey to boost physical, emotional and spiritual harmony.

**Day 1 Chill:** Welcome Bath Ritual in room: Anantara Milky Bath Collection of your choice

**Day 2 Awaken:** Shower – Floral Foot Ritual – A choice of Traditional Thai Massage or Thai Herbal Compress Massage – Refreshment

**Day 3 Rejuvenating:** Anantara Signature Facial – Refreshment



# Bua Phan

From ancient times, Thai culture has revered the fragrant water lotus as reflecting Buddha's eternal joy on the entire family, with its roots denoting the sincere and long lasting care that supports and connects all family relations. Just like the lotus, whose enlightening qualities define heartwarming happiness, Anantara invites your whole being to blossom under the touch of our expert therapists.

## **Anantara Signature Massage (90 Minutes)**

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

*Shower – Floral Foot Ritual – Meridian Lines Massage – Refreshment*

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

This unique and exotic technique, passed down through generations, is known to many as 'passive yoga' and offers the ultimate body workout. Let our expert therapists take all the pressure way, letting you enjoy a wealth of stretching, flexibility and vitality benefits.

*Shower – Floral Foot Ritual – Traditional Thai Massage – Refreshment*

## **Thai Herbal Compress Massage (90 Minutes)**

Relax as the power of herb infused steam gently balances your energy flow, with the traditional compress used in this healing Thai massage serving to reawaken and sooth muscle tension in key areas throughout the body.

*Shower – Floral Foot Ritual – Thai Herbal Compress Massage – Refreshment*

## **Deep Tissue Massage (90 Minutes)**

This vigorous yet relaxing remedy uses classic Swedish massage strokes and works deeply into the muscles to stretch the fibres and release tension that may otherwise cause restricted movement and pain. Encouraging blood flow, this treatment improves flexibility and relieves sore or pulled muscles.

*Shower – Floral Foot Ritual – Deep Tissue Massage – Refreshment*

## **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 stress release tonic to completely relax the mind and body.

*Shower – Floral Foot Ritual – Stress Release Massage – Refreshment*

## **Swedish Massage (60/90 Minutes)**

Five variations of massage strokes manipulate each part of the body to stimulate the nervous system, improve circulation and flexibility, and enhance physical and mental wellbeing.

*Shower – Floral Foot Ritual – Swedish Massage – Refreshment*

## **Foot Reflexology (60 Minutes)**

Experience holistic balance and deep relaxation. This fascinating treatment provides physical and spiritual 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.

*Floral Foot Ritual – Foot Reflexology – Refreshment*









# Bua Sattaban

In Indian culture it is the beautiful Bua Sattaban flower that represents adaptive positivity, with its sacred reverence addressed in the following sutra: “The Lotuses of heaven can change according to people’s wishes, flowering when needed and bringing joy to the heart of all .” Akin to the ever-changing heaven lotus, Anantara’s body therapy collection works to rehydrate, balance, detoxify and revitalise the skin, exactly how and when these vital elements are most required.

## **Detoxifying Green Tea Scrub (60 Minutes)**

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

*Floral Foot Ritual – Detoxifying Green Tea Scrub – Shower – Body Moisturiser – Refreshment*

## **Essence White Coconut Scrub (60 Minutes)**

Rich in vitamins and anti-oxidants, walnut shell removes dead cells and strengthens new skin to leave it feeling completely clear and flawlessly smooth.

*Floral Foot Ritual – Essence White Coconut Scrub – Shower – Body Moisturiser – Refreshment*

## **Detoxifying Green Tea Wrap (60 Minutes)**

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

*Floral Foot Ritual – Detoxifying Green Tea Wrap – Shower – Body Moisturiser – Refreshment*

## **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.

*Floral Foot Ritual – Essence White Coconut Wrap – Shower – Body Moisturiser – Refreshment*

## **Aloe After-Sun Soother (60 Minutes)**

Wonderfully soothing and calming, expert therapists apply fresh, cooling aloe vera gel and a poultice of cold black tea and mint to decrease redness and pain.

*Shower – Floral Foot Ritual – Aloe After-Sun Soother –Refreshment*







# Bua Bun Trik

Explore ever-renewing youth and femininity, with an Anantara series that takes inspiration from sublime Bua Bun Trik ; nature's foremost symbol of beauty, prosperity and fertility. Like this radiant example, our facials treat far more than merely the surface. Put yourself in the expert care of our therapists as you undergo a detailed skin analysis, followed by a skin defining facial that luxuriously combines the most delicate ingredients and techniques.

#### **Anantara Signature Facial (60 Minutes)**

Our signature facial combines the perfect blend of nourishing plant extracts and traditional Thai ingredients to encourage cell renewal and oxygenation. Lapse into a state of pure relaxation with a gentle massage, and then let our herbal mask restore the natural of your skin.

