



Anantara Spa



Indulge in  
a luxurious **city spa**  
experience



# Welcome to Anantara spa

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 urban retreat.

From paradise islands, verdant rice paddies and lush jungle, to a capital of rich traditions and world trends, Thailand is a Kingdom of exotic diversity that beckons to be explored. Drawing on this wealth of inspiration, our spa menu features trusted indigenous therapies from Thailand and across Asia, as well as advanced western wisdom. Skin is revitalised and the senses awakened by elixirs infused with nature's tropical nourishment. While expert, intuitive hands focus on your supreme wellbeing and experiences of pure indulgence.

Retreat to a serene and contemporary spa haven, inspired by Thai traditions. Let us coax your entire being into a tranquil rhythm that feels far removed from the bustling streets below. Feel your cares slip away and your sensual journey begin, as you discover exceptional pampering in luxurious surrounds.

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

**Opening hours: 10:00 am – 10:00 pm**



# 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.





### **Journey of Siam** (135 Minutes)

Rediscover your inner strength and vigour with this exquisite journey from Thailand. A relaxing steam bath, combined with a scrub of your choice leaves skin smooth, supple and hydrated. Enhance your energy flow, remove sluggishness, soothe muscle tension and ease out stiffness with the application of warm herbal poultice containing therapeutic Thai herbs and spices, and a full body massage with carefully selected herbal oils.

*Floral Foot Ritual • Steam Bath • A Choice of Body Scrub • Shower • Thai Herbal Compress • Refreshment*

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

Combining revered eastern and western techniques in purpose designed movements with our signature oil blend, this massage stimulates the circulation and deeply relaxes muscles. Meanwhile, reflexology clears blockages of energy and promotes overall wellbeing.

### **Thai Herbal Compress** (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.

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

Passed down through the 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.



# Massages



### **Stress Release Massage** (60 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.

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

Unwind into a powerful, customised massage that combines deep rhythmic pressure and a 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. At the same time as restoring balance and tranquillity, this massage can also help to relieve insomnia, chronic headaches, migraines and sinusitis.

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

This deeply relaxing treatment releases stiffness and tension in the feet and lower legs. Benefit from improved flexibility, blood circulation and energy flow, as your therapist incorporates the reflexology techniques of acupressure, friction, stretching and effleurage to specific points on the feet which stimulate corresponding organs in the upper body to promote overall wellbeing.



A close-up photograph of a woman lying on her side, eyes closed, receiving a body treatment. A therapist's hands are visible, applying a thick, white, textured cream to the woman's shoulder. The woman has dark hair and is wearing a dark blue top. The background is a plain, light-colored wall.

# Body Treatments



## Scrub

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

Rich in vitamins and anti-oxidants, walnut shell removes dead cells and strengthens new skin to leave it clear and smooth, while the exotic scent of coconut refreshes the senses.

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

Indulge the senses as you are polished to perfection. Fine granules with potent antibacterial and detoxifying qualities deep cleanse skin to be healthier, smoother and softer to the touch, treating your entire body to an instant renewal and vibrant glow.



# 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, as 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 are charged to your room and will appear on your account at check-out.
- Please give four hours' cancellation notice on individual treatments and 24 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.
- Smoking and the 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, who are pregnant or have any 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. Advance booking is highly recommended to ensure availability.

Anantara Spa is open from 10 am to 10 pm. Spa treatments between 10 pm and midnight are available upon advance reservation.

## **Anantara Spa at Anantara Bangkok Sathorn**

36 Narathiwat-Ratchanakarin Road,

Sathorn, Bangkok 10120, Thailand

Phone: +66 (0) 2 210 9000

E-mail: [spa.asat@anantara.com](mailto:spa.asat@anantara.com)

[spa.anantara.com](http://spa.anantara.com)





**Anantara Spa at Anantara Bangkok Sathorn**  
36 Narathiwat-Ratchanakarin Road,  
Sathorn, Bangkok 10120, Thailand  
Phone: +66 (0) 2 210 9000  
E-mail: [spa.asat@anantara.com](mailto:spa.asat@anantara.com)  
[spa.anantara.com](http://spa.anantara.com)