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

Clinically proven to reduce wrinkles and improve skin firmness after just one treatment, this exceptional anti-aging facial combines specialised lifting massage techniques with professional strength collagen-boosting formulations that are accelerated by the electrical energy of precious minerals. Quartz and Tourmaline re-energize cell communication, respiration and regeneration, revealing a firmer, smoother, brighter and more youthful appearance.

#### **Elemis Visible Brilliance Facial (75 Minutes)**

Combining specialised micro-circulatory massage techniques with potent actives and a two phase amino mask, this anti-aging face and eye treatment instantly firms, rejuvenates and plumps the skin while helping to reduce dark under-eye circles. Hydration and elasticity are proven to dramatically increase after just one treatment, resulting in a smooth, sculpted, radiant complexion.

#### **Elemis Skin Specific Facial (60 Minutes)**

Prescribed to suit your needs, this facial combines the powers of essential oils with vital nutrients to de-stress, oxygenate and clear your skin. Choose from: Herbal Lavender Repair to heal and balance combination and oily skin, Exotic Moisture Dew for dry, dehydrated skin or Fruit Active Glow to revive dull, lifeless complexions.

## For Men

Anantara has harnessed nature's intelligence with scientific expertise to tailor facial that respond to men's distinctive needs. Experience the wide of knowledge and spirit's victory over the sense, as exemplified by the extraordinary blue lotus, in this flawless sequence for men. Discover nature's potency to combat the harsh consequences of modern living, neutralize the effect of damaging pollutants, accelerate skin repair and achieve long-lasting defence.

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

Charged with clinically proven, anti ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.



# Bua Kra Dong

Let your mood change instinctively throughout your stay, and learn to blossom intuitively. Adopt the same beautiful philosophy as the giant water lily, Bua Kra Dong whose leaves of up to 9 feet in diameter, accompanied by a remarkable flowering trend.

On this lily's first night of blooming its flowers are white appearing a spectacular pink on the second. Mirror the unique versatility of this mystical plant as you indulge in any of our mood enhancing add-on treatments.

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

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

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

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

## **Green Tea Bath (30 Minutes)**

Immerse yourself in this blissfully calming green tea bath. Renowned for being rich in antioxidants and medicinal properties, this special blend of natural ingredients will soothe your body and relax your mind. Take this moment to centre yourself.

## Hand & Foot Care

**Spa Manicure (60 minutes)**

**Spa Pedicure (90minutes)**

## In-room treatment

**Traditional Thai Massage (90 minutes)**

**Foot Reflexology (60 minutes)**





# 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 & 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 villa before coming to the spa.
- All treatments will be charged to your villa, 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. For 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, allergy, pregnancy or other medical complications are advised to consult the doctor before signing up for any treatments.
- Please notify spa receptionists of any existing medical conditions

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

Treatment available from 10:00 a.m. – 10:00 p.m.

**For reservation, please contact Anantara Spa**





# Treatment Price List

	Mins	THB
<b>Bua Luang</b>		
Rasananda Island Bliss	105	4,400
Gulf of Siam	225	7,900
Journey of Siam	200	5,800
Dawn Renewal	165	4,900
Dusk Relaxation	165	4,900
Three-Day Anantara Recovery	220	6,700
<b>Bua Phan</b>		
Anantara Signature	90	4,000
Traditional Thai Massage	90	3,000
Thai Herbal Compress Massage	90	3,500
Deep Tissue Massage	90	3,500
Stress Release Massage	60/90	2,700/3,500
Swedish Massage	60/90	2,700/3,500
Foot Reflexology	60	2,200
<b>Bua Sattaban</b>		
Detoxifying Green Tea Scrub	60	2,200
Essence White Coconut Scrub	60	2,200
Detoxifying Green Tea Wrap	60	2,200
Essence White Coconut Wrap	60	2,200
Aloe After-Sun Soother	60	2,200



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Anantara Spa





	<b>Mins</b>	<b>THB</b>
<b>Bua Bun Trik</b>		
Anantara Signature facial	60	2,900
Elemis Pro Collagen Quartz Lift Facial	75	5,200
Elemis Visible Brilliance Facial	75	5,200
Elemis Skin Specific Facial	60	3,500
Elemis Skin IQ+	75	5,200
<b>Bua Kra Dong</b>		
Thai Herbal Steam	30	950
Anantara Milky Bath Collection	30	950
Green Tea Bath	30	950
<b>Hand &amp; Foot Treatment</b>		
Spa Manicure	60	1,200
Spa Pedicure	90	1,500
French Finish		350
<b>In-room Treatment</b>		
Traditional Thai Massage	90	3,200
Foot Reflexology	60	2,400

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

Prices are subject to change without prior notice.

**Anantara Spa at Anantara Rasananda Koh Phangan Villa Resort & Spa**

